

May 2022

Suisun City Senior Programs

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The Suisun City Recreation, Parks, and Marina Department is happy to offer a full month of senior programs. Join us for social activities, crafts, fitness, and more. Check out the calendar for the schedule of programs. Remember to tell your friends and family that we are back. Take care and I hope to see you soon.

-Justeen Singley, Recreation Coordinator

Crafts (Ages 50+)

Chat with friends while knitting, crocheting, and crafting. We have supplies including yarn, felt, and construction paper, but you are welcome to bring your own supplies. Crafts are every Monday and Tuesday from 9:00am-12:00pm. Free!

Line Dancing (Ages 18+)

Dance to different genres of music in a friendly environment. Line Dancing is a great way to exercise and have fun at the same time. All skill levels are welcome and no partners are needed. Line Dancing classes are on Mondays, Tuesdays, and Wednesdays from 10:00am-11:30am. \$6 per class or \$60 per month.

Movie Monday (Ages 50+)

Join us on the 1st and 3rd Monday of the month from 11:00am-1:00pm to relax, eat popcorn, and enjoy a movie. Free!

Wii Games (Ages 50+)

Join us on the 2nd and 4th Monday of the month from 11:00am-1:00pm to exercise and have fun with virtual bowling, tennis, dance, and more. Free!

Bingo (Ages 50+)

Our bingo program is designed for fun and socialization. There is no buy-in and non-monetary prizes will be awarded. Play bingo every Monday, Wednesday, and Friday from 12:30pm-2:30pm. Free!

A Matter of Balance (Ages 60+)

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program meets on Tuesdays and Thursdays from 9:00am-11:00am. This program is free but pre-registration is required.

Chair Volleyball (Ages 50+)

Have fun and exercise while staying seated. Playing chair volleyball can enhance reflexes, hand-eye coordination, and flexibility. All skill levels are welcome. Chair Volleyball will be every Tuesday from 12:00pm-2:00pm. Free!

Zumba (Ages 18+)

Join us for this high energy, dance-based cardio class that offers a fun atmosphere. No dance experience is required. Remember to bring a water bottle and wear closed-toed shoes. Zumba classes are every Tuesday from 6:30pm-8:00pm. \$7 per class or \$20 per month.

Watercolor (Ages 50+)

Chat with friends and create a beautiful watercolor painting. Supplies will be provided for this self-guided activity. Watercolor every Wednesday from 10:00am-12:00pm. Free!

Board Games & Activities (Ages 50+)

Come by to socialize and play board games, such as Scrabble, Chess, and Trivial Pursuit, play card games, color, or solve crossword puzzles. Board Games and Activities are on Thursday from 10:00am-12:30pm. Free!

Table Tennis (Ages 50+)

Keep score or rally back and forth for fun. Playing table tennis is a great way to improve hand-eye coordination, stimulate the brain, exercise, and socialize. In addition, enjoy games including Cornhole, Giant Jenga, and Giant Connect 4. Join us for Table Tennis and more every Thursday from 1:00pm-3:00pm. \$2 drop-in.

Puzzles (Ages 50+)

Come by to socialize and work on a puzzle. We have puzzle mats if you want to work on a puzzle for several weeks. Puzzles are every Friday from 10:00am-12:30pm. Free!

Soul Line Dancing (Ages 50+)

This free fitness class is sponsored by Innovative Health Solutions. This class focuses on building physical activity and coordination. Participants are guided through different forms of music and line dancing between a regular and slowed

down pace for those who need it. This class offers participants a time to exercise, as well as socialize with their peers. This class starts on Friday, May 13th and will be on Fridays from 10:30am-12:00pm. Free! Instructor: Coretta

Park-it Market Nutrition (Ages 50+)

This program brings high quality, fresh produce and CalFresh nutrition education. Park-it Market Nutrition Program will be on Fridays during the Soul Line Dancing class from 10:30am-12:00pm. Free!

Lounge

Drink coffee, read a book, or chat with friends at the lounge every weekday from 9:00am-3:00pm.

Lunch (Ages 60+)

Meals on Wheels is serving lunch again starting on May 9th. Lunch will be every weekday at 11:30am. Reservations must be made 48 hours in advance. Please call

Meals on Wheels to make your reservation at 707-425-0638 x2. There is a suggested contribution of \$4 per meal for guests over 60 and \$7 per meal for guests under 60. If you are unable to contribute the full amount, please consider contributing what you can. No one will be denied a meal due to inability to pay. Every contribution helps Meals on Wheels continue to serve the community.

Other Items

- All participants must have a signed Release of Liability Form and Emergency Contact Form on file. Please see the Front Desk for these forms.
- The Food Bank of Contra Costa and Solano distributes food in the parking lot at the Joseph Nelson Community Center on the 2nd and 4th Wednesday of every month from 12:00pm-1:00pm. Drive thru and you can receive free non-perishable food and fresh produce. I encourage you to arrive early due to the long line
- On Thursday, May 26th at 10:00am for a Master Gardener Seminar on "Aging in the Garden" presented by UC Master Gardener Jenni Dodini.

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9a-12p Crafts 10a-11:30a Line Dancing 11a-1p Movie 12:30p-2:30p Bingo	3 9a-11a A Matter of Balance 9a-12p Crafts 10a-11:30a Line Dancing 12p-2p Chair Volleyball 6:30p-8p Zumba	4 10a-12p Watercolor 10a-11:30a Line Dancing 12:30p-2:30p Bingo	5 9a-11a A Matter of Balance 10a-12:30p Board Games 1p-3p Table Tennis	6 10a-12:30p Puzzles 12:30p-2:30p Bingo
9 9a-12p Crafts 10a-11:30a Line Dancing 11a-1p Wii Games 11:30a-12:30p Lunch 12:30p-2:30p Bingo	10 9a-11a A Matter of Balance 9a-12p Crafts 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12p-2p Chair Volleyball 6:30p-8p Zumba	11 10a-12p Watercolor 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12p-1p Drive Thru Food Distribution 12:30p-2:30p Bingo	12 9a-11a A Matter of Balance 10a-12:30p Board Games 11:30a-12:30p Lunch 1p-3p Table Tennis	13 10a-12:30p Puzzles 10:30a-12p Soul Line Dancing/Park-it Market Nutrition Program 11:30a-12:30p Lunch 12:30p-2:30p Bingo
16 9a-12p Crafts 10a-11:30a Line Dancing 11a-1p Movie 11:30a-12:30p Lunch 12:30p-2:30p Bingo	17 9a-11a A Matter of Balance 9a-12p Crafts 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12p-2p Chair Volleyball 6:30p-8p Zumba	18 10a-12p Watercolor 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12:30p-2:30p Bingo	19 9a-11a A Matter of Balance 10a-12:30p Board Games 11:30a-12:30p Lunch 1p-3p Table Tennis	20 10a-12:30p Puzzles 10:30a-12p Soul Line Dancing/Park-it Market Nutrition Program 11:30a-12:30p Lunch 12:30p-2:30p Bingo
23 9a-12p Crafts 10a-11:30a Line Dancing 11a-1p Wii Games 11:30a-12:30p Lunch 12:30p-2:30p Bingo	24 9a-11a A Matter of Balance 9a-12p Crafts 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12p-2p Chair Volleyball 6:30p-8p Zumba	25 10a-12p Watercolor 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12p-1p Drive Thru Food Distribution 12:30p-2:30p Bingo	26 9a-11a A Matter of Balance 10a-11:30a Master Gardener Seminar 10a-12:30p Board Games 11:30a-12:30p Lunch 1p-3p Table Tennis	27 10a-12:30p Puzzles 10:30a-12p Soul Line Dancing/Park-it Market Nutrition Program 11:30a-12:30p Lunch 12:30p-2:30p Bingo
30 9a-12p Crafts 10a-11:30a Line Dancing 11:30a-12:30p Lunch 12:30p-2:30p Bingo	31 9a-12p Crafts 10a-11:30a Line Dancing 11:30a-12:30p Lunch 1p-3p Chair Volleyball 6:30p-8p Zumba			

ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE (UPDATED 4/28/2022)