

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



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



ACTIVITIES AND EVENTS ■■■■ AUGUST/SEPTEMBER 2022

Board President News

I hope each of you, our Seniors, had a GREAT 4th of July. If you have not been into the Auburn Senior Center in the last week or two you may not have heard that the Board of Directors hired a new Executive Director, Lindsay Arfsten, who started June 30th, 2022. Lindsay lives here in Auburn. She has jumped right in and is really excited to meet each and every one you. Also, if you have any suggestions or ideas for additional classes or programs that you feel would add additional value to the Auburn Senior Center let Lindsay know that also.

The Taste of the Foothills committee is working on a new date, time and location for this “fun and filling” fundraising event with more information to come.

At our July 06, 2022 Board of Director’s meeting we implemented a new program “BRING a FRIEND.” Yes, invite a friend to try out a class that you enjoy. All they will have to do is fill out a waiver form. It is always more fun when you bring a friend. Let them know the value of being a member of the Auburn Senior Center. Hopefully your friend(s) will have a great time and want to come back and join our Center.

I do also want to THANK, on behalf of the Board of Directors and myself along with our membership, Denise DiMiceli for her years of service to the Auburn Senior Center as the Executive Director. Her dedication to the Center was amazing and is appreciated by all of us. Good luck in your retirement.

Dave Johnson, Board President
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New at the Center: Baking every other Wednesday

Like us on FACEBOOK www.facebook.com/auburnseniorcenter

AARP SAFE DRIVER PROGRAMS

Refresher Driver Safety Class

Date: Tuesday, September 13th

Or Tuesday, November 8th

Or Tuesday, December 6th

Time: 11:00 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, October 4th & Wednesday, October 5th

Or Tuesday, November 5th & Wednesday, Nov. 16th

Time: 11:00 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

Enrollment in person is required at the Center.
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Spaghetti Bingo New Play Time 3:00 PM

Date : Mondays, August 8th & September 12th

Play time 3:00-5:00 pm Dinner served at 5:15

Cost: \$8 per person dinner + \$1 per card for bingo

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

Sign up to attend for the August dinner by Friday 8/5 & the September dinner by Friday, 9/9



SCAMS, IDENTITY THEFT

Date: Wednesday, August 10th **Time:** 11:00 am-12:00 pm

Facilitated By:

Cost: Free (Donations to the Center greatly appreciated)

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: Marina of California Phones.

Dates: Wednesday, August 24th

Time: 1:00 pm-3:00 pm

Cost: Free

Class size limited to 8 people, must have 4 or more

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



I PHONE WORKSHOP SERIES

Tuesday, August 9th- I Phone/I Cloud

In this class you will learn what I Cloud is, how to utilize it, and how to back up all your data using the Cloud.

Tuesday, August 16th – I Phone Basics

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

Tuesday, Sept 6th– I Pad

In this class you will learn the basics of how to use your iPad, tips, tricks and advantages over using your iPhone. (Bring your iPad to class)

Tuesday, Sept 20th—Photos

In this class, you will learn all about the “photos” app, along with how to organize, share and view your photos.

Time: 1:00 pm— 2:00 pm

Facilitated By: Sean Kearney of Porchswing Technologies

Cost: \$6 per Workshop

Please Note: Class size limited to 16 people

For All Workshops, call 530-823-8172 to reserve/register your seat!!

Road Map to Rightsizing

Downsizing is just one facet of Rightsizing. Rightsizing is making the choice to create a new lifestyle based on how your life is today and who you are. This panel of 4 top professionals will give you sound advice and answer your questions on this life changing topic.

What are my options

Do I need less living space or more?

Is my current location ideal for my life today?

What are my financial options regarding my home?

Date: Tuesday, August 16th **Time:** 11:30 am—1:00 pm

Note: Light lunch and drinks provided

Presenters: Larry & Lynn Grilli, Mitch Cooper, Diane Kidwell

Registration: Reserve a seat by calling 530-823-8172

Cost: Free (Donations to the Center greatly appreciated)

Life as a Caregiver

Part II of our 2 day series on caring for seniors will take an in-depth look at life as a caregiver. We will discuss the importance of self-care, and explore resources and support services available for those caring for loved ones living with Dementia or Alzheimer’s.

Date: Tuesday, August 23rd & September 13th

Time: 11:30 am– 2:30 pm

Facilitator: Kristina Blocker, Geriatric Specialist

Registration: Reserve a seat by calling 530-823-8172

Cost: Free (Donations to the Center greatly appreciated)

7 Stages of Dementia

Part 1 of our 2 days series –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 various resources that are available.

Date: Tuesday, August 23rd & September 13th

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©(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 Lindsay about how you can sponsor a room, activity, and /or workshop.

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

Menu:

Aug 2nd– Due to

Aug 9th– timing of

Aug 16th - **New facilitators**

Aug 23rd– and when the newsletter

Aug 30th– needed to be out

Sept 6th– we do not have

Sept 13th– menu information

Sept 20th - at this time, watch the

Sept 27th–website and bulletins boards for updates!

Preregistration requested, 530-823-8172



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: Tuesday, September 20th **Time:** 1:00 –2:00 pm

Facilitator: Cheryl Carl, Attorney at Law

Cost: Free (Donations to the Center greatly appreciated)

Spare the Air Days Workshop

When is it safe to go outside when it is so hot? What about during a fire? How to stay healthy in the heat. Come learn how all of the above can affect you.

Date: Wednesday, Sept 28th **Time:** 1—2 pm

Facilitated By: Molly Johnson from Placer County Air Pollution Control District

Cost: Free (Donations to the Center greatly appreciated)

Disaster/Fire Preparedness Workshop

Disasters can be frightening. While we can't stop them from happening, we can do our best to know what to do when we encounter one. The workshop will cover where to get accurate information during an emergency, steps you can take to prepare ahead of time including your own emergency kit and emergency plan, what to do during an evacuation and what you can expect in an emergency shelter. The more prepared you are, the easier it will be to ensure that your needs are met during any type of disaster. Empower yourself and know what you can do!

Date: Wednesday, August 17th

Time: 11:00 am –12:30 pm

Facilitated By: Liz and Michelle of Placer Independent Resource Services (PIRS)

Cost: Free (Donations to the Center greatly appreciated)

Woodcarving Club

Currently finishing spoons, scoops. Holiday ornament carving/painting coming in soon.

Date: Tuesdays, August No workshop
September 20th
October 18th & 25TH

Time: 1:00 - 4:00 pm

Facilitator: Steve Gramberg

Cost: \$5.00, includes materials

Placer County Veteran's Services

Workshop

Are you 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, September 14th **Time:** 1:00 pm-2:00 pm

Facilitator: Jacob Kelsh, Veterans Services Representative

Cost: Free (donation to the Center greatly appreciated)

Baking Workshop

Are you a fan of baked goods, have a sweet tooth every now and then?? Come join the baking workshop!! Let Suzanne show you how to put together some baked goodies.

Date: Wednesday, August 10th, Lemon Cookies
August 24th, Banana Bread
September 7th, Vanilla Snacking Cake
September 21st, Blueberry Scones

Time: 10:00 am-12:00 pm

Facilitated By: Suzanne Roberts

Cost: \$7.00

*****For All Workshops, call 530-823-8172**

To Reserve/Register Your Seat!!!!**

MORE OF WHAT'S HAPPENING AT THE CENTER:

"Computer Basics"

This tutorial will help you understand how computers work and how to use them. We'll talk about how to set up a computer, the difference between hardware and software, and the types of computers you can use. We will also explore operating systems, applications, the cloud, and a whole lot more. Bring your laptop, Ipad or whatever device you use.

Date: Wednesday, August 17th **Time:** 12:30-2:30 pm
Facilitated By: Pat Garcia
Cost: \$8.00

VOLUNTEERS NEEDED * TEACH WHAT YOU LOVE!

We'd love for you to come teach watercolor painting, Pinochle, conversational Spanish, Bridge, jazzercise, quilt making... call us with your ideas! 530-823-8172

ROCK PAINTING WORKSHOP Join the current rock painting craze and come paint some rocks. Must be signed up to attend. Class size is limited to 20 people.

Date: Wednesday, Sept 14th **Time:** 11:00am—1:00pm
Facilitator: Pat Garcia

Volunteer Luncheon

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



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.

*****Free Firewood Rounds*****

Adam Torruella, in Auburn, has seasoned oak rounds, sizes vary, he can not deliver. Call 916-768-2796 for more details.

Bring a friend for FREE!



Invite a friend to come try out a class



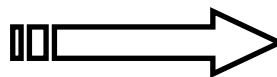
GUEST SPEAKER

Placer County Historian

Placer County began in a time and place like no other. Join **local historian-an Christina Richter** for a lively presentation and discussion about the land you live on! She writes for all the Placer County newspapers, lectures locally and is working on a book called "Placer County, Then and Now". \$ Donations

AUGUST 18TH 1:00—2:00

Look for our new **weekly emails** to keep you up to date on new workshops, classes, special events and more! If you are not receiving them, please call to verify your email.



NEED A RIDE TO THE SENIOR CENTER –OPTIONS

Dial a Ride—<https://www.placer.ca.gov/1793/Dial-A-Ride>

Auburn Transit—<https://www.placer.ca.gov/1766/Transit>



AUBURN INTERFAITH FOOD CLOSET EXTENDED HOURS

Monday—Friday & last Saturday from 10am to 2:00 pm and
Wednesday afternoons from 4:00—7:00

PLANES, TRAINS
AND AUTOMOBILES

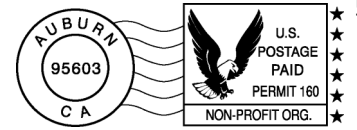


TRAVEL PLANS ARE IN THE WORKS!

STAY TUNED

*****For All Classes/Workshops, call 530-823-8172 to reserve/register your seat!!**

Volunteers for the Multipurpose Senior Center
AUBURN SENIOR CENTER
11960 Heritage Oaks Place, #15
Auburn, CA 95604



Save the Dates



Spaghetti Bingo Monday, August 8th
Spaghetti Bingo Monday, September 12th
Senior Health Fair Wednesday, October 5th
Fall Craft Faire date to be determined



Please Support Our Sponsors:

Advantage Print and Marketing

Solstice Senior Living



ASC Staff

Lindsay Arfsten, Executive Director
Monica Sherman, Administrative Assistant

ASC Board of Directors

David Johnson, President
Steve Gramberg, Treasurer
Pamela Galloway, Secretary
, Director
Joyce Perkins, Director
, Director
Shari Teal, Director
Anne Hidalgo, Director





AUBURN SENIOR CENTER MEMBER ACTIVITY SCHEDULE AUGUST / SEPTEMBER 2022

Day	Description	Start	End	Facilitator Name	Cost/Notes
TUE	Walking Group	9:00 AM		PIRS	FREE / Call for details 530-823-8172
	Silver Strength Training	10:00 AM	11:00 AM	Kathy DeRose	Aug Session \$20/Sept Session \$16
	Cooking Club	11:30 AM	1:00 PM	Tamara James Sherry Couzens	Aug Session \$30/Sept Session \$24 \$7 for drop-in
	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	Aug Session \$20/Sept Session \$16
	Baking Workshop	10:00 AM	12:00 PM	Suzanne Roberts	Aug 10th & 24th, Sep 7th & 21st \$7.00 per workshop
THU	Painting Club	9:00 AM	12:00 PM		Aug Session \$16/Sept Session \$20 Bring your own materials
	Knitting / Crocheting Club	10:00 AM	12:00 PM	Kathy Sordahl	Aug Session \$16/Sept Session \$20 Bring your own materials
	American Mahjong	12:30 PM	3:30 PM	Harriet White	Aug Session \$16/Sept Session \$20
	Genealogy	1:00 PM	3:00 PM	Richard Rands	FREE (donation appreciated)- by appt ONLY, MUST be a Member
	Ukulele	1:30PM	2:30PM	Winter Hungerford	Aug Session \$16/Sept \$20 Bring own Ukulele
FRI	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Aug Session \$16/Sept Session \$20
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	Aug Session \$24/Sept Session \$30 \$7 for drop-in
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	Aug Session \$16/Sept Session \$20
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	Aug Session \$16/Sept Session \$20 Additional 1 penny per card

*****All classes are subject to change due to state/local COVID guidelines.**

Session Dates

August 1st-August 31th and September 1st—30th

******Please remember to bring you key tag!!! ******

Drop-In Cost: \$5 per activity, unless otherwise noted

Center open Tuesday through Friday

Hours: 9:00 to 3:30 PM

For More Information Contact Us

Phone: (530) 823-8172

Email: seniorcenterauburn@att.net

Website: www.auburnseniorcenter.com

Facebook: www.facebook.com/auburnseniorcenter