



February 2025

# Suisun City Senior Programs



611 Village Drive, Suisun City, CA 94585 • [jsingley@suisun.com](mailto:jsingley@suisun.com) • (707)421-7200 Main Office • (707)718-0311 Mobile

## Coordinator Message

Welcome to February! I hope you will join us for a variety of activities this month. Highlights this month include a day trip to Blackhawk Museum, Valentine’s Brunch, and another session of Tablet Training conducted by Community Tech Network. For more information on February and March, 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](mailto:info@innovativehealths.com) to make a reservation. Voluntary contributions are accepted but not required. **No lunch 2/13 & 2/17.**

## Weekly Programs

**Bingo** is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and prizes are awarded. **No Bingo 2/17.**

**Bingocize** 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 2/13. Ends at 2pm on 2/25.**

**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!

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## Special Programs

**Tablet Training Group 2** is on 2/24 and 2/26 from 9:30am-11:30am and continues on 3/4 and 3/6 from 12:30pm-2:30pm. 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**. If you already have a tablet, please call Justeen at (707)718-0311 for more information. This free program is led by Community Tech Network.

## Trips

**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.

## Special Events

**Valentine's Brunch** is on Thursday, 2/13, from 10am-12pm. Celebrate Valentine's Day with great company and food at the 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.

## Next Month

- **Success with Diabetes** starts on Wednesday, 3/5, and meets on Wednesdays from 10am-12pm. During this 6-week program, participants will learn to live a healthier life with diabetes. This free program is sponsored by Touro University, Sutter Health, Solano Public Health, and Vibe Solano. Pre-registration is required. Please register by phone to 707-638-5970 or online at <https://linktr.ee/diabetestuca>
- **Jelly Belly Factory Trip** is on Thursday, 3/13, from 12:30pm-3:30pm. Join us for a fun self-guided tour and learn about all things Jelly Belly. The cost is \$10 and pre-registration is required. On the day of the trip, please meet at the Joseph Nelson Community Center at 12:00pm. Transportation will be provided by staff in the City van.
- **Karaoke Night** is on Thursday, 3/27, from 5pm-7pm. Join us to sing your favorite song, listen to others sing, and dance the night away. Food and drinks will be provided. Admission is free, but reservations are required.

## Important Items

- We are closed on Monday, 2/17, for President's Day.
- Participants must have a signed Release of Liability & Emergency Contact Form on file.
- To schedule a tax appointment, please **CALL AARP FOUNDATION TAX AIDE AT 707-435-3581**. Appointments will be here from 2/6-4/10 on Mondays and Thursdays.
- 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.

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>10-11:30am:</b> Line Dancing (\$6)  <b>11:30am-12:30pm:</b> Lunch  <b>12:30-2:30pm:</b> Bingo</p>	<p><b>9:30-10:30am:</b> Tai Chi  <b>10-11:30am:</b> Line Dancing (\$6)  <b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-4pm:</b> Table Tennis</p>	<p><b>10-11:30am:</b> Line Dancing (\$6)  <b>10am-12pm:</b> Painting  <b>11:30am-12:30pm:</b> Lunch  <b>12:30-2:30pm:</b> Bingo</p>	<p><b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-4pm:</b> Table Tennis</p>	<p><b>10:30-12pm:</b> Soul Line Dancing (\$5)  <b>11:30am-12:30pm:</b> Lunch</p>	<p style="text-align: center;"><b>Blackhawk Museum Trip (\$20) 10am-4pm</b></p> 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>Community Center Closed for President's Day</b></p>	<p><b>9:30-10:30am:</b> Tai Chi  <b>10-11:30am:</b> Line Dancing (\$6)  <b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-4pm:</b> Table Tennis</p>	<p><b>10-11:30am:</b> Line Dancing (\$6)  <b>10am-12pm:</b> Painting  <b>11:30am-12:30pm:</b> Lunch  <b>12:30-2:30pm:</b> Bingo</p>	<p><b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-4pm:</b> Table Tennis</p>	<p><b>10:30-12pm:</b> Soul Line Dancing (\$5) in Room A &amp; B  <b>11:30am-12:30pm:</b> Lunch in Room C</p>	<p>No activities</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>9:30-11:30am:</b> Tablet Training Group 2  <b>10-11:30am:</b> Line Dancing (\$6)  <b>11:30am-12:30pm:</b> Lunch  <b>12:30-2:30pm:</b> Bingo</p>	<p><b>9:30-10:30am:</b> Tai Chi  <b>10-11:30am:</b> Line Dancing (\$6)  <b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-2pm:</b> Table Tennis</p>	<p><b>9:30-11:30am:</b> Tablet Training Group 2  <b>10-11:30am:</b> Line Dancing (\$6)  <b>10am-12pm:</b> Painting  <b>11:30am-12:30pm:</b> Lunch  <b>12:30-2:30pm:</b> Bingo</p>	<p><b>10:30-11:30am:</b> Bingocize  <b>11:30am-12:30pm:</b> Lunch  <b>12-4pm:</b> Table Tennis</p>	<p><b>10:30-12pm:</b> Soul Line Dancing (\$5) in Room A &amp; B  <b>11:30am-12:30pm:</b> Lunch in Room C</p>	<p>No activities</p>

**ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.**

