



# VOLUNTEERS FOR THE MULTIPURPOSE SENIOR CENTER

Activities & Events Volume 44 Number 01  
February/March 2022

**11960 Heritage Oak Place, Suite #15**  
**Auburn, CA 95603**  
**Mail: 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  
 Monica Sherman, Administrative Assistant  
**ASC Board of Directors**  
 David Johnson, President  
 Nancy Koschyk, Treasurer  
 Pamela Galloway, Secretary  
 Sheryl Petersen, Director  
 Joyce Perkins, Director  
 Steve Gramberg, Director  
 Shari Teal, Director  
 Anne Hildago, Director

## EXECUTIVE DIRECTOR’S MESSAGE

The Auburn Senior Center looks forward to sharing some fun activities in the next months including: Valentines and St. Patrick's lunch events. Workshops including information on caregiving, how to use I phone and Android phones, how to plan for travel in this challenging year, art using “diamond” pieces, and rock painting. Walking group will meet at ASC every Tuesday starting in February. Legal Services will also restart their program of individual legal support two times a month. Be sure to add these fun and informational items to your schedule.

In 2021 public support provided ASC with valuable financial funding. The Center will continue to fundraise this year by participating in the Big Day of Giving on Thursday, May 5th. ASC’s inaugural “Taste of the Foothills” event in 2019, was such a success that the plan is to repeat it again, Sunday, May 22, 2022.

The Center will also ask for support through our Annual Sponsorship of rooms and programs. Many of our workshops are free or low cost. The Annual Sponsorship program will allow the Center to seek sponsors to support our activity rooms, educational events and socials for the upcoming year. If you or your business would be interested in supporting us, please let me know.

Once again, Auburn Senior Center will offer AARP’s free tax preparation starting Tuesday, February 1st. This program is five days a week for individuals of all ages. Call (530) 830-2232 for an appointment with the AARP/

VITA Tax Preparers.

Looking forward to supporting you at the Center because “Together we are better”.

~Denise DiMiceli

*Writing is a form of self-care*  
**“Keeping your stories bottled up inside can make you sick, but when you write them down, you get them out of your cells. You feel lighter.” – Nancy Slonim Aronie, author of Writing from the Heart**

## AARP TAX PROGRAM

Call (530) 830-2232 for an appointment with the AARP/VITA Tax Preparers

## NEW WAYS TO PAY

Pay by the session or drop-in and pay by activity.  
**Session Dates:** February 1st-25th, 2022  
 March 1st-31st, 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.

## BOARD OF DIRECTORS UPDATE

The Board of Directors for the Auburn Senior Center would like to announce that Dave Johnson, current board Vice President, has assumed the role of President effective January 11, 2022.

**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, February 16th or March 23rd

**Time:** 10:00 am-12:00 noon

**Cost:** Free (Suggested donation \$6)

**Register by calling** 530-823-8172

Class size limited to 8 people

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

**IPHONE WORKSHOP SERIES**

**Tuesday, February 8th - Internet Basics**

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

**Tuesday, February 15th – Messaging and Texting**

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

**Tuesday, March 8th– Photo Management 1**

Basics on how to manage and view photos on iPhone

**Tuesday, March 15th – 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

**Reserve your seat by calling** 530-823-8172

**Please Note:** Seats are limited



**DIAMOND ART**

A new craft hobby that's a mix of between Paint By Numbers and Cross Stitch. With Diamond Painting, you apply thousands of tiny resin "diamonds" to a coded adhesive canvas to create shimmering Diamond Art.

**Date:** February 9th

**Time:** 1–3:00pm

**Facilitator:** Justene DaCosta

**Cost:** \$10.00 (includes materials)

**Reserve your seat by calling** 530-823-8172

**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:** Tuesday, February 15th **Time:** 1-2:00pm

**Facilitated By:** Bridget Hodkins

**Cost:** Free (Donations to the Center greatly appreciated)

**Register by calling** 530-823-8172

**WOODCARVING WORKSHOP**

**Introduction to Woodcarving**

Ladies..Ladies...Ladies...NOT for men only!! New and experienced carvers welcome. Come and learn a new hobby!

**Date:** Tuesday, February 22nd

**Time:** 2-4:00pm

Tuesday , March 22nd

**Facilitated By:** Steve Gramberg

**Cost:** \$5.00 per workshop (includes all supplies)

**Register 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, March 30 **Time:** 1-3:00pm

**Facilitated By:** Denise DiMiceli & Dana Johnson

**Cost:** Free (Donations to the Center greatly appreciated)

**Register by calling** 530-823-8172



**\*\* 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.

**Volunteer Luncheon**

Come meet your fellow volunteers. Every second Monday of month. Call the Center for location and to sign up.  
Monday, February 14th at 11:30am      Monday, March 14th at 11:30am

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

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



**Menu:**

- February 1st**– Chicken and Dumplings
- February 8th**– Puff pastry cones w/ chocolate mousse
- February 15th**- Green bean casserole w/ chicken
- February 22nd**- Sea food chowder
- March 1st**- Ham and cheese potato pancakes
- March 8th**- Won Ton soup
- March 15th**- Irish soda bread
- March 22nd**- Ruben crockets
- March 29th**-Chili Relleno casserole

See Activity Schedule for additional details

**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, March 16th  
**Time:** 1 - 3:00pm  
**Facilitator:** Pat Garcia  
**Cost:** \$10 per workshop (includes all supplies)  
**Reserve your seat by calling** 530-823-8172

**WALKING GROUP**

Walking in a group helps to motivate you to continue to walk! Meet at the Center.

**Date:** Tuesdays  
**Time:** 9:00 am  
**Facilitator:** PIRS  
**Cost:** Free (Donations to the center appreciated)  
**Reserve your place by calling** 530-823-8172



ASC would like to host a Craft Fair...if you or anyone you know would be interested in please let us know by calling 530-823-8172

**TRAVEL IN 2022**

How to plan a vacation during the age of new travel protocols. How to navigate air, road, and cruise travel in a pandemic.

**Date:** February 22nd  
**Time:** 1-2:00pm  
**Facilitator:** Chelsea Hamilton  
**Cost:** Free (Donations to the Center greatly appreciated)  
**Reserve your seat by calling** 530-823-8172

**TRAVELING THE US**

The pandemic has created a huge increase in domestic travel, as people want to stay closer to home. Here's an overview of the amazing destinations to visit in the US (national parks, the best road trips, city adventures, and train travel)

**Date:** March 15th  
**Time:** 1-2:00pm  
**Facilitator:** Chelsea Hamilton  
**Cost:** Free (Donations to the Center greatly appreciated)  
**Reserve your seat by calling** 530-823-8172

**VALENTINE'S SOCIAL**

Wear red and join us for a spaghetti lunch. Lunch will include spaghetti, meatballs, salad, bread, dessert and lemonade.

**Friday, February 18th** from 11:45am-1:00pm! Lunch will be served at 12noon.  
**Cost:** \$8 in advance/\$10 at the door.

**Reserve your seat with pre-payment** by Friday, February 11th

**Sponsored by:** Medicare Insurance Professional, David LaPlante (Call him for a free review 530-477-0449)



*"Helping you make sound decisions regarding your Medicare Plan Choices"*

**ST PATRICK'S DAY SOCIAL**

Don't forget to wear your green!! (Pinch, Pinch) Join us for a catered Irish lunch.

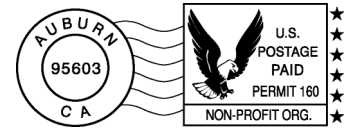


**Thursday, March 17th** from 11:30am-1:00pm! Lunch will be served at 12noon.

**Cost:** \$8 in advance/\$10 at the door.  
**Reserve your seat with pre-payment** by Friday, March 11th.

**Sponsored by :** Auburn 49er Lions

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



## Save the Dates

**February Valentines Luncheon** Friday, February 18th

**Celebrity Chef** Thursday, March 3rd

**March St Pat's Luncheon** Friday, March 18th

**Big Day of Giving** Thursday, May 5th

**Taste of the Foothills** Sunday, May 22nd





# AUBURN SENIOR CENTER

## MEMBER ACTIVITY SCHEDULE

### FEBRUARY / MARCH 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	February Session \$16/March Session \$20
	Cooking Club	10:00 AM	11:30 AM	Gail Stout	February Session \$24/March Session \$30 \$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	February Session \$16/March Session \$20
	Craft Club	1:00 PM	3:00 PM		No class 2/9 or 3/16 Cost: \$5 per club date Bring your own materials to Club dates
THU	Painting Club	9:00 AM	12:00 PM		February Session \$16/March Session \$20 Bring your own materials
	Knitting / Crocheting Club	10:00 AM	12:00 PM	Kathy Sordahl	February Session \$16/March Session \$20 Bring your own materials
	American Mahjong	12:30 PM	3:30 PM	Harriet White	February Session \$16/March Session \$20
	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	February Session \$16/March Session \$16
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	February Session \$24/March Session \$24 \$7 for drop-in
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	February Session \$16/March Session \$16
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	February Session \$16/March Session \$16 Additional 1 penny per card

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

Reminder-Daylight Savings Time Begins Sunday March 13th

#### Session Dates

February 1st— 25th and March 1st—31st

**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**

## BOARD VICE PRESIDENTS MESSAGE

Hello Members of the Auburn Senior Center,

A new year has started and ASC new location at Heritage Oak Place is looking great and getting better each day. Although our wet weather put a little damper on our registration effort, the center is still open from Tuesday to Fridays weekly.

I would like to give a very hearty thanks to all of you for the many years you have gracefully supported me and the ASC Board of Directors.

I have served on the ASC Board for several years, as President, Treasurer, Secretary, and even operated the center for a few months as Director. On December 9th, 2021, my term as Vice President ended. Board Officers time is governed by the ASC bylaws, and I must abide by those terms. I will still volunteer on committees and whenever your Executive Director or members of the Board need my help I will be there for them.

The Covid 19/Pandemic curtail our meetings, classes, and fun activities, however we are now operative and ready to serve you. ASC needs your support; please get out and enjoy your facility once more. Read your newsletters and check out our webpage and Facebook, you will find them very informative.

The 18 plus years I have served the center has been an amazing experience. Looking back, I started as a volunteer at DeWitt Center with Barbara Crowell the Executive Director at that time. When I walked into the center, Barbara asked me can I help you? I would like to become a volunteer .

Barbara told me the center only accepted seniors over 50 and I said, I am 69 years old. Her answer was something like, really!! We laughed it off and I became a member and a volunteer that same month. I remember the gratifying moments with members and staff during those years. It was a pleasure for me to be a member of the Auburn Senior Center.

I have attended several classes over the years and there are two of them I highly recommend members to try.

1. **Matter of Balance:** The goal is to improve stability and coordination throughout our bodies. The class is conducted by Denise DiMiceli and Dana Johnson who are certified in the evidence based programs. The class covers falls, and many ways to prevent them. This class is done professionally. Seniors, if you fall it can be very serious as it may lead to other illnesses. I highly recommend this class for all members.
2. **Placer Protect:** This class is put on by the Placer County Protect unit that provides resources and outreach to the elderly. This class should also be a must for our members. There are no charges for either of these classes although a donation would be greatly appreciated.

May you all have a wonderful and Blessed New Year 2022. Hope to see you around at the Auburn Senior Center!

Joe Rodrigues