

**11960 Heritage Oak Place, Suite #15
Auburn, CA 95603
PO Box 4567, Auburn, CA 95604
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
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

A NOTE FROM YOUR EXECUTIVE DIRECTOR

Fall colors remind us there is change in the seasons. The changes at Auburn Senior Center (ASC) are exciting too with a new location. Our new home is at the north end of town and is 4100+ square feet. There are three main areas for activities including a dance/exercise room, a well lit art room, and a media room.



The staff and Board have been planning for your return to the Center with the enclosed activity schedule. Classes will temporarily be offered Tuesday through Friday with revised times to allow for sanitation between groups.

We would like to offer you the opportunity to come in for a Preview Week by calling the Center and scheduling a time for a tour October 5th through the 8th. Plan to bring your completed Membership Application to your scheduled Preview. (Application included as a newsletter insert.) We have a new touchless membership activity sign in process and database. Lisa, I and our volunteers look forward to sharing the new Center and processes with you!

ASC will align our reopening to be consistent with CDC and County guidelines. Currently, ASC will ask all visitors/participants/volunteers/staff to self-attest you have not had symptoms of illness within the last 48

hours, wear a mask upon entry (regardless of vaccine status) and make use of hand sanitizer stations at our site. The Auburn Chamber of Commerce has provided us with N95 masks and sanitizer to get us started. Some class sizes will be limited to meet current guidelines and space limitations.

We have missed each other this last year plus, but we can look forward to being together soon because together we are better.

~Denise DiMiceli

SAVE THE DATE

Oct. 5th-8th— Preview Week! Join us for Member Registration and Center Tours by appointment
October 6th—Senior Health Fair at the Gold Country Fairgrounds
October 12th—Open for Activities

NEW WAYS TO PAY

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

October Session Dates/Cost:

October 12th-29th/Cost \$12

November Session Dates/Cost:

November 2nd--19th/Cost \$12

or

Drop In Cost: \$5 per activity

Please Note: Some activities have additional fees. 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.

SENIOR HEALTH FAIR

Make sure to come by and visit us at the Senior Health Fair for expert health presentations and resources especially designed for seniors. FREE flu vaccines and health screenings!



Date: Wednesday, October 6th **Time:** 9:00am-12:00pm
NEW LOCATION: Gold Country Fairgrounds (209 Fairgate Rd., Auburn)

MEDICARE PART D OPEN ENROLLMENT WORKSHOP

This workshop will provide you with an overview of your prescription plan options for 2022. You will become familiar with the prices and benefits offered in Placer County. You will learn how to obtain a personal counseling session to review your prescriptions and find the best plan for you. There will also be time for some general Q and A's regarding Medicare.

Date: Wednesday, October 27th **Time:** 10-11:00am
Facilitator: HICAP (Health Insurance Counseling Advocacy Program)
Cost: FREE (donations greatly appreciated)
Reserve your seat by calling 530-823-8172

MATTER OF BALANCE WORKSHOP

Are you concerned about a fear of falling? Have you changed what you do because of changes in your health? Would you like to learn some skills on how to become more confident in managing your fear?

Date: Wednesday, November 3rd **Time:** 10-11:30am
Facilitated By: Denise DiMiceli & Dana Johnson
Cost: Free (Donations to the Center greatly appreciated)
Register by calling Denise 530-823-8172

PLACER COUNTY VETERAN'S SERVICES WORKSHOP

Are you a Veteran? Do you want to learn more about the services offered in Placer County? This workshop will provide an overview of claims assistance, health & dental care services, pension plans, and other benefits. The Veterans Service Office provides assistance with any claim filed through it to the VA.

Date: Wednesday, November 10th **Time:** 1-2:00pm
Facilitator: Derrick Oliveira, *Veterans Service Officer*
Cost: Free (Donations to the Center greatly appreciated)
Reserve your seat by calling 530-823-8172

TRANSPORTATION SERVICES WORKSHOP

Come and explore the transportation options available in Placer County. What to do when you are unable to drive or need help with paying for rides for essential health care appointments, grocery store visits and other essential life supports. We will be presenting the Seniors First transportation handbook and an overview of transportation services available in Placer County.

Date: Wednesday, November 17th **Time:** 1-2:00pm
Facilitator: Deb Tyler
Cost: FREE (donations greatly appreciated)
Reserve your seat by calling 530-823-8172

NEW BOARD MEMBER BIO—SHARI TEAL

I am a lifelong resident of Placer County. I have been a business owner, board member of several non-profits, an administrative government employee for 27 years, and a trainer and consultant for a Fortune 500 company for 11 years. My interests include music, art, cooking, coordination and organization.

As a senior myself, I am excited to be a part of ASC. I plan to contribute my time, skills, and talent to be a part this successful team. I have been an active ASC member for the past several years; volunteering with special events and supporting the tax desk. I appreciate the opportunity to contribute and serve ASC. Hope to meet you soon!

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.



AUBURN SENIOR CENTER MEMBER ACTIVITY SCHEDULE OCTOBER/NOVEMBER 2021

| Day | Description | Start | End | Facilitator Name | Notes |
|-----|--------------------------|----------|----------|---|---|
| TUE | Walking Group | 9:00 AM | | PIRS | Call for details 530-885-6100 x26 |
| | Silver Strength Training | 10:00 AM | 11:00 AM | Kathy DeRose | |
| | Cooking Club | 10:00 AM | 11:30 AM | Gail Stout | \$2 material fee due at each class |
| | Cribbage Club | 6:00 PM | 9:30 PM | Jerry Del Agostino | 530-885-1266/530-368-7154 |
| WED | Aerobics | 9:00 AM | 10:00 AM | Eve Gutierrez | \$24 per session (Wed. and Fri. class) |
| | Craft Time | 1:00 PM | 3:00 PM | | Bring your own materials |
| THU | Painting Club | 9:00 AM | 12:00 PM | | Bring your own materials |
| | Knitting / Crocheting | 9:30 AM | 11:30 AM | Kathy Sordahl | Bring your own materials |
| | American Mah Jongg | 12:30 PM | 3:30 PM | Harriet & Bev | |
| | Genealogy | 1:00 PM | 3:00 PM | Richard Rands | FREE - by appointment ONLY |
| | Woodcarving | 2:00 PM | 4:00 PM | Steve Gramberg | |
| FRI | Aerobics | 9:00 AM | 10:00 AM | Eve Gutierrez | \$24 per session (Wed. and Fri. class) |
| | Line Dancing | 10:00 AM | 11:30 AM | Valerie Harrison | \$18 per session or \$7 for drop-in |
| | Chinese Mahjong | 12:30 PM | 3:30 PM | Colleen Andersen | |
| | Penny Bingo | 1:00 PM | 3:00 PM | Danesia Wodarski | Additional 1 penny per card |
| | Social Dance | 6:00 PM | 8:30 PM | Call Hye for pricing and details 916-276-9679 | |

NEW WAYS TO PAY!

October Session Dates/Cost: October 12th-29th/Cost \$12
November Session Dates/Cost: November 2nd--19th/Cost \$12
 or
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

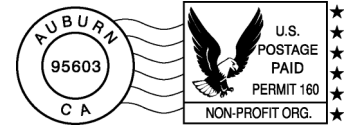
Phone: (530) 823-8172

Email: auburnseniorcenter@att.net

Website: www.auburnseniorcenter.com

Facebook: www.facebook.com/auburnseniorcenter

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



PREVIEW WEEK

Tuesday, October 5th through Friday, October 8th

9:00am to 11:30am or 1:00pm to 3:30pm

11960 Heritage Oak Place, Suite #15, Auburn, CA 95603

Call the Center to schedule a time

(530) 823-8172

- ◆ Join us for a tour ◆ Sign up for a membership ◆
- ◆ Enjoy a delicious snack ◆ Become a Center Sponsor ◆





AUBURN SENIOR CENTER

2021 ASC ANNUAL MEMBERSHIP APPLICATION

11960 Heritage Oak Pl., Ste. 15 / PO Box 4567, Auburn, CA 95602
(530) 823-8172 ♦ auburnseniorcenter.com ♦ Like Auburn Senior Center on Facebook

Received 2021 Key Tag Card for Activity Check-In
Card #: _____

ANNUAL MEMBERSHIP (YEAR RUNS 10/1/21 – 9/30/22) *

- One year individual membership \$25
- One year joint membership \$40
- 90+ Free Membership

*2021 Membership dues paid prior to 10/1/21 will receive membership for the entire period through 9/30/22

DONATION TO AUBURN SENIOR CENTER

In addition to my membership, I would like to support the Center's mission with a donation of:

- \$100
- \$75
- \$50
- \$25

I have remembered the Center in my will or trust

PAYMENT INFORMATION

Total Amount Enclosed: \$ _____

I understand there are no refunds _____ (please initial)

To Be Paid By: Cash Check Credit/Debit Card
Credit Card payments accepted in person, by mail, or online.

For mailed credit card payments, please provide:

Cardholder Name: _____

Card #: _____

Expiration Date: _____

V-Code (3 digit code on back of card): _____

(4 digits on front of card if using AMEX)

Signature: _____

WANT TO STAY INFORMED?

Would you like to receive information about the center on activities and programs via email? Yes No

May we text occasional updates and reminders to your cell phone number? Yes No

May we call your home or cell phone using our automated system? Yes No

OFFICE USE ONLY

Received on: _____ Received By: _____

Amount Paid: _____ Check #: _____

Receipt #: _____

Members must complete a membership application and client information form. All fields are required.

MEMBER INFORMATION (PLEASE PRINT)

Name (first/last): _____

Street Address: _____

Unit/Apt/Spc: _____

Mailing Address: _____

(If different)

City/State/Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Birth Date (mm/dd/yyyy): _____

Veteran: Yes No New Member: Yes No

MEMBERSHIP INFORMATION (FOR JOINT MEMBERSHIPS ONLY)

Name (first/last): _____

Mailing Address: _____

City/State/Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Birth Date (mm/dd/yyyy): _____

Veteran: Yes No New Member: Yes No

EMERGENCY CONTACT INFORMATION

Name (first/last): _____

Relationship: _____

Cell Phone: _____

Home Phone: _____

How did you hear about the Center?

Mailer Visit to Center Friend Event

Newspaper Facebook Internet Search



Client Information Form 2021

We ask anyone using the Center to provide us with your information so that we can better serve you with a variety of programs, services, or assistance suited for your needs or circumstances. We ask for demographic information because much of our funding is based on the categories of people we serve. Your personal information will be kept confidential. Finally, to protect our Center, we require clients to review and sign off on all waivers.

All fields are required. Complete one form per person.

| |
|--|
| County where I live: <input type="checkbox"/> Placer <input type="checkbox"/> Nevada <input type="checkbox"/> El Dorado <input type="checkbox"/> Other: _____ |
| Volunteer: Are you a current ASC volunteer? <input type="checkbox"/> Yes <input type="checkbox"/> No Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, complete Volunteer Application |
| My primary language is: <input type="checkbox"/> English <input type="checkbox"/> Other: _____ |
| Ethnicity: <input type="checkbox"/> Hispanic/Latino(a) <input type="checkbox"/> Non-Hispanic/Latino(a) |
| Race: <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> White or Caucasian <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black, African American, or Other African <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> Multi-Racial <input type="checkbox"/> Other Race |
| My Marital Status is: <input type="checkbox"/> Married/Partnered <input type="checkbox"/> Single <input type="checkbox"/> Widowed |
| My Employment Status is: <input type="checkbox"/> Full-time permanent <input type="checkbox"/> Seeking employment <input type="checkbox"/> Part-time permanent <input type="checkbox"/> Retired |
| Do you have a disability (check all that apply): <input type="checkbox"/> Hearing impairment <input type="checkbox"/> Vision impairment <input type="checkbox"/> Mobility issues <input type="checkbox"/> I use a wheelchair <input type="checkbox"/> I use a walker or cane <input type="checkbox"/> No disability |
| Have you received your COVID-19 vaccine: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Waivers (initial each one): Photography: I grant to ASC, its representatives, and employees the right to take photographs of me and my property in connection with use or support of the Senior Center. I authorize ASC, its assigns, and transferees, to use and publish the same in print and/or electronically. I agree that ASC may use such photographs of me with or without my name and for any lawful purpose, including for example such |

purposes as publicity, illustration, advertising, and web content. Initials: _____

Release from Liability: Yes, I release ASC and all its agents from any liability for any accident, injury, or damages of any kind to persons or property that might occur while participating in ASC activities. Initials: _____

Code of Conduct: I understand my behavior, while here, reflects on the organization and affects the ability of ASC to deliver services to all seniors. I agree to refrain from behavior that: infringes on the rights of others; results in the destruction of property or equipment; violates any federal, state, county or city laws or ordinances; is threatening, aggressive, violent; or which may be taken as racial, religious, or sexual harassment or is discourteous towards others. As a member of the senior center, I understand that every effort is needed to make this a warm, positive, and safe environment. The code of conduct is posted in the Center and is available upon request. Initials: _____

Fitness classes: I acknowledge that if I choose to participate in an ASC physical education class, I do so voluntarily. I hereby assume the risk for any injuries I may sustain during the pursuit of this activity while on the premises, and hereby release and forever discharge the instructors and the senior center from any actions, suits, damages, claims or judgements that may result from any personal or health injury I may sustain while so engaged. I understand that certain health hazards may exist in participation and hereby agree to accept any or all risks of said injury. Furthermore, I agree that I, my heirs, distributors, legal guardians, representatives, and assignees will make no claims against, pursue suits attaching the property or prosecute the Senior Center or instructors for injury or damage resulting from my participation. Initials: _____