

DIXON SENIOR CALENDAR

September 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.



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



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

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

*The Senior/Multi-Use
Center will be closed
Monday, September 7, for
the Labor Day holiday.*



DROP-IN SENIOR TECHNOLOGY HELP & LIBRARY SERVICES

September 8
1PM-2:30PM



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

Offered 2nd Tuesday of
each month

SENIOR RESOURCE FAIR

Friday, October 9
10:00 a.m. - 1:00 p.m.
See page 5 for more info.



TAI CHI FITNESS CLASS

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

NEW CLASS SPECIAL!

\$5 per drop-in
(First Month Only)

Low impact exercise
for all ages.

BUNCO

Tuesday, September 15
10:00 a.m.

\$2 per person

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, 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.



Mondays & Fridays
at 12 noon

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

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

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.

CONGREGATE DINING IS BACK AT THE SENIOR CENTER!

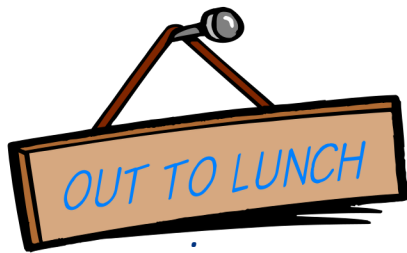
We are excited to work
with **Innovative Health
Solutions** to provide
healthy & nutritious
lunches at the Senior
Center at **11:30am every
Tuesday & Thursday**

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 SOLANOCOUNTY



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.



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch
will be going to

La Cocina

for lunch on

Friday, September 11
at 11:30 a.m.

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



DIXON SENIOR CLUB MEMBERSHIP

We're back! 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*



The Dixon Senior Club
Board is also recruiting
new board members. If
you're interested in
becoming a Dixon Senior
Club Board Member,
please call the
Senior Center
(707) 678-7022
for more info.

¡Bienvenido!

GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

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



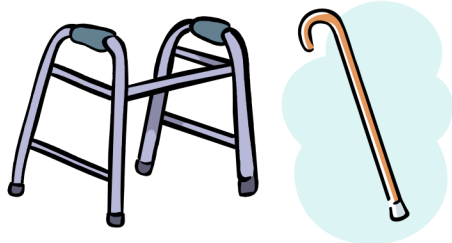
CHAIR YOGA CLASS

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.



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.

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.

SEPTEMBER BIRTHDAYS

Orville Klein (2)
Suzanne Pitner (3)
Pattie Woody (6)
Mary Heeney (7)
Jose Chacon (8)
Jimmie Steward (11)
Ricardo Pereira (14)
Patricia Conley (17)
Katherine Mendoza (19)
Brenda Whitten (19)
Arlene Jones (20)
Loren Ferrero (20)
Darlene Bastien (21)
Carl Weber (25)
Denise Jerrett (28)
Rowena Rose (29)
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.





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



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

TAI CHI

New Classes Start September 3rd!

WHEN

Thursdays

11:30 AM

WHERE

Dixon Senior Center

201 S. 5th St
Dixon, CA 95620

Cost: New Class Special! \$5 per drop-in

BENEFITS OF TAI CHI

- **Improve balance & coordination**
Enhance stability and body awareness
- **Increase flexibility & strength**
Gentle movements that build endurance
- **Reduce stress & promote mindfulness**
Calm the mind through focused practice
- **Low-impact exercise for all ages**
Suitable for beginners and seniors alike

All are welcome — no experience necessary

Join us for a peaceful hour of movement and mindfulness

Senior Activities - September 2026



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