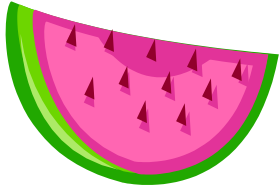


DIXON SENIOR CALENDAR

JUNE 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

10:30 - 11:30 a.m.

First Class is FREE

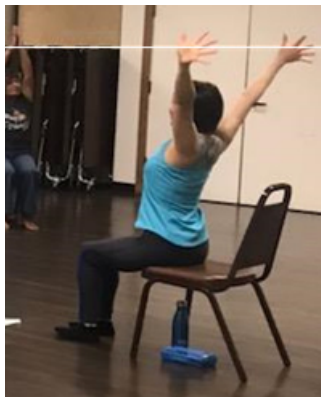
10 Class Pass - \$95

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.



THE SENIOR/MULTI-USE CENTER WILL BE CLOSED TUESDAY JUNE 2, DUE TO ELECTION DAY & THURSDAY, JUNE 19, IN OBSERVANCE OF THE JUNETEENTH HOLIDAY.



GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays

No Class June 2

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, June 12

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, June 16
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.



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.



**BUSY BEE'S SEWING &
CRAFTS CIRCLE**

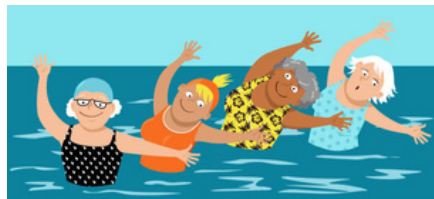
MONDAYS
10:00am to 12:00pm
Sew, Craft and Chat!



ADULT LAP SWIM

Starting June 8

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



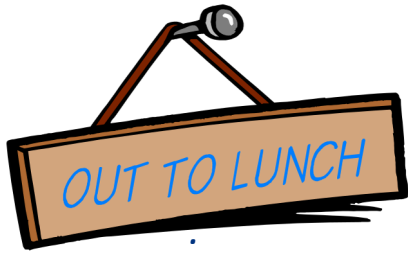
SUMMER WATER AEROBICS

Starting June 7
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

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



THE OUT TO LUNCH BUNCH

will be **CANCELLED**

for June but come join us at the **DIXON SENIOR CENTER**

on Friday, June 12 at 11:30 a.m.

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

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

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.



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.



DIXON SENIOR CLUB MEMBERSHIP

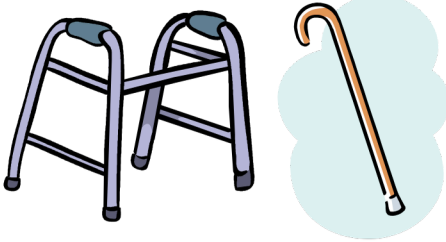
If you're a returning member, please update your address and phone number with us so we can update our membership directory. New members will be asked to complete a short form during the sign up process.

JUNE BIRTHDAYS

- Tia Jacob (3)
 - Maria Terra (3)
 - Kathy Do ers (8)
 - Linda Carpenter (9)
 - Shen Yikang (19)
 - Idis Hernandez(28)
- Numbers in () signify birthday day.



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.

SENIOR CLUB BOARD MEETING

The monthly Senior Club Board Meeting will be held on Tuesday, June 9 at 11:00 a.m.



CALL 678-5020
TO RESERVE YOUR RIDE

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.



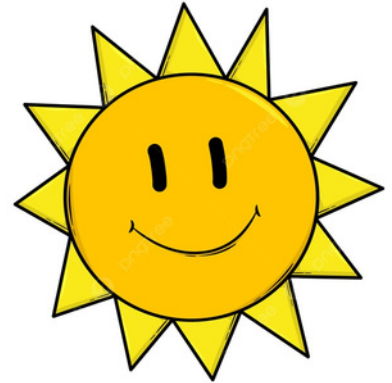
GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

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

SENIOR CENTER NEWSLETTER

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



TIPS FOR AVOIDING HEAT EXHAUSTION

**Drink Plenty of Liquids,
Wear Appropriate
Clothes, Stay Indoors
During
Mid-Day Hours,
Take It Easy, Avoid
Exercise When It's Hot,
Watch the Heat Index,
and Seek
Air-Conditioned
Environments.**

**Know The Warning Signs
of Heat-related Illness;
Dizziness, Nausea,
Headache, Rapid
Heartbeat,
Chest Pain, Fainting, or
Breathing Problems**

Dixon Senior Club's



SUMMER ICE CREAM SOCIAL

HERE'S THE SCOOP!

JOIN US FOR THESE FREE EVENTS!

Friday, June 12, 2026

Friday, July 10, 2026

Friday, August 14, 2026

at 11:30 a.m.



at the Senior/Multi-Use Center



Deadline to sign up is the
Friday prior to the event date.

Sign up at the Senior/Multi-Use Center or
call 678-7022 to have your name put on the list.

Senior Activities - June 2026

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