

DIXON SENIOR CALENDAR

October 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.



SENIOR RESOURCE FAIR

Friday, October 9
 10:00 a.m.-1:00 p.m.

Information and
 resources provided from
 a variety of participating
 organizations.

This event is **FREE**

There are freebies, a
raffle, and cookies

ANNUAL SENIOR CLUB CHRISTMAS LUNCHEON TICKETS ON SALE SOON!

Friday, December 11
 Doors open at 11am
 Come and enjoy an
 afternoon of holiday
 cheer. Sign-ups start
 soon and will be
 available through
 Wednesday,
 November 25

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: Wednesdays & Fridays

October 7-30

Time: 12:00pm to 2:00pm

Cost: FREE but advance
 registration is required

Disaster Preparedness

November 4
 11:45 am to 1:30pm

Dixon Family Services
 and **United Way** are
 hosting this important
 community
meeting at the
Senior/Multi-Use Center
 in English & Spanish

TAI CHI FITNESS CLASS

Thursdays
 11:30 a.m. -12:30p.m.

NEW CLASS!

\$12 per drop-in
 or
 \$40 monthly pass

Low impact exercise
 for all ages.



DIXON SENIOR CLUB INFORMATION



DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

October 13
1PM-2:30PM

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

Offered 2nd Tuesday of each month

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.

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, or have ideas about other activities, please stop by the Senior Center



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 are being collected. For more information about Dixon Senior Club membership call the Senior Center (707) 678-7022

DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning member, please update your phone number, address, and **EMAIL** with us so we can update our membership directory. Membership information will **ONLY** be used by the Dixon Senior Club and not given to any third party.

Dues can be paid at the Senior/Multi-Use Center during regular business hours, M-F from 9am to 2:30pm or can be mailed to the following address:

*Dixon Senior Club
201 S.5th Street
Dixon, CA 95620*

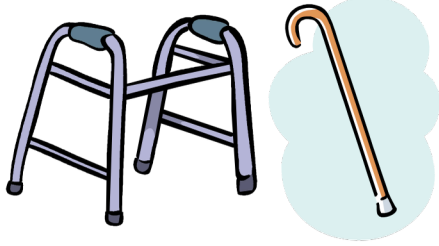
CHAIR YOGA CLASS

Mondays & Wednesdays
10:30 - 11:30 a.m.

First Class is FREE
10 Class Pass - \$95
5 Class Pass - \$50

Passes do not expire and can be purchased at class. The instructor is Yae Kuroda. Participants may sit in a chair or stand.

MEDICAL EQUIPMENT

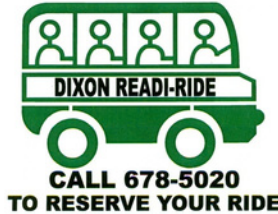


Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



GOLDEN PASS PROGRAM

Dixon Seniors Age 80 & up can receive a Golden Pass for a free ride for local trips only. All rides must be within City limits and can happen anytime. Read-Ride is available and open. For more information contact Dixon Read-Ride at 678-5020 or 678-7442.



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.

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.



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 OF 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.

ONGOING ACTIVITIES



Mondays & Fridays
at 12 noon

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



SING-A-LONG GROUP

1st & 3rd Thursdays

12:45pm—2:15pm

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.

BUNCO

Tuesday, October 20
10:00 a.m.

\$2 per person

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



GENTLE EXERCISE FITNESS CLASS

Tuesdays & Thursdays

10:30-11:30 a.m.

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Low impact sitting and standing workouts.



OCTOBER BIRTHDAYS

Ronald Mocom (7)

Sue Avery (8)

Bill Shroeder (12)

Joan Henrich (12)

Renae Boudreaux (12)

Grace Morgan (14)

Linda Thompson (15)

Barbara Johnston (16)

Jose Alberdi (19)

Jewel Fink (19)

Kathy King (21)

Ron Moe (21)

Katrina Meek (28)

Teri Brown (31)

Numbers in () signify birthday day.



PUZZLE & BOOK LIBRARY

We have lots of books & puzzles in the Library/TV Room. Please feel free to borrow puzzles and keep them or donate them. We are running out of room to store new puzzles.

Bienvenido

GRUPO HISPANICO
(HISPANIC GROUP)

Wednesdays at 10 am.

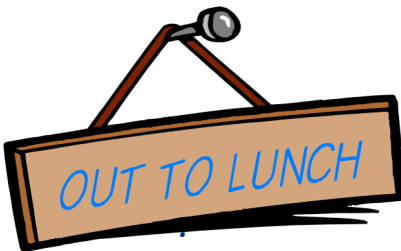
Talk about current events, play Loteria, and just enjoy the company of friends.



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS
10:00am to 12:00pm

Sew, Craft and Chat!



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **Denny's** for lunch on Friday, October 16 at 11:30 a.m.

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



READI-RIDE HOLIDAY LIGHTS TOUR

More info to come next month.



ADULT LAP SWIM

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

Fridays
5:00 p.m. - 7:00 p.m.

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

FALL WATER AEROBICS

Sundays
8:30 a.m. - 9:30 a.m.

Fridays
5:30 p.m. - 6:30 p.m.

at the Pat Granucci Aquatic Center

Pool closed for the season starting October 5. We will resume in the spring.





THE CITY OF DIXON PRESENTS

MOVIES IN HALL PARK

SATURDAYS AT 7:30PM



SEPTEMBER 12 SEPTEMBER 26

SEPTEMBER 19 OCTOBER 3



THANK YOU TO OUR SPONSORS!

WhiteBrenner^{LLP}

JohnsonGroupCA



Rotary
CLUB OF DIXON



Castillo's
LEGAL LIVESUPPORT
LEGAL DOCUMENT RECOVERY
Living Trust / Fideicomiso en vida • Family Law / Derecho de Familia



The Advocates for Dixon Seniors
present the 24th Annual



SENIOR RESOURCE FAIR

FRIDAY, OCTOBER 9, 2026

10 A.M. - 1 P.M.

Information and resources provided from a variety of participants:

Safety * Health Care * Transportation * Utilities
Elder Law * Fitness * Nutrition * Benefits * Recreation

Fun * Freebies * Raffles

This event is FREE to the public.



For information please call (707) 678-7022.

Event Location:
Dixon Senior/Multi-Use Center
201 S. Fifth Street, Dixon

Senior Activities - October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lap Swim Line Dancing Gentle Exercise Tai Chi Sing-a-Long Lunch 11:30a	2 Bingo Lap Swim Water Aerobics	3 Lap Swim Movies in the Park Toy Story 5
4 Lap Swim Water Aerobics	5 Busy Bee's Crafts Chair Yoga Bingo Pickleball	6 Line Dancing Gentle Exercise Lunch 11:30a	7 Grupo Hispanico Chair Yoga Matter of Balance Pickleball	8 Line Dancing Gentle Exercise Tai Chi Lunch 11:30a	9 Senior Resource Fair	10
11	12 Busy Bee's Crafts Chair Yoga Bingo Pickleball	13 Line Dancing Senior Club Meeting Gentle Exercise Tech Help Lunch 11:30a	14 Grupo Hispanico Chair Yoga Matter of Balance Pickleball	15 Line Dancing Gentle Exercise Tai Chi Sing-a-Long Lunch 11:30a	16 Bingo Matter of Balance Out to Lunch Bunch Denny's	17
18	19 Busy Bee's Crafts Chair Yoga Bingo Pickleball	20 Line Dancing Bunco Gentle Exercise Lunch 11:30a	21 Grupo Hispanico Chair Yoga Matter of Balance Pickleball	22 Line Dancing Gentle Exercise Tai Chi Lunch 11:30a	23 Bingo Matter of Balance	24
25	26 Busy Bee's Crafts Chair Yoga Bingo Pickleball	27 Line Dancing Gentle Exercise Lunch 11:30a	28 Grupo Hispanico Chair Yoga Matter of Balance Pickleball	29 Line Dancing Gentle Exercise Tai Chi Sing-a-Long Lunch 11:30a	30 Bingo Matter of Balance	31