



July 2024

# Suisun City Senior Programs



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## Coordinator Message

Welcome to July! Join us for a fun month that features a variety of activities on weekdays. Highlights include a new Congregate Meals Program, day trip to the Benicia Capitol, Summer Olympics Trivia, and Summer Dinner Dance. For more information on activities in July and August, 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.

### Lunch (Ages 60+)

Innovative Health Solutions presents a new Congregate Meals Program starting on Monday, 7/1. Adults 60+ can dine on weekdays at 11:30am. Come to lunch to enjoy nutritious meals, make friends, and have fun. Program highlights include lunches that are reimagined with YOU in mind, engaging conversations, social opportunities, and guest speakers with help from YOU to choose topics. Reservations must be made 48 hours in advance. Call (707)684-4376 or email [info@innovativehealths.com](mailto:info@innovativehealths.com) to make a reservation. Voluntary contributions are accepted but not required. No lunch on Thursday, 7/4, due to the holiday.

## Weekly Programs

**Bingo** is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and non-monetary prizes are awarded. Join us for Potluck Bingo on Wednesday, 7/31, and bring food to share if you are able to.

**Bingocize** is 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!

**Soul Line Dancing** continues on Friday, 7/5, and meets 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. No class on 7/12.

**Table Tennis** is on Tuesdays and Thursdays from 12pm-4pm. This program 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! No Table Tennis on Thursday, 7/4 and 7/25.

**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 Program

**Success with Diabetes** continues on Wednesday, 7/10, and meets every Wednesday from 10am-12pm. Learn to live a healthier life with diabetes during this FREE program brought to you by Touro University, Sutter Health, Solano Public Health, and Vibe Solano. This program ends on Wednesday, 7/31.

## Day Trip

**Benicia Capitol Trip** is on Friday, 7/19, from 10am-1pm. At the Benicia Capitol State Historic Park we 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](http://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.

## Special Events

**Summer Olympics Trivia** is on Monday, 7/22, from 10am-11:30am. Get into the spirit and test your knowledge ahead of the 2024 Summer Olympic Games starting on 7/26. Prizes will be awarded.

**Summer Dinner Dance** is on Thursday, 7/25, from 5pm-8pm at the Joseph Nelson Community Center. Enjoy a fun night out that includes food, music, and dancing all for FREE. This event is Hawaiian themed and Hawaiian attire is encouraged but it is not required. Reservations are required and must be made by 7/22.



## Next Month

- **Blackhawk Museum Trip** is on Saturday, 8/10, from 10am-3pm. Join us to explore a variety of exhibits including classic cars, art, and history. The cost is \$15 and pre-registration is required. 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.
- **Game Night** is on Thursday, 8/15, from 5pm-8pm. Join us for a fun night of gaming that includes dominoes, chess, and more. Pizza and refreshments will be served. This event is free but reservations are required by 8/12.
- **Health Fair** is on Thursday, 8/29, from 9am-1pm. Come by this free event to get important health screenings, learn about valuable resources, and enjoy snacks and refreshments.

## Important Items

- Joseph Nelson Community Center is closed on Thursday, 7/4 for 4<sup>th</sup> of July. We hope you will join us at Suisun City Waterfront for the 4<sup>th</sup> of July Celebration from 11am-10pm.
- Participants must have a signed Release of Liability & Emergency Contact Form on file.
- Senior Food Program distributes food on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday from 9:30-10:30am at St. Marks Lutheran Church (1600 Union Ave, Fairfield, CA). If you are interested, please see Justeen for an application.
- The Concord Library is offering free tax aide on Saturday 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 adult diapers available in various sizes. If you are in need, please contact Justeen at (707)718-0311 to check for availability.

# July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>2</b> 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis	<b>3</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>4</b> <b>Community Center Closed</b>  <b>HAPPY Independence Day!</b> ★★★★	<b>5</b> 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
<b>8</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>9</b> 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis	<b>10</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Success w/ Diabetes 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>11</b> 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>12</b> <b>No Soul Line Dancing</b> 11:30am-12:30pm: Lunch
<b>15</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>16</b> 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis	<b>17</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Success w/ Diabetes 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>18</b> 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>19</b> 10am-1pm: Benicia Capitol Trip 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
 <b>22</b> 10-11:30am: Olympics Trivia 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>23</b> 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>24</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Success w/ Diabetes 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>25</b> 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch <b>No Table Tennis</b> 5pm-8pm: Summer Dinner Dance 	<b>26</b> 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
<b>29</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>30</b> 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>31</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Success w/ Diabetes 10am-12pm: Painting 11:30am-12:30pm: Lunch 12-2:30pm: Potluck Bingo		<b>ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.</b>