

11960 Heritage Oak Place,
Suite #15
Auburn, CA 95603
Phone: (530) 823-8172



Hours: Monday-Friday 9:00-3:30pm
Email: seniorcenterauburn@att.net
Website:
www.auburnseniorcenter.com



**WE ARE A
COMMUNITY**

Activities And Events

February 2024 – March 2024

Happy New Year!!

It has been great to see you all coming in after the holidays. A few new things coming to the Center, Hand & Foot Card Game on Tuesdays, Bowling, Red Hawk Casino Shuttle pick up, see newsletter for more details.

Let me know if you have any other interests to bring To the Center. Thanks, Monica #530-823-8172

Red Hawk Casino Shuttle Days will be Monday, February 26th and Thursday, April 25th. Shuttle leaves here @ 9:30 AM and leaves casino @ 2:30 PM. Let me know if your going , as we need 15 people to be on the shuttle.

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AARP Safe Driver Programs

Refresher Driver Safety Class

Date: Tuesday, February 20th

Time: 11:30 am—3:30 pm

Cost: \$30.00 per person, non AARP Member

\$25.00 per person, AARP Membership # needed

Initial Driver Safety Class

Date: Tuesday, February 13th & Wednesday, Feb 14th
Or

Tuesday, March 26th & Wednesday, March 27th

Time: 11:30 am—3:30 pm

****Must Attend Both Days, this is an 8 hour course.****

Cost: \$30.00 per person, non AARP Member

\$25.00 per person, AARP Membership # needed

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Bowling Days will be Fridays, February 23rd and March 22nd. We can have 2 start times, #1 @ 10:00 & #2 @ 12:30. Let me know which you would like.

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Call (530)-830-2232 for an appointment with The AARP/VITA Tax Preparers. Appointments available Mondays, Tuesday, Wednesday, Fridays and Saturdays 9:00am-11:30am and 1:00pm-3:00pm.

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Spaghetti Bingo

Date: Mondays, February 12th & March 11th

Lunch served at 12:30 pm, Bingo play immediately after lunch to 3:30 pm.

Cost: \$8 per person lunch, \$5.00 if not having lunch + \$1 per card for bingo

Meal Sponsored by David La Plante, an agent offering Medicare products, license number 0783808.



Please sign up to attend the Friday before.

ANDROID CELL PHONE WORKSHOPS

Has your smart phone outsmarted you? This class will teach you how to send/receive text messages, connect Bluetooth devices, and operate the basic functions of a smart phone, make your smartphone louder and easier to hear. And much more!!! Specifically designed for Android phones.

Facilitator: Victoria of California Phones.

Dates: Wednesday, March 20th

Time: 1:00 pm–3:00 pm

Cost: Free

Class size limited to 8 people, **must have 4 or more that have not previously attended the class to have the class!!**

Classes are subject to change due to state/local COVID guidelines.

I PHONE WORKSHOP SERIES**Monday, February 5th - iPhone Basics**

In this class you will learn more basics on how to use, operate and customize your I Phone. A perfect class for beginners.

Monday, February 19th - iPhone Texting Basics

Basics on texting, including lingo, tips, organization and inserting different types of media.

Tuesday, March 12th - iPhone Basics 2

In this class you will learn more basics on how to use your I Phone, as well as more tips and tricks

**Tuesday, March 19th—Online Scams**

In this class you will learn how to recognize, avoid, and combat online scammers and scam services.

Time: 1:00 pm-2:00 pm

Facilitated By: Sean Kearney of Porchswing Technologies

Cost: \$6 per Workshop

What do I need to be Prepared Legally?

What are the differences between a will and trust? Can I prepare these documents myself for free or must I hire an attorney to do it for me? If I do want the assistance of an attorney how do I choose the attorney and what should I expect to pay for an estate plan? What is a Power of Attorney (POA), Physician Order for Long Standing Treatment (POLST), and Do Not Resuscitate (DNR) order? These are some of the questions to be addressed. Legal Updates and new things to know regarding wills & trusts.

Date: Wednesday, February 21st **Time:** 1:00 –2:30 pm

Facilitator: Cheryl Carl, Attorney at Law

Cost: Free (Donations to the Center greatly appreciated)

High Electric Bills Busting Your Budget?

Come meet with Pioneer Community Energy and learn about programs available to help lower your costs. Pioneer will offer insight into programs, rate plans and how your choice can save you money. They will also provide information on easy energy efficiency measures that can help and more. The Pioneer team will give a short presentation and then be available to answer questions. They encourage **you to bring your bill if you have specific questions.**

Date: Fridays, February 16th & March 15th

Time: 10:00am-12:00pm

Facilitated by: Alexia R. from Pioneer Community Energy

Cost: Free (Donation to Center greatly appreciated)

Legal Consultation

Legal Consultation Clinic: 2nd & 4th Wednesdays starting at 1pm by appointment only.

Call Legal Services of Northern California at 530-823-7560 to set up your free appointment.



We operate from direct contributions/donations and fundraisers. ASC does not receive tax money. The continued existence of the Center is solely dependent on the sources mentioned. The Center is organized under Revenue code 501©(3) non-profit organization and all donations are tax deductible.

You Can Support the Senior Center by..

***Becoming a sponsor.**

***Donating on our website: auburnseniorcenter.com**

Woodcarving Club

New and experienced carvers welcome. Come and learn a new hobby!



Date: Wednesdays, February 7th
March 6th

Time: 1:00 - 3:00 pm

Facilitator: Steve Gramberg

Cost: \$5.00, includes materials

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Rock Painting

Join the rock painting craze and come paint a few rocks!
Must be signed up to attend.



Date: Wednesday, March 13th

Time: 1:00-3:00pm

Facilitated by: Pat Garcia

Cost: \$10 (includes all supplies)

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Watercolor Painting Workshop

Art instructor Patty Pieropan Dong will offer a draw-along/ paint-along style class. Bring a sketchbook if you have one.
Paper, paints and brushes provided.



Date: Tuesday, February 13th
Tuesday, March 12th

Time: 12:30 pm – 2:30pm

Facilitated By: Patty Pieropan-Dong

Cost: \$14. Materials are included but you are encouraged to bring yours if you prefer.

Placer Rides

Placer Rides Transportation Coordinators Kimmarie Chanell and Debbie Kindice will be providing information on the Placer Rides reimbursement and Last Resort program services. Discussion will include a quick review of the public transportation options available and information on transportation services funded by Medi-Cal and Medicare plans.

Date: Monday, February 26th

Time: 1:00 - 2:00 pm

Facilitated by: Kimmarie Chanell & Debbie Kindice of Seniors 1st.

Cost: Free (donation greatly appreciated)

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Workshops by Carla

How to Prepare your for Sale

Date: Wednesday, February 7

Time: 11:00 AM - 12:00 PM

Cost: Free (donation to the Center greatly appreciated)

Natural Remedies

Date: Wednesday, March 6

Time: 11:00 AM - 12:30 PM

Cost: \$5.00

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Health Insurance Counseling and Advocacy Program (HICAP)

Deborah Tyler, HICAP counselor certified by the California Department of Aging serving Placer and Nevada counties, will be providing an overview of Medicare services and options available to supplement your Medicare such as supplemental policies, Medicare Advantage Plans with Part D (prescription included) MAPD and Medi-Cal. We will still be in the MAPD open enrollment period which is effective 1/1/2024 through 3/31/2024. Please bring you questions!

Date: Tuesday, March 6th

Time: 1:00 - 2:00 pm

Facilitated by: Deborah Tyler

Cost: Free (Donations greatly appreciated)

MORE OF WHAT'S HAPPENING AT THE CENTER:

ASC Staff

Monica Sherman, Center Director

ASC Board of Directors

Anne Hidalgo, President

Steve Gramberg, Vice President

Vicki Stonebarger, Treasurer

Samantha Gilbeau, Secretary

Lynn Grilli, Director

Michael Pankow, Director

Shari Teal, Director

Willie White, Director

A Big Thank You to our Sponsors, Culinary Partners (Chefs), and raffle donors for Taste of the Foothills. With your help, the 3rd Annual Taste of the Foothills Fundraiser was a great success, raising over \$10,000.00!! Thank you!

Thank you to our monthly sponsors:

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|----------------------|-------------------------|
| *Stephanie Anderson | |
| *Christina Arrostuto | *Pioneer Community |
| *Colleen Conley | Energy |
| *Cheryl Foley | *Pat Pitts |
| *Pat Garcia | *Karen Quinlan |
| *Brenda Glen | *Alice Rollins |
| *Katheryn Gonzales | *Brent Smedley |
| *Pat Haughian | *Shari & Tom Teal |
| *Amor Care | *Karen & Darrell Thomas |
| *Judy Holtan | *Raymond Thompson |
| *Pawnie's Home Care | *William Witzke |



Pawnie's
HOME CARE

United Health Care-Dave
LaPlante

Summerset Assisted Living

Save On Cleaners



CINDY GUSTAFSON
SUPERVISOR, DISTRICT FIVE



Additional Thank You's go to Pam Galloway, for her donation of time and décor, and her wonderful volunteer team, which have put in countless hours prepping and putting up the decorations for our Taste of the Foothills event. Brent Smedley for his donation of time as MC/Auctioneer and Umpqua Bank and Amor Care for donating all the beverages.



Auburn 49er Lions Club



Volunteers for the Multipurpose Senior Center
AUBURN SENIOR CENTER
11960 Heritage Oaks Place, #15
Auburn, CA 95603



Save the Dates

Tax Preparation Begins February 1st

Spaghetti Bingo, Monday, February 12th

Happy Valentines Day February 14th

Daylight Savings Time Begins March 10th

Spaghetti Bingo, Monday, March 11th

St. Patrick's Day March 17th

Spring Begins March 19th

Easter March 31th

Early Giving Starts for Bog Day of Giving, April 18th

Big Day of Giving, May 2. 2024



Please Support Our Sponsors:

Advantage Marketing & Printing 530-885-0464



MEMBER ACTIVITY SCHEDULE FOR AUBURN SENIOR CENTER

FEBRUARY 2024 / MARCH 2024

PLEASE REMEMBER TO BRING YOUR KEY TAG

Day	Description	Start	End	Facilitator Name	Cost/Notes
MON	Chair Yoga *	11:00 AM	12:00PM	Sandra Main	Feb \$24 / Mar \$24. Drop in \$7/\$9
Tues	Silver Strength Training	10:00 AM	11:00 AM	Kathy DeRose	Feb \$16 / Mar \$16
	Cooking Club	11:30 AM	1:00 PM	Sherry & Guests	Feb \$24 / Mar \$24 Drop in \$7/\$9
	Hand & Foot**NEW**	12:30 PM	3:00 PM	Sylvia Horne	Every other week, call for next game day 530-823-8172
	Cribbage Club	5:30 PM	9:00 PM	Jerry Del Agostino	\$5 per game day + Association Dues 530-885-1266/530-368-7154
WED	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Feb \$16 / Mar \$16
	Walking Group	9:30 AM		Elizabeth @ PIRS	Free/Call for details 530-885-6100 x 26 ARD Park, 123 Recreation Dr.
	Chair Yoga	11:00 AM	12:00 PM	Sandra Main	Feb \$24 / Mar \$24 Drop in \$7/\$9
	Conversational Spanish	1:00 PM	2:00 PM	Loyce Smallwood	Feb \$16 / Mar \$16
THU	Balance, Strength & Stability	10:00 AM	11:00 PM	Debbie Thompson	Feb \$35 / Mar \$28. Drop in \$8/\$10
	Knitting /Crocheting Club	10:00 AM	12:00 PM	Kathy Sordahl	Feb \$20 / Mar\$16 Bring your own materials
	Chess Club	11:15 AM	1:30 PM	Ken Windholz	Feb \$20 / Mar \$16
	American Mahjong	12:30 PM	3:30 PM	Harriet White	Feb \$20 / Mar \$16
	Pinochle	1:00 PM	2:30ish PM	Alton Johnson	Feb \$20 / Mar \$16
	Genealogy	1:00 PM	3:00 PM	Richard Rands	FREE (donation appreciated)- by appt ONLY, MUST be a Member
	Ukulele	1:30 PM	2:30 PM	Winter Hungerford	Feb \$20 / Mar \$16
FRI	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Feb \$16 / Mar \$20
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	Feb \$24 / Mar \$30 Drop in \$7/\$9
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	Feb \$16 / Mar \$20
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	Feb \$16 / Mar \$20 Additional 1 penny per card
	Poetry Discussion	1:30 PM	3:00 PM	Brain Hassett	Feb \$16 / Mar \$20

Drop-In Cost: \$5 per activity (additional \$2 for nonmembers), unless otherwise noted

Phone: (530) 823-8172

* Second Monday Chair Yoga time is 10:30 AM