

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

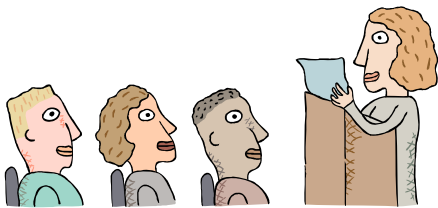
1st & 3rd Thursdays
(No Class 1/1)
12:30pm—2:00pm



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.

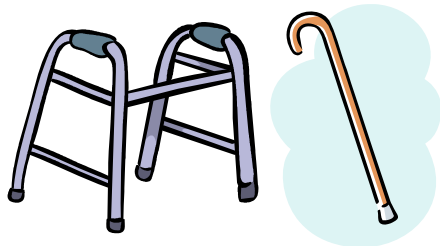


PUZZLE & BOOK LIBRARY

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



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 (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 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)
Trevia Fountain (31)
Janice Nelson (31)

Numbers in () signify birthday day.



SENIOR CENTER NEWSLETTER

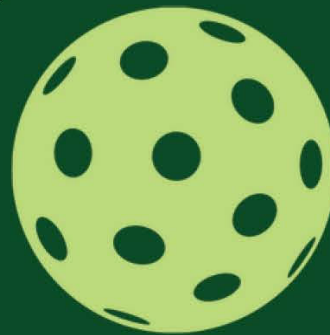
If you would like the Senior Calendar emailed to you please sign up in the office.



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 Lunch 11:30a	7 Grupo Hispanico Chair Yoga	8 Line Dancing Gentle Exercise Lunch 11:30a	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 Lunch 11:30a	14 Grupo Hispanico Chair Yoga	15 Line Dancing Gentle Exercise Sing-a-long Lunch 11:30a	16	17
18 Pickleball	19 HOLIDAY <i>Center is closed.</i> 	20 Line Dancing Gentle Exercise Bunco Lunch 11:30a	21 Grupo Hispanico Chair Yoga	22 Line Dancing Gentle Exercise Lunch 11:30a	23 Matter of Balance	24
25 Pickleball	26 Busy Bee's Crafts Chair Yoga Bingo	27 Line Dancing Gentle Exercise Lunch 11:30a	28 Grupo Hispanico Chair Yoga	29 Line Dancing Gentle Exercise Diabetes Health Screening Lunch 11:30a	30 Matter of Balance	31