

January 2025

JANUARY\*

# Suisun City Senior Programs

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## Coordinator Message

Happy New Year! I hope you had a great holiday season. I am looking forward to the year ahead of us and wish you peace, joy, and good health in 2025. We have an exciting month of activities including weekly programs, special programs, day trip to an escape room, and Dinner Dance. For more information on January and February, 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@innovativehealth.com](mailto:info@innovativehealth.com) to make a reservation. Voluntary contributions are accepted but not required. **No lunch 1/1, 1/2, 1/3, and 1/20.**

## Weekly Programs

**Bingo** is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and prizes are awarded. **No Bingo 1/1 and 1/20.**

**Bingocize returns on Tuesday, 1/6**, 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.

**Painting** is on Wednesdays from 10am-12pm. Supplies are provided for this self-guided activity. Free!

**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** 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 1/30.**

**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!

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## Special Programs

**Reminiscing Activity** is on Thursday, 1/16, from 9:30am-10:30am. This month the activity will be playing board games that came out in the 1960s & 1970s.

**Tablet Training** is on 1/13, 1/15, 1/22, and 1/27 from 9:30am-11:30am. Seniors will receive a free tablet and learn how to use it during these 4 sessions. **Pre-registration is required** and participants must **sign up by calling Independent Living Resources at (707)435-8174 by 1/7**. If you already have a tablet, please call Justeen at (707)718-0311 for more information. We are happy to share that Community Tech Network will conduct free technology training programs here for the next 6 months and this is the first program.

## Trips

**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.

## Special Events

**Dinner Dance** is on Thursday, 1/30, from 5:00pm-8:00pm at Joseph Nelson Community Center. Join us for a fun event that includes food, music, and dancing all for free. Reservations are required by 1/27.

Doors open at 5pm, dinner is served at 5:30pm, and dancing starts at 6pm. The theme is Winter Wonderland and we encourage you to wear your favorite sweater.

## Next Month

- **Blackhawk Museum Trip** is on Saturday, 2/8, from 10am-4pm. This museum has beautiful exhibits featuring classic cars, art, and history. The cost is \$20 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.
- **Valentine's Brunch** is on Thursday, 2/13, from 10am-12pm. Celebrate Valentine's Day with food, friends, and loved ones at Joseph Nelson Community Center. Admission is free, but reservations are required by 2/10. This event is open to all seniors and you do not need to have a significant other to attend.
- **Reminiscing Activity** is on Thursday, 2/20, 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.

## Important Items

- We are closed on Wednesday, 1/1, and Monday, 1/20, due to holidays.
- 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.
- We have adult diapers available in various sizes. If you are in need, please contact Justeen at (707)718-0311 to check for availability.

# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>		<b>1</b>	<b>2</b>	<b>3</b>
<b>ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.</b>		<b>Community Center Closed for New Year's Day</b>	<b>No Bingocize or Lunch</b> 12-4pm: Table Tennis	<b>10:30-12pm: Soul Line Dancing (\$5)</b> <b>No Lunch</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	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	10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30-11:30am: Tablet Training 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	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	9:30-11:30am: Tablet Training 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	9:30-10:30am: Reminiscing Activity (1960s & 1970s games) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch  <b>Beat the Room Trip (\$30)</b> <b>1:30pm-3:30pm</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Community Center Closed for Martin Luther King Jr Day</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	9:30-11:30am: Tablet Training 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:30-11:30am: Tablet Training 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	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	10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch <b>No Table Tennis</b>  <b>Dinner Dance 5pm-8pm</b>	10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch