

DIXON SENIOR CALENDAR

JANUARY 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 - 11:30 a.m.

Mondays & Wednesday

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Participants may sit in a chair or stand.

A special thanks to everyone who attended the annual **Senior Club Holiday Luncheon**
Please mark your calendars for the next luncheon on **December 11, 2026**.
Take care and thank you!

The Senior Multi-Use Center will be closed Thursday, January 1, for the New Year's holiday and Monday, January 19, for the Martin Luther King, Jr. holiday.



BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS, 10 - 11 am

Craft, Sew and Chat!

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

GRUPO HISPANICO

Wednesdays at 10 a.m.
Talk about current events, play loteria, and just enjoy the company of friends.

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: Fridays,

Jan 23-Mar 13

Time: 12:00pm to 2:00pm

Cost: FREE but advance registration is required

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

SING-A-LONG GROUP

**1st & 3rd Thursdays
(No Class 1/1)
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.

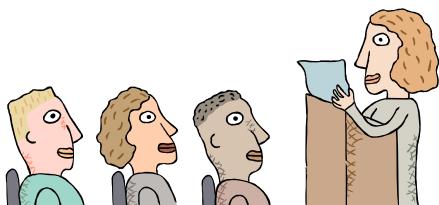
SENIOR CLUB

MEETING

January 13, 2026

11:00am-12:00pm

**Meet 2nd Tuesday of
each month**



SENIOR CLUB DUES ARE DUE

It's that time of year again. Senior Club Membership dues are due in January, \$10 per person if paid before March 31. As always, thank you for your continued support.

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

Help 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?!



thank you!

SPECIAL THANK YOU TO KATHY DOTTERS!

Kathy volunteers her time to take care of our Senior Center library. She organizes books, videos, magazines and puzzles for all to enjoy.

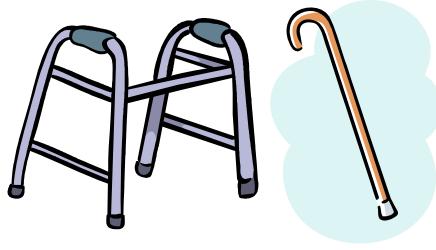


PUZZLE & BOOK LIBRARY

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.



DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

**JANUARY 13
1PM-3PM**

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

**Offered 2nd Tuesday of
each month**



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 Readi-Ride operates Monday-Friday, 7 a.m. - 5 p.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 - 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.**

BINGO

Monday January 5, 12 & 26 at 12 noon. The cost is a nickel per card, per game and all adults are welcome.



LINE DANCING CLASS

Tuesdays & Thursdays
at 9:00 am

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

GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursday
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.



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **DENNY'S** for lunch on Friday, January 9. Please meet us there at 11:30 am. If you need a ride, please let us know in advance, so it may be arranged. A sign up sheet is located on the bulletin board at the Center.



It's How We Roll!

BUNCO

Tuesday, January 20
10:00am
\$2 per person
Sign up at the Center.

JANUARY BIRTHDAYS

Liz Robben (1)
Yvonne McCluskey (3)
Cynthia Scannell (8)
Sharon Swifka (9)
Marcella Hooks (10)
Zinn Boudreaux (13)
SanDee Rooney (16)
Jeannie Tauleata (17)
Fred Lane (19)
Lindy Castelli (23)
Treva Fountain (31)
Janice Nelson (31)

Numbers in () signify birthday day.



SENIOR CENTER NEWSLETTER

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



DROP-IN INDOOR PICKLEBALL

\$5 AT THE DOOR

All ages welcome. Adults must accompany children under 14 yrs.



**DROP IN TIMES
9AM-1PM**

SUNDAYS 2026

January 4th – March 15th



**John Knight Middle School
455 E A St, Dixon, CA 95620**

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



FREE DIABETES SCREENING

MOBEC
AT THE DIXON SENIOR/
MULTI-USE CENTER



THURSDAY JAN 29TH, 2026
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



 FOLLOW US

FOR MORE INFORMATION CONTACT:

Touro University California
Diabetes Program

707-638-5970
www.tu.edu/mobec

Senior Activities - January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HOLIDAY <i>Center is closed.</i> 	2	3
4 Pickleball	5 Busy Bee's Crafts Chair Yoga Bingo	6 Line Dancing Gentle Exercise	7 Grupo Hispanico Chair Yoga	8 Line Dancing Gentle Exercise	9 <i>Out to Lunch Bunch</i> 	10
11 Pickleball	12 Busy Bee's Crafts Chair Yoga Bingo	13 Line Dancing Gentle Exercise Tech Help Senior Club Meeting	14 Grupo Hispanico Chair Yoga	15 Line Dancing Gentle Exercise Sing-a-long	16	17
18 Pickleball	19 HOLIDAY <i>Center is closed.</i> 	20 Line Dancing Gentle Exercise <i>Bunco</i>	21 Grupo Hispanico Chair Yoga	22 Line Dancing Gentle Exercise	23 Matter of Balance	24
25 Pickleball	26 Busy Bee's Crafts Chair Yoga Bingo	27 Line Dancing Gentle Exercise	28 Grupo Hispanico Chair Yoga	29 Line Dancing Gentle Exercise Diabetes Health Screening	30 Matter of Balance	31