

DIXON SENIOR CALENDAR

AUGUST 2026



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 & Wednesdays
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.



GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays

10:30-11:30 a.m.

First Class is FREE
10 Class Pass - \$95
5 Class Pass - \$50

Low impact sitting and
standing workouts.



A MATTER OF BALANCE

We are excited to offer
this award-winning
program designed to
manage falls and increase
activity levels.

Where: Dixon Senior Center

When: Wednesdays &
Fridays

August 5-28

Time: 12:00pm to 2:00pm

Cost: FREE but advance
registration is required



Sign-up early by calling
(707) 678-7022



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

Friday, August 14

Please join us for this
free event!

BUNCO

Tuesday, August 18
10:00 a.m.

\$2 per person

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



BINGO!



Mondays
at 12 noon

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

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



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS
10:00am to 12:00pm

Sew, Craft and Chat!

SING-A-LONG GROUP

1st & 3rd Thursdays

12:30pm—2:00pm

Come join this informal
group to sing well known
tunes. Everyone is
welcome, even if you just
want to stop by and listen
for a while.



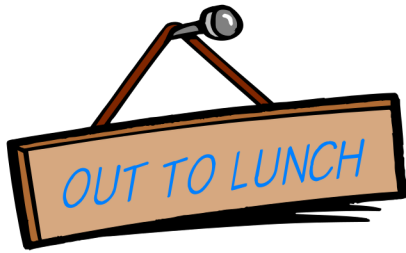
Meals on Wheels offers
home delivered meals to
Seniors age 60 & older.

Deliveries are made
Wednesday & Friday
10:00 a.m. - 1:00 p.m.
For more informaon call
707-425-0638.

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.



THE OUT TO LUNCH BUNCH

will be
CANCELLED

for August but come join
us at the

DIXON SENIOR CENTER
on

Friday, August 14
at 11:30 a.m.

For an **ICE CREAM SOCIAL**

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

DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

August 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



ADULT LAP SWIM

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

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

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

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

After August 2

Tuesday & Thursday
5:30a.m. - 7:00 a.m.

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

Starting August 14

Fridays
5:00 p.m. - 7:00 p.m.

DIXON SENIOR CLUB MEMBERSHIP

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

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



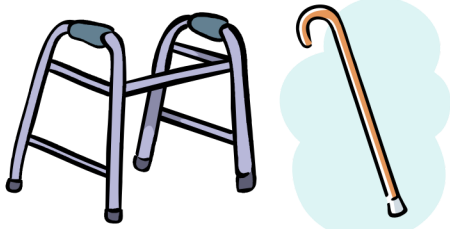
FALL WATER AEROBICS

Sundays
8:30 a.m. - 9:30 a.m.

Fridays (Starting Aug 14)
5:30 p.m. - 6:30 p.m.

at the Pat Granucci
Aquatic Center

MEDICAL EQUIPMENT

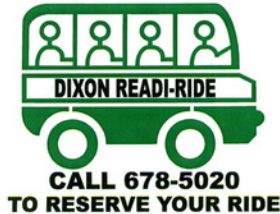


Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



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.-7:00p.m.



Dixon Read-Ride

Call 678-5020

Rides within Dixon city limits.

Operates Monday-Friday
7 AM to 5 PM.
(Excluding major holidays).

Senior (62 and older)
and disabled
passenger fares:
Single ride is \$2.25.
Day pass is \$4.50.

Discounted tickets
for seniors
riding to and
from the Center
are available at the
Senior/Multi-Use Center.

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 678-7442.

AUGUST BIRTHDAYS

Anne Reis (1)
Tom Rooney (3)
Lydia Camarena (3)
Eliane Johnston (10)
Linda Schutte (12)
Kathleen Hanna (16)
Dorothy Casarez (20)
Robert Blair (21)
Buoi Le (23)
Al Taggart (24)
Mary Meyering (25)
Gail Harnish (26)
Lynda Jones (30)
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 THESE FREE EVENTS!

Friday, August 14, 2026

11:30 a.m.

at the Senior/Multi-Use Center



Please sign up by the
Friday prior to the event date.

Sign up at the Senior/Multi-Use Center or
call 678-7022. If you forget to sign up by the
deadline, please come join anyway.



Pickleball



**Mondays
& Wednesdays**



5:00pm - 7:00 pm



Hall Park Tennis Courts

All Levels of Play Welcome
Someone will help you learn

Easy to Learn



Fun to Play

Fun for all ages

DO YOU HAVE concerns *about falling?*



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling that restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

Where: Dixon Senior Center
201 S 5th St., Dixon

When: August 5th – August 28, 2026
Wednesday and Fridays

Time: 12:00 PM - 2:00 PM

Advanced registration is required.

Contact: Austin George
(707) 678-7441

Through the support of our sponsor, there is no cost for this class. However, donations are appreciated.

**For more information, contact Joseph Braida
Falls Prevention Trainer**

(707) 372-7011



This workshop is comprised of a series of 8 classes that are meant to be taken in sequence. These are not stand-alone classes because each class builds on the one before it.

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Senior Activities - August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> Lap Swim Rec Swim
<i>2</i> Lap Swim Water Aerobics	<i>3</i> Busy Bee's Crafts Chair Yoga Bingo Pickleball	<i>4</i> Lap Swim Line Dancing Gentle Exercise Lunch 11:30a	<i>5</i> Grupo Hispanico Chair Yoga Fall Prevention Pickleball	<i>6</i> Lap Swim Line Dancing Gentle Exercise Sing-a-Long Reading Group Lunch 11:30a	<i>7</i> Fall Prevention	<i>8</i> Lap Swim Rec Swim
<i>9</i> Lap Swim Water Aerobics	<i>10</i> Busy Bee's Crafts Chair Yoga Bingo Pickleball	<i>11</i> Lap Swim Line Dancing Senior Club Meeting Gentle Exercise Tech Help Lunch 11:30a	<i>12</i> Grupo Hispanico Chair Yoga Fall Prevention Pickleball	<i>13</i> Lap Swim Line Dancing Gentle Exercise Reading Group Lunch 11:30a	<i>14</i> Lap Swim Ice Cream Social Fall Prevention Water Aerobics	<i>15</i> Lap Swim Rec Swim
<i>16</i> Lap Swim Water Aerobics	<i>17</i> Busy Bee's Crafts Chair Yoga Bingo Pickleball	<i>18</i> Lap Swim Line Dancing Bunco Gentle Exercise Lunch 11:30a	<i>19</i> Grupo Hispanico Chair Yoga Fall Prevention Pickleball	<i>20</i> Lap Swim Line Dancing Gentle Exercise Sing-a-Long Reading Group Lunch 11:30a	<i>21</i> Lap Swim Fall Prevention Water Aerobics	<i>22</i> Lap Swim Rec Swim
<i>23/30</i> Lap Swim Water Aerobics	<i>24/31</i> Busy Bee's Crafts Chair Yoga Bingo Pickleball	<i>25</i> Lap Swim Line Dancing Gentle Exercise Lunch 11:30a	<i>26</i> Grupo Hispanico Chair Yoga Fall Prevention Pickleball	<i>27</i> Lap Swim Line Dancing Gentle Exercise Reading Group Lunch 11:30a	<i>28</i> Lap Swim Fall Prevention Water Aerobics	<i>29</i> Lap Swim Rec Swim