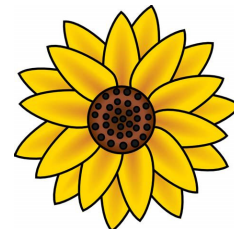


DIXON SENIOR CALENDAR

AUGUST 2024



SENIOR/MULTI-USE CENTER
201 S. FIFTH STREET DIXON, CA 95620
OFFICE PHONE: (707) 678-7022
HOURS: MONDAY - FRIDAY, 9:00 A.M. - 2:30 P.M.



CHAIR YOGA CLASS

Mondays & Thursdays

10:30 - 11:30 a.m.

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Passes do not expire and can be purchased at class.

The instructor is Yae Kuroda. Participants may sit in a chair or stand.



hosted by the Dixon Senior Club on the following date at 11:30am this summer:

Friday, August 9

Sign up at the Center by the Friday prior to the event date.



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.



CONGREGATE DINNING COMING BACK TO THE SENIOR CENTER!

We are excited to work with **Innovative Health Solutions** to provide healthy & nutritious lunches at the Senior Center starting AUGUST 13 at 11:30am and on every Tuesdays & Thursdays going forward.

Please see the monthly menu on the last page of this calendar.

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

BUNCO

Tuesday, August 20
at 10 am

\$2 per person

Please call the office or
stop by the Senior
Center to sign up.



BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS
at 10:00 a.m.

Sew, Craft and Chat! LINE DANCE EXERCISE CLASS

Join this fun class
anytime! Instructors
are Joan Giannoni and
Sandy Newell. Learn
steps and dance
to a variety of
music all while getting
exercise. Tuesdays &
Thursdays at 9 am.

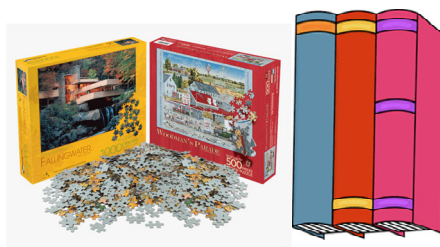
BINGO!



Bingo is now being offered
on Mondays from 12:00
p.m.-2:00 p.m. If you or
someone you know are
interested in calling bingo,
please inquire at the
Senior Center

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



MEALS ON WHEELS OF SOLANO COUNTY



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.

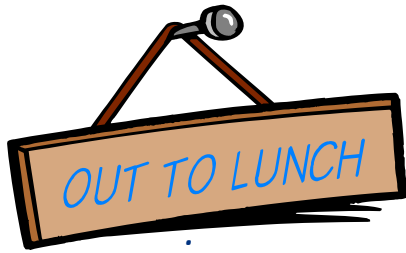
**For more information call
707-425-0638.**



Bienvenido

GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.
Talk about
current events, play
loteria, and just enjoy the
company of friends.



THE OUT TO LUNCH BUNCH

will be

CANCELLED

for August but come join us at the

DIXON SENIOR CENTER

on

Friday, August 9

at 11:30 a.m.

For an **ICE CREAM SOCIAL**

Please call the office or stop by the Senior Center to sign up.

DIXON SENIOR CLUB MEMBERSHIP

We're back! If you would like to sign up to be a new member of the Dixon Senior Club or renew your membership, dues (\$10 per person) for 2023 are being collected. For more information about Dixon Senior Club membership call the Senior Center (707) 678-7022

SENIOR AQUATIC EXERCISE



SUMMER WATER AEROBICS

Join this class, a refreshing way to improve flexibility and circulation.

Saturdays through Aug 3

9:00 a.m. - 9:45 a.m.

Drop-in Fee:

\$5.50 per class

\$4.50 per class for seniors

DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning member, please update your phone number, address, and **EMAIL** with us so we can update our membership directory. New members will be asked to complete a short form during the sign up process.



ADULT LAP SWIM *through August 3*

Monday-Thursday

5:30a.m. - 7:45 a.m.

Monday-Thursday

11:00a.m. - 12:45 p.m.

Monday-Thursday

4:00p.m. - 6:30p.m.

Friday-Sunday

8:00a.m. - 10:00a.m.

After August 5

Monday & Wednesday

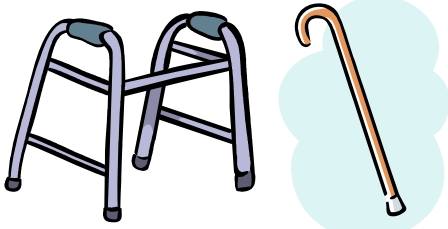
5:30a.m. - 7:00 a.m.

Saturday-Sunday

8:00a.m. - 10:00a.m.

Lap Swim is held at the Pat Granucci Aquatic Center
Punch Card (Good for 20 Visits) - \$80.25 adults;
\$64.75 senior (55+)
Single Visit Fee - \$5.50;
\$4.50 per senior (55+)
Register at the pool during workouts.

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.



SOCIAL SECURITY

Most inquiries and many problems can be handled over the phone by calling 1-800-SSA-1213, toll free, 7:00 a.m. - 7:00 p.m.



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 (62 & older)/disabled passenger is \$2.25 or a day pass for \$4.50.

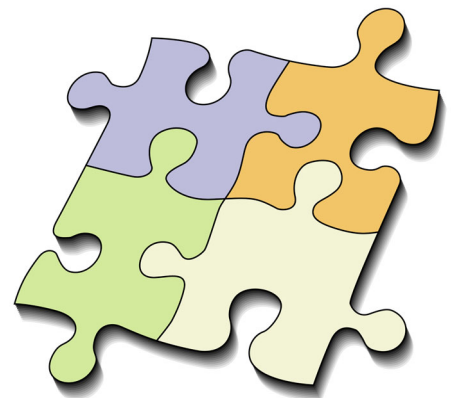
GOLDEN PASS PROGRAM

Dixon Seniors Age 80 & up can receive a Golden Pass for a free ride for local trips only. All rides must be within City limits and can happen anytime. Read-Ride is available and open. For more information contact Dixon Read-Ride at 678-5020 or Transit Supervisor, Vicki Jacobs, at 678-7442.

AUGUST BIRTHDAYS

Anne Reis (1)
Kathleen Hanna (16)
Lucy Lopez (19)
Dorthy Casarez (20)
Robert Blair (21)
Buoi Le (23)
Al Taggart (24)
Jack Batchelor (31)

Numbers in () signify birthday day.



TOO MANY PUZZLES

We have lots of puzzles in the Library/TV Room. Please feel free to borrow puzzles and keep them or donate them. We are running out of room to store new puzzles.

Dixon Senior Club's



SUMMER ICE CREAM SOCIAL

HERE'S THE SCOOP!

JOIN US FOR THIS FREE EVENT!

Friday, August 9, 2024

11:30 a.m.

at the Senior/Multi-Use Center




Deadline to sign up is the
Friday prior to the event date.

Sign up at the Senior/Multi-Use Center or
call 678-7022 to have your name put on the list.



Senior Activities - August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lap Swim Line Dancing Chair Yoga	2 Lap Swim	3 Lap Swim Water aerobics
4 Lap Swim	5 Lap Swim Busy Bee's Crafts Chair Yoga Bingo	6 Line Dancing Senior Fitness	7 Lap Swim Grupo Hispanico	8 Line Dancing Chair Yoga	9 Lap Swim Ice Cream Social	10 Lap Swim
11 Lap Swim	12 Lap Swim Busy Bee's Crafts Chair Yoga Bingo	13 Line Dancing Senior Fitness Senior Club Meeting Lunch 11:30a	14 Lap Swim Grupo Hispanico	15 Line Dancing Chair Yoga Lunch 11:30a	16 Lap Swim	17 Lap Swim
18 Lap Swim	19 Lap Swim Busy Bee's Crafts Chair Yoga Bingo	20 Line Dancing Senior Fitness Bunco Lunch 11:30a	21 Lap Swim Grupo Hispanico	22 Line Dancing Chair Yoga Lunch 11:30a	23 Lap Swim	24 Lap Swim
25 Lap Swim	26 Lap Swim Busy Bee's Crafts Chair Yoga Bingo	27 Line Dancing Senior Fitness Lunch 11:30a	28 Lap Swim Grupo Hispanico	29 Line Dancing Chair Yoga Lunch 11:30a	30 Lap Swim	31 Lap Swim

Innovative Health Solutions

Lunch Menu with allergens
August 2024

For information, call (707) 684-4376



INNOVATIVE
HEALTH
SOLUTIONS

Menu subject to change without notice. Suggested Donation \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served with meals when cheese is not provided. Allergen in milk and cheese is milk.</p>	<p>This kitchen prepares meals with tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other gluten-containing products. We cannot guarantee that menu items are allergens-free because we use shared equipment and handle common allergens throughout the supply chain.</p>			
<p>5 Southwest Chicken Wrap (milk) Cilantro Lime Vinaigrette Seasonal Vegetables Fresh Apple</p>	<p>6 Pesto-Basil Creamy Chicken Pasta (nuts, wheat, milk) Seasonal Roasted Vegetables Fresh Pear</p>	<p>7 Shepherd's Beef Pie with mashed potatoes (wheat, milk) Seasonal Roasted Vegetables Fresh Apple</p>	<p>8 Chicken Fajita Tacos with Cheese (milk) Brown Rice Black Beans Bell Peppers and Onions Fresh Tangerines</p>	<p>9 Breakfast Quiche with Chicken and Assorted Vegetables (wheat, eggs, milk) Roasted Vegetables Fresh Tangerine</p>
<p>12 Chicken Caesar Salad with Parmesan Cheese and Homemade Croutons (milk, wheat) Seasonal Vegetables Tangerine</p>	<p>13 Garlic Chicken Asian Noodles (soy, eggs, wheat, milk) topped with green onions and black sesame seeds Seasonal Roasted Vegetables Fresh Pear</p>	<p>14 Deconstructed Pot Pie (wheat, milk) with Buttermilk Biscuit (wheat) Seasonal Roasted Vegetables Fresh Apple</p>	<p>15 Spaghetti and Turkey Meatballs with Parmesan (wheat, milk) Seasonal Roasted Vegetables Fresh Tangerine</p>	<p>16 Italian Herb Roasted Chicken Seasonal Roasted Vegetables Whole Wheat Roll (wheat) Fresh Pear</p>
<p>19 Balsamic Salad Chicken Wrap (milk) Cilantro Lime Vinaigrette Seasonal Vegetables Fresh Pear</p>	<p>20 Chicken Cheese Enchilada Casserole (milk) Black beans, Corn, and Bell Peppers Fresh Apple</p>	<p>21 Beef, Broccoli, and Carrot Bowl Brown Rice Fresh Tangerine</p>	<p>22 Carnitas Taco Bowl with Cheese (milk) Brown Rice and Black Beans Bell Peppers and Onions Fresh Apple</p>	<p>23 Cheeseburger (wheat, milk) Lettuce and Tomato Seasonal Roasted Vegetables Fresh Pear</p>
<p>26 Chicken Salad with Cheese (milk) Seasonal Roasted Vegetables Baked Tortilla Chips (wheat) Fresh Apple</p>	<p>27 Deconstructed Pot Pie (wheat, milk) With Buttermilk biscuit (wheat) Seasonal Roasted Vegetables Fresh Apple</p>	<p>28 Penne Pasta with Beef Meat with Homemade Marinara Sauce topped with Parmesan Cheese (wheat, milk) Seasonal Roasted Vegetables Fresh Pear</p>	<p>29 Lemon Pepper Chicken Brown Rice Whole Grain Roll (wheat) Seasonal Roasted Vegetables Fresh Pear</p>	<p>30 Beef Fajita Tacos with Cheese (milk) Brown Rice Black Beans Bell Peppers and Onions Fresh Tangerine</p>