



December 2024



Suisun City Senior Programs

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Coordinator Message

Welcome to the final month of 2024! I hope you will join us for lunch and a variety of activities on weekdays. Highlights this month include the Holiday Luncheon, new Holiday Baking program, and two trips including Deck the Halls and Holiday Lights Tour. For more information on December and January, please read pages 1-3.

Sincerely,

Justeen Singley

Daily Schedule

Lounge

Stop by for free coffee, tea, or hot cocoa and enjoy reading or watching TV on weekdays from 9am-3pm.

Lunch (Ages 60+)

Innovative Health Solutions hosts the Congregate Meals Program on weekdays from 11:30am-12:30pm. Adults 60+ can 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, and social opportunities. Reservations must be made 48 hours in advance. Call (707)684-4376 or email info@innovativehealths.com to make a reservation. Voluntary contributions are accepted but not required. **No lunch 12/24 & 12/25.**

Weekly Programs

Bingo is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and prizes are awarded. **No Bingo 12/23 & 12/25.**

Bingocize returns on Tuesday, 12/3, and meets 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. **No class 12/24, 12/26, & 12/31.**

Painting is on Wednesdays from 10am-12pm. Supplies are provided for this self-guided activity. Free! **No Painting 12/25.**

Soul Line Dancing is on Friday, 12/6 and 12/20, 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 12/13 & 12/27.**

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 12/17, 12/19, 12/24, & 12/31.**

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! **No class 12/24.**



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Special Programs

Holiday Baking Program is on Tuesday, 12/17, and Thursday, 12/19, from 12:30pm-3:30pm. Learn to make a variety of baked goods just in time for the holidays. All skill levels are welcome. The cost is \$10 and pre-registration is required.

Reminiscing Activity is on Thursday, 12/19, from 9:30am-10:30am. Staff will guide participants through various activities with different themes each month. This month the theme is the 1960s. Join us to think, share, and listen in a positive environment.

Trips

Deck the Halls Trip scheduled for Tuesday, 12/3, is full. If you would like to be added to the waitlist, please visit the front desk.

Holiday Lights Tour is on Wednesday, 12/18, from 5pm-6:30pm. Listen to music and visit beautiful holiday light displays in Suisun City, Fairfield, and Vacaville. The cost is \$2 and pre-registration is required.

Special Events

Holiday Luncheon is on Friday, 12/13, from 11am-1pm. Celebrate the holidays with food, music, raffle prizes, and a whole lot of fun at the Joseph Nelson Community Center. Admission is free but reservations are required by 12/9.

Next Month

- **Learn & Play** is on Thursday, 1/2, from 2pm-4pm. Enjoy snacks and drinks while learning to play a new game.
- **Reminiscing Activity** is on Thursday, 1/16, from 9:30am-10:30am. Staff will guide participants through various activities with different themes each month. Join us to think, share, and listen in a positive environment.
- **Beat the Room Trip** is on Friday, 1/17, from 1:30pm-3:30pm. During this escape room experience, players will be placed in a room and use clues to solve a series of puzzles to escape within a set time limit. This experience encourages teamwork and stimulates the creative brain. The cost is \$30 and pre-registration is required. On the day of the trip, please meet at the Joseph Nelson Community Center at 1pm and transportation will be provided.
- **Dinner Dance** is on Thursday, 1/30, from 5:00pm-8:00pm. Kick off the new year with a fun night out that includes food, music, and dancing all for free. Reservations are required and must be made by 1/27. Doors open at 5pm, dinner is served at 5:30pm, and dancing starts at 6pm.

Important Items

- We are closed on 12/24 & 12/25 due to Christmas Eve & Christmas Day.
- 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). If you are interested, please see Justeen for an application.
- We have adult diapers available in various sizes. If you are in need, please contact Justeen at (707)718-0311 to check for availability.

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	3 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 5:30-9:30pm: Deck the Halls Trip	4 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	5 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	6 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
9 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	10 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	11 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	12 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	13 No Soul Line Dancing 11:30am-12:30pm: Lunch Holiday Luncheon 11:00am-1:00pm
16 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	17 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch No Table Tennis 12:30-3:30pm: Holiday Baking (\$10)	18 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo 5:00pm-6:30pm: Holiday Lights Tour (\$2)	19 9:30-10:30am: Reminiscing Activity (1960s) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch No Table Tennis 12:30-3:30pm: Holiday Baking (\$10)	20 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
23 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch No Bingo	24 Community Center Closed for Christmas Eve	25 Community Center Closed for Christmas Day	26 No Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	27 No Soul Line Dancing 11:30am-12:30pm: Lunch
30 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	31 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch No Bingocize or Table Tennis			ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE

