

DIXON SENIOR CALENDAR

April 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.



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.

THANK YOU TO THE DIXON ROTARY CLUB
 MANY MANY THANKS to the Dixon Rotary Club for hosting another wonderful St. Patrick's Lunch and Celebration!

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.



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS
 10:00am to 12:00pm

Sew, Craft and Chat!



ADULT LAP SWIM

Tuesdays & Thursdays
 5:30 a.m. - 7:00 a.m.
 Saturdays & Sundays
 8:00 a.m. - 10:00 a.m.

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 before workouts.



GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays
 No Class 4/2
 10:30-11:30 a.m.
 First Class is FREE
 10 Class Pass - \$95
 5 Class Pass - \$50
 Low impact sitting and standing workouts.





BUNCO

Tuesday, April 21
10:00 a.m.

\$2 per person

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



GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 a.m.

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

NEED A RIDE TO THE SENIOR CENTER?

The Dixon Senior Club offers reduced price Redit-Ride passes to and from the Senior Center.
\$10 for 20 rides

Passes available at the Senior Center

BINGO

Mondays
at 12 noon

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

CHAIR YOGA CLASS

Mondays & Wednesdays
No Class 4/6

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.



PUZZLE & BOOK LIBRARY

Did you know we loan out puzzles, books, and DVD's for you to take home and enjoy? We're always getting new donations of books, puzzles & DVD's to share. Stop by the Center and see what's available.

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**

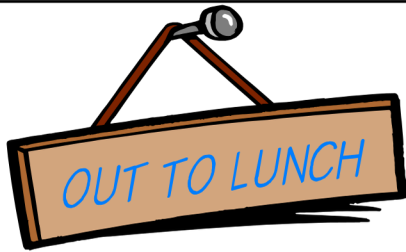
Sign-up by calling **(707) 684-4376** so proper portions are cooked. There is a suggested donation of \$4 per meal



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 informaon call 707-425-0638.



**THE OUT TO LUNCH
BUNCH**

will be going to



Friday, April 10

at 11:30 a.m.

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

**DIXON SENIOR CLUB
MEMBERSHIP**

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 2026 will
be collected through
April. For more
information about Dixon
Senior Club membership
call (707) 678-7022

**DIXON SENIOR CLUB
MEMBERSHIP continued**

If you're a returning
member, please update
your address and phone
number with us so we can
update our membership
directory. 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:*

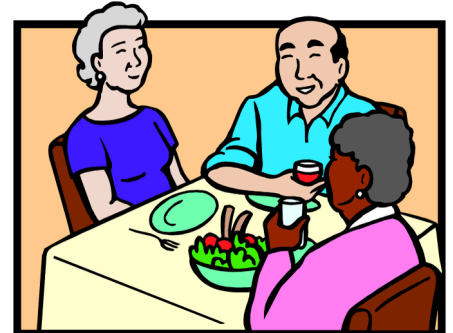
*Dixon Senior Club
c/o Dixon Senior/
Multi-Use Center
201 S. 5th Street
Dixon, CA 95620*

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



CALLING ALL SENIORS!

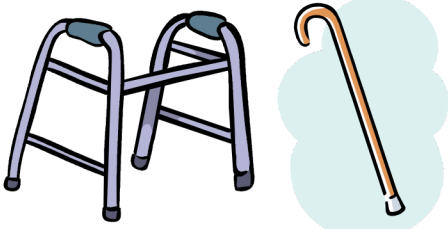
We are looking for people
who may be interested in
starting a class or group at
the Senior Center. Anyone
interested in teaching a
cooking class, starting a
group that plays card
games, can lead a Tai-Chi
class, or have ideas about
other activities, please
stop by the Senior Center



**SENIOR CENTER
NEWSLETTER**

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

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.



CALL 678-5020
TO RESERVE YOUR RIDE

Dixon Readi-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

Seniors Age 80 & up
receive a Golden Pass for
free local rides.

Rides must be within
Dixon City limits, during
Readi-Ride hours.

For more information,
contact Dixon Readi-Ride
at 678-5020, or
Transit Supervisor
Vicki Jacobs at 678-7442

APRIL BIRTHDAYS

Sally Klein (1)
Marylynn Kleemann (2)
Bob Davis (4)
Helen Dorne (4)
Ralph Ladd (7)
Jennifer Nease (8)
Cheryl Hughes (25)
Phyllis Nixon (27)
Ray McCluskey (27)
Julio Reis (29)
Numbers in () signify
birthday day.





DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES


April 21
1PM-2:30PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Orange Glazed Chicken 1 Brown Rice Green Peas Asian Vegetables Seasonal Fresh Fruit Sugar Cookie	Creamy Dijon Pork Loin 2 Delmonico Potatoes Spinach WW Roll w/Butter Seasonal Fresh Fruit	Turkey Bolognese with Spaghetti 3 Minestrone Soup Italian Vegetables Fresh Orange
Turkey Burger w/Cheese 6 Lettuce, Tomato & Onion Sweet Potato Tot Green Beans & Red Peppers Fresh Seasonal Fruit	Beef Stroganoff 7 WG Penne Pasta Corn and Carrots Tossed Salad w/Italian Dressing Fresh Orange	Pineapple Glaze Chicken 8 Brown Rice Hawaiian Mac Salad Cilantro Carrot Coleslaw Peaches & Pears	Closed 9	Pork Carnitas 10 Spanish Brown Rice Salsa, Onion, & Cilantro Lentil Soup Fajita Vegetables Citrus Fruit
Turkey Cobb Salad 13 w/ Blue Cheese Dressing Cream of Tomato Soup WW Roll w/Butter Tropical Fruit	Pastrami Sandwich 14 w/ Provolone Cheese Mustard Creamy Coleslaw Key Largo Vegetables Fresh Pear	Baked Curry Chicken 15 Brown Rice Carrots Green Peas Citrus Fruit Chocolate Chip Cookies	Beef & Broccoli Stir Fry 16 Brown Rice Stir Fry Vegetables Asian Cabbages Soup Seasonal Fresh Fruit	Baked Tilapia Fish 17 w/ Creamy Dijon Sauce Garlic Whipped Potatoes Mixed Vegetables WW Roll w/ Butter Peaches
Mock Crab Salad Sandwich 20 w/ Lettuce, Tomato & Onion Carrot Raisin Salad Lentil Soup Applesauce	Baked Chicken 21 w/ Souvlaki Sauce Brown Rice Brussel Sprouts Tomato, Cucumber & Feta Salad Pears	BBQ Pulled Pork Sandwich 22 Corn Chowder Spinach Mandarin Oranges Double Chocolate Chip Cookie	Chicken Fajitas w/ Salsa 23 Pinto Beans Fiesta Vegetables WW Tortilla Fresh Apple	Beef Patty 24 Balsamic Onion Sauce Whipped Potatoes Green Beans WW Roll w/ Butter Seasonal Fresh Fruit
Tuna Salad Sandwich Half 27 W/ Lettuce, Tomato & Onion Beet & Mandarin Orange Salad Split Pea Soup Fresh Banana	Baked Chicken 28 Garlic Mushroom Sauce WW Penne Italian Vegetables Tossed Salad w/Cesear Salad Tropical Fruit	Pork Al Pastor 29 w/ Salsa Black Beans Cilantro Coleslaw WW Tortilla Fresh Seasonal Fruit	Turkey Sheperd's Pie 30 Scandinavian Vegetables Mushroom Barley Soup WW Roll w/Butter Fresh Orange Chocolate Pudding	

 This kitchen prepares meals with: tree nuts (T), peanuts (P), soy (S), sesame (SE), eggs (E), milk (M), fish (F), shellfish (SF), wheat (W), and other gluten-containing products. We cannot guarantee that the menu items are allergen-free.

 Meals are typically 760 mg or less. Any meals exceeding 1,000 mg are labeled with a blue dot (•) to represent the salt intake. It is recommended to have 2,300 mg or less daily.

 All meals are served with low fat milk.



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

American Red Cross



SOUND THE ALARM

Save a Life

FREE Smoke Alarms & Fire Prevention Education

Working smoke alarms can cut the risk of death in home fires in half.

Dixon residents can sign up to receive FREE 10-year smoke alarm installation, alarm checks, and a personalized fire escape plan on day of Sound the Alarm Event!

Saturday, April 25, 2026 10am-2pm



What the Installation Includes:

- Free 10-year smoke alarm installation
- Alarm check and testing

Don't need alarms? Can sign up for only:

- Fire safety tips
- Help creating a home fire escape plan

Sign up by calling or visiting the Dixon Senior/Multi-Use Center!
Last day to sign up is Wednesday April 22, 2026



Senior/Multi Use Center (SMUC)
201 S. 5th Street, Dixon, CA

Questions?
dixonrecreation@cityofdixonca.gov
(707)-678-7022



**American
Red Cross**

Senior Activities - April 2026

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