

# SOLANO CO. SENIOR CENTER CO

\*\*\*\*The following events are held at each cen

<p>Florence Douglas 333 Amador St. • Vallejo 707-643-1044</p>	<p>Fairfield 1200 Civic Center Drive 707-428-7421</p>	<p>McBride 91 Town Square • Vacaville 707-469-6660</p>
<p><b>Bingo:</b> (\$5 for 2 cards) Wed 6:30 PM &amp; Fri • 9:30 AM</p> <p><b>55 Alive Mature Driving:</b> (\$10) 2<sup>nd</sup> &amp; 3<sup>rd</sup> Mon • 12:30 PM</p> <p><b>Canasta:</b> Tues • 9:30 AM</p> <p><b>Chess Club (Dues):</b> Fri • 10:30 AM</p> <p><b>Creative Writing:</b> (\$50/12 wks.) Thurs • 1:30 PM</p> <p><b>Crocheting:</b> Wed • 9 AM</p> <p><b>Dominoes:</b> (\$1) Thurs • 1 PM</p> <p><b>Fabric Painting (Materials):</b> Wed • 9 AM</p> <p><b>Family History Writing:</b> (\$1) 1<sup>st</sup> &amp; 3<sup>rd</sup> Fri • 10 AM</p> <p><b>50+ Club:</b> (Dues) 2<sup>nd</sup> &amp; 4<sup>th</sup> Mon • 11 AM</p> <p><b>Oil Painting:</b> (\$10) Wed • 10 AM</p> <p><b>Scrabble Group:</b> (\$1) Thurs • 1 PM</p> <p><b>Senior Cards:</b> (\$1.50/session) Fri • 9:30 AM</p> <p><b>Movie Wednesday:</b> (\$0.50) Wed 1 PM</p> <p><b>Knitting:</b> Wed • 9 AM</p> <p><b>Yoga:</b> ( \$2) Mon • 11 AM</p> <p><b>Strength Training:</b> (\$2 month) Mon • 9 AM</p> <p><b>Jazzercise Lite:</b> (\$2.50) Tues &amp; Thurs • 10:15 AM</p> <p><b>Line Dancing/Beginners:</b> (\$5 session) Tues • 10:30 AM</p> <p><b>Line Dancing/Intermediate:</b> (\$5 session) Thurs • 10 AM</p> <p><b>Line Dancing/Advanced:</b> (\$5 session) Mon • 10 AM</p> <p><b>Tai Chi:</b> (\$10 month) Tues &amp; Thurs • 9 AM except the 3<sup>rd</sup> Thurs</p>	<p><b>Bingo:</b> Fri • 7 PM</p> <p><b>Monday Movie:</b> Mon • 12:30 PM</p> <p><b>Neighborhood Bridge:</b> 2<sup>nd</sup> Mon • 10 AM</p> <p><b>Newcomers Bridge:</b> 3<sup>rd</sup> Mon • 10 AM</p> <p><b>Old Time Fiddlers:</b> Mon • 9 AM</p> <p><b>Friends Meeting:</b> 2<sup>nd</sup> Mon • 2:30 PM</p> <p><b>Bocce Club Meeting:</b> 2<sup>nd</sup> Thurs • 1 PM</p> <p><b>China Painters:</b> Tues • Noon</p> <p><b>North Wind Quilters:</b> Tues • 8:45 AM</p> <p><b>Senior Americans Club:</b> Tues • 9 AM</p> <p><b>Solano Needle Arts Guild:</b> 3<sup>rd</sup> Tues • 9 AM</p> <p><b>Cancer Support Group:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wed • 6:30 PM</p> <p><b>Crime Prevention:</b> Wed • 8:30 AM</p> <p><b>Country Line Dancing Classes:</b> Mon &amp; Wed • 10:30 - 12:30 for only \$2 per session for seniors 50+</p> <p><b>Geranium City Garden Club:</b> 3<sup>rd</sup> Wed • 1:30 PM</p> <p><b>Lapidary Association:</b> 3<sup>rd</sup> Wed • 6:30 PM</p> <p><b>Minyo Dancers:</b> Wed • 7 PM</p> <p><b>Newcomers Meeting:</b> 3<sup>rd</sup> Wed • 10 AM</p> <p><b>Shuffleboard Play:</b> Wed • Noon</p> <p><b>Solano Japanese Dance Group:</b> 1<sup>st</sup> &amp; 4<sup>th</sup> Wed • 6:30 PM</p> <p><b>Ballroom Dance:</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thurs • 7:30 PM</p> <p><b>Aerobics:</b> Mon,Wed, &amp; Fri • 8 AM</p> <p><b>Stretch &amp; Tone:</b> Tues &amp; Thurs • 7:45 AM</p> <p><b>Travel Opportunities:</b> The Fairfield Senior Center offers a monthly travel presentation on the 4<sup>th</sup> Wed. of each month at 10 AM.</p>	<p><b>Art Classes:</b> (\$38-\$45) Mon &amp; Wed • 10 AM</p> <p><b>Tai Chi:</b> (\$40) Tues thru Fri • 8:45 AM</p> <p><b>Yoga:</b> (\$12-\$24) Mon &amp; Thurs • 9:30 AM</p> <p><b>FREE ACTIVITES:</b></p> <p><b>Exercise Group:</b> Mon, Wed &amp; Fri • 10:30 AM</p> <p><b>Computer Lessons:</b> Mon and Wed • 10 AM</p> <p><b>Life Stories Group:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Thurs • 2 PM</p> <p><b>WPAC (widowed Persons assn of Ca):</b> 3<sup>rd</sup> Tues • 7 PM Call Kay at 707-469-1298</p> <p><b>Current Events Discussion Group:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Fri • 9:30 AM</p> <p><b>Singles 50+ Connection:</b> Meets 3<sup>rd</sup> Wed • 1 PM</p> <p><b>Mexican Train:</b> Thurs • 1 PM</p> <p><b>Information &amp; Referral Service:</b> Mon thru Fri • 8:30 AM - 5 PM</p> <p><b>Notary Service:</b> Mon thru Fri • 8:30 AM - 4:30 PM For appt. call 707-469-6673</p> <p><b>Investment Counseling:</b> 4<sup>th</sup> Wed • 9 AM</p> <p><b>Taking Off Pounds Sensibly:</b> Thurs • 6:30 PM</p> <p><b>HEAP (Home Energy Assistance Program):</b> Mon thru Fri 8:30 AM - 4:30 PM For appt. call 707-469-6673</p> <p><b>Public Health Nurse:</b> Wed • 8:30 AM - 10:30 AM For appt. call Joyce at 707-784-8264</p>
<p>Merrill Gardens @ Vacaville 707-447-7496</p>		
<p><b>Special Events:</b></p> <p><b>Labor Day BBQ Celebration:</b> 9/3 • 11 AM <i>Join us in the gardens our last BBQ of the season.</i></p> <p><b>All About Memory:</b> 9/14 • 1:30 PM <i>Speaker: Kristin Einberger, Join us for a fun time with Kristin as we continue to learn more about memory.</i></p> <p><b>Demystifying Estate Plans/Dissecting Wills &amp; Trusts:</b> 9/19 • TBD <i>Join us for this informative seminar on Estate Plans, Will &amp; Trusts.</i></p>		

# COMMUNITY CALENDAR & EVENTS

ter each week, unless otherwise specified.\*\*\*\*

<p>Dixon 201 South 5<sup>th</sup> St. 707-678-7022</p>	<p>Suisun City 318 Merganser Dr. 707-421-7203</p>	<p>Benicia Senior Center 187 L Street 707-745-1202</p>
<p><b>Bingo:</b> Mon. &amp; Wed. • 12:15 PM</p> <p><b>Line Dancing:</b> Tues. and Thurs. • 9:30 AM</p> <p><b>Bridge:</b> Tues. • 10 AM</p> <p><b>Fine Art Class:</b> Fri. • 9 AM</p> <p><b>Arts &amp; Crafts:</b> Mon. • 9 AM</p> <p><b>Movie Monday:</b> Last Mon. of each month at noon</p> <p><b>Out To Lunch Bunch:</b> First Fri. of every month at 11:30 AM</p> <p><b>Senior Club Meeting:</b> First Tues. of each month 12:30 PM</p> <p><b>Happy Birthday:</b> Monthly Birthday Party is the first Tues. of each month at noon</p> <p><b>Elder Health Clinic:</b> 1st and 3rd Thursday of each month (For more Information call Jean at 707-678-7022)</p> <p><b>Meals On Wheels:</b> Hot Lunch Mon. thru Fri. 11:30 AM</p> <p><b>Water Color Class:</b> Weds at 10 AM</p>	<p><b>Lunch:</b> Mon-Fri <i>sponsored by Meals On Wheels</i> (donation of \$2.50 per meal) Reservations needed one day in advance, call <b>426.3079</b></p> <p><b>Routine Activities Include:</b> *Cards *Needleworks, Sewing (<i>machines provided</i>), Crafts &amp; More *Super-Saturday's (<i>pot luck &amp; bingo</i>) *Health Nurse visits, Health Education (<i>topics vary</i>) *Parking Lot Sales (<i>check for dates</i>) *Bible Study *Exercise &amp; Weight Management Support Group *Dinner-Dance *Bingo *Seasonal Free Tax Preparation *Driver Safety Classes from AARP *Line &amp; Ballroom Dance Classes *Trip/Tour Excursions W.H.A.T.</p> <p><b>Senior Partners:</b> 2<sup>nd</sup> Wed. <i>Advisory Committee made up of seniors to help benefit and encourage the growth of the center and its programming. Your ideas and input are welcome.</i></p> <p><b>Monthly Dinner-Dance:</b> last Thurs. of every month excluding the months of Nov.&amp; Dec. (\$7 pp) <i>Includes a full meal and dancing to a live band. Advanced reservations - required. Ticket sale dead-line is the Tues. (12 noon) before the dance.</i></p> <p><b>Our Trip/Tour Program:</b> schedules excursions on a regular basis. Popular one-day casino trips are taken once or twice monthly. Extended stay trips such as cruises and other site-seeing ventures are planned throughout the year.</p> <p>No Membership Fee, Not required to be a Suisun City resident. 50+ years.</p> <p>Please call or stop by for more event information.</p>	<p><b>Benicia Women's Club:</b> 2<sup>nd</sup> Monday of ea. month</p> <p><b>Bingo:</b> Fridays • 1 PM</p> <p><b>Craft Class:</b> Thurs. • 10 - noon</p> <p><b>Hearing Services of Vallejo:</b> 2<sup>nd</sup> Friday ea. month 9am - 11 am</p> <p><b>HICAP:</b> Appointments available 2<sup>nd</sup> and 3<sup>rd</sup> Tues. • 9 to noon</p> <p><b>Pharmacist Visit:</b> 1<sup>st</sup> Tuesday of ea month • 9-11</p> <p><b>Senior Weight Loss Support Group:</b> Weds • 9:30 - 11</p> <p><b>Solano Quilters:</b> Mondays • 9:30 - noon</p> <p style="text-align: center;"><b>Don't miss out on all our fabulous travel opportunities! Call Lois Benny at 707-746-6653 for information on upcoming outing and travel dates.</b></p>
		<p style="text-align: center;"><b>Winters Senior/Community Center</b> 318 1st Street 530-795-4910 x 102</p> <p><b>Hot Lunch:</b> Monday thru Friday starting at 11:45 AM</p> <p><b>BINGO:</b> Monday thru Friday at 12:30</p> <p><b>Bring Your Hobby Craft Time:</b> Monday at 1 PM</p>

# SOUTH YOLO COUNTY SENIOR CENTERS

\*\*\*\*The following events are held at each center each week, unless otherwise specified.\*\*\*\*

Davis Senior Center 646 A Street (corner of 7th & A) • Davis 530-757-5696	Woodland 630 Lincoln Avenue • Woodland 530-661-5890
<p>*Indicates need to register in advance and/or by appointment</p> <p><b>Bingo:</b> Thurs. • 12:30 PM</p> <p><b>Fitness for Life:</b> Mon, Wed &amp; Fri • 7:30 AM</p> <p><b>Walk N'Talk/Pehlke Pacers:</b> Mon, Wed &amp; Fri • 8:45 AM</p> <p><b>Intermediate Yoga:</b> Mon &amp; Thurs • 8:30 AM</p> <p><b>Veterans Services:</b> Mon • 8:30 AM</p> <p><b>Oil/Acrylic Painting:</b> Mon • 9 AM</p> <p><b>Duplicate Bridge:</b> 12:30 PM</p> <p><b>Bridge, Pinochle &amp; Other Games:</b> Mon &amp; Tues 1 PM</p> <p><b>Poker:</b> Wed • 1 PM</p> <p><b>Bridge Lessons:</b> Thursday • 1PM</p> <p><b>Genealogy Library:</b> Friday 1-4 PM</p> <p><b>Dynabands Exercise:</b> Mon, Wed &amp; Fri • 2 PM</p> <p><b>Tap Dancing:</b> Mon • 3 PM</p> <p><b>Social Bridge:</b> Mon • 6:30 PM</p> <p><b>Square Dancing*:</b> Mon • 7PM</p> <p><b>Ceramics:</b> Tuesdays • 9 AM</p> <p><b>Tai Chi:</b> Tues • 9 AM</p> <p><b>Feldenkrais:</b> Tues • 10:15 &amp; 11:30 AM</p> <p><b>Slow &amp; Easy Exercise:</b> Tues &amp; Thurs • 1:30 PM</p> <p><b>Davis Dynamos:</b> Tues • 7 PM</p>	<p><b>Stamp Club:</b> Tues • 7 PM</p> <p><b>Mac Users Group:</b> 2<sup>nd</sup> Tues each month • 7 PM</p> <p><b>Peer Counseling:</b> Wed • 9 AM</p> <p><b>Hem &amp; Haw:</b> Wed • 1 PM</p> <p><b>Ballroom &amp; East Coast Swing*:</b> Wed • 7 PM</p> <p><b>Parkinson's Support Group:</b> 3<sup>rd</sup> Tues each month • 1:30 PM</p> <p><b>Vision Support Group:</b> 2<sup>nd</sup> Wed • 10 AM</p> <p><b>Alzheimer's Support Group:</b> 3<sup>rd</sup> Wed • 10 AM</p> <p><b>Men's Group:</b> 4<sup>th</sup> Wed • 10 AM</p> <p><b>Red Hats Game Day:</b> 3<sup>rd</sup> Fri • 1 PM</p> <p><b>Memoirs:</b> Thur &amp; Fri • 9:30 AM</p> <p><b>SPECIAL EVENTS:</b></p> <p>8/7 • <b>Annual Hawaiian Luau Potluck</b> featuring Bobby West and hula dancers. Cold Food menu...bring a dish or \$5.00 contribution. Event starts at 11:30 AM</p> <p>9/19 • <b>Transportation and Safety Fair</b> 9AM-1PM</p> <p>9/22 <b>China: A Festival of Arts Public Art Exhibit</b> 11AM-2PM Dinner and program to follow that evening with purchase of advance tickets. \$12.00 for Davis Senior Center members and \$15.00 for non-members.</p>
	<p><b>Advance Health Care Directive:</b> (AHCD) everyone should have an AHCD completed, signed and witnessed! (\$2.50 sugg.donation) phone or pick-up at Desk.</p> <p><b>Arthritis Support Group:</b> (Mtg. Rm 3) 1<sup>st</sup> Thurs • 1:30-3:30 PM</p> <p><b>Birthday Social:</b> (Banquet Rm) Last Wed • 11:30 AM</p> <p><b>Best Medicine:</b> (Game Room) Laughter Group 3<sup>rd</sup> Tues • 10 AM</p> <p><b>Bingo:</b> (Mtg. Rm. 3) Wed &amp; Fri 12:45-3:00 p.m.</p> <p><b>Blood Pressure Clinic:</b> (Consultation Rm.) 4<sup>th</sup> Tues • 9:30-11:30 AM</p> <p><b>Bridge for Fun:</b> (Game Rm.) Wed 1-4PM novice &amp; intermed. levels.</p> <p><b>Bridge:</b> (Game Rm.) Sat 2-5 PM sign-up: Kaye (530) 668-8601.</p> <p><b>Changes to Choices:</b> (Mtg Rm 3) Peer Counselors Discussion; 10-11:30 a.m. 1<sup>st</sup> &amp; 2<sup>nd</sup> Tues</p> <p><b>Chit Chat Café:</b> (Banquet Rm.) Lunch is served at the senior center Monday-Friday at 11:45 a.m. Senior donation (AGE 60 +) \$2.50. Regist. required by noon the following day, call Front Desk 661-5890.</p> <p><b>Commission on Aging:</b> (Conference Rm.) 3<sup>rd</sup> Mon • 3:30 PM</p> <p><b>Country Line Dancing:</b> (Banquet Rm.) Mon 7-9 p.m.</p> <p><b>Easy Meals Cooking Demo:</b> (Kitchen) Fun and FREE monthly cooking demonstration; usually on the 4<sup>th</sup> Mon. • 1:30 PM</p> <p><b>Elder ID:</b> (Maria Lucchesi's Office) FREE Photo registration service used by the Police department to identify lost individuals who have Alzheimer's or other memory impairments. Appts. req'd, Information: 661-5890.</p> <p><b>Financial Consultations:</b> (Consultation Rms.) 2<sup>nd</sup> Friday • 1-3 PM</p> <p><b>Gentle Yoga:</b> (Mtg. Rm 2) Wed • 4-5:15</p> <p><b>Handicrafter's Guild:</b> (Game Rm) Mon 9-11 a.m.</p> <p><b>Hear! Here! Hearing Support:</b> (Mtg Rm 1) Mon • 2:30- 4 PM</p> <p><b>HICAP (Health Insurance Counseling):</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thurs • 1-3 PM</p> <p><b>Legal Consultations:</b> (Consultation Rm) 3<sup>rd</sup> Friday • 2-4 p.m. Appts: 661-5890</p>
	<p><b>Library (Lounge):</b> FREE</p> <p><b>Low Impact Aerobics:</b> (Banquet Rm) Mon, Wed &amp; Fri 8-8:30 AM &amp; 10-10:30 AM • 50+ adults. \$5/month</p> <p><b>Medi-Cal Assistance:</b> (Consultation Rm) 3<sup>rd</sup> Tues • 1-3 p.m. Appts: 661-5890</p> <p><b>Movie Matinee:</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thurs • 2 PM FREE</p> <p><b>Mah Jong:</b> (Lounge) Thurs • 1-3 PM</p> <p><b>Needles and Friends:</b> (Arts &amp; Crafts Rm) Mondays 9-2 PM</p> <p><b>Parkinson's Support Group:</b> (Mtg Rm 2) 3<sup>rd</sup> Tue • 1-3:00 PM</p> <p><b>Pedro:</b> (Lounge) Tues • 12:30-3:00 PM (Fee \$2.25)</p> <p><b>Pedro Party:</b> (Lounge) 3<sup>rd</sup> Sat potluck (Fee \$2.25)</p> <p><b>Peripheral Neuropathy Support Group:</b> (Mtg Rm 3) 1<sup>st</sup> Mon • 4:30-6:30 PM</p> <p><b>Pharmacist Consultations:</b> (Consultation Rm) 2<sup>nd</sup> Wed • 2:30-4 PM</p> <p><b>Pinochle:</b> (Game Rm) Thurs • 6-8 PM</p> <p><b>S.H.I.P SHAPE:</b> (Banquet Rm) Tues &amp; Thurs 10-10:50 AM Fee \$5/month plus a one-time \$10 charge for exercise bands.</p> <p><b>SWEP:</b> (Senior Worker Employment Program) info call (530) 661-5890</p> <p><b>Tai Chi:</b> (Banquet Rm) Mon 8:45 AM Fee \$16 (4 sessions).</p> <p><b>Tax Aide:</b> (Library) Wed &amp; Sat mid Feb-April;</p> <p><b>The Novel:</b> (Mtg Rm 3) 2<sup>nd</sup> Tues • 9:30</p> <p><b>White Elephant Thrift:</b> (Thrift Store) Fri 9:30-11:30 a.m. all ages Donations accepted on Mon 9-11 AM</p> <p><b>Woodland Stompers:</b> (Banquet Room), Thurs 3-5 p.m.</p> <p><b>Veterans Consultation:</b> (Consultation Rms) 1<sup>st</sup> Fri • 10-11 AM</p> <p><b>Yoga:</b> Thurs • 8-9 AM. Monthly pre-registration required. Fee: \$12 (3 sessions)</p>