

DIXON SENIOR CALENDAR

JANUARY 2025

SENIOR/MULTI-USE CENTER
201 S. FIFTH STREET DIXON, CA 95620
HOURS: MONDAY - FRIDAY, 9 A.M.– 2:30 P.M.
OFFICE PHONE: (707)678-7022



CHAIR YOGA CLASS

10:30 - 11:30 a.m.

Mondays & Thursdays

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Participants may sit in a chair or stand.



**SENIOR CLUB DUES
ARE DUE IN JANUARY**

*The Senior Multi-Use Center
will be closed Monday,
January 1, for the New Year's
holiday and Monday, January
20, for the Martin Luther
King, Jr. holiday.*



BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS, 10 - 11 am

Craft, Sew and Chat!

Bring your ideas and creativity. Work on your own project and/or help create a new project for the group.

A special thanks everyone who attended the annual
Senior Club Holiday Luncheon

Please mark your calendars for the next luncheon on
December 12, 2025.

Take care and thank you!



Bienvenido

GRUPO HISPANICO

Wednesdays at 10 a.m.

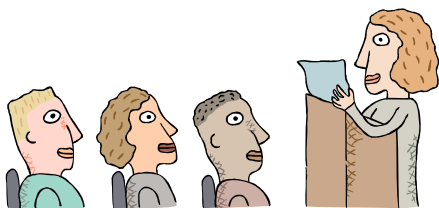
Talk about current events, play loteria, and just enjoy the company of friends.



Thank you to all who shared their CHRISTMAS WREATHS and other DECORATIONS for the Senior Center's HALLWAY DISPLAY

SENIOR CLUB MEETING

**January 14, 2025
11:00am-12:00pm
Meet 2nd Tuesday of each month**



SENIOR CLUB DUES ARE DUE

It's that time of year again. Senior Club Membership dues are due in January, \$10 per person if paid before March 31. As always, thank you for your continued support.

ALL ABOUT THE DIXON SENIOR CLUB

The Dixon Senior Club values and appreciates your support. As always, you do not have to be a member of the Dixon Senior Club to participate in activities at the Dixon Senior/Multi-Use Center. But, if you do become a member, your dues Help pay for refreshments, special activities, potluck supplies and more.

Being a member of the Club is a great way to meet new friends and take part in all the activities offered at the Senior Center. If you're a member of the Senior Club currently, **THANK YOU!**

If you're not, won't you please consider being a part of this important Organization?!



thank you!

SPECIAL THANK YOU TO KATHY DOTTERS!

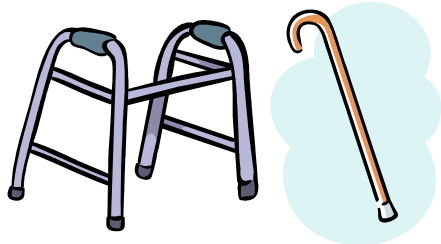
Kathy volunteers her time to take care of our Senior Center library. She organizes books, videos, magazines and puzzles for all to enjoy.



PUZZLE & BOOK LIBRARY

Did you know we loan out puzzles and books for you to take home and enjoy? We're always getting new donations of used books and puzzles to share. Stop by the Center and see what's available.

MEDICAL EQUIPMENT



Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

**JANUARY 14
1PM-3PM**

BRING IN YOUR DEVICE
AND GET TECH HELP AT
THE DIXON
SENIOR/ MULTI-USE
CENTER

Offered 2nd Tuesday of
each month



**CALL 678-5020
TO RESERVE YOUR RIDE**

DIXON READI-RIDE 678-5020

Provides rides within
Dixon city limits.
Discounted tickets,
available for seniors riding
to and from the Center,
are available at the
Senior/Multi-Use Center.
Dixon Read-Ride operates
Monday-Friday,
7 a.m. - 5 p.m. (excluding
major holidays). The fare
for a Senior (60 & older)/
disabled passenger is
\$2.50 or a day pass for \$4.



SOCIAL SECURITY

Most inquiries and many
problems can be handled
over the phone by calling
1-800-SSA-1213, toll free,
7 am - 7 pm.

CONGREGATE DINING IS BACK AT THE SENIOR CENTER!

We are excited to work
with **Innovative Health
Solutions** to provide
healthy & nutritious
lunches at the Senior
Center at **11:30am every
Tuesday & Thursday**

Sign-up by calling **(707)
684-4376** so proper
portions are cooked.
There is a suggested
donation of \$4 per meal



Meals on Wheels offers
home delivered meals to
Seniors age 60 & older.
Deliveries are made
Wednesday & Friday
10:00 a.m. - 1:00 p.m.
**For more information call
707-425-0638.**

BINGO

Monday January 6, 13 & 27 at 12 noon. The cost is a nickel per card, per game and all adults are welcome.



LINE DANCING CLASS

Tuesdays & Thursdays
at 9:00 am

Join this fun class anytime! Learn steps and dance to a variety of music all while getting exercise.

LOW IMPACT FITNESS CLASS

Tuesdays
10:30 - 11:30 a.m.
First Class is FREE
10 Class Pass - \$95
5 Class Pass - \$50
Low impact sitting and standing workouts.
Improve strength, balance and more.



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **Denny's** for lunch on Friday, January 10. Please meet us there at 11:30 am. If you need a ride, please let us know in advance, so it may be arranged. A sign up sheet is located on the bulletin board at the Center.



It's How We Roll!

BUNCO

Tuesday, January 21
10:00am
\$2 per person
Sign up at the Center.

JANUARY BIRTHDAYS

Liz Robben (1)
Yvonne McCluskey (3)
Sharon Swifka (9)
Marcella Hooks (10)
Zinn Boudreaux (13)
SanDee Rooney (16)
Fred Lane (19)
Lindy Castelli (23)
Treva Fountain (31)
Numbers in () signify birthday day.



SENIOR CENTER NEWSLETTER

If you would like the Senior Calendar emailed to you please sign up in the office.





WINTER

INDOOR PICKLEBALL

JAN 4 - MAR 1
SATURDAYS

PAY AT THE DOOR • \$5 Drop-In Visit

PICKLEBALL



All ages welcome. Adults must accompany children under 14 yrs.

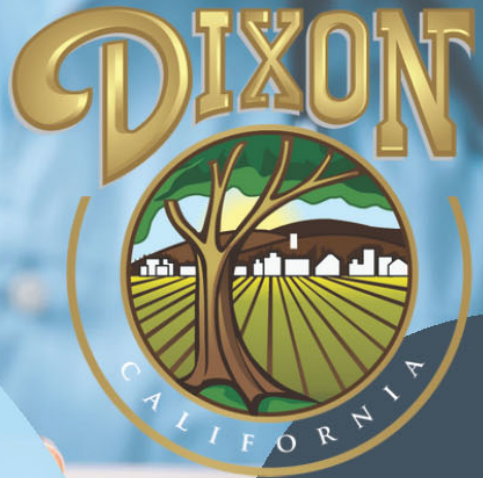
9:00AM - 1:00PM

LOCATION

John Knight Middle School

QUESTIONS?

dixonrecreation@cityofdixon.us



SENIOR HEALTH SCREENING

**Tuesday
January 23, 2025**

at Dixon Senior/Multi-Use Center

10:00am - 1:00pm

**Get Free
Screenings &
Information**

Cholesterol

Blood pressure

Diabetes

**Come to our health screening
and find out information
regarding your health.**

**For more information contact:
Touro University California
707-638-5970
www.tu.edu/mobec**



**TOURO
UNIVERSITY
CALIFORNIA**

Senior Activities - January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 HOLIDAY <i>Center is closed.</i> 	2 Line Dancing Chair Yoga Lunch 11:30a	3	4 Pickleball
5	6 Busy Bee's Crafts Chair Yoga Bingo	7 Line Dancing Senior Fitness Lunch 11:30a	8 Grupo Hispanico	9 Line Dancing Chair Yoga Lunch 11:30a	10 <i>Out to Lunch Bunch</i> 	11 Pickleball
12	13 Busy Bee's Crafts Chair Yoga Bingo	14 Line Dancing Senior Fitness Senior Club Meeting Lunch 11:30a	15 Grupo Hispanico	16 Line Dancing Chair Yoga Lunch 11:30a	17	18 Pickleball
19	20 HOLIDAY <i>Center is closed.</i> 	21 Line Dancing Senior Fitness <i>Bunco</i> Lunch 11:30a	22 Grupo Hispanico	23 Line Dancing Chair Yoga Health Screening Lunch 11:30a	24	25 Pickleball
26	27 Busy Bee's Crafts Chair Yoga Bingo	28 Line Dancing Senior Fitness Lunch 11:30a	29 Grupo Hispanico	30 Line Dancing Chair Yoga Lunch 11:30a	31	