

DIXON SENIOR CALENDAR

OCTOBER 2024



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



BUS TRIP TO APPLE HILL & RED HAWK CASINO

Friday, November 1
Depart at 8:30 a.m. from the Senior Center.

\$25 per person

We will stop at Abel's Apple Acres and High Hill Ranch. We will arrive at Red Hawk Casino around 12 noon and depart at 3 p.m.

Deadline to register is Friday, October 25.
See page 7 for info.



SENIOR RESOURCE FAIR

Saturday, October 19
10:00 a.m. - 1:00 p.m.
See page 9 for more info.

ANNUAL SENIOR CLUB CHRISTMAS LUNCHEON TICKETS ON SALE SOON!

Friday, December 6
Doors open at 11 am
Lunch served at 11:30 am

Join us and enjoy a catered lunch and an afternoon of holiday cheer. Tickets are available through Wednesday, Nov. 27.

LINE DANCING CLASS

Tuesdays & Thursdays,
October 1 - 31 at 9:00 am

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



CHAIR YOGA CLASS

Mondays & Thursdays

10:30 - 11:30 am
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.



DIXON SENIOR CLUB INFORMATION



DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

Want to read e-books but don't know how? Drop in! Just got an iPhone and need help making it work? Bring it on in! Need an email address and don't know where to start? We're here for you.

**OCTOBER 22ND
1PM-3PM**

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

Offered 2nd Tuesday of each month

ALL ABOUT THE DIXON SENIOR CLUB

If you're a returning member, please update your phone number, address, and **EMAIL** with us so we can update our membership directory. Membership information will **ONLY** be used by the Dixon Senior Club and not given to any third party.

CELEBRATION OF LIFE

The family of **Patricia Yokum** would like to invite all of her friends to join in celebrating her life on Saturday, October 5 from 1:00pm to 3:00pm
At Bud's



SENIOR CLUB MEETING

The monthly Senior Club Meeting will be held on Tuesday, October 8 at 11:00 a.m.

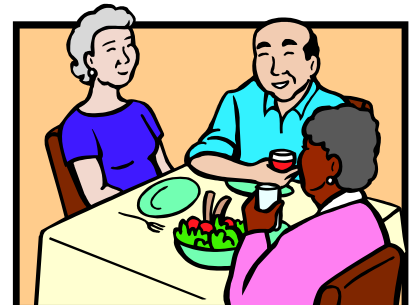
SENIOR CLUB MEMBERSHIP INFORMATION

Are you a member of the Dixon Senior Club?

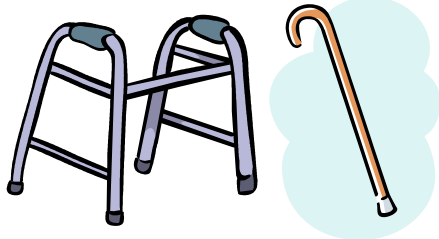
Become a member and get together with other seniors and enjoy pot-lucks, special events and many other activities.

Annual dues are \$10 per person and are due each January. Members who have not renewed their membership by March 31 will be asked to pay \$12.

Please call 678-7022 for more information or stop by the Senior Center and join the Club today.



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.



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. REDI-RIDE is available and open. For more information contact Dixon REDI-RIDE at 678-5020 or Transit Supervisor, Vicki Jacobs, at 678-7442.



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

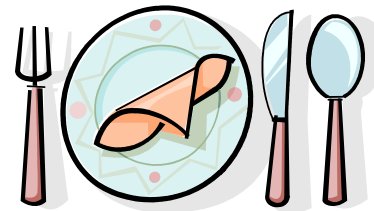
Provides rides within Dixon city limits. Discounted tickets, available for seniors riding to and from the Center, are available at the Senior/Multi-Use Center. Dixon REDI-RIDE operates Monday-Friday, 7 a.m. - 5 p.m. (excluding major holidays). The fare for a Senior (62 & older)/disabled passenger is \$2.25 or a day pass for \$4.50.

SOCIAL SECURITY

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



MEALS ON WHEELS



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.**

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

ONGOING ACTIVITIES

BINGO

Mondays

12:00-2:00 p.m.

If you or someone you know are interested in calling bingo, please inquire at the Senior Center.



BUSY BEE'S SEWING & CRAFTS CIRCLE



Bring your ideas and creativity. Bring your own project or make one with instructor assistance. Learn sewing and craft skills at this informal group.

All are welcome.

MONDAYS, 10 - 11:30 am
in the Arts & Crafts Room

BUNCO

Tuesday, Oct. 15
at 10 am

\$2 per person

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



LOW IMPACT FITNESS CLASS

Tuesdays, Oct. 1 - 31
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.



OCTOBER BIRTHDAYS

Lys Hernandez (4)
Mary Anne Straight (6)
Sue Avery (8)
Renae Boudreaux (12)
Fred Janisch (13)
Grace Morgan (14)
Barbara Johnston (16)
Andrea Saenz (18)
Jewel Fink (19)
Kathy King (21)
Ron Moe (21)
Bertha Moore (29)
Teri Brown (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.

Bienvenido

**GRUPO HISPANICO
(HISPANIC GROUP)**

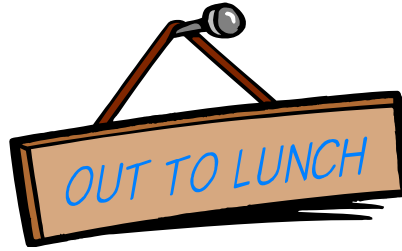
Wednesdays at 10 am.

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



**CHRISTMAS WREATH
HALLWAY DISPLAY**

If you have a Christmas Wreath you could share with us for the month of December please drop it by the office. We would like to get enough Christmas Wreaths to decorate the Senior Center for the holidays.

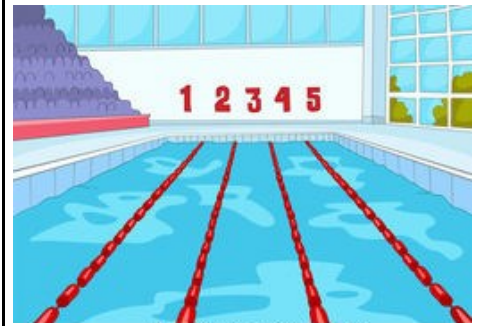


**THE OUT TO
LUNCH BUNCH**

The Out to Lunch Bunch will be going to **Pedro's Cocina** for lunch on Friday, October 11 at 11:30 a.m. Please call the office or stop by the Senior Center to sign up.

**READI-RIDE HOLIDAY
LIGHTS TOUR**

More info to come next month.



ADULT LAP SWIM


Monday & Wednesday
5:30a.m. - 7:00 a.m.
Saturday-Sunday
8:00a.m. - 10:00a.m.



Pool closed for the season starting October 25. We will resume in the spring.



Senior Activities - October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Line Dancing Senior Fitness Lunch 11:30a	<i>2</i> Lap Swim <i>Grupo Hispanico</i>	<i>3</i> Line Dancing Senior Fitness Lunch 11:30a	<i>4</i>	<i>5</i> Lap Swim
		<i>6</i> Lap Swim	<i>7</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>8</i> Line Dancing Senior Fitness Senior Club Meeting Lunch 11:30a	<i>9</i> Lap Swim <i>Grupo Hispanico</i>	<i>10</i> Line Dancing Senior Fitness Lunch 11:30a
<i>13</i> Lap Swim	<i>14</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>15</i> Line Dancing Senior Fitness Bunco Lunch 11:30a	<i>16</i> Lap Swim <i>Grupo Hispanico</i>	<i>17</i> Line Dancing Senior Fitness Lunch 11:30a	<i>18</i>	<i>19</i> Lap Swim Senior Resource Fair
<i>20</i> Lap Swim	<i>21</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>22</i> Line Dancing Senior Fitness Lunch 11:30a Tech Help	<i>23</i> Lap Swim <i>Grupo Hispanico</i>	<i>24</i> Line Dancing Senior Fitness Lunch 11:30a	<i>25</i>	<i>26</i> Lap Swim
<i>27</i> Lap Swim	<i>28</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>29</i> Line Dancing Senior Fitness Lunch 11:30a	<i>30</i> Lap Swim <i>Grupo Hispanico</i>	<i>31</i> Line Dancing Senior Fitness Lunch 11:30a	<i>1</i> Apple Hill Trip	

BUS TRIP

APPLE HILL & RED HAWK CASINO



Friday, November 1, 2024

Cost: \$25 per person



Spend the morning at Apple Hill and then dine at one of Red Hawk Casino's restaurants including the Waterfall Buffet while you enjoy the view and gaming offered.

A Dixon Read-Ride bus will depart from the Senior/Multi-Use Center at 8:30 a.m.

Arrive at Abel's Apple Acres at 10 a.m. (stay 30 minutes)

Head to High Hill Ranch (stay 75 minutes)

Arrive at Red Hawk Casino around 12 noon.

Depart Red Hawk Casino at 3 p.m.

Arrive at Senior/Multi-Use Center at approximately 4:30 p.m.



Seats will be sold and assigned on a first come, first served basis. There is a 16 participant maximum. In order to reserve your seat, the \$25 per person must be paid, in advance, at the time of reservation. The deadline to reserve a seat is Friday, October 25.

DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

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OCTOBER 22ND AND
2ND TUESDAYS 1PM-3PM



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



Solano County
LIBRARY
Go Anywhere From Here

For more information,
visit solanolibrary.com/events



Web: solanolibrary.com
Phone: 1-866-572-7587
f @ solanolibrary



The Advocates for Dixon Seniors
present the 22nd Annual



SENIOR RESOURCE FAIR

SATURDAY, OCTOBER 19, 2024

10 A.M. - 1 P.M.

Information and resources provided from a variety of participants:

Safety * Health Care * Transportation * Utilities
Elder Law * Fitness * Nutrition * Benefits * Recreation

Fun * Freebies * Raffles

This event is FREE to the public.



For information please call (707) 678-7022.

Event Location:
Dixon Senior/Multi-Use Center
201 S. Fifth Street, Dixon

Innovative Health Solutions

Lunch Menu with allergens

October 2024

Milk is served with meals when cheese is not provided. Allergen in milk and cheese is milk.

For information, call (707) 684-4376



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

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Teriyaki Broccoli Carrot Beef Bowl with Roasted Broccoli and Carrots and Sliced Beef over Bown Rice (soy) Fresh Tangerine	3 Carnitas Taco Bowl with Rice, Beans, and Shredded Cheese (milk) Bell peppers and Onions Fresh apple	4 Cheeseburger (wheat, milk) with Lettuce and Tomato Seasonal Roasted Vegetables Fresh Pear	5 Chicken Enchilada Casserole filled with Cheese, Black Beans, Corn, and corn tortillas (milk) Roasted Vegetables Fresh Apple
7 Chicken Salad with roasted chicken, baked tortilla chips, and cheese (wheat, milk) Cilantro Lime Vinaigrette Fresh Apple	8 Homemade Beef Lasagna (wheat, milk) Roasted Vegetables Fresh Apple	9 Teriyaki Chicken Stir Fry Bowl with Brown Rice, Roasted Vegetables topped with Green Onions, and Black Sesame Seeds (soy) Fresh Apple	10 Breakfast Quiche with Chicken Filled with Assorted Vegetables (wheat, eggs, milk) Roasted Vegetables Fresh Tangerine	11 Pesto-Basil Chicken Pasta (nuts, wheat, milk) Roasted Vegetables Fresh Pear
14 Holiday	15 Deconstructed Pot Pie Buttermilk Biscuit (wheat, milk, eggs) Seasonal Roasted Vegetables Fresh Apple	16 Italian Herb Roasted Chicken Seasonal Roasted Vegetables Whole Wheat Roll (wheat) Fresh Pear	17 Penne Pasta with turkey meatballs in marinara sauce (wheat, milk) Roasted Vegetables Fresh Tangerine	18 Pulled Pork Sliders (slow-roasted pork on a whole-grain bun) (wheat) Seasonal Roasted Vegetables Fresh Pear
21 Chicken Balsamic Salad with Red Onions and Cheese (milk) Balsamic Dressing Whole Wheat Roll (wheat) Fresh Pear	22 Cheeseburger (wheat, milk) with Lettuce and Tomato Seasonal Roasted Vegetables Fresh Pear	23 Teriyaki Broccoli Carrot Beef Bowl with Roasted Broccoli and Carrots and Sliced Beef over Bown Rice (soy) Fresh Tangerine	24 Chicken Taco Bowl with Rice, Beans, and Shredded Cheese (milk) Bell Peppers and Onions Fresh Apple	25 Garlic Asian Noodles with Chopped Beef, Whole Wheat Noodles topped with Green Onions and Black Sesame Seeds (wheat, soy) Fresh Pear
28 Chicken Salad with Roasted Chicken and Cheese (milk) Cilantro Lime Vinaigrette Whole Wheat Roll (wheat) Fresh Apple	29 Pesto Basil Creamy Pasta with Penne Pasta Chicken topped with Parmesan Cheese (wheat, milk) Roasted Vegetables Fresh Pear	30 Beef Fajita Tacos with rice, beans, and shredded cheese (milk) Bell Peppers and Onions Fresh Tangerine	<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.</p> <p> Indicates Menu with >1,000 mg sodium</p>	