

AGENDA
REGULAR MEETING OF THE
SUISUN CITY PARKS AND RECREATION COMMISSION
701 CIVIC CENTER BOULEVARD
SUISUN CITY, CALIFORNIA
7:00 P.M., WEDNESDAY, OCTOBER 5, 2016

A. ROLL CALL

B. PUBLIC COMMENT

C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS

Kris Lofthus: Smoke Free Parks

D. CONSENT CALENDAR

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

1. a. Minutes of the June September 7, 2016 Parks and Recreation Commission meeting.

E. GENERAL BUSINESS

F. REPORTS

1. Staff

- a. City Council Agenda
- b. Park Development Fund
- 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 SEPTEMBER 7, 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: None

B. PUBLIC COMMENT None

C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS:

Public Works Director Tim McSorley announced the Rail Volution Event at the train station with a ribbon cutting ceremony on Thursday at 1:30 p.m. Director McSorley also announced that Pete Dominguez in Public Works will be retiring after 34 years. City Council will be honoring Pete with a Proclamation on October 4, 2016.

D. CONSENT CALENDAR

Approval of Minutes:

The minutes of the June 15, 2016 meeting were approved with a 4-0 vote. (The July and August meetings were cancelled.) Motion to approve made by Commissioner Davenport and seconded by Vice-chair Pierce.

E. GENERAL BUSINESS

1. Recreation and Community Service Director Kris Lofthus discussed how much the park play structures have age with some being dangerous. Director Lofthus said there may be possible funding through Risk Management. The Commissioners were asked to create a list of hazards when inspecting the parks. Director McSorley stated that ABAG, the City's Risk Management, inspected the park play structures and will move forward with replacing them. Director McSorley will provide the Commissioners with a check list for their inspections for hazards to look out for.
2. Director Lofthus updated the Commissioners with the Recreation Supervisor position. The position has been re-opened and will close October 3, 2016.
3. Director Lofthus announced that the two of the eleven drinking fountains have been installed at Heritage Park and at the plaza. The drinking fountains were supplied by a partnership with the Solano County Health Department.
4. Benches and Trash Containers on Hwy 12: Chairman Borja reported that benches and trash containers have been requested in previous commission meetings when the previous Recreation and Community Services Director was in place and wanted to know if there was an update. Director McSorley Stated that this was the first he has heard of the request and will see what he can do. Director McSorley stated that trash receptacles were installed on the promenade and will check if there were any extras. Chairman Borja stated that the benches would be beneficial for the residents that are walking to

Wal-Mart especially the elderly. Vice-chair Peirce reported that there is debris, trash, and broken glass in between Marina Blvd. to Snow Drive.

F. REPORTS

1. Staff

- a. City Council Agenda: Director Lofthus reported that Healthy Stores makeovers will be remodeling Port of Call in November. Director Lofthus also added that the ROPS payment will help pay for expenses in maintenance at the Marina.
 - b. Park Development Fund: No report
 - c. Cathy Rader discussed the Recreation Report that was included in the Commissioner's packets.
 - d. Marina Report: Director Lofthus discussed the Marina Report. The 24 hour fuel system will be in place soon. Currently boaters can only get gas when the Harbor Master Office is open.
 - e. Senior Center Report: Director Lofthus discussed the Senior Breeze Newsletter.
 - f. City Parks Inspection Reports: Vice-chair Pierce reported that Goepp and Heritage Park are having issues with trash and debris. It could be that they have been rummaged through and the lids were left off and that they are full and people just toss their garbage by the container. Vice-chair Pierce added that the weeds are still out of control and taking over half the sidewalk by the playground. At Heritage Park there Vice-chair Pierce witnessed alcohol consumption, gambling, homeless sleeping on benches and trash. Director Lofthus said he will speak with Chief Mattos regarding patrolling Heritage Park regularly. Commissioner Witten stated that her and her husband picked up trash along Highway 12 since there was a lot of debris. Commissioner Davenport stated that there is a mattress on the marsh side of McCoy Creek Park. Chairman Borja reported that Lawler Falls Park is again filled with weeds and algae. Commissioner Davenport suggested that the City of Fairfield should be contacted to see how they keep their pond algae free.
 - g. Other: None
2. Commissioners: Chairman Borja and Vice-chair Pierce would like smoke free parks in the next meeting agenda.
 3. Chairman: Chairman Borja requested an update with the post office landscaping issues. Director Lofthus contacted the Regional Post Master and within 48 hours, they hired a contractor. The contractor cut down the weeds and cleaned up the landscaping within a week. Chairman Borja asked who the public can call for help with landscaping and Director McSorley gave the main City Hall number 421-7300.

G. ADJOURNMENT

There being no further business the meeting was adjourned at 7:40p.m. Motion to adjourn was made by Vice-chair Pierce and seconded by Commissioner Davenport. The motion was approved on a 5-0 vote.

Chairman

Recreation Program & Admin. Coord.



- Dinner Dance, October 27. \$8 in advance, \$10 at the door. Doors open at 5:30 pm. Main dish: TBA.
- This month's Dinner Dance will host a costume contest! Come dressed your scariest!
- Jam Session has switched to the first and fourth Thursday of the month. Please see calendar for dates.
- Come support our Partners at their monthly meeting, October 13 at 9:45 am.

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Senior Breeze

"ENJOYMENT IN AGING GRACEFULLY"

SUISUN CITY SENIOR CENTER
318 MERGANSER DR
707.421.7203

KAREN MICKENS, COORDINATOR
KATHLEEN SHRADER, SENIOR CENTER STAFF

Programs, Services & Information

- ◆ **Bingo: 5 cents per card per game, with a 10 card maximum. Mondays, Wednesdays, and Fridays 1-4 pm.**
- ◆ **Brain Flexors: A memory class designed to help seniors improve mental, physical and emotional health. Meets Tuesdays and Thursdays from 10 am-2 pm.**
- ◆ **Cards: Pinochle played Monday through Friday, from 8 am-noon. No fee.**
- ◆ **Deborah Hamel Art Studio: Art class that allows individuals to experiment in art. Bring your own projects for focused arts, Wednesdays, 1-3 pm. No fee.**
- ◆ **Legal Resource Hour: David Knight, Attorney at Law, Certified Senior Advisor (CSA), visits the first Friday of every month, from 10-11 am, for a free 15 minute consultation. No fee.**
- ◆ **Line Dancing: Come stay fit and active by dancing. Dance segments include the cha-cha, rumba, swing, mambo, waltzes and more. Wednesdays, 10 am-noon, \$2 per class.**
- ◆ **Needle Works & More: Knit, crochet or simply work any craft project you wish. Bring your own projects. Meets Mondays, Tuesdays and Fridays at 9 am. \$1 per class.**
- ◆ **Open Social Activities:**
- ◆ **Tai Chi: Learn these slow moving sets of exercises that help with balance, flexibility and posture. Classes are Tuesdays and Thursdays at the Joseph Nelson Center at 9 am. \$2 per class.**
- ◆ **Video Chair Exercises: Exercise to an invigorating video. Tuesdays and Thursdays at 8:30 am. \$1 per class.**
- ◆ **Wii Gaming: Come play the Wii! Mondays from 1-3 pm. No fee.**

Where anyone can come and color, play board games, card games, dominoes, pool, table tennis, or air hockey. Tuesday and Thursday afternoons from 1-3 pm. No fee.

Thanksgiving Day Dinner

Returning again this year is our Thanksgiving Day Dinner.

Our Thanksgiving Dinner is held on Thanksgiving Day, November 24, from 11 a.m. to 1 p.m. We will be serving a traditional meal here at the Senior Center consisting of

turkey, gravy, mashed potatoes, green bean bake, rolls, pie, and salad.

Sign ups for the Thanksgiving Dinner start on November 1. We will also be taking sign ups for the apartments so those that are home bound

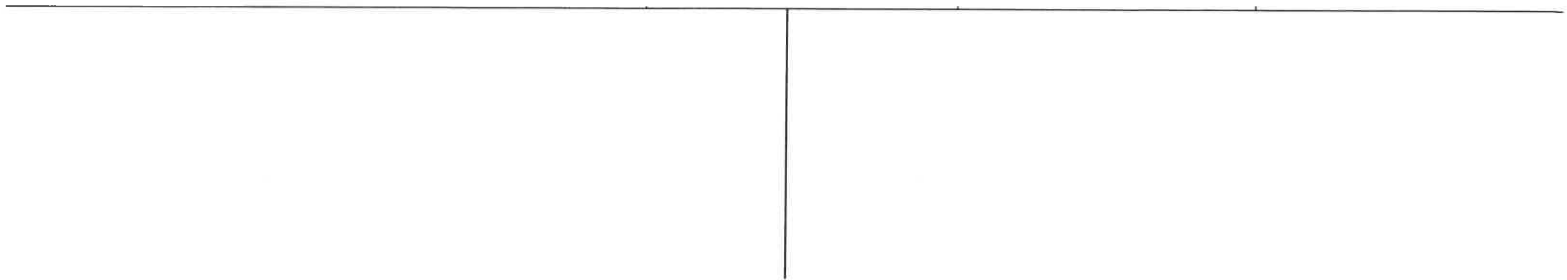
may receive a meal delivered to them.

Please see Karen or Kathleen in the office, or call in to secure a plate.



i

Wii



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

****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 2nd 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.

October 27 menu: TBA

****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.

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

****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.

****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 at the Joseph Nelson Community Center.

****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.

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

****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.**

****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.

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

****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 Tuesday and Thursday afternoons from 1 - 3 pm. **No cost.**

****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.**

****PINOCHLE** – Monday through Friday, 8am – noon. **No cost.**

Meals on Wheels Lunch Menu, October 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
3 Sweet and Sour Meatballs Brown Rice Japanese Veggie Blend Fresh Fruit Milk	4 Sliced Turkey Breast W Gravy Mashed Spiced Yams Brussels Sprouts Multi-Grain Bread Tropical Fruit Milk	5 Lemon Pepper Fish Lemon Orzo Club Spinach Citrus Fruit Milk	6 Honey Balsamic Chicken O'Brien Potatoes Glazed Carrots Multi Grain Bread Seasonal Fruit Milk	7 Cuban Shredded Pork Tater Tots Coleslaw Whole Wheat Bun Apple Crisp Milk
10 No Lunch Due To Columbus Day	11 Creole Steak Lyonnaise Potatoes Capri Veggie Blend Multi Grain Bread Seasonal Fruit Milk	12 Stuffed Salmon Dill Sauce Rice Florentine Yellow Squash Tropical Fruit Milk	13 Roast Beef w Gravy Whipped Potatoes Mixed Veggies Dinner Roll Mixed Fruit Milk	14 Chicken and Sausage Jambalaya Seasoned Green Bean Harvard Beets Dinner Roll Sliced Pears Milk
17 Chicken Cacciatore Bowtie Pasta Tuscany Veggie Blend Wheat Roll Hot Cinnamon Applesauce Milk	18 BBQ Pork Rib Patty Baked Beans Coleslaw Whole Wheat Bun Peach Crisp Milk	19 Oven Fried Chicken O'Brien Potatoes Seasoned Green Bean Multi Grain Bread Pineapple Tidbits Milk	20 Tuna Noddle Bake Sliced Carrots Broccoli Wheat Bread Fresh Fruit Milk	21 Beef Santa Fe Chili Oven Roasted Potatoes Mixed Veggies Multi Grain Bread Fresh Orange Milk
24 Meatloaf w Gravy Whipped Potatoes Glazed Baby Carrots Dinner Roll Seasonal Fruit Milk	25 Bruschetta Chicken Garlic and Red Pepper Penne Milk Club Spinach Garlic Breadstick Hot Cinnamon Applesauce	26 Beef Patty Lettuce and Tomato Tater Tots Ranch Beans Whole Wheat Bun Tropical Fruit Milk	27 Pork Roast w Gravy Garlic Whipped Potatoes Cali Veggie Blend Dinner Roll Seasonal Fruit Milk	28 Chicken A La King Whole Kernel Corn Broccoli Biscuit Whole Fruit Milk
31 Honey Mustard Chicken Milk Garden Medley Rice Mixed Veggies Wheat Roll Orange Halloween Cookie				

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.

2016 Senior Holiday Program Sponsorship
Make the Season brighter for a senior

*The Senior Center is seeking assistance from our
community and local business as Sponsors to our
Senior Holiday Program Events:*

**FREE Thanksgiving Day Meal on Thanksgiving Day*

**FREE Christmas Luncheon on Friday, December 16*

*Both events are entirely funded by contributions
raised. We need your help.*

*The Suisun City Senior Center can accept and
appreciates the donations of items and/or cash monies
that may be used to benefit the Holiday Program at
the Senior Center.*

*Thank you for your consideration in helping make the
Holiday Season brighter for our senior citizens.*

*Make your donation payable to: Senior Partners
318 Merganser Dr. Suisun City, Ca. 94585 707.421.7203*