

550 High Street, Suite 107

Auburn, CA 95603

Office (530) 823-8172 • Fax (530) 823-0125

Email: [seniorcenterauburn@att.net](mailto:seniorcenterauburn@att.net)

[www.auburnseniorcenter.com](http://www.auburnseniorcenter.com)

[www.facebook.com/auburnseniorcenter](http://www.facebook.com/auburnseniorcenter)



## Executive Directors Message

It's hard to believe that March is here. January and February sped by with many new and exciting events. Once again the Center has started offering free tax appointments with the phones ringing steadily. AARP has offered this service for many years and with the help of the Senior Center Volunteers it is a success once again. The Valentines Potluck and movie were enjoyed by all that attended. Nineteen members stayed for the movie showing of Victoria and Abdul. Big thanks to Madeline, Marcia and our other volunteers that helped to make the Potluck a success.

Each month the center will offer some workshops that I hope will broaden your horizons. If you have a specific topic you would like addressed please call me.

On Tuesday, March 6th Legal Services of Northern California will be speaking on the topic of "Important Legal Documents that Every Senior Should Have". On March 20th Seniors First will be presenting "Finding You More spendable Income". See further details below.

In February, I included in the newsletter a volunteer survey. Our center is successful due to the great volunteers that have given their time. It can be for a special project or on a regular basis. Please submit the

survey or call my assistant Lisa or myself to discuss your interest. Do you have skills to make calls for sponsorships, ask for donations or graphic design? I am currently looking for assistance for fundraising and our travel desk.

I am pleased to announce that we are starting up our Travel Desk again. Read below for information on the Open House in which we will share this year's adventures with you.

On a final note, this past month I was asked to present our Senior Center's story to an organization called Power of Women located in Roseville. They asked me to bring a member who would be willing to share her experiences at the Center with them. I asked Gerda, our Tuesday afternoon volunteer. Along with us, Legal Services of Northern California, and Placer Independent Services were guest speakers. **The Power of Women were so impressed with our programs that they gifted the Auburn Senior Center with a check for over \$3,000.00.** I am very thankful that there are groups out their like Power of Woman that help keep our center moving forward with our goals.

**Denise DiMiceli, Executive Director**

## Trips and Tours Open House

Frontier Travel and Tours will once again be providing Auburn Senior Center members and their friends some wonderful travel opportunities. You are cordially invited to attend an open house on March 6th at 10:30 am to see what travel adventures we will be offering from day trips to cruising. Refreshments will be offered.

## Singing 101

Discover or improve your singing talent! Learn singing posture and proper breathing; dynamics; range expansion; pronunciation for clarity and smoothness; how to remember lyrics; how to perform rather than just singing notes. Open to men/women. Tuesdays in March (3/6, 3/13, 3/20, 3/27).



## St. Patricks' Potluck

Wear your green and come celebrate St. Patrick's Day at the Center.

**Date:** Saturday, March 17th

**Time:** 12 noon

Center will provide corned beef and cabbage. Potluck items include: appetizers, side dishes, and desserts and should serve 8 people. RSVP to Center with your dish at 530-823-8172.

## AARP Driver Safety Class

AARP is offering an initial driver safety class which is specifically designed for drivers 50 years and older. This course will review defensive driving techniques, new traffic laws, rules of the road how to compensate for age-related changes in vision, hearing and reaction time and more. This is a two class program of 4 hours each. This class will allow you to qualify for a DMV Mature Driver Improvement Course Certificate which should qualify you for a care insurance discount.

**Dates:** Tuesday and Wednesday March 13<sup>th</sup> and 14<sup>th</sup>

**Time:** 1pm – 5:30pm

**Cost:** \$25.00 (\$5.00 discount with an AARP membership)

Reserve a seat with prepayment. Class size is limited. Call the center to check availability. 530-823-8172

## Computer Basics & Beginning Internet

**When:** March 21-April 25, Wednesdays, 2PM-3:45 PM

**Cost:** \$8 per class for Senior Center Members  
\$10 for non-members

**Contact:** Pat Garcia - 530-512-5045

pat@pat-garcia.com

Bring your laptop if you have one

## Guest Speakers

### ✓ Important Documents that Every Senior Should Have

This valuable workshop is offered by Legal Services of Northern California and will help you look at legal options regarding wills, power of attorneys and Advanced Health Care Directives.

**When:** Tuesday March 6<sup>th</sup>

**Time:** 1:00 pm

### ✓ Finding More Spendable Income

Debbie Tyler of Seniors First will present an overview of programs and options that may increase your monthly income. She will present government and private programs and employment ideas specifically for our aging population.

**When:** Tuesday, March 20<sup>th</sup>

**Time:** 10:00 am

**Please call and reserve a seat at 530-823-8172**

## THURSDAY CENTER CINEMA

### Mar 1<sup>st</sup> – The Quiet Man

A retired American boxer returns to the village of his birth in Ireland, where he finds love. A 1952 romantic comedy-drama film starring John Wayne, Maureen O'Hara and Barry Fitzgerald.

### Mar 15<sup>th</sup> – Same Time Next Year

Alan Alda and Eillen Burstyn star in this sweet romantic comedy tracing the unique 26-year relationship between two people who each have a spouse and family. Released in 1978.

**Showtime:** 1:30 to 3:30 pm, **Cost:** Free Bring your snacks

## Special Events and Other Services

- Spaghetti Bingo-Spaghetti Bingo will be on Monday, March 19th, dinner served 5:30 pm till 6:30 pm with Bingo following. Cost \$6.00 for dinner. Bingo cards \$1.00 per card. Please RSVP 530-823-8172
- Caregiver Support Group First Tuesday of the month will not be meeting in March or April.
- Legal Services of Northern California Clinic. The Wednesday March 14, 2018 clinic has been canceled and re-scheduled to Wednesday, March 21, 2018. The Wednesday, March 28 clinic remains unchanged. Call for an Appointment: 530-823-7560

# CLASSES, EVENTS, PROGRAMS & FUN!

Day	Description	Start	End	Members	Contact Name	Phone	Notes
<b>MON</b>	Aerobics	8:30 AM	9:30 AM	\$3.00	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	\$3.00	Nancy Dawson	530-878-5317	
	Greeting Card Craft	1:00 PM	3:00 PM	\$3.00	Danesia Wodarski	530-401-5251	
	Cribbage Club	6:00 PM	9:30 PM	\$3.00	Jerry Del Agostino	530-885-1266 530-368-7154	
<b>TUE</b>	Gentle Yoga	8:30 AM	9:30 AM	\$3.00	Tai Batov	310-428-7465	
	Walking Group	9:00 AM		Free	Michele Irwin	530-885-6100 x26	
	Mahjong	11:30 AM	3:30 PM	\$3.00	Beverly	530-878-8007	
	Singing 101	6:00 PM	6:40 PM	\$3.00	Clifford Johnson	530-823-8172	March Only
	Men's Choral Group	7:00 PM			Roger	530-823-0339	
<b>WED</b>	Aerobics	8:30 AM	9:30 AM	\$3.00	Eve Gutierrez	530-888-8693	
	Pinochle	10:30 AM	1:30 PM	\$3.00	Jo Anne Lewis	530-823-8172	Call ASC
	Zumba	12:00 PM	1:00 PM	\$7.00	Joanna Britt	530-613-2747	
	Sit N Stretch	1:15 PM	2:15 PM	\$7.00	Joanna Britt	530-613-2747	
	Pinochle	1:00 PM	3:30 PM	\$3.00	Ann Steinhart	530-367-3586	
<b>THU</b>	Painting Class	9:00 AM	3:00 PM	\$3.00	Marlene	530-633-4643	
	Knitting, Crocheting	10:00 AM	12 Noon	Free	ASC	530-823-8172	
	Ukulele	10:00 AM	11:30 AM	\$3.00	Cliff Johnson	530-346-2757	
	Genealogy	11:00 AM	3:00 PM	Free	Richard Rands	530-823-8172	Call ASC
	Poker	11:30 AM	3:30 PM	\$3.00	Nancy Dawson	530-878-5317	
	Theater Thursday	1:30 PM	3:30 PM	Free	Marcia Biernat	530-401-6402	1 <sup>st</sup> , 3 <sup>rd</sup> Thu
	Wood Carving	4:00 PM	7:00 PM	\$3.00	Steve Gramberg	530-392-3206	
<b>FRI</b>	Aerobics	8:30 AM	9:30 AM	\$3.00	Eve Gutierrez	530-888-8693	
	Line Dancing	10:00 AM	11:30 AM	\$5.00	Valerie Harrison	530-269-2538	
	Mahjong	12:00 PM	3:30 PM	\$3.00	Harriet	530-823-3368	
	Penny Bingo	1:00 PM	3:00 PM	\$3.00 + 1 penny per card		530-823-8172	Call ASC
	Ballroom Dance Social	6:00 PM	10:00 PM	Call for pricing and Details	Hye Archer	916-276-9679	Lessons Included!
<b>SUN</b>	Ballroom Dance	3:00 PM	5:30 PM	Call for pricing	Hye Archer	916-276-9679	2 <sup>nd</sup> Sun

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

Non-Profit Org  
U.S. Postage  
**PAID**  
Permit No. 160  
Auburn Ca

Volunteers for the Multipurpose  
SENIOR CENTER  
550 High Street, Suite 107  
Auburn, CA 95603



**POTLUCK PARTY**

**Date: Saturday, March 17th • Time: 12 Noon—Details Inside or Call 530-823-8172**