

# DIXON SENIOR CALENDAR

# MAY 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

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.



## ADULT 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.



*The Senior/Multi-Use Center will be closed Monday, May 26, for the Memorial Day holiday.*

## Dixon May Fair



May 8-11

[www.dixonmayfair.com](http://www.dixonmayfair.com)  
for more info



## ADULT LAP SWIM

Tuesdays & Thursdays

5:30 - 7:00 a.m.

Saturdays & Sundays

8:00 - 10:00 a.m.

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 before workouts.



## BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS

at 10:00 a.m.

**Sew, Craft and Chat!**

# DIXON SENIOR CLUB INFORMATION

## SENIOR CLUB BOARD MEETING

The monthly Senior Club Board Meeting will be held on Tuesday, May 13 at 11:00 a.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.

*Dues can be paid at the Senior/Multi-Use Center during regular business hours, M-F from 9am to 2:30pm or can be mailed to the following address:  
Dixon Senior Club  
c/o Dixon Senior/  
Multi-Use Center  
201 S. 5th Street  
Dixon, CA 95620*

## 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 the activities offered at the Senior Center. If you're a member of the Senior Club currently,

THANK YOU!

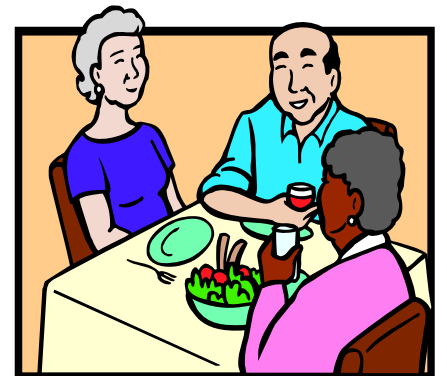
If you're not, won't you please consider being a part of this important Organization?!

*Thank You*

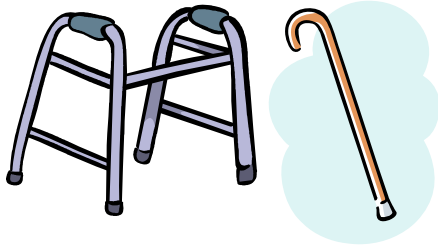
## SENIOR CLUB MEMBERSHIP INFORMATION

Are you a member of the Dixon Senior Club?

Become a member and get together with other seniors and enjoy classes, special events, and 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.



## 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.



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.



## 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**  
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.**

# ONGOING ACTIVITIES

## BINGO

Every Monday at 12 noon. The cost is a nickel per card, per game and all adults are welcome.



## LINE DANCE EXERCISE CLASS

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



## BUNCO

Tuesday, May 20  
10:00 a.m.

\$2 per person

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



## THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **Round Table Pizza** for lunch on Friday, May 9. Please meet us there at 11:30 am.

A sign up sheet is located on the bulletin board at the Center.

*Bienvenido*

## GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

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

## MAY BIRTHDAYS

Dorothy Wiley (6)  
Ed Roediger (16)  
Valente Lavalle (21)  
Lenore Alarcon (22)  
Giti Hormozyari (22)  
Francis Walker (26)

Numbers in ( ) signify birthday day.



## NEED A RIDE TO THE SENIOR CENTER?

The Dixon Senior Club offers reduced price **Readi-Ride** passes to and from the Senior Center.

**\$10 for 20 rides**

**Passes available at the Senior Center**



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

**May 13  
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 CENTER  
NEWSLETTER**

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



**JOIN THE FUN AT  
THE 148TH ANNUAL  
DIXON MAY FAIR  
May, 8-11, 2025**



**Mother Day  
May 11, 2025**



**In a bit of sad news  
Donna Burnett recently  
passed away peacefully at  
home. Donna will be  
remembered fondly by  
everyone at the senior  
center**



**TIPS FOR AVOIDING  
HEAT EXHAUSTION**

**Drink Plenty of Liquids**

**Wear Appropriate Clothes**

**Stay Indoors During  
Mid-Day Hours**

**Take It Easy, Avoid  
Exercise When It's Hot**

**Watch the Heat Index**

**Seek Air-Conditioned  
Environments**

**Know The Warning Signs  
of Heat-related Illness;  
Dizziness, Nausea, Head-  
ache, Rapid Heartbeat,  
Chest Pain, Fainting or  
Breathing Problems**

# Senior Activities - May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Line Dancing Chair Yoga Lap Swim <b>Lunch 11:30a</b>	<i>2</i>	<i>3</i> Lap Swim
<i>4</i> Lap Swim	<i>5</i> Busy Bee's Crafts Chair Yoga Bingo	<i>6</i> Line Dancing Adult Fitness Lap Swim <b>Lunch 11:30a</b>	<i>7</i> Grupo Hispanico	<i>8</i> Line Dancing Chair Yoga May Fair Lap Swim <b>Lunch 11:30a</b>	<i>9</i> <b>Out to Lunch            Bunch</b> May Fair	<i>10</i> Lap Swim May Fair
<i>11</i> May Fair Lap Swim 	<i>12</i> Busy Bee's Crafts Chair Yoga Bingo	<i>13</i> Line Dancing Adult Fitness Senior Tech Help <b>Lunch 11:30a</b>	<i>14</i> Grupo Hispanico	<i>15</i> Line Dancing Chair Yoga Lap Swim <b>Lunch 11:30a</b>	<i>16</i>	<i>17</i> Lap Swim
<i>18</i> Lap Swim	<i>19</i> Busy Bee's Crafts Chair Yoga Bingo	<i>20</i> Line Dancing Adult Fitness Bunco <b>Lunch 11:30a</b>	<i>21</i> Grupo Hispanico	<i>22</i> Line Dancing Chair Yoga Lap Swim <b>Lunch 11:30a</b>	<i>23</i>	<i>24</i> Lap Swim
<i>25</i> Lap Swim	<i>26</i> <b>HOLIDAY</b> Center is closed. 	<i>27</i> Line Dancing Adult Fitness Lap Swim <b>Lunch 11:30a</b>	<i>28</i> Grupo Hispanico	<i>29</i> Line Dancing Chair Yoga Lap Swim <b>Lunch 11:30a</b>	<i>30</i>	<i>31</i> Lap Swim