

DIXON SENIOR CALENDAR

JULY 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.



CHAIR YOGA CLASS

Mondays & Wednesdays

No Class 6 & 8

10:30 - 11:30 a.m.

First Class is FREE

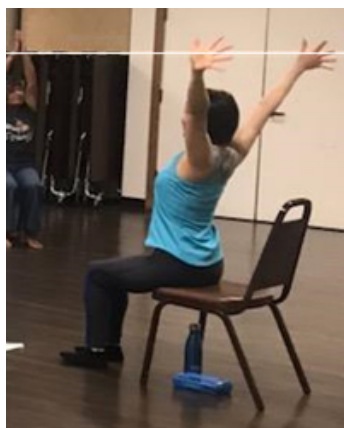
10 Class Pass - \$95

5 Class Pass - \$50

See calendar on pg. 7

**Passes do not expire and
can be purchased at class.**

**The instructor is Yae
Kuroda. Participants may sit
in a chair or stand.**



GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays

No Class July 7 & 9

10:30-11:30 a.m.

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

**Low impact sitting and
standing workouts.**



SUMMERTIME ICE CREAM SOCIALS

**hosted by the
Dixon Senior Club on the
following dates at
11:30am this summer:**

**Friday, July 10
Friday, August 14**

**Please join us for this
free event! Sign up at
the Center by the Friday
prior to the event date.**

BUNCO

Tuesday, July 21
10:00 a.m.

\$2 per person

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



BINGO!



Mondays & Fridays
at 12 noon

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

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



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS
10:00am to 12:00pm

Sew, Craft and Chat!

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.



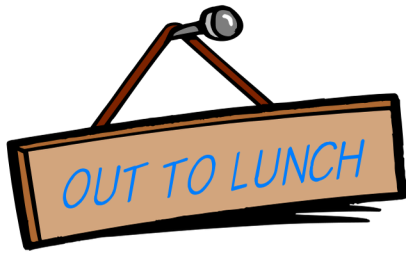
Meals on Wheels offers
home delivered meals to
Seniors age 60 & older.

Deliveries are made
Wednesday & Friday
10:00 a.m. - 1:00 p.m.
For more informaon call
707-425-0638.

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.



THE OUT TO LUNCH BUNCH

will be
CANCELLED

for July but come join us
at the
DIXON SENIOR CENTER
on
Friday, July 10
at 11:30 a.m.

For an **ICE CREAM SOCIAL**
Please call the office or
stop by the Senior Center
to sign up.

DIXON SENIOR CLUB MEMBERSHIP

If you're a returning
member, please update
your address and phone
number with us so we can
update our membership
directory. New members
will be asked to complete
a short form during the
sign up process.

DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

July 14
1PM-2:30PM



Bring in your device and
get Tech help at the
Dixon Senior/Multi-Use
Center

Offered 2nd Tuesday of
each month

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



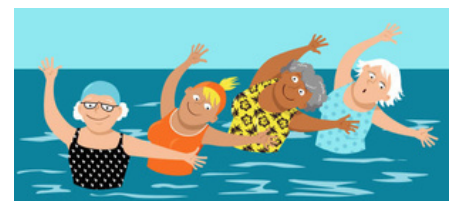
ADULT LAP SWIM

Monday - Thursday
5:30a.m. - 7:45 a.m.
Monday - Thursday
11:00a - 12:45 p.m.
Monday - Thursday
4:00p.m. - 6:30p.m.
Friday - Sunday
8:00a.m. - 10:00a.m.
at the Pat Granucci
Aquatic Center

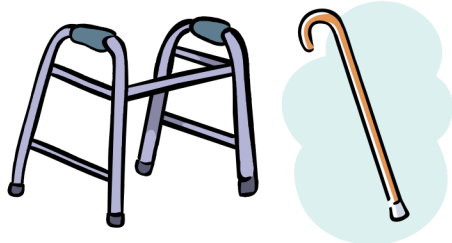


SUMMER WATER AEROBICS

Sundays
8:30 am - 9:30 am
Wednesdays
4:30 pm - 5:30 pm
Fridays
8:30 am - 9:30 am
at the Pat Granucci
Aquatic Center



MEDICAL EQUIPMENT

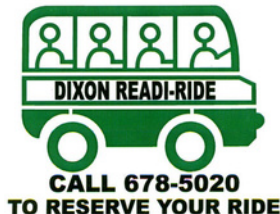


Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



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.



Dixon Read-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.



GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

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

JULY BIRTHDAYS

David Marks (1)
Miguel Lerma (2)
Karen Gallo (7)
Janice Rubow (8)
Martin DeVenuta (11)
William Swifka (13)
Lois Pierce (14)
Ellen Edson (14)
Nancy Crawford (16)
Edward Coffelt (17)
Donna Davis (19)
Kathy Alberdi (23)
Connie Green (26)
Victoria Aquin (28)
Numbers in () signify
birthday day.



**Fourth of July Celebration
at Hall Park: Music,
Swimming, Pickleball,
Food Trucks, and Fun.**

**Fireworks begin after
sunset in Hall Park**



Dixon Senior Club's



SUMMER ICE CREAM SOCIAL

HERE'S THE SCOOP!

JOIN US FOR THESE FREE EVENTS!

Friday, July 10, 2026
Friday, August 14, 2026
11:30 a.m.



at the Senior/Multi-Use Center

Please sign up by the
Friday prior to the event date.
Sign up at the Senior/Multi-Use Center or
call 678-7022. If you forget to sign up by the
deadline, please come join anyway.



4TH OF JULY

CONCERT & FIREWORKS SHOW

CONCERT 6-9PM
SMOKEHOUSE REUNION

FIREWORKS SHOW 9:15PM

SATURDAY, JULY 4



HALL PARK

RECREATION SWIM
PAT GRANUCCI AQUATICS CENTER
4-8PM

PICKLEBALL IN HALL PARK
5-6PM OPEN PLAY & INSTRUCTION
6-8PM ROUND ROBIN PICKLEBALL PLAY

FOOD TRUCKS
AQUATIC CENTER PARKING LOT BEGINNING AT 6PM



Pickleball



**Mondays
& Wednesdays**



5:00pm - 7:00 pm



Hall Park Tennis Courts

All Levels of Play Welcome
Someone will help you learn

Easy to Learn



Fun to Play

Fun for all ages

Senior Activities - July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Grupo Hispanico Chair Yoga Lap Swim Water Aerobics Pickleball	2 Lap Swim Line Dancing Gentle Exercise Sing-a-Long Reading Group Lunch 11:30a	3 Lap Swim Bingo Water Aerobics	4 4th of July 
5 Lap Swim Water Aerobics	6 Lap Swim Busy Bee's Crafts Bingo Pickleball	7 Lap Swim Line Dancing Lunch 11:30a	8 Grupo Hispanico Lap Swim Water Aerobics Pickleball	9 Lap Swim Line Dancing Reading Group Lunch 11:30a	10 Lap Swim Ice Cream Social Bingo Water Aerobics	11 NO Lap Swim or Rec Swim due to Swim Meet
12 Lap Swim Water Aerobics	13 Lap Swim Chair Yoga Busy Bee's Crafts Bingo Pickleball	14 Lap Swim Line Dancing Senior Club Meeting Gentle Exercise Tech Help Lunch 11:30a	15 Grupo Hispanico Chair Yoga Lap Swim Water Aerobics Pickleball	16 Lap Swim Line Dancing Gentle Exercise Sing-a-Long Reading Group Lunch 11:30a	17 Lap Swim Bingo Water Aerobics	18 Lap Swim Rec Swim
19 Lap Swim Water Aerobics	20 Lap Swim Chair Yoga Busy Bee's Crafts Bingo Pickleball	21 Lap Swim Line Dancing Bunco Gentle Exercise Lunch 11:30a	22 Grupo Hispanico Chair Yoga Lap Swim Water Aerobics Pickleball	23 Lap Swim Line Dancing Gentle Exercise Reading Group Lunch 11:30a	24 Lap Swim Bingo Water Aerobics	25 Lap Swim Rec Swim
26 Lap Swim Water Aerobics	27 Lap Swim Chair Yoga Busy Bee's Crafts Bingo Pickleball	28 Lap Swim Line Dancing Gentle Exercise Lunch 11:30a	29 Grupo Hispanico Chair Yoga Lap Swim Water Aerobics Pickleball	30 Lap Swim Line Dancing Gentle Exercise Reading Group Lunch 11:30a	31 Lap Swim Bingo Water Aerobics	