

CLASSES, EVENTS, PROGRAMS & FUN!							INSERT
Day	Description	Start	End	Members	Contact Name	Phone	Notes
Monday	Aerobics	8:30 AM	9:30 AM	\$2.00	Eve Gutierrez	530-888-8693	
	Line Dancing	10:00 AM	11:30 AM	\$5.00	Bill Swayne	916-772-1156	
	Bridge Party	11:45 AM	3:30 PM	\$2.00	Nancy Dawson	530-878-5317	
	Greeting Card Craft	1:00 PM	3:00 PM	\$2.00	Danesia Wodarski	530-401-5251	
	Cribbage Club	6:00 PM	9:30 PM	\$2.00	Jerry Del Agostino	530-885-1266 530-368-7154	
Tuesday	Walking Group	AM		Free	Michele Irwin	530-885-6100 ext 26	
	Current Events	1:00 PM	3:00 PM	Call ASC			
	Mah Jong	11:30 AM		\$2.00	Beverly Howard Harriet White	530-878-8007 530-823-3368	
Wednesday	Aerobics	8:30 AM	9:30 AM	\$2.00	Eve Gutierrez	530-888-8693	
	Zumba	12:00 PM	1:00 PM	\$7.00	Joanna Britt	530-613-2747	
	Sit N Stretch	1:00 PM	2:00 PM	\$7.00	Joanna Britt	530-613-2747	
	Pinochle	1:00 PM	3:30 PM	\$2.00	Ann Steinhart	530-367-3586	
	Computer Class	2:00 PM	3:45 PM	\$8.00	Pat Garcia	530-512-5045	
Thursday	Painting Class	9:00 AM	3:00 PM	\$3.00	Marlene Hogaboom	530-633-4643	
	Knitting, Crocheting	10:00 AM	12 Noon	Free			
	Ukulele	10:00 AM	11:30 AM	\$2.00	Cliff Johnson	530-346-2757	
	Genealogy	11:00 AM	3:00 PM	Free	Richard Rands		
	Poker	11:30 AM	3:30 PM	\$2.00	Ray Jean	530-300-5972	
	Theater Thursday	1:30 PM	3:30 PM	Free	Marcia Biernat	530-401-6402	1 st + 3 rd Thu
	Wood Carving	4:00 PM	7:00 PM	\$2.00	Steve Gramberg	530-392-3206	
Friday	Aerobics	8:30 AM	9:30 AM	\$2.00	Eve Gutierrez	530-888-8693	
	Line Dancing	10:00 AM	11:30 AM	\$5.00	Valerie Harrison	530-269-2538	
	Mah Jong	12:00 PM		\$2.00	Beverly Howard Harriet White	530-878-8007 530-823-3368	
	Penny Bingo	1:00 PM	3:00 PM	\$2.00 + 1 penny per card			
	Ballroom Social Dance	6:00 PM	10 PM	Call for \$ & Details	Hye Archer	916-276-9679	Lessons Included!
Sunday	Ballroom Dance	3:00 PM	5:30 PM	Call for \$	Hye Archer	916-276-9679	2 nd Sunday

**Non-Members please add \$2.00 for the cost of each class.
Donations are always welcome for free events and classes.**

SPECIAL EVENTS & OTHER SERVICES

- **Labor Day BBQ** - September 4th, 12:00 Noon @ the Senior Center - \$7.00 - Hamburger or Polish Dog, all the condiments, potato salad, baked beans, ice cream and a cookie.
- **Spaghetti Bingo** - 3rd Monday of each month from 5:30 - 6:30 pm. Dinner is spaghetti, meatballs, tossed green salad, garlic bread and dessert. The Cost is \$6.00 for dinner. Bingo follows dinner. \$1.00 per card (RSVP Please)
- **Grief Recovery** - 2nd & 4th Wednesday 10:30 - 12:00 noon. Call Cindy Rogers 530-886-6650 (Auburn Faith Hospice)
- **Senior Legal Services** - 2nd & 4th Wednesday 1:00 - 3:00 pm **Call:** Legal Aid for a 20 minute appointment



FREE WORKSHOP

CARING FOR SENIOR

DAY 1: Stages of Dementia
DAY 2: Life As a Caregiver

DAY 1 – STAGES OF DEMENTIA

This informative workshop outlines the seven stages of Dementia or Alzheimer's. The information provided in this valuable session will help those who care for loved ones living with Dementia.

Attendees will have the opportunity to ask questions and will gain vital insight and information about the various resources that are available.



LOCATION: Auburn Senior Center
550 High St. Auburn, CA



DATE: Tuesday, September 12, 2017



TIME
6:00pm-8:30pm



LOCATION: Auburn Senior Center
550 High St. Auburn, CA



DATE: Tuesday, October 10, 2017



TIME
10:00am-11:30am

RESERVE YOUR SPOT TODAY BY CALLING
866.689.5413



KRISTINA BLOCKER, GERIATRIC SPECIALIST

Kristina has expertise in lifestyle care planning, assessments, family consultations, assisted living placement, home care plans, and support groups. For more information, please visit www.silverpathways.org