



VOLUNTEERS FOR THE MULTIPURPOSE SENIOR CENTER

Activities & Events Volume 46 Number 03
June/July 2022

**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
www.facebook.com/auburnseniorcenter**

ASC Staff
Denise DiMiceli, Executive 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 News

There was a whirlwind of activity at the Center in April and May. AARP Tax program supported over 450 individuals of all ages in a free- tax program. The Center had volunteers to greet and assist those that came into have their taxes done. The Centers Chamber ribbon cutting and open house on April 21st were lovely events which showcased our new location to the larger community. And finally, for the 3rd year, ASC participated in an online fundraiser, Big Day of Giving, and raised over \$10,000.00 which will help with programing costs.

As always, we could not do what we do without our volunteers and community partners. Special thanks go to AARP Tax Program preparers, ASC tax desk volunteers, Solstice Senior Living, Brookdale Senior Living Solution, Sierra Ridge, and Amor Care.

The next 2 months at the Center offers some great workshops including, Expanding your budget, Life as a Caregiver, Road Map to Rightsizing, Disaster Preparedness and Matter of Balance. More details are in the newsletter. Please call to reserve your seat.

If travel is on your bucket list, consider answering a few questions regarding your wishes. (see enclosed). ASC has some fun art classes including rock painting and garden art. Lastly, our annual BBQ and Bocce Ball Social will be July 23rd. Last year was so much fun! Don't miss it this year!

Denise DiMiceli, Executive Director

New at the Center:

Game Days on Wednesdays
Jam Sessions on Wednesdays

“People will forget what you did; People will forget what you said. But People will never forget how you made them feel.”
.....

AARP SAFE DRIVER PROGRAMS

Refresher Driver Safety Class

Date: Tuesday, June 21st, 2022

Time: 11:00 am—3:30 pm

Cost: \$25.00 per person, non AARP Member

\$20.00 per person, AARP Membership # needed

Initial Driver Safety Class

Date: Wednesday, June 29th & Thursday, June 30th

Time: 11:00 am—3:30 pm

****Must Attend Both Days, this is an 8 hour course.****

Cost: \$25.00 per person, non AARP Member

\$20.00 per person, AARP Membership # needed

Classes are limited to 15, enrollment in person is required at the Center.
.....

Spaghetti Bingo

Date : Mondays, June 13th & July 11th at 5:30pm

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 June dinner by Friday June 10th & the July dinner by Friday, July 8th



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, June 22nd or Wednesday, July 13th
Time: 1:00 pm–3:00 pm
Cost: Free

Class size limited to 8 people
Classes are subject to change due to state/local COVID guidelines.

I PHONE WORKSHOP SERIES

Tuesday, June 7th- I Phone Basics
In this class you will learn the basics on how to use, operate and customize your I Phone. A perfect class for beginners.

Tuesday, June 14th – I Phone Basics 2
In this class you will learn more basics on how to use your I Phone, as well as more tips and tricks.

Tuesday, July 12th– Online Scam Prevention
In this all new class you will learn how to recognize, avoid, and combat online scammers and scam services.

Tuesday, July 19th—Messaging
Basics on texting including lingo, tips, organization and inserting different types of media.
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



Woodcarving Club

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

Date: Tuesday, June 21st & July 19th **Time:** 2-4:00pm
Facilitated By: Steve Gramberg
Cost: \$5.00 per workshop (includes all supplies)

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, June 7th
Time: 1:00 pm – 3:30 pm
Facilitator: Kristina Blocker, Geriatric Specialist
Registration: Reserve a seat by calling 530-823-8172

Disaster 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 building 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, July 6th **Time:** 11:00 am-12:30pm
Facilitated By: Liz of Placer Independent Resource Services
Cost: Free (Donations to the Center greatly appreciated)

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: Tuesday, July 26th **Time:** 1-3:00pm
Facilitated By: Denise DiMiceli & Dana Johnson
Cost: Free (Donations to the Center greatly appreciated)

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

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 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:

June 7th– Rosemary Apricot Chicken

June 14th– Cowboy Caviar

June 21st– Pesto Chicken Skewers

June 28th– Shrimp Lettuce Cups

July 5th– Spaghetti Carbonara

July 12th– Chinese Chicken Salad

July 19th– Blackened Fish Tacos

July 26th– Triple Berry Galette

See Activity Schedule for additional details

Is Your Budget Tight? Learn how to Stretch it!

Auburn Interfaith Food Closet’s mission is to give nutritious food to people, while respecting their dignity. Learn about various services that the Food Closet offers, and how they select and distribute nutritious foods. It will be an informal discussion where you will be able to ask any questions you may have. See you then!

Date: Wednesday, June 8th **Time:** 1:00—2:00 pm

Presenter: Isabelle Gaultier

Cost: Free (Donations to the Center greatly appreciated)

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, July 20th

Time: 1:00—3:00 pm

Facilitator: Pat Garcia

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



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)

*Last Tuesday of month meet at ARD, 123 Recreation Dr.

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

Volunteer Luncheon

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

Notary

Notary service now available at the Center. Cost \$15/00 per signature notarized.

TRAVEL SURVEY

The Center would like your input on day trips you would like to do. Next time you are at the Center plan to complete the survey.

ART WORK SHOPS

Garden Pinwheels

Add movement and maybe scare away a few birds!

Date: Wednesday, June 15th **Time:** 12:30—2:00 pm

Gnomes for house or patio.

Bring good luck and joy with your own custom gnomes!

Date: Wednesday, July 13th **Time:** 12:30—2:00 pm

Facilitator: Priscilla Nelson

Cost: Materials and supplies \$8.00 per class

CANNING..PRESERVES

Anyone interested in learning to can, making Jams, Jellies, the whole fruit?? Put your summer in a jar to brighten your winter? If interested please call 530-823-8172.

If enough interest, we will have a workshop in July.

Games...Games...Games!!

New Game Day begins Wednesday, June 1st !!

Scrabble, Rummikub, Five Kings, Parchesi, Bunco, Mexican Train, Hand & Foot....

Date: Every Wednesday in June and July

Time: 10:00 am– 12:00 pm

Facilitator: Bonnie Allert

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.



Update on Taste of Foothills

Due to circumstances, the Taste of the Foothills event that was to be held on Sunday, May 22, 2022, at Tap & Vine at the White House, will be postponed till a future date later this year.

ASC had been preparing for this event since last fall to showcase the Center with the support of wonderful community supporters. It saddens us to a great extent to delay the event.

However, ASC will be reorganizing this event soon. You will be informed regarding the new date. Pre-purchased Tickets will be honored for the new date unless you would prefer a refund.

We look forward to sharing this amazing event with you later this year.



Musical Jam Session

Do you sing, hum, play a folk instrument, just enjoy listening? Ok to bring your acoustic instruments and/or sheet music to share. Come in and share a good time.

Dates: Wednesdays, June 8th, June 22nd, July 6th, July 20

Time: 1:30—2:30 pm

Facilitator: Winter Hungerford

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, June 28th **Time:** 11:30 am—1:00 pm **Note:** Light lunch and drinks provided

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

Register by calling 530-823-8172

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

Cost: Free (Donations to the Center greatly appreciated)

BBQ & Bocce Ball

Meet your fellow Members and enjoy a fun time at the ARD picnic area. Open to friends and family of all ages too. Sign up for a bocce ball game and enjoy a lunch BBQ. Lunch includes hamburger, veggie burger or hot dog, sides, drinks, and desserts.

Special thanks to our Chefs from 49er Lions

Date: Saturday July 23rd

Time: 10 am -2pm/BBQ at 12noon

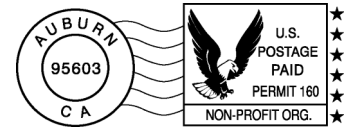
Cost: \$8.00 per person for BBQ/Free Bocce Ball

RSVP for a bocce ball team and lunch by Friday, July 15th.



Location: ARD..123 Recreation Dr., Auburn, CA. (Auburn Folsom Rd to Racetrack St. to Recreation Dr.)

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



Save the Dates

New Game Day Begins Wednesday, June 1st

Spaghetti Bingo Monday, June 13th

Spaghetti Bingo Monday, July 11th

BBQ Saturday, July 23rd



Please Support Our Sponsors:

Advantage Print and Marketing

Solstice Senior Living





AUBURN SENIOR CENTER

MEMBER ACTIVITY SCHEDULE

JUNE / JULY 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	June Session \$16/July Session \$16
	Cooking Club	10:00 AM	11:30 AM	Gail Stout	June Session \$24/July 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	June Session \$20/July Session \$16
	Game Day	10:00 AM	12:00 PM	Bonnie Allert	June Session FREE/July Session \$16
THU	Painting Club	9:00 AM	12:00 PM		June Session \$20/July Session \$16 Bring your own materials
	Knitting / Crocheting Club	10:00 AM	12:00 PM	Kathy Sordahl	June Session \$20/July Session \$16 Bring your own materials
	American Mahjong	12:30 PM	3:30 PM	Harriet White	June Session \$20/July Session \$16
	Genealogy	1:00 PM	3:00 PM	Richard Rands	FREE - by appointment ONLY MUST be a Member
	Ukulele	1:30PM	2:30PM	Winter Hungerford	June Session \$20/July \$16 Bring own Ukulele
FRI	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	June Session \$16/July Session \$20
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	June Session \$24/July Session \$30 \$7 for drop-in
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	June Session \$16/July Session \$20
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	June Session \$16/July Session \$20 Additional 1 penny per card

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

Session Dates

June 1st-June 30th and July 1st—31st

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

Drop-In Cost: \$5 per activity

Center open Tuesday through Friday

Hours: 9:00 to 3:30 PM

For More Information Contact Us

Phone: (530) 823-8172

Email: auburnseniorcenter@att.net

Website: www.auburnseniorcenter.com

Facebook: www.facebook.com/auburnseniorcenter