



# DIXON SENIOR CALENDAR



# February 2026

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

10:30-11:30am

Mondays & Wednesdays

No Class February 16

First Class is FREE

10 Class Pass-\$95

5 Class Pass-\$50

Participants may sit in a chair or stand.



Senior Club Membership dues are due. Please be sure to pay your dues by the end of March to avoid a late fee.

*The Senior Multi-Use Center will be closed Monday, February 16, for the President's Day holiday.*



## BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS, 10 - 11:30am

No class February 16

**Craft, Sew and Chat!**

Bring your ideas and creativity. Work on your own project and/or help create a new project for the group.

## FREE DIABETES EDUCATION CLASS

March 4 - April 22  
12PM-2:00PM

We are excited to offer this program designed to help those living with diabetes or caring for someone with diabetes.

**Where:** Dixon Senior/Multi-Use Center

**When:** Wednesdays, Mar 4 - April 22

**Time:** 12:00pm to 2:00pm

**Cost:** FREE but advance registration is required

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

## SENIOR CLUB MEETING

February 10, 2026  
11am-12:00 noon  
Meets the 2nd Tuesday  
of each month



## DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

February 10  
1PM-3PM

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

Offered 2nd Tuesday of  
each month

## 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 all 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?!

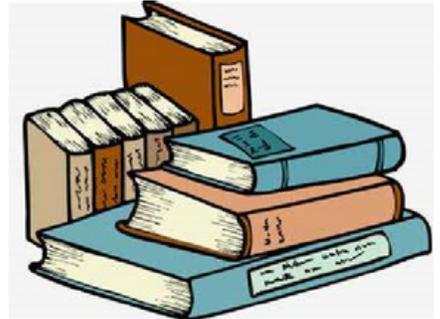


## SENIOR CENTER NEWSLETTER

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



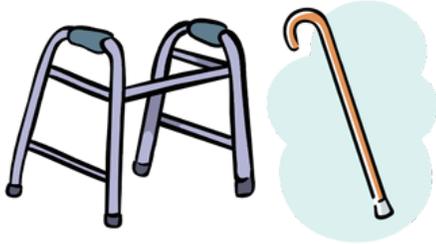
## PUZZLE & BOOK LIBRARY



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.

**WE ALSO HAVE A VARIETY OF CD'S & DVD'S**

## 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.

### SENIOR CARE EDUCATIONAL PRESENTATION

**Friday, March 20**  
**12:00 p.m. - 2:00 p.m.**

Plan ahead with confidence

This presentation will explain various care options available including independent living, assisted living, memory care, board & care homes, as well as skilled nursing.

Please RSVP by calling  
707-678-7022

Presented by Rosa Gracida



## 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.-5p.m.(excluding major holidays). The fare for a Senior (60 & older)/disabled passenger is \$2.50 or a day pass for \$4.



**SOCIAL SECURITY** Most inquiries and many problems can be handled over the phone by calling 1-800-SSA-1213, toll free, 7 am-7pm.

## 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.-1:00p.m. **For more information call 707-425-0638.**

# ONGOING ACTIVITIES

## BINGO

Mondays

February 2, 9 & 23

at 12 noon.

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

We are in need of bingo callers as well.



## BUNCO

Tuesday, February 17  
10:00am

\$2 per person Sign up  
at the Center.



## THE OUT TO LUNCH BUNCH

will be going to

### LA COCINA

for lunch on Friday,  
February 13. Please meet  
us there at 11:30 am.

Please call the office or  
stop by the Senior Center  
to sign up. A sign up sheet  
is located on the  
bulletin board  
at the Center.

## GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays  
10:30 - 11:30am

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

Low impact sitting and  
standing workouts.  
Improve strength,  
balance and more.

## FEBRUARY BIRTHDAYS

Bob Cantrall (3)  
Linda Sikes (4)  
Helen Williams (4)  
Tom Towne (4)  
Ardath Wood (5)  
Phyllis Newton (7)  
Joan Schindel (8)  
Cookie Powell (12)  
Binky Eason (15)  
Al Kleemann (16)  
Mary Lou Batchelor(18)  
Nora Gatchalian(19)  
Hang Tran (23)  
Janice Ferrero (24)  
Donna Janisch (26)  
Julie Prather (27)  
Stewart Cherry (28)

Numbers in ( ) signify  
birthday day.



## LINE DANCING CLASS

Tuesdays & Thursdays  
at 9:00am

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

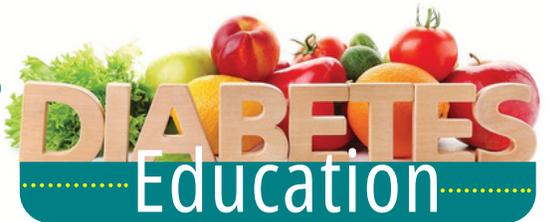
Do you have **diabetes**?  
Live with someone with **diabetes**?  
Want to prevent **diabetes**?

Join  
us!

**FREE diabetes education meet-ups**

**Wednesdays, March-April 2026**  
**12 p.m.–2 p.m. in English**

201 South Fifth Street | Dixon, CA 95620



- *Healthy food and giveaways at each class*
- *Space is limited, call 530.669.5531 to sign-up*

**MARCH 4** Module 1

Beginning Session and Understanding the Human Body

**MARCH 11** Module 2

Understanding Diabetes and its Risk Factors

**MARCH 18** Module 3

Monitoring Your Body

**MARCH 25** Module 4

Get Up and Move! Physical Activity and Diabetes

**APRIL 1** Module 5

Health Management through Meal Planning

**APRIL 8** Module 6

Diabetes Complications: Identification and Prevention

**APRIL 15** Module 7

Learning About Medications and Medical Care

**APRIL 22** Module 8

Living with Diabetes: Mobilizing Family and Friends

Presented by



**Dignity Health**

A member of CommonSpirit

CLASS  
HELD IN  
ENGLISH

# Senior Care Educational Presentation

## Planning Ahead With Confidence

Friday, March 20 • 12:00–2:00PM

Dixon Senior Center • Dixon, CA  
201 S. 5th Street • Dixon, CA 95620

### Care Options Explained

- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care
- ✓ Board & Care Homes
- ✓ Skilled Nursing (SNF)

### Costs & Ways to Pay

- ✓ Typical costs of different care options
- ✓ Personal savings / private pay
- ✓ Long-term care insurance
- ✓ Veterans benefits
- ✓ Medicare vs. Medi-Cal basics



Presented by  
**Rosa Gracida**  
Senior Living Consultant

Senior Living Guidance at no cost to families

RSVP encouraged — seating is limited.

Call the Dixon Senior Center or reach out to learn more.

Call to learn more: **707-301-6920**

[rosaseniorplacement.com](http://rosaseniorplacement.com)

NCC50248508



# February 2026 lunch menu

### Cost

Lunch is free for individuals 60 years & older. Voluntary contributions accepted,

### Reservations

To reserve lunch, call (707) 684-4376 two business days in advance. The menu may change without notice.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Yogurt Dill Turkey (M,E) Sandwich (W,S) Lettuce, Tomato &amp; Onion Black Bean Soup (S) California Vegetables Fresh Seasonal Fruit</p> <p>2</p>	<p>Spicy Southwestern Chicken Pasta (W,S,M) Fiesta Vegetables Tossed Salad w/ Ranch Dressing (E,M) Peaches &amp; Pears</p> <p>3</p>	<p>Sesame Beef (S,SE) Brown Rice Asian Cabbage Soup Cauliflower Fresh Seasonal Fruit Sherbet (M)</p> <p>4</p>	<p>Italian Seasoned Pork WG Pasta Salad w/ Carrots Cream of Mushroom Soup (W,M,S) Broccoli Fresh Apple</p> <p>5</p>	<p>Pub Battered Fish (F,W) w/Malt Vinegar Mashed Potatoes (S,M) Creamed Spinach (S,M) Roll (S,W,M) w/Butter Fresh Banana</p> <p>6</p>
<p>Chimichurri Tilapia (F)</p> <p>9</p>	<p>BBQ Pork Riblet (S)</p> <p>10</p>	<p>Salisbury Steak w/Balsamic Onion Sauce (M,W,S) Garlic Mashed Potatoes (M) Mixed Vegetables Roll (S,W,M) w/Butter (M) Fresh Seasonal Fruit</p> <p>11</p>	<p>Marsala Turkey (W)</p> <p>12</p>	<p>Brazilian Coconut</p> <p>13</p>
<p><b>Closed</b></p> <p>16</p>	<p>Orange Glazed Chicken (S,M)</p> <p>17</p>	<p>Creamy Dijon Pork Loin (M,S,W) Delmonico Potatoes (M,S) Spinach Roll (S,W,M) w/Butter (M) Fresh Seasonal Fruit</p> <p>18</p>	<p>Turkey Spaghetti Sauce WG Spaghetti (S,W) Minestrone Soup (M,S,W) Italian Vegetables Fresh Orange</p> <p>19</p>	<p>Beef Pot Roast w/Mushroom Gravy Garlic Whipped Potatoes (M) California Vegetables Fresh Seasonal Fruit Sugar Cookie (E,M,S,W) Chicken &amp; Sausage</p> <p>20</p>
<p>Beef Stroganoff (F,S,W,M) WG Penne Pasta (W,S) Corn &amp; Carrots Tossed Salad w/ Italian Dressing Fresh Orange</p> <p>23</p>	<p>Pineapple Glaze Chicken WG Hawaiian Mac Salad (W,M,E) Cilantro Carrot Coleslaw (E) Hawaiian Roll (W) w/Butter Peaches &amp; Pears</p> <p>24</p>	<p>Turkey Burger Lettuce, Tomato &amp; Cheese (M) Ketchup &amp; Mayo (E) Sweet Potato Tots Green Beans w/ Red Peppers Fresh Seasonal Fruit</p> <p>25</p>	<p>Tilapia w/ Citrus Basil Sauce (M,W,S) Garlic Parm Brn Rice (M) Butternut Squash Soup (M) Broccoli &amp; Cauliflower Fresh Seasonal Fruit Brownie (E,M,S,W)</p> <p>26</p>	<p>Jambalaya (S) Collard Greens Roll (S,W,M) w/Butter (M) Fresh Orange Frosted Cake w/ Madri Gras Sprinkle (M,W,S)</p> <p>27</p>

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.





# BECOME A SWIM INSTRUCTOR

To be eligible to apply for the City of Dixon Lifeguard/Swim Instructor I position, you must successfully complete the Red Cross Lifeguard Training Course. Upon successful completion of the course, participants will receive an American Red Cross Lifeguarding, CPR, AED, and Title 22 First Aid Certification (valid for two years)



**\$254**

## WEEKEND CLASSES

8:00AM-5:00PM

Class 1: February 28, March 1, March 7, March 8

Class 2: March 22, March 28, March 29, April 4

Class 3: April 11, April 12, April 18, April 19

## ABOUT THE JOB

- **Learn Your Teaching Style: Build Your Teaching & Coaching Skills.**
- **Boost Your Resume: Stand Out With Experience, Certifications, & Emergency Training.**
- **Work with Experts: Train Alongside Seasoned Swim Instructors and Gain Confidence in Teaching.**



Pat Granucci Aquatic Center  
450 E. Mayes St. Dixon, CA 95620

Questions?  
[dixonrecreation@cityofdixonca.gov](mailto:dixonrecreation@cityofdixonca.gov)  
(707)-343-8162

REGISTER



# Senior Activities - February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 						
1 Pickleball	2 Busy Bee's Crafts  Chair Yoga  Bingo	3 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	4 Grupo Hispanico  Chair Yoga	5 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	6 Matter of Balance (Fall Prevention Class)	7
8 Pickleball	9 Busy Bee's Crafts  Chair Yoga  Bingo	10 Line Dancing Senior Club Meeting Gentle Exercise  Tech Help <b>Lunch 11:30a</b>	11 Grupo Hispanico  Chair Yoga	12 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	13 Matter of Balance (Fall Prevention Class) Out to Lunch Bunch <b>LA COCINA</b>	14
15 Pickleball	16 Holiday Center Closed 	17 Line Dancing  Gentle Exercise  Bunco <b>Lunch 11:30a</b>	18 Grupo Hispanico  Chair Yoga	19 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	20 Matter of Balance (Fall Prevention Class)	21
22 Pickleball	23 Busy Bee's Crafts  Chair Yoga  Bingo	24 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	25 Grupo Hispanico  Chair Yoga	26 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	27 Matter of Balance (Fall Prevention Class)	28