



VOLUNTEERS FOR THE MULTIPURPOSE SENIOR CENTER

Activities & Events Volume 43 Number 03
December 2021/January 2022

11960 Heritage Oak Place, Suite #15
Auburn, CA 95603
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Phone: (530) 823-8172
Hours: Tuesday-Friday 9:00-11:30am & 12:30-3:30pm
Email: seniorcenterauburn@att.net
www.auburnseniorcenter.com
www.facebook.com/auburnseniorcenter

ASC Staff
 Denise DiMiceli, Executive Director
 Lisa Fuller, Assistant Director
 Monica Sherman, Administrative Assistant
ASC Board of Directors
 Anne Hidalgo, President
 Joseph Rodrigues, Vice President
 Nancy Koschyk, Treasurer
 Pamela Galloway, Secretary
 Sheryl Petersen, Director
 Joyce Perkins, Director
 David Johnson, Director
 Steve Gramberg, Director
 Shari Teal, Director

BOARD PRESIDENT'S MESSAGE

What a joy and thrill to be open again!!! Our entire board, staff, and several of our wonderful volunteers contributed their time and energy to paint, unpack, sort, organize, decorate, clean and provide overall setup of our new location in North Auburn. I want to personally send a HUGE thank you to all of them for their diligence in accomplishing the very large task and with such efficiency. Our board has also reviewed and now established proper Covid-19 protocols to ensure the Center could open back up carefully with the classes, activities, and the events our members are accustomed to. It is a lovely thing to walk into the Center and see the warm smiling faces of volunteers ready to assist with any needs that may arise. Finally, I would like to heartily thank our Executive Director, Denise DiMiceli, for going above and beyond in the coordination of all the above plus the daily workings of the Center. Together you all did a wonderful job!

With the holidays upon us and a new year around the corner we are excited to be able to share in the festivities with you! I hope many of you have been able to come visit our new location and see what it has to offer. I want to personally invite you to come enjoy our full schedule of activities and classes. 2022 will be a year of adapting to new beginnings and a celebration of just how far we have all come.



Please know I appreciate every member and am honored to serve you as your President. I wish you all a bright, joyful, peaceful, and healthful holiday season.

~Anne Hidalgo

CENTER CLOSED

Friday, December 24th through Monday, January 3rd
 in observance of the Winter Holidays

AARP TAX & SAFE DRIVER PROGRAMS

AARP Tax Program is under review by the national organization. Please check ASC's webpage or call the Center after January 11th for further details.

AARP Safe Driver Program is under review by the national organization. ASC hopes to have the program available to offer later in Spring of 2022.

NEW WAYS TO PAY

Pay by the session or drop-in and pay by activity.

Session Dates: December 1st-23rd, 2021

January 4th-28th, 2022

Cost: See Activity Schedule for details

Refunds: Full credit for a future activity will be issued only if the Auburn Senior Center cancels the activity. Failure to attend an activity will not entitle you to a credit or refund.

PLACER COUNTY PROTECT WORKSHOP SERIES

This education series is intended to support the District Attorney's Placer PROTECT program. Placer PROTECT provides resources and outreach to elderly citizens together. Whether you are a senior citizen or have a loved one who is a senior citizen, issues such as senior fraud and abuse affect the collective safety of our county residents. This series will shine a light on some of these problems.

December 1st—Identity Theft

What is ID theft and how can you protect your identity?

December 14th—Scams

Learn how you can avoid being the victim of a scam

Time: 11:00am-12:00pm

Presented By: Laura Mitchell, Senior Victim Advocate of the Placer County District Attorney's Office

Cost: Free (Donations to the Center greatly appreciated)

Reserve your seat by calling 530-823-8172

IPHONE WORKSHOP SERIES

December 7th - Internet Basics

The basics on how to use the internet and what to use it for.

December 14th – Messaging and Texting

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

January 11th – Photo Management 1

Basics on how to manage and view photos on iPhone

January 18th – Photo Management 2

Photo management and organization with more advanced tips and tools

Time: 1-2:00pm

Facilitated By: Sean Kearney of Porchswing Technologies

Cost: \$6 per Workshop or \$20 for 4 part Series

Reserve your seat by calling 530-823-8172

Please Note: Seats are limited.

CAREGIVING 101 WORKSHOP

Finding the Right Fit for Your Situation

This workshop will discuss the challenges of finding care, affordability, and what you can expect from agencies as well as private caregivers. It will also explain state licensing requirements and background checks for private and agency caregivers, as well as interview questions to help you navigate your different options.

Date: Wednesday, January 12th

Time: 1-2:00pm

Facilitated By: Bridget Hodkins

Cost: Free (Donations to the Center greatly appreciated)

Register by calling Denise 530-823-8172

TAX RECEPTION DESK VOLUNTEER TRAINING

If you're interested in volunteering at the tax reception desk during tax season plan to attend this training with Phil House.

Date: Friday, January 14th

Time: 10-11:30am

Reserve your seat by calling 530-823-8172

HEALTHY BRAIN INITIATIVE WORKSHOP

How to Recognize the Earliest Signs of Alzheimer's Disease and Health Tips for Caregivers

This workshop will help you:

- ◆ Recognize the 10 early warning signs of Alzheimer's disease and related dementias.
- ◆ Learn about Caregiving Roles and Wellness
- ◆ Implement Healthy Habits to Promote Healthy Aging
- ◆ Connect to Placer County Alzheimer's Disease Supportive Programs & Resources

Date: Wednesday, January 19th

Time: 1-2:00pm

Facilitated By: Natasha Stevens, Health Education Program Coordinator II of the Placer County Healthy Brain Initiative

Sponsored By: Partners in Care

Cost: Free (Donations to the Center greatly appreciated)

Register by calling Denise 530-823-8172



YOU CAN SUPPORT THE SENIOR CENTER BY..

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(c)(3) and all donations are tax deductible.

- ◆ **Shop at smile.amazon.com** and they will donate 0.05% of your purchases to your favorite charitable organization, at no cost to you. Just select Volunteers for the MultiPurpose Senior Center as your charitable organization.
- ◆ **Become a sponsor.** Talk with Denise about how you can sponsor a room, activity, and/or workshop.

Cooking with Chef Gail is about making friends, developing kitchen skills and best of all eating good food!



Menu:

December 7th- White Cheese Chicken Lasagna

December 14th- Teriyaki Beef & Broccoli

December 21st- Chicken Marsala

January 4th- New Year's Good luck black eyed peas

January 11- Gnocchi with chicken, pesto and mozzarella

January 18th- White bean and ham soup

See Activity Schedule for additional details

ROCK PAINTING WORKSHOPS

Join the current rock painting craze and come paint some summer themed rocks. Must be signed up to attend.

Class size is limited to 20 people.

Wednesday, December 8th—Holiday Theme

Wednesday, January 12th—Winter Theme

Time: 1 - 3:00pm

Facilitator: Pat Garcia

Cost: \$10 per workshop (includes all supplies)

Reserve your seat by calling 530-823-8172



WOODWORKING WORKSHOP SERIES

Introduction to Woodworking—

This introductory woodworking workshop series will focus on making a Christmas ornament using wood. This workshop will also help you find future projects. New and experienced carvers welcome.

Dates: Tuesday, December 8th & 15th **Time:** 2 - 4:00pm

Cost: \$5 per workshop (includes all supplies)

Facilitator: Steve Gramberg

Reserve your seat by calling 530-823-8172

VOLUNTEER LUNCHEON

Come meet your fellow volunteers. Every second Monday of month. Call the Center for location and to sign up.

Monday, December 13th at 11:30am

BREAD DELIVERY IS BACK!

Ken from St. Vincent de Paul is providing us with fresh bread delivery every Tuesday. Volunteers are sorting and bagging it in the morning for afternoon pick up. Stop by anytime during the week to pick some up.

Cost: Free (Donations to the Center greatly appreciated)



MEET OUR VOLUNTEERS

The Center was created by volunteers and remains successful due to the wonderful volunteers we have today. Volunteers support the Center with special projects as well as daily activities. Would you like to become a volunteer? Stop by and ask for an application.

Desk Volunteers: Madelaine Hendricks, Val Sussek, Mary Crandell, Carolyn Leshner, Willie White, Diana Bishop, Dolores Andrade, Laura Lewis, Barbara Crowell, Char Russell, Gerda Percival, Rene Bourdet, Carol Hachmeister, and Teri Grissinger

Administrative Volunteers: Nancy Koschyk, Willie White, Rene Bourdet, and Shari Teal

Activity Facilitator Volunteers: Kathy DeRose, Gail Stout, Jerry del Agostino, Ralph Burge, Eve Gutierrez, Geri Micheli, Kathy Sordahl, Harriet White, Richard Rands, Steve Gramberg, Colleen Andersen, and Danesia Wodarski

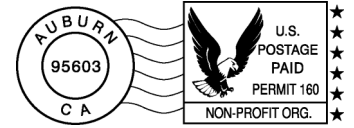
Board Members: Anne Hidalgo, Joseph Rodrigues, Nancy Koschyk, Pamela Galloway, Sheryl Petersen, Joyce Perkins, David Johnson, Steve Gramberg, and Shari Teal

ADMINISTRATIVE STAFF CHANGES

Lisa Fuller has accepted a position with Placer County and has resigned her Assistant Director position. She will continue to support the Center with special projects.

Monica Sherman has been hired as an Administrative Assistant and will be a wonderful addition to our team. Say hello next time you are at the Center.

Volunteers for the Multipurpose Senior Center
AUBURN SENIOR CENTER
PO Box 4567
Auburn, CA 95604



AUBURN SENIOR
CENTER

CENTER CLOSED

FRIDAY DECEMBER 24TH

THROUGH

MONDAY JANUARY 3RD



**IN OBSERVANCE OF
CHRISTMAS & NEW YEAR'S**



AUBURN SENIOR CENTER

MEMBER ACTIVITY SCHEDULE

DECEMBER 2021 / JANUARY 2022

Day	Description	Start	End	Facilitator Name	Cost/Notes
TUE	Walking Group	9:00 AM		PIRS	FREE / Call for details 530-885-6100 x26
	Silver Strength Training	10:00 AM	11:00 AM	Kathy DeRose	December Session \$12/January Session \$16
	Cooking Club	10:00 AM	11:30 AM	Gail Stout	December Session \$18/January Session \$24 \$6 for drop-in
	Woodworking	2:00 PM	4:00 PM	Steve Gramberg	No Session in December/January Session \$16
	Cribbage Club	6:00 PM	9:30 PM	Jerry Del Agostino	\$4 per game day + Association Dues 530-885-1266/530-368-7154
WED	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	December Session \$16/January Session \$16
	Craft Club	1:00 PM	3:00 PM		No Club 12/8 or 1/12 Cost: \$5 per club date Bring your own materials to Club dates
THU	Painting Club	9:00 AM	12:00 PM		December Session \$16/January Session \$16 Bring your own materials
	Knitting / Crocheting Club	9:30 AM	11:30 AM	Kathy Sordahl	December Session \$16/January Session \$16 Bring your own materials
	American Mah Jongg	12:30 PM	3:30 PM	Harriet White	December Session \$16/January Session \$16
	Genealogy	1:00 PM	3:00 PM	Richard Rands	FREE - by appointment ONLY MUST be a Member
FRI	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	December Session \$12/January Session \$16
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	December Session \$18/January Session \$24 \$7 for drop-in
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	December Session \$12/January Session \$16
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	December Session \$12/January Session \$16 Additional 1 penny per card

Session Dates

December 1st—23rd

January 4th—28th

Center CLOSED December 24th through January 3rd for winter holiday

Drop-In Cost: \$5 per activity

Center open Tuesday through Friday

Hours: 9:00 to 11:30 AM and 12:30 to 3:30 PM

(Closed daily from 11:30 AM to 12:30 PM for additional sanitizing)

For More Information Contact Us

Phone: (530) 823-8172

Email: auburnseniorcenter@att.net

Website: www.auburnseniorcenter.com

Facebook: www.facebook.com/auburnseniorcenter