



September 2022



Suisun City Senior Programs

611 Village Drive, Suisun City, CA 94585

jsingley@suisun.com

707-421-7200

Coordinator Message

Summer is ending soon and I am excited to offer a variety of activities in the fall. For more information on September, please read this page and flip this page over for the weekly schedule. Remember to tell your friends and family about these programs. I hope to see you soon.

Sincerely,
Justeen Singley

Daily Schedule

Lounge

Drink coffee or tea, read, watch TV, or chat at the lounge **every weekday from 9am-3pm.**

Lunch (Ages 60+)

Meals on Wheels serves lunch **every weekday at 11:30am.** **Reservations must be made** 48 hours in advance. **Please call 707-425-0638 ext 2** to make a reservation. 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.

Program Updates

Bingo

New end time starting on Wednesday, September 7

Join us for bingo, fun, and prizes every Monday, Wednesday, and Friday. Bingo will be played from **12:30pm-3pm**, with a break from 1:30pm-1:45pm. FREE.

Walking Group

New time starting on Wednesday, September 7

Meet inside the community center and join us for a walk around the neighborhood. Invite a friend or come by yourself. This program is every Wednesday and Friday from **9am-10am.** FREE.

Special Programs

Exercise for Arthritis

Join us on **Wednesdays from 10am-11am** for this FREE class sponsored by Innovative Health Solutions. Instructor Gio will guide participants through standing and seated exercises. This class **ends on Wednesday, September 21.**

Tap Dancing

Join us on **Fridays from 1pm-2pm** for tap dancing. Instructor Cyndi will guide participants through warm-ups and a choreographed routine. This **session ends on Friday, September 30. \$2 per class**

Ole Health Presentation

Ole Health is a non-profit health organization that provides a wide range of services. They will be here for a presentation about their services on **Monday, September 19, from 9am-10am.**

Events

Senior Health Fair

Come join us for the Senior Health Fair on **Thursday, September 22, from 10am-2pm.** This is a great way to learn about a variety of resources and get fun freebie items. This event is sponsored by Kaiser Permanente and it is FREE to attend.

Other Items

- We will be **closed on Monday, September 5** for Labor Day.
- All participants must have a signed Release of Liability Form and Emergency Contact Form on file. Please see Justeen for these forms.
- The Food Bank of Contra Costa and Solano distributes food in the parking lot on the 2nd and 4th Wednesday from 12pm-1pm. Drive-thru and you can receive free non-perishable food and fresh produce.

September Weekly Schedule

Suisun City Senior Programs

MONDAY

CRAFTS	9:00AM-12:00PM
LINE DANCING (\$6, 18+)	10:00AM-11:30AM
MOVIE	11:00AM-1:00PM
LUNCH	11:30AM-12:30PM
BINGO	12:30PM-3:00PM
TAP DANCING (\$10, 18+)	6:00PM-7:00PM
LINE DANCING (\$6, 18+)	6:00PM-8:00PM



TUESDAY

CRAFTS	9:00AM-12:00PM
LINE DANCING (\$6, 18+)	10:00AM-11:30AM
LUNCH	11:30AM-12:30PM
CHAIR VOLLEYBALL	12:00PM-2:00PM
ZUMBA (\$7, 18+)	6:00PM-7:00PM
SQUARE DANCING (\$7, 18+)	6:30PM-8:30PM



WEDNESDAY

WALKING GROUP	9:00AM-10:00AM
PAINTING	9:00AM-12:00PM
EXERCISE FOR ARTHRITIS	10:00AM-11:00AM (ends 9/21)
LINE DANCING (\$6, 18+)	10:00AM-11:30AM
LUNCH	11:30AM-12:30PM
BINGO	12:30PM-3:00PM



THURSDAY

BOARD GAMES	10:00AM-12:30PM
LUNCH	11:30AM-12:30PM
TABLE TENNIS	1:00PM-3:00PM



FRIDAY

WALKING GROUP	9:00AM-10:00AM
PUZZLES	10:00AM-12:30PM
SOUL LINE DANCING	10:30AM-12:00PM
LUNCH	11:30AM-12:30PM
BINGO	12:30PM-3:00PM
TAP DANCING (\$2, 50+)	1:00PM-2:00PM

