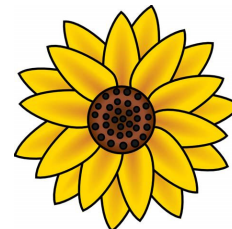


# DIXON SENIOR CALENDAR

# AUGUST 2025



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.



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

**Friday, August 8**

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



## LOW IMPACT 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.

Improve strength,  
balance and more.



## 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,  
Sept 3-Oct 22

Time: 12:00pm to 2:00pm

Cost: FREE but advance  
registration is required



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

## BUNCO

Tuesday, August 19  
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.

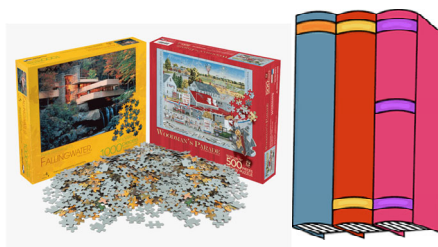
## BINGO!



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

## Read, Be Read To & Mini Activity

Thursdays 1:00p to 2:00p  
Dixon Senior Center  
Library Room  
20 Minute mind activities  
to exercise your ears,  
eyes, and brain.



## 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.

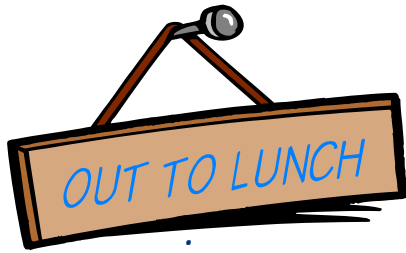
**For more information call  
707-425-0638.**



*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 8  
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 2025 are being collected. For more information about Dixon Senior Club membership call the Senior Center (707) 678-7022

## **DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES**

August 12  
1PM-2:30PM



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

Offered 2nd Tuesday of  
each month

## **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 3***

Tuesday & Thursday

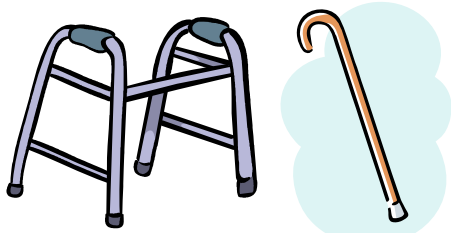
**5:30a.m. - 7:00 a.m.**

Saturday-Sunday

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

Lap Swim is held at the Pat Granucci Aquatic Center  
Punch Card (Good for 20 Visits) - \$82.25 adults; \$66.25 senior (55+)  
Single Visit Fee - \$5.75; \$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.

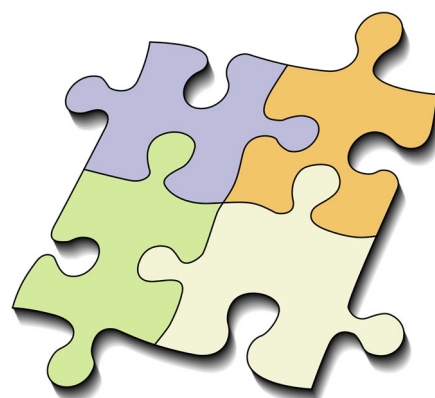
## GOLDEN PASS PROGRAM

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)  
Tom Rooney (3)  
Lydia Camarena (3)  
Kathleen Hanna (16)  
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 8, 2025

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.**





# Read, be read to & mini activity

## Overview

20 minutes of mind activities in an hour. Exercise your eyes, ears, hands and engage the brain with gentle exercise.

Read any book for 20 minutes, listen to a book being read for 20 minutes, and end the hour with 20 minutes of a mini activity (of-the-day).

Starting in August-October, each Thursday, 1:00-2:00PM at the Dixon Senior Center, Library Room

Host: Jeannie Taulealo



**FREE**  
DIABETES SCREENING

**MOBEC**  
AT THE DIXON SENIOR/  
MULTI-USE CENTER



**THURSDAY AUG 14<sup>TH</sup>, 2025**  
**10AM-1PM**

201 S 5th St, Dixon, CA 95620

FREE SCREENINGS, RESOURCES, AND  
INFORMATION FOR

- ✓ Prediabetes and Diabetes,
- ✓ Blood Pressure,
- ✓ Cholesterol,
- and more.

*Sponsored by*



Connecting You to  
Community Resources

Healthy Lifestyle  
& Education



FOR MORE INFORMATION CONTACT:

Touro University California  
Diabetes Program

**707-638-5970**

[www.tu.edu/mobec](http://www.tu.edu/mobec)



# DO YOU HAVE **Concerns** about falling?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and 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

<b>Where:</b>	Dixon Senior Center 201 S 5 <sup>th</sup> Street in Dixon
<b>When:</b>	Wednesdays September 3 – October 22, 2025
<b>Time:</b>	12:00PM to 2:00PM
<b>Advance registration is required.</b> Contact: Dixon Senior Center (707) 678- 7441	

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

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

(707) 372-7011

[fptrainer@faithinactionsolano.org](mailto:fptrainer@faithinactionsolano.org)



#### **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

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