

**AGENDA**  
**REGULAR MEETING OF THE**  
**SUISUN CITY PARKS AND RECREATION COMMISSION**  
**701 CIVIC CENTER BOULEVARD**  
**SUISUN CITY, CALIFORNIA**  
**7:00 P.M., WEDNESDAY, DECEMBER 21, 2016**

**A. ROLL CALL**

**B. PUBLIC COMMENT**

**C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS**

1. Introduction: Recreation Supervisor, Zach Ortiz
2. Lawler Falls Update: Tim McSorley, Public Works Director
3. January 2017 Commissioner Openings

**D. CONSENT CALENDAR**

Consent Calendar items requiring little or no discussion and acted upon with one motion.

1. a. Minutes of the November 2, 2016 Parks and Recreation Commission meeting.

**E. GENERAL BUSINESS**

**F. REPORTS**

1. Staff
  - a. City Council Agenda: Smoke Free Parks Update
  - b. Park Development Fund: Future Park Expansion Areas
  - c. Recreation/Community Center
  - d. Marina Report
  - e. Senior Center Report
  - f. City Parks Inspection Reports
  - g. Other
2. Commission Members
3. Chairman

**G. ADJOURNMENT**

I, \_\_\_\_\_ of the City of Suisun do certify that this Agenda was posted by 12:00 noon, on Saturday, preceding this meeting at the following locations:

- a. Suisun City Hall, 701 Civic Center Blvd.
- b. Suisun City Fire Department, 621 Pintail Drive
- c. Suisun City Senior Center, 611 Village Drive

**CITY OF SUISUN CITY  
PARKS AND RECREATION COMMISSION  
MINUTES OF NOVEMBER 2, 2016**

Chairman Angel Borja called the meeting to order at 7:00 p.m.

**A. ROLL CALL**

Present: Chairman Angel Borja, Vice-chair John Pierce, Commissioner Jan Davenport, Commissioner Cindi Witten  
Absent: Commissioner Tom Conley  
Staff: Kris Lofthus, Cathy Rader  
Audience: James Witten

**B. PUBLIC COMMENT None**

**C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS:**

Karen Mickens, Senior Center Coordinator and Kathleen Shrader, Senior Center staff reported updates to the coalition members.

- To date, the Senior Partners have raised \$2,500.00 towards the Senior Center Thanksgiving and Christmas events and will need to raise around \$5,000.00.
- The popular Senior Center Christmas party will be held at the Nelson Community Center to accommodate the growing number of guests.
- The seniors are happy that the bus trips to the casinos are back.
- Other trips are planned: New Years in Nashville, Niagara Falls, and more.
- Ms. Mickens stated that the Senior Partners are a great support and donate to the holiday programs. Senior Partners are also in charge of Super Thursdays, one of the many fundraisers.
- Ms. Mickens reported that she was elected to be an Executive Board member on the Senior Coalition.
- Commissioner Davenport asked if transportation will be available for the Christmas event for the senior apartment residents since the party will be at the Nelson Community Center. Ms. Mickens stated that she in contact with Rochelle Sherlock with STA regarding transportation.
- Ms. Mickens added that Ms. Shrader has been working part-time with the Senior Center for 11 years and a volunteer prior to that.
- Chairman Borja asked how to donate and if donations are tax deductible. Ms. Mickens stated that the Senior Partners are a 501c3 non-profit agency and donations are tax deductible. Chairman Borja asked how to volunteer for the holiday events and Ms. Mickens said to call the Senior Center or stop by.
- Chairman Borja thanked Ms. Mickens and Ms. Shrader for the Senior Center updates.

**D. CONSENT CALENDAR**

Approval of Minutes:

The minutes of the October 5, 2016 meeting were approved with a 4-0 vote. Motion to approve made by Commissioner Davenport and seconded by Vice-chair Pierce.

**E. GENERAL BUSINESS**

None

## **F. REPORTS**

### **1. Staff**

- a. City Council Agenda: Director Lofthus stated that Smoke Free Parks will be brought back to City Council after election day to see if recreational marijuana passes. Vice-chair Pierce requested the Smoke Free Parks be added to the next agenda. Director Lofthus stated that the PICH grant was approved through June 2017 by the City Council and gave an update with PICH activities. Coming soon is a scavenger hunt that will include selfies with the new 12 water stations in Suisun City. Director Lofthus gave an update of the Recreation Supervisor and Marina Supervisor positions.
  - b. Park Development Fund: Director Lofthus reported the Park Development Fund expenses and balance. Vice-chair Pierce asked what happens to the money left over. Director Lofthus said that the Parks & Recreation Commission can propose what projects and equipment needed for the parks. Vice-chair Pierce requested the Park Development Funding projects be on a future agenda.
  - c. Cathy Rader discussed the Recreation Report that was included in the Commissioner's packets.
  - d. Marina Report: Director Lofthus reported that Sergeant John Pitts is overseeing the Marina until a supervisor is hired. Sergeant Pitts has been completing maintenance issues like fixing dock boxes and ties, working with tenants, and the gas system.
  - e. Senior Center Report: Director Lofthus discussed the Senior Breeze Newsletter.
  - f. City Parks Inspection Reports: Commissioner Witten reported that picnic tables and benches could be replaced at Heritage and Mike Day Parks.
2. Other: Director Lofthus announced that Christmas on the Waterfront will be on December 3, 2016 from 2:00 – 8:00 p.m.
  3. Commissioners: Also, there are 5 globes out at the Lighthouse pathway. Vice-chair Pierce reported a dead branch at Goepp Park at Pintail and Harrier and that trees are still over grown with no maintenance. Director Lofthus stated that Director McSorley and he are completing a site visit at the Senior Center and will walk Goepp Park afterwards.
  4. Chairman: Chairman Borja asked if the City of Fairfield has answered the question regarding chemicals used at the Civic Center pond to see if they would work at Lawler Falls Park.

## **G. ADJOURNMENT**

There being no further business the meeting was adjourned at 7:34 p.m. Motion to adjourn was made by Commissioner Witten and seconded by Commissioner Davenport. The motion was approved on a 4-0 vote.

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Chairman

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Recreation Program &  
Administrative Coordinator



SUISUN CITY SENIOR CENTER PRESENTS

## ANNUAL CHRISTMAS CELEBRATION

Date: Friday, December 16

Time: 10am to 2pm

Location: Joseph Nelson Community Center

611 Village Dr., Suisun City



**Free Lunch to be served at Noon.**

**Live DJ playing a wide variety of music, dancers are welcome!**

**Advanced reservations are needed to attend.**

**Call or visit the Senior Center to book your reservation.**

**318 Merganser Dr., 707.421.7203**



# December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>1</u>	<u>2</u>
			8 :30 Exercise 9 :00 Tai Chi 10 :00 Brain Flexors 11 :30 Lunch 1 :00 Jam Session 1 :00 Open Social Activities	9:00 Crafts 10:00 Legal Hour 11:30 Lunch 1:00 Bingo 1:00 Karaoke
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
9:00 Crafts 9:45 SCSP Meeting 11:30 Lunch 1:00 Bingo 1:00 Wii Gaming	8:30 Exercise 9:00 Crafts 9:00 Tai Chi 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	8:30 Exercise 9:00 Tai Chi 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	9:00 Crafts 11:30 Lunch 1:00 Bingo 1:00 Karaoke
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
9:00 Crafts 11:30 Lunch 1:00 Bingo 1:00 Wii Gaming	8:30 Exercise 9:00 Crafts 9:00 Tai Chi 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	8:30 Exercise 9:00 Tai Chi 9:45 Book Club 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	<b>Karen's Christmas Party</b>  <b>10:00 – 2:00</b>  <b>Reservations Required</b>
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
9:00 Crafts 11:30 Lunch 1:00 Bingo 1:00 Wii Gaming	8:30 Exercise 9:00 Crafts 9:00 Tai Chi @ JNC 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	8 :30 Exercise 9 :00 Tai Chi 10 :00 Brain Flexors 11 :30 Lunch 1 :00 Open Social Activities 1 :00 Jam Session	9:00 Crafts <b>No Lunch Today</b> 1:00 Bingo 1:00 Karaoke
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
<b>Closed For Christmas Day</b>  <b>Happy Holidays!</b>	8:30 Exercise 9:00 Crafts 9:00 Tai Chi 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	8:30 Exercise 9:00 Tai Chi 10:00 Brain Flexors 11:30 Lunch 1:00 Open Social Activities	9:00 Crafts 11:30 Lunch 1:00 Bingo 1:00 Karaoke

## Programs, Services & Information:

The Suisun City Senior Center welcomes you! A place for recreation, socialization and resource to those 50 years of age or older.

The Senior Center is now on Facebook!  
www.Facebook.com/suisunseniorcenter

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### **\*\*THE SUISUN SENIOR PARTNERS:**

The Senior Partners are a tax-exempt 501C non-profit organization dedicated to the support and promotion of the Senior Center. All seniors are welcome to become Partner supporters and/or members and are encouraged to become active in the Senior Center activities and programs. Meetings are held at the center the 2<sup>nd</sup> Thursday of every month at 9:45 am.

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**\*\*DINNER DANCE:** Come join us at our monthly Dinner Dance! The last Thursday of every month, we put on a three course meal just for the seniors, with live music and dancing from the two piece band, The Philharmonic Duo. Doors open at 5:30 pm, dinner is served at 6 pm and the music starts at 7pm. Tickets are \$8 in advance, and \$10 at the door.

Returns January 26, 2017

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**\*\*LUNCH PROGRAM:** Meals on Wheels sponsors' lunch served at the center Monday through Friday. A donation of \$3 per meal is suggested and appreciated. Advanced reservations required; Please call (707) 426-3079.

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**\*\*BINGO:** 5 cents per card, per game; 10 card maximum. Mondays, Wednesdays & Fridays, 1pm.

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**\*\*LEGAL RESOURCE DAY:** David W. Knight, Attorney at Law, Certified Senior Advisor (CSA), visits the Senior Center on the first Friday of every month. Appointments are required. Please see the office for more details.

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### **\*\*ADULT FITNESS\*\***

**Tai-Chi** – Learn these slow moving sets of exercises that help with balance, flexibility and posture. Wear comfortable clothing and soft-soled shoes. **Cost: \$2 per session.** Class meets on Tuesdays and Thursdays @ 9 am.

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**\*\*LINE DANCE** – Perfect way to stay fit and active by dancing. Dance segments include the cha-cha, rumba, swing, mambo, waltzes and more. **Cost: \$2 per class.** Every Wednesday @ 10am.

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**\*\*VIDEO CHAIR EXERCISE** – Perfect for all mobility levels. **Cost: \$1 per person, per class.** Tuesdays and Thursdays 8:30am

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### **\*\*Recreational Activities\*\***

**\*\*NEEDLE WORKS & MORE** – Knit, crochet or simply work any craft project you wish. You bring supplies for your own project. \*Mondays, Tuesdays & Fridays 9 am – Noon. **Cost: \$1 per person, per class.**

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**\*\*BRAIN FLEXORS** - A memory class designed to help Seniors improve mental, physical and emotional health. Please call for more info. Meets Tuesdays and Thursdays from 10am – 2pm.

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**\*\*WII GAMING** - A class designed for easy movements and good competition. Meets Monday afternoons at 1 pm. **No cost.**

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**\*\*OPEN SOCIAL ACTIVITIES** - A free group to come play billiards, air hockey or table tennis, and other board and card games, as well as coloring or drawing. Program is on Thursday afternoons from 1 - 3 pm. **No cost.**

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**\*\*DEBORAH HAMEL ART STUDIO** - This is a free art class that allows individuals to experiment in art. Bring your own projects for focused arts. Class meets every Wednesday at 1pm. **No cost.**

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# Meals on Wheels Lunch Menu, December 2016

\*Donation Reminder: Suggested Donation \$3.00 per meal

\*Guests under 60 years - \$7.00 per meal

Your meals from Meals on Wheels Solano County is made possible by the generous support of volunteers, Area Agency on Aging, federal funds and donations from the community. If you are unable to contribute the entire \$3.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute. Every donation helps Meals on Wheels of Solano County continue to serve seniors in our community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Pork Roast w\ Brown Gravy Whipped Potatoes Cali Veggie Blend Dinner Roll Milk Seasonal Fruit	<b>2</b> Chicken A La King Broccoli Whole Kernel Corn Biscuit Pineapple Tidbits Milk
<b>5</b> Honey Mustard Chicken Garden Medley Rice Mixed Veggies Wheat Roll Milk Fresh Orange	<b>6</b> Sloppy Joe with Whole Wheat Bun Roasted Sweet Potato Whole Kernel Corn Tropical Fruit Milk	<b>7</b> Breakfast Casserole Stewed Tomatoes Wheat Bread Hot Cinnamon Applesauce Milk Jelly	<b>8</b> Potato Crusted Pollock Cheesy Rice Green Beans with Red Peppers Fruit Cocktail Milk	<b>9</b> Meatballs with Spaghetti Sauce Spaghetti Cali Veggie Blend Peach Crisp Milk
<b>12</b> Sweet and Sour Meatballs Brown Rice Japanese Veggies Pineapple Tidbits Milk	<b>13</b> Sliced Turkey Breast w/ Poultry Gravy Mashed Spiced Yams Brussels Sprouts Multi Grain Bread Tropical Fruit Milk	<b>14</b> Lemon Pepper Fish Lemon Orzo Club Spinach Citrus Fruit Milk	<b>15</b> Honey Balsamic Chicken Milk O'Brien Potatoes Glazed Carrots Multi Grain Bread Fluffy Fruit Salad	<b>16</b>  <b>Closed</b>  <b>Karen's Christmas Party</b>
<b>19</b> Chicken Pot Pie Lima Beans Whole Kernel Corn Biscuit Mandarin Oranges Milk	<b>20</b> Creole Steak Lyonnais Potatoes Capri Veggie Blend Multi Grain Bread Seasonal Fruit Milk	<b>21</b> Stuffed Salmon w/ Dill Sauce Rice Florentine Yellow Squash Tropical Fruit Milk	<b>22</b> Chicken Sausage Jambalaya Seasoned Green Beans Harvard Beets Roll Milk Sliced Pears	<b>23</b>  <b>No lunch today</b>  <b>MOW Closed</b>
<b>26</b>  <b>Closed For Christmas</b>	<b>27</b> Pork Rib Patty w/ Bun Baked Beans Coleslaw Peach Crisp Milk	<b>28</b> Oven Fried Chicken O'Brien Potatoes Seasoned Green Beans Multi Grain Bread Pineapple Tidbits Milk	<b>29</b> Tuna Noodle Bake Sliced Carrots Broccoli Wheat Bread Sliced Pears Milk	<b>30</b> Beef Santa Fe Chili Oven Roasted Potato Mixed Veggies Multi Grain Bread Fresh Orange Milk

Menu is subject to change without notice. Low fat milk is provided with each meal. Bold means the meal has an entrée high in sodium. Meals Partially Funded Under the Older Americans Act. No leftover food is allowed to leave the site for health and food safety reasons, except for wrapped breads, baked goods, and fresh fruit. Please only sign up when you are sure you can make it to minimize food waste. We always appreciate your comments and feedback anytime; Just tell your site host or send us a note in the donation box.