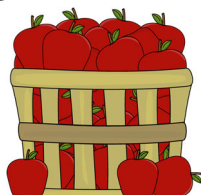


DIXON SENIOR CALENDAR

SEPTEMBER 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.



BUS TRIP TO APPLE HILL & RED HAWK CASINO

Friday, October 3
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, September 26.

See page 6 for info.



*The Senior/Multi-
Use Center will be closed
Monday, September 1,
for the Labor Day holiday.*



BUSY BEE'S SEWING & CRAFTS CIRCLE



Mondays
at 10:00 a.m.

Sew, Craft and Chat!

Sept 8: Paint wood crafts

Sept 15: Cut-Stuff-Sew
Fall fabric pumpkins

Sept 22: Fall wreaths &
decorate Senior Center

Sept 29: Free style crafts

SENIOR RESOURCE FAIR

Saturday, October 18
10:00 a.m. - 1:00 p.m.
See page 5 for more info.

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, Sept. 16
at 10 am

\$2 per person

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



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.

SING-A-LONG GROUP

1st & 3rd Thursdays

12:30pm—2:00pm

Starting September 4

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.



Mondays

12:00- 2:00 p.m.

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

LINE DANCE EXERCISE CLASS

Tuesdays & Thursdays,
September 2— 30
at 9:00 a.m.

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



ADULT LAP SWIM

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

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

CONGREGATE DINNING 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 por-
tions are cooked. There is
a suggested donation of
\$4 per meal

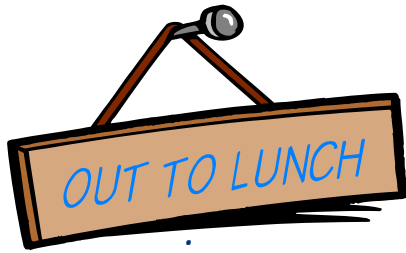
MEALS ON WHEELS OF SOLANO COUNTY



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.**



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch
will be going to
Denny's
for lunch on
Friday, September 12
at 11:30 a.m.

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

DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning
member, please update
your phone number, ad-
dress, 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.

*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*

The Dixon Senior Club
Board is also recruiting
new board members. If
you're interested in
becoming a Dixon Senior
Club Board Member,
please call the Senior
Center
(707) 678-7022
for more info.

¡Bienvenido!

GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

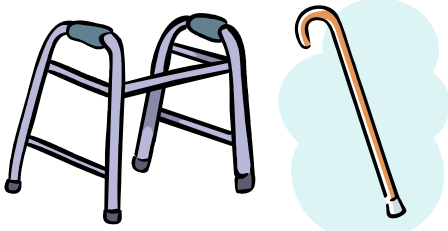
Talk about current events,
play Loteria, and just
enjoy the company of
friends.



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.

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 READ-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.

SEPTEMBER BIRTHDAYS

Orville Klein (2)
Jack Berry (3)
Gilbert Vega (3)
Pattie Woody (6)
Mary Heeney (7)
Joan Giannoni (7)
Jimmy Steward (11)
Ricardo Pereira (14)
Patricia Conley (17)
Katherine Mendoza (19)
Coleen Brown (19)
Arlene Jones (20)
Darlene Bastien (21)
Carl Weber (25)

Numbers in () signify birthday day.



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.





The Advocates for Dixon Seniors
present the 23rd Annual



SENIOR RESOURCE FAIR

SATURDAY, OCTOBER 18, 2025

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

BUS TRIP

APPLE HILL & RED HAWK CASINO



Friday, October 3, 2025

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, September 26.



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

Senior Activities - September 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HOLIDAY Center is closed.	2 Lap Swim Line Dancing Adult Fitness Lunch 11:30a	3 Grupo Hispanico Matter of Balance Chair Yoga	4 Lap Swim Line Dancing Sing-a-long Adult Fitness Reading Group Lunch 11:30a	5	6 Lap Swim
7 Lap Swim	8 Busy Bee's Crafts Chair Yoga Bingo	9 Lap Swim Line Dancing Tech Help Adult Fitness Senior Club Lunch 11:30a	10 Grupo Hispanico Matter of Balance Chair Yoga	11 Lap Swim Line Dancing Adult Fitness Reading Group Lunch 11:30a	12 Out to Lunch Bunch Denny's	13 Lap Swim
14 Lap Swim	15 Busy Bee's Crafts Chair Yoga Bingo	16 Lap Swim Line Dancing Bunco Adult Fitness Lunch 11:30a	17 Grupo Hispanico Matter of Balance Chair Yoga	18 Lap Swim Line Dancing Sing-a-long Adult Fitness Reading Group Lunch 11:30a	19	20 Lap Swim
21 Lap Swim	22 Busy Bee's Crafts Chair Yoga Bingo	23 Lap Swim Line Dancing Adult Fitness Lunch 11:30a	24 Grupo Hispanico Matter of Balance Chair Yoga	25 Lap Swim Line Dancing Adult Fitness Reading Group Lunch 11:30a	26	27 Lap Swim
28 Lap Swim	29 Busy Bee's Crafts Chair Yoga Bingo	30 Lap Swim Line Dancing Adult Fitness Lunch 11:30a				