



Monthly News & Updates

Summer | 2024

Español abajo.

Try Out a Recipe: Corn and Black Bean Salad

Corn is a great vegetable because its fiber helps digestion and keeps us full. It also has folic acid, which helps our tissues grow and cells work. And potassium, a type of electrolyte to help build muscles and keep the heart healthy. Especially on these hot summer days.

[Recipe Here](#)



Let's Move and Grow in Gardens

A regular dose of gardening can increase the quality of health in an individual by:

- Nutritional benefits with the fresh fruits and vegetables grown
- Increase physical activity with natural movement and exercise
- Nature helps reduce cortisol levels, muscle tension, and heart rate
- Improved mental health and sense of accomplishment



New Program Highlights!!! Solano Congregate Meals

We have kicked off our new congregare meals program in Solano County. A huge shout-out to our site hosts:

- Rina Addiego at Florence Douglas Center
- Maricela Seronio at Benicia Senior Center
- Mary Vanderbogart at Joseph Nelson Community Center
- Carola Wickham at Fairfield Adult Recreation Center
- Claudia Smyth at McBride Senior Center
- George, Connie Slam, Light at Rio Vista Senior Center

Stay tuned as we release the new program name soon!!!

[More info](#)

Contact us if you are interested in helping with growing community gardens.

[Learn More](#)



California Outdoors for ALL

Go visit your local library to check out a FREE vehicle day-use pass to access state parks! Plan ahead by going to your local library to see when it is available and find out where is your closest state.

[FREE Park Passes](#)





Enhancing the health and well-being of Solano County Older Adults and Adults with Disabilities through nourishing meals, connection, and community engagement.

new & EXCITING

CONGREGATE MEALS PROGRAM



Come for nutritious meals, friendship, and fun!

- Yummy lunches, completely re-imagined with YOU in mind!
- Engaging conversation and social opportunities
- Guest speakers—Help us choose the topics!

Voluntary contributions are accepted, but not required. Come as often as you like!

Meal Reservations are Required

Please email us, or call this new phone number to make your lunch reservation.

(707) 684-4376
info@innovativehealth.com

Lunch Service Begins JULY 15th, 2024

Visit our website for more information:
innovativehealth.com/congregate-meals-program



LOCATIONS & HOURS

- BENICIA SENIOR CENTER**
1201 E 2nd St., Benicia
Mon-Fri | Lunch @ 11:30 AM
- FAIRFIELD ADULT RECREATION CENTER**
1200 Civic Center Dr., Fairfield
Mon-Thur | Lunch @ 11:30 AM
- FLORENCE DOUGLAS CENTER**
333 Amador, Vallejo
Mon-Fri | Lunch @ 11:30 AM
- MCBRIDE SENIOR CENTER**
91 Town Square, Vacaville
Mon-Fri | Lunch @ 11:00 AM
- RIO VISTA SENIOR CENTER**
25 Main St., Rio Vista
Mon-Fri | Lunch @ 11:50 AM
- JOSEPH NELSON COMMUNITY CENTER**
611 Dr., Suisun
Mon-Fri | Lunch @ 11:30 AM
- DIXON SENIOR MULTI-USE CENTER**
201 S 5th St., Dixon | *Coming Soon!*
- FILIPINO COMMUNITY CENTER**
Vallejo | *Coming Soon!*

Español:

Pruebe una receta: Ensalada de maíz y frijoles negros.

El maíz es una gran verdura porque su fibra ayuda a la digestión y nos mantiene llenos. También tiene ácido fólico, que ayuda a que nuestros tejidos crezcan y las células funcionen. Y potasio, un tipo de electrolito que ayuda a desarrollar los músculos y mantener el corazón sano. Especialmente en estos calurosos días de verano.

Receta aquí



Movámonos y Crezcamos en los Jardines



New Program Highlights!!! Solano Congregate Meals

Hemos iniciado nuestro nuevo programa de comidas colectivas en el condado de Solano. Un gran reconocimiento a los anfitriones de nuestro sitio:

- Rina Addiego en el Centro Florence Douglas
- Maricela Seronio en Benicia Senior Center
- Mary Vanderbogart en el Centro Comunitario Joseph Nelson
- Carola Wickham en el Centro de Recreación para Adultos de Fairfield
- Claudia Smyth en el Centro para personas mayores McBride
- George, Connie Slam, Luz en el Centro para personas mayores Rio Vista

¡Estén atentos porque pronto publicaremos el nuevo nombre del programa!

Más información

Una dosis regular de jardinería puede aumentar la calidad de la salud de un individuo al:

- Beneficios nutricionales de las frutas y verduras frescas cultivadas
- Incrementar la actividad física con movimiento natural y ejercicio
- La naturaleza ayuda a reducir los niveles de cortisol, la tensión muscular y la frecuencia cardíaca
- Mejorar de la salud mental y el sentido de logro

Contáctenos si está interesado en ayudar con el cultivo de jardines comunitarios.

[Aprender más](#)



California al Aire Libre para TODOS

Visite su biblioteca local para obtener un pase GRATUITO de uso diurno para acceder los parques estatales! Planifique con anticipación yendo a su biblioteca local para ver cuándo estará disponible y averiguar cuál es su parque estatal más cercano.

[Pases GRATIS para el Parque](#)





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HEALTH
SOLUTIONS



AREA AGENCY ON AGING

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201 S 5th St., Dixon | Coming Soon!

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Vallejo | Coming Soon!

FREE Activities for Community/Actividades Para la Comunidad



Napa ParkRx

Download the free OuterSpatial application to find free outdoor activities that are family-friendly.

Descargue la aplicación gratuita OuterSpatial para encontrar actividades al aire libre gratuitas para toda la familia.

[Napa ParkRx](#)



Solano County

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[Xplore Solano](#)



Napa/Solano Older Adults/Adultos Mayores

View our calendar for details about our free classes like/ Vea nuestro calendario para obtener detalles sobre nuestras clases gratuitas como:

- Bingocize / Loteria y ejercicio
- Everybody Loves Line Dancing/ Todo mundo ama baile en línea
- Matter of Balance/ Cuestión de equilibrio
- Stretching and Strengthening/ Estiramiento y fortalecimiento

[Calendar](#)

Innovative Health Solutions | P.O. Box 183 | Benicia, CA 94510 US

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