

DIXON SENIOR CALENDAR FEBRUARY 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 - 11:30am

Mondays & Thursdays

No Class February 17

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Participants may sit in a chair or stand.



Senior Club Membership dues are due. Please be sure to pay your dues by the end of March to avoid a late fee.

The Senior Multi-Use Center will be closed Monday, February 17, for the President's Day holiday.



BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS, 10 - 11am

No class February 17

Craft, Sew and Chat!

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

DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

February 11

1PM-2:30PM



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

Offered 2nd Tuesday of each month

SENIOR CLUB MEETING

February 11, 2025
11am-12:00 noon

At the Center
Meets the 2nd Tuesday
of each month



SENIOR CLUB DUES ARE DUE

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



It's How We Roll!

BUNCO

Tuesday, February 18
10:00am

\$2 per person
Sign up at the Center.

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 money helps 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?!

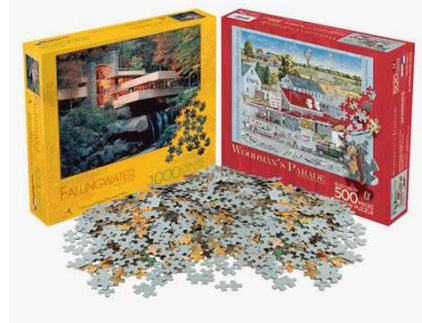
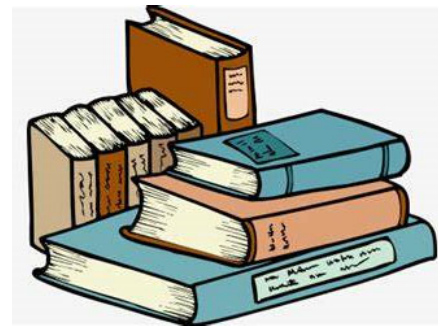


SENIOR CENTER NEWSLETTER

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

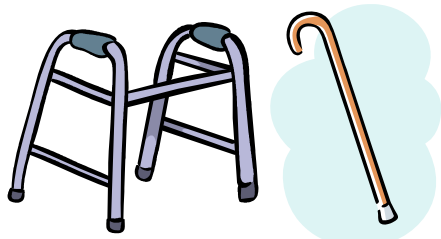


PUZZLE & BOOK LIBRARY



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.

LIFEGUARDS NEEDED!

Do you know a confident swimmer with a passion for safety and fun? We're on the lookout for enthusiastic lifeguards and swim instructors for the 2025 swim season! Join our dynamic team and make a difference while enjoying the sun-soaked days at the pool. If you or someone you know is ready to embark on this thrilling summer adventure, check out the details on page 6.



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.**

ONGOING ACTIVITIES

BINGO

Mondays

February 3, 10 & 24
at 12 noon.

The cost is a nickel per card, per game and all adults are welcome.

We are in need of bingo callers as well.



CALLING ALL SENIORS!

We are looking for people who may be interested in starting a class or group at the Senior Center. Anyone interested in teaching a cooking class, starting a group that plays card games, or have ideas about other activities, please stop by the Senior Center



THE OUT TO LUNCH BUNCH

will be going to

Bud's

for lunch on Friday, February 14. Please meet us there at 11:30 am.

Please call the office or stop by the Senior Center to sign up. Please inquire if interested in taking Read-Ride from the Senior Center

LOW IMPACT FITNESS CLASS

Tuesdays

10:30 - 11:30am

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Low impact sitting and standing workouts.

Improve strength, balance and more.

FEBRUARY BIRTHDAYS

Bob Cantrall (3)

Linda Sikes (4)

Helen Williams (4)

Ardath Wood (5)

Phyllis Newton (7)

Joan Schindel (8)

Cookie Powell (12)

Binky Eason (15)

Mary Lou Batchelor (18)

Nora Gatchalian (19)

Hang Tran (23)

Donna Janisch (26)

Stewart Cherry (28)

Numbers in () signify birthday day.



LINE DANCING CLASS

Tuesdays & Thursdays
at 9am

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

Senior Activities - February 2025

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



LIFEGUARD CERTIFICATION COURSES



Session 1 : March 22, 23, 29, 30 @ 8:00am - 5:00pm

Session 2 : March 31 - April 4 @ 8:00am - 5:00pm

Session 3 : April 12, 13, 19, 26 @ 8:00am - 5:00pm

Upon successful completion of the course, participants will receive a Lifeguarding, CPR, AED, and Title 22 First Aid certification (valid for two years), and will be eligible to apply for the City of Dixon Lifeguard position.

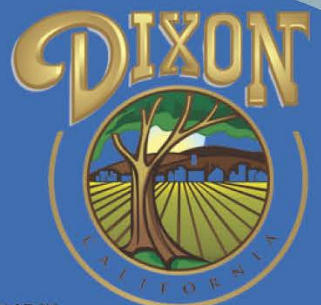


- +** Learn Life-Saving Skills: CPR, First Aid, and Water Rescue Techniques.
-
- +** Earn Your Certification: Be Job-Ready for Pools, and Aquatic Centers.
-
- +** Train with Experts: Gain Confidence in Real-Life Emergency Scenarios.

CALL US FOR DETAILS
707-343-8162

PAT GRANUCCI AQUATIC CENTER
450 E. MAYES ST.
DIXON, CA 95620

Scan QR Code to register



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.

AT THE DIXON SENIOR/MULTI-USE CENTER



2ND TUESDAYS 1PM-2:30PM



**Solano County
LIBRARY**
Go Anywhere From Here

BRING IN YOUR DEVICE AND GET TECH HELP

For more information,
visit solanolib.com/events



 **Solano County
LIBRARY**

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



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