



June 2024



Suisun City Senior Programs

611 Village Drive, Suisun City, CA 94585 • jsingley@suisun.com • (707)421-7200

Coordinator Message

Welcome to June! With the weather warming, I encourage you to come by the Joseph Nelson Community Center to cool down and participate in a variety of activities and special events this month. For more information on June and July, please read pages 1 and 2 and see the calendar on page 3.

Sincerely,
Justeen Singley

Daily Schedule

Lounge

Stop by for free coffee or tea and enjoy reading or watching TV on weekdays from 9am-4pm.

Café Connect (Ages 60+)

Meals on Wheels presents “Café Connect” which is a fresh take on community center dining that supports active and energized social lives for all participants. Adults 60+ can dine on weekdays at 11:30am. Community-based meal programs give people the opportunity to enjoy conversation, create a sense of community, and connect with others, as well as improve nutrition, dietary variety, and greater food security. Reservations must be made 48 hours in advance. Call 707-425-0638 x2 to make a reservation. There is a suggested contribution of \$4 per meal. If you are unable to contribute the full amount, please consider contributing what you can.

Weekly Programs

Bingo is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and non-monetary prizes are awarded. No Bingo on 6/19 due to the Juneteenth holiday closure.

Bingocize is back on Tuesdays and Thursdays from 10:30am-11:30am! Bingocize is led by Janene Biggs and combines the game of bingo with fall prevention exercises. This free program is sponsored by Innovative Health Solutions.

Painting is on Wednesdays from 10am-12pm. Supplies are provided for this self-guided activity. Free! No Painting on 6/19 due to the Juneteenth holiday closure.

Soul Line Dancing is on Fridays from 10:30am-12pm. Coretta Grayson will guide participants through line dancing to R&B music. This class is a great way to exercise and make friends at the same time. All skill levels are welcome and you do not need a partner to line dance. \$5 per class.

Table Tennis Club is on Tuesdays and Thursdays from 12pm-4pm. This club is a safe zone for all table tennis enthusiasts that promotes the sport by establishing and maintaining a friendly, cooperative, fun environment for all skill levels. Free! Club will not meet on 6/27.

Tai Chi is on Tuesdays from 9:30am-10:30am. The class will start with warm ups, followed by Qi Gong and Yang Style Tai Chi. These exercises help with balance, flexibility, circulation, digestion and overall physical and mental health. Free!

Special Events

FREE **Vision Screenings** conducted by Lions Center for the Visually Impaired will be on Tuesday, 6/4, by appointment only. To schedule an appointment, please fill out the Registration Sheet at the front desk or call Justeen at (707)718-0311 to check for availability. When you sign up, please fill out the next available time slot.

Celebrate Father's Day with **Donuts for Dads** on Friday, 6/14, from 10am-12:30pm. Enjoy free donuts and refreshments in the hallway. You are welcome to stop by or stay for activities.

FREE **Summer Barbecue** is on Thursday, 6/27, from 12pm-2pm. Kick off the summer with a fun afternoon at Joseph Nelson Community Center. Staff will be cooking your favorite barbecue items including hamburgers and hotdogs. Enjoy listening to music and playing games including Cornhole and Giant Jenga with friends. Reservations are required and must be made by 6/24.

Special Program

Success with Diabetes meets on Wednesday, 6/5, and 6/26 from 10am-12pm. Pre-registration is required and participants can register at <https://linktr.ee/diabetestuca> or call (707)638-5970. In this class, participants will learn to live a healthier life with diabetes. This FREE class is brought to you by Touro University, Sutter Health, Solano Public Health, and Vibe Solano. Class will not meet on 6/12 and 6/19.

Day Trip

Lawler Falls Park Trip is on Monday, 6/10, from 10am-12pm. This trip is FREE but pre-registration is required. Bring a lunch and join us for a picnic at Lawler Falls Park in Suisun City. Enjoy food and quality time outdoors. On the day of the trip, please meet at Joseph Nelson Community Center if you want a ride in the City van. If you want to meet at the park, please contact Justeen at (707)718-0311.

Next Month

- **Success with Diabetes** continues on 7/10 and meets every Wednesday from 10am-12pm. This FREE program is brought to you by Touro University, Sutter Health, Solano Public Health, and Vibe Solano. This program ends on 7/31.
- **Benicia Capitol Trip** is on 7/19 from 10am-1pm. At the Benicia Capital State Historic Park attendees will go on a guided tour to learn about the former state capitol that has been restored with period furnishings and exhibits. The cost is \$3 and pre-registration is required at the front desk or at suisun.recdesk.com. On the day of the trip, please meet at the Joseph Nelson Community Center at 9:30am. Transportation will be provided by staff in the City van.
- **Summer Dinner Dance** is on 7/25 from 5pm-8pm at the Joseph Nelson Community Center. Enjoy a fun night out that includes food, music, and dancing. This event is Hawaiian themed and we encourage you to dress in your best Hawaiian attire but this is not required. This event is free to attend. Reservations are required and must be made by 7/22.

Important Items

- We are closed on Wednesday, 6/19, for Juneteenth.
- Participants must have a signed Release of Liability & Emergency Contact Form on file.
- Senior Food Program distributes food on the 1st & 3rd Wednesday from 9:30-10:30am at St. Marks Lutheran Church (1600 Union Ave, Fairfield, CA). Please see Justeen for application.
- Drive-thru Food Distribution is on the 2nd & 4th Wednesday from 12-1pm at Lambrecht Sports Complex (4455 Lambrecht Dr, Suisun City, CA).
- The Concord Library is offering free tax aide on Saturday 6/15, 7/13, 8/17, and 9/14. **Please call Tax Aide at (925)471-5686** for more information or to schedule an appointment.
- We have a walker and adult diapers available. If you are in need of these items please contact Justeen at (707)718-0311 to check for availability.

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p>	<p>9:30-10:30am: Tai Chi 10am-1pm: Vision Screenings 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis Club 6:30-8:30pm: Square Dancing(\$7)</p>	<p>10-11:30am: Line Dancing (\$6) 10am-12pm: Success w/ Diabetes 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p>	<p>10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club</p>	<p>10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch</p>
10	11	12	13	14
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17	18	19	20	21
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24	25	26	27	28
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ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.