

# DIXON SENIOR CALENDAR

# MARCH 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.



## DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

March 10  
1PM-2:30PM



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

Offered 2nd Tuesday of  
each month

## ST. PATRICK'S LUNCH & CELEBRATION SPONSORED BY THE DIXON ROTARY CLUB



Monday, March 16  
at 11:30 a.m.

Dixon Senior Center  
\$3 per person

You must sign up and pay  
by Friday, March 13. The  
menu will include the  
traditional corned beef  
and cabbage, potatoes,  
carrots, and dessert.  
Bingo will be played after  
lunch. Join us for great  
food and lots of fun!

## BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS  
10:00-11:00a.m.  
Craft and Chat!

## LINE DANCING CLASS

Tuesdays & Thursdays  
at 9am

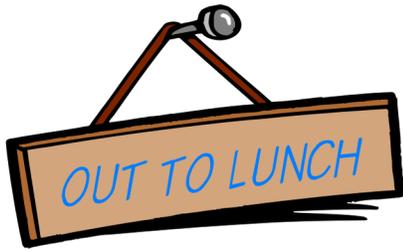
Join this fun class  
anytime! Learn steps  
and dance to a variety  
of music all while  
getting exercise.

## ADULT LAP SWIM

Begins March 8

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

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



**THE OUT TO LUNCH BUNCH** will be going to



Friday, March 13  
at 11:30a.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 March. For more information about Dixon Senior Club membership call (707) 678-7022

**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?



**BINGO**

Mondays

**at 12 noon.**

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



**CHAIR YOGA CLASS**

10:30 - 11:30am

Mondays & Wednesdays

**No Class March 16**

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Participants may sit in a chair or stand.

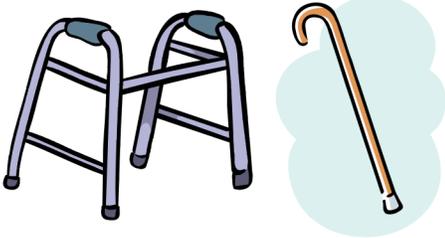
**SING-A-LONG GROUP**

**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.

## MEDICAL EQUIPMENT

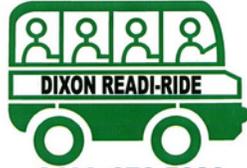


Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



## 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

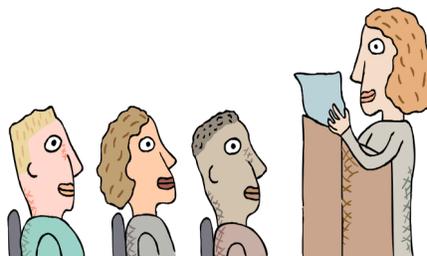
## DIXON READI-RIDE

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.

## SENIOR CLUB MEETING

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



## 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.**

*Bienvenido*

**GRUPO HISPANICO  
(HISPANIC GROUP)**

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



**DAYLIGHT SAVINGS  
TIME BEGINS**

Don't forget to turn your  
clock forward 1 hour on  
Saturday night, March 7.



**BUNCO**

Tuesday, March 17  
10:00am  
\$2 per person Sign up  
at the Center.

**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

**Cost:** FREE but advance  
registration is required  
Sign-up early by calling  
(707) 678-7022

**MARCH BIRTHDAYS**

Marcia Boyd (3)  
Eileen Wilson (4)  
Mary Blevins (5)  
Arlene Gaulke (6)  
Kitty Lockwood (7)  
Tony Bello (10)  
Kathy Tichy (10)  
Luisa Uliviti (13)  
Peggy Beebe (16)  
Stan Hales (16)  
Mary Lee Fitzpatrick (20)  
Leah Barrett (22)  
Diane Hales (24)  
Pam Franklin (25)

Numbers in ( ) signify  
birthday day.



**GENTLE EXERCISE  
FITNESS CLASS**

Tuesdays & Thursdays  
10:30 - 11:30am  
First Class is FREE  
10 ClassPass-\$95  
5 ClassPass-\$50  
Low impact sitting and  
standing workouts.  
Improve strength, balance  
and more.



# 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 March 2026, 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**



Dixon Rotary & Dixon Senior Center are proud to present

# St. Patrick's Day Luncheon

Corned beef, cabbage, potatoes, carrots & dessert

Monday, March 16 | 11:30 a.m.

At Dixon Senior Center  
201 S. Fifth St.

\$3 per person

Sign-up & pay by March 13



# Senior Activities - March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Busy Bee's Crafts  Chair Yoga  Bingo	3 Line Dancing  Gentle Exercise  <b>Lunch 11:30a</b>	4 Grupo Hispanico  Chair Yoga  Diabetes Education Class	5 Line Dancing  Gentle Exercise  Sing-a-Long  Reading Group <b>Lunch 11:30a</b>	6 Matter of Balance (Fall Prevention Class)	7
8 Pickleball Lap Swim  	9 Busy Bee's Crafts  Chair Yoga  Bingo	10 Lap Swim Line Dancing Senior Club Meeting Gentle Exercise Tech Help <b>Lunch 11:30a</b>	11 Grupo Hispanico  Chair Yoga  Diabetes Education Class	12 Lap Swim  Line Dancing  Gentle Exercise Reading Group <b>Lunch 11:30a</b>	13 Matter of Balance (Fall Prevention Class)  Out to Lunch Bunch <b>Bud's</b>	14 Lap Swim
15 Pickleball  Lap Swim	16 Busy Bee's Crafts  St. Patricks Day Luncheon  Bingo	17 Lap Swim Bunco  Line Dancing Gentle Exercise <b>Lunch 11:30a</b>	18 Grupo Hispanico  Chair Yoga  Diabetes Education Class	19 Lap Swim Line Dancing Sing-a-Long Gentle Exercise Reading Group <b>Lunch 11:30a</b>	20	21 Lap Swim
22 Lap Swim	23 Busy Bee's Crafts  Chair Yoga  Bingo	24 Lap Swim  Line Dancing Gentle Exercise <b>Lunch 11:30a</b>	25 Grupo Hispanico  Chair Yoga  Diabetes Education Class	26 Lap Swim Line Dancing Gentle Exercise Reading Group <b>Lunch 11:30a</b>	27	28 Lap Swim
29 Lap Swim	30 Busy Bee's Crafts  Chair Yoga  Bingo	31 Lap Swim  Line Dancing Gentle Exercise <b>Lunch 11:30a</b>				