

SUISUN CITY SENIOR CENTER NEWSLETTER

318 MERGANSER DRIVE, SUISUN CITY • (707) 421-7203

Happy New Year!!!

Happy 2020 everyone! I hope you all had a happy and warm holiday season. As the holiday season ends, pay close attention to our calendar as some programs will be starting back up and we will soon (hopefully) be welcoming some new ones. Don't forget to tell your friends and family about us and everything we have to offer and I hope to see you soon!

-Monica Bugaoan-Abakan, Recreation Coordinator
mabakan@suisun.com



- Due to some exciting life changes, Bill and Edith Gaither have decided to step down from cooking for our monthly Dinner Dances. We would like to thank Bill and Edith for all of their time and effort they have put into making our Dinner Dances successful and we wish them nothing but the best!
- The Senior Center will be closed on **Wednesday, January 1** in observance of the New Year holiday. We will re-open for regular programming on **Thursday, January 2** at **8am**.
- On **Tuesday, January 14** at **10am** our Food Smarts class will resume after Tai Chi class. Please join us to learn how to cook healthy and nutritional food that won't break your budget!
- This month's casino bus trip will return to the new Harrah's Casino in Lone on **Thursday, January 23**. Please be at the Senior Center by **9:30am** for pickup. This trip costs \$5 and must be paid to the Senior Center in advance. This fee is NON-REFUNDABLE. You will receive \$30 of freeplay money and a \$5 food coupon. **Space is limited** so reserve your seat at the front desk by **4pm** on **Thursday, January 16**.
- As we transition from our regular Dinner Dance operations, there will be no Dinner Dance for the month of January. We will resume in February. Thank you for your understanding.
- AARP will be offering free tax services at the senior center again this year. We will announce dates and times as they become available.
- **CLOSURES:** The Senior Center will be closed on **Monday, January 20** in observance of the Martin Luther King holiday. In February, the Senior Center will be closed on **Monday, February 17** in observance of President's Day.



RECREATION, PARKS, & MARINA DEPARTMENT
SUISUN CITY, CA

IMPORTANT DATES

- **Wednesday, January 1:** CLOSED
- **Friday, January 3 - 10am:** Legal Hour
- **Wednesday, January 8 - 1pm:** Legal Hour
- **Tuesday, January 14 10am:** Food Smarts returns
- **Thursday, January 16 - 9:30am:** Book Club
- **Thursday, January 16 - 2pm:** Tech Buddies
- **Monday, January 20:** CLOSED for holiday observance
- **Thursday, January 23:** Casino bus trip
- **Monday, January 27 - 1pm:** Financial Advising
- **Monday, February 17:** CLOSED for holiday observance

Meals on Wheels

Meals on Wheels serves individuals 60 years of age and older who wish to have a hot meal. If you are interested in participating, please see Kathleen during Meals on Wheels hours (Monday-Friday, 10am-12:30pm).

Reservations and sign-ups respectfully need to be made 48 hours in advance.

There is a suggested donation of \$4 per meal, however no one is ever denied a meal due to inability to pay. For home delivered meals, please call the main office at 707.426.3079.

MORE ABOUT OUR PROGRAMS

Financial Planning: Kimber Smith of Edward Jones Investments joins us every fourth Monday to meet one on one to discuss questions you may have about your financial goals. Appointments must be made with the front desk in advance. Please see us for more information.

Zumba Gold: Class is held every Wednesday at 9:15am. This class is perfect for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. \$3 per class.

Chair Yoga: Improve your energy, quality of sleep, strength, and mental peace! This is an adaptive style of yoga that uses a chair as the central prop during poses. Chair yoga is ideal for seniors, those with injury, chronic pain or illness, those for whom getting up & down from the floor is difficult, or really anyone who want to make gains but are experiencing limitations. Find more balance, strength, flexibility, & peace. YOGA IS FOR EVERYONE! \$3 per class.

Tai Chi: Learn these slow moving sets of exercises that help with balance, flexibility, and posture. Classes are \$2 and held every Tuesday and Thursday at 8:20-10:15am.

Food Smarts: Would you like to: Clean up your diet and eat healthier? Learn to prepare easy delicious, economical food? Become smarter about food choices? Improve your health by eating better? Eat healthy on a limited budget? If so, then this cooking and nutrition class is for you!

Sassy Crafters: Bring in any craft project that you are working on and get some help from others if needed. This group meets every Monday, Tuesday, and Friday from 9am to noon. \$1 per class.

Line Dancing: Dance segments include the cha cha, rumba, swing, mambo, waltzes, and more. Class meets every Tuesday at 10am. \$2 per class.

Legal Hours: Come for legal advice on any issue you're having and speak to someone who is well versed in legal matters. Legal Hours take place on the first Friday and second Wednesday of every month. Appointments must be made with the front desk in advance.

Video Chair Exercise: Come every Tuesday and Thursday at 8:30am to workout to an invigorating exercise video that is ideal for those who experience limited mobility but have the desire to exercise.

Book Club: This a great way to get together with friends to chat about a pre-chosen book and to explore new ideas. This is sponsored by the Suisun City Public Library and hosted by the Suisun City Librarian. This group meets every third Thursday of the month at 9:30am.

Van Trips: We will be doing day trips to local destinations such as Solano Town Center, Larry's Produce, Vacaville Premium Outlets, etc. These van trips only have 10 seats available. The length of the trip will depend on the destination. Advanced reservations must be made with the front desk by the specified date or before there are no more available seats, whichever comes first.

Casino Trips: We have arranged for a casino bus tour to stop here at the Senior Center to pickup passengers who are interested. The date and casino are determined each month. Seats are limited and advanced reservations must be made at the front desk by the specified date or before seats are no longer available, whichever comes first.

Art Group (in memorium of Deborah Hamel): This group allows you to socialize over a shared love for art. Bring a project to work on. Meetings are held every Wednesday at 1pm.

Master Gardener Program: The master gardener program of the University of California Agriculture and Natural Resources is returning to the Senior Center to host a seminar on gardening with succulents. This is free for anyone that wants to attend!

Movies: Old and new movies are shown in our lobby every 2nd and 4th Friday of the month at 1:30pm.

Bible Study: Come and discuss the bible every Friday at 1-3pm.

Bingo: Our bingo program is designed solely for fun and fellowship. There is no buy-in and non-monetary prizes will be awarded. Bingo is played every Monday, Wednesday, and Friday at 1-3:30pm.

Open Games/Activities: Are you looking for some space to play a game of dominoes or Scrabble? Come by every Thursday at 1pm! We'll find a space for you!

Wii Gaming: Come and play on the Wii! Perfect your bowling score, race some cows, or even play tennis every Monday and the 1st and 3rd Fridays of every month at 1-3pm.

PROGRAM COSTS

- Sassy Crafters: \$1
- Tai Chi: \$2
- Line Dance: \$2
- Zumba Gold: \$3
- Chair Yoga: \$3

ANNOUNCEMENT

- There will be no Dinner Dance in January. We will resume our Dinner Dances in February. A huge THANK YOU goes out to Bill and Edith Gaither for all of their time and effort that they have put into cooking for our Dinner Dances!

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
UPDATED: 12/30/2019		1 CLOSED FOR NEW YEAR'S DAY 	2 8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session	3 9am: Crafts, Chair Yoga 10am: Legal Hour 11:15am: Lunch 1pm: Bible Study 1:30pm: Wii
6 9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo	7 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch	8 9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group, Legal Hour	9 8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games	10 9am: Crafts 11:15am: Lunch 1pm: Bible Study, Bingo 1:30pm: Movies
13 9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo	14 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch	15 9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group	16 8:30am: Chair Exercise 9am: Tai Chi 9:30am: Book Club 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games 2pm: Tech Buddies	17 9am: Crafts, Chair Yoga 11:15am: Lunch 1pm: Bible Study 1:30pm: Wii
20 CLOSED FOR MARTIN LUTHER KING HOLIDAY	21 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch	22 9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group	23 8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session *CASINO TRIP*	24 9am: Crafts 11:15am: Lunch 1pm: Bible Study, Bingo 1:30pm: Movies
27 9am: Crafts 11:15am: Lunch 1pm: Bingo, Financial Advising 1:30pm: Wii	28 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch	29 9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group	30 8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games	31 9am: Crafts, Chair Yoga 11:15am: Lunch 1pm: Bible Study, Bingo

ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE