

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**

**February—March 2023**

**Executive Director News**

Happy 2023! I hope everyone is staying safe during the intense rain storms we've been experiencing so far in January. The Auburn Senior Center is excited for this new year to expand your enjoyment and value you receive as a member. We are cooking up some new potential classes and welcome any suggestions of what you would like to see this year. Feel free to give us a call or share your thoughts next time you are in.

Ideas for classes we are currently developing are creative writing, chorus, clay, upholstery, felt, and drumming. My neighbor Marsha will be scheduling a star-gazing workshop followed-up with an evening field trip on a night with excellent star gazing. I am also talking with historian Christina Richter about another history workshop and tour of the Dewitt Center. Gateway Travel is partnering with us to offer trips to our nearby CA attractions as well as wonderful destinations nationwide.

We are planning a new membership drive for the month of February to give our senior community an opportunity to join the Senior Center For FREE! We offer free tax preparation sponsored by AARP starting in February and we'd like to see our membership grow to reach the level prior to our Covid closure. Please encourage your friends and neighbors to join and try a free class. And don't forget to let them know about our free tax service. The number to call to make a tax appointment is 530-830-2232.

If you are not on our email distribution list for our updated weekly class and workshop schedule, we'd love to add you, so you don't miss out on new and exciting reasons to come in. Please like our Facebook page too as we often post new workshop and classes there. <https://www.facebook.com/Auburnseniorcenter>

Lindsay Arfsten  
Executive Director

**EFFECTIVE FEBRUARY 1ST NONMEMBERS WILL PAY AN ADDITIONAL \$2.00 PER DROP IN FEE!!**



AARP Tax Program  
**Call (530) 830-2232** for an appointment with the AARP/VITA Tax Preparers, February 1st—April 18th

**A Big Thank You to the 2 Anonymous Cash Donors, \$509.00 Total.** (Envelopes available on lobby table)

**Spaghetti Bingo New Play Time 1:30PM**  
**Date :** Mondays, February 13th & March 13th  
**Play time 1:30-3:30 pm Lunch served at 1:00**  
**Cost:** \$8 per person dinner + \$1 per card for bingo



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

Please sign up to attend the Friday before.

**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 15th

**Time:** 10:00 am–12:00 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, February 7th -Messaging and Texting**

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

**Tuesday, February 14th –Customization**

In this class you will learn how to customize your phone to your needs and likes!

**Tuesday-March 7th , Basics**

In this class you will learn the basics on how to use your I Phone, as well as more tips and tricks.

**Tuesday, March 21st-Basics 2**

In this class you will learn more basics on how to use your I Phone, as well as more tips and tricks.

**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



**High electric bills busting your budget?**

Come meet with Pioneer Community Energy and learn about programs available to help lower your costs. Pioneer will offer insight into programs, rate plans and how your choice can save you money. They will also provide information on easy energy efficiency measures that can help and more. The Pioneer team will give a short presentation and then be available to answer questions. They encourage you to bring your bill if you have specific questions.

**Date:** Wednesday, February 1st

**Time:** 10:00-11:00am

**Facilitated by:** Alexia R. from Pioneer Community Energy

**Cost:** Free (Donation to Center greatly appreciated)

**Alzheimer's Disease and other Dementia's Workshop**

Learning more about Alzheimer's disease and other dementias will help you understand that it is a disease that your loved one is living with every day. It is a medical condition that cannot be cured, but with proper care, a person living with the disease can have meaningful and engaging experiences. At the end of the class, you will be able to describe dementia, including causes and symptoms, and describe elements of person-centered care for a person living with Alzheimer's disease or another dementia.

**Date:** Wednesday, February 8th

**Time:** 10:00-11:30am

**Facilitator:** Symphony Krueger, Executive Director

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

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

**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, February 28th **Time:** 1:00 –2:30 pm

**Facilitator:** Cheryl Carl, Attorney at Law

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

**Woodcarving Club**

New and experienced carvers welcome. Come and learn a new hobby!



Date: Tuesdays, February 7th  
March class date will be determined in February 7th class.  
Time: 1:00 - 3:30ish pm  
Facilitator: Steve Gramberg  
Cost: \$5.00, includes materials

**Rock Painting**

Join the rock painting craze and come paint a few rocks! Must be signed up to attend.



Date: Wednesday, February 8th  
Time: 1:00-3:00pm  
Facilitated by: Pat Garcia  
Cost: \$10 (includes all supplies)

**Watercolor Painting Workshop**

Art instructor Patty Pieropan Dong will offer a draw-along/ paint-along style class. Bring a sketchbook if you have one . Paper, paints and brushes provided.

Date: Tuesday, February 14th  
March 14th  
Time: 12:30 pm – 2:30pm  
Facilitated By: Patty Pieropan-Dong  
Cost: \$14. Materials are included but you are encouraged to bring your own watercolors if you have them.

**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: Tuesday, March 21st  
Time: 11:00 am-12:00 pm  
Facilitator: Matthew Galvin, Veterans Services Representative  
Cost: Free (donation to the Center greatly appreciated)

**\*\*\*For All Workshops, call 530-823-8172 To Reserve/Register Your Seat!!!!**

**AARP Safe Driver Programs Refresher Driver Safety Class**

Date: Tuesday, June 20th  
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, February 28th, 10:00am-2:30pm  
Or Tuesday, April 11th & Wednesday, April 12th

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

**Canning**

Learn how to use your Instant Pot to prepare Marinara Sauce and can it. Also learn how to make Lasagna Soup with our Marinara Sauce in the Instant Pot.

Date and Time to be determined based on interest. Please call the Center if you are interested, #530-823-8172.

**Watch Your Emails for Upcoming Classes and Workshops, as well as any last minute changes:**

- Gardening
- Placer County Historian
- Matter of Balance 8 week Workshop
- Disaster Preparedness
- Life as a Caregiver / 7 Stages of Dementia

**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.



## MORE OF WHAT'S HAPPENING AT THE CENTER:

Brian Hassett, Ph.D., a previous ASC Facilitator, is interested in bringing back his class instructing you on How to Preserve Memories as a Family Heritage. Back in 2018, he conducted sessions at ASC about writing memories and stories from your lives to preserve and pass them on to your families and friends. The writing skills imparted in these sessions have been developed over his sixty-five years as a writer and credentialed writing/English teacher in high schools, colleges and universities, both here in the United States and in Europe, Arabia, Mexico and Central America.

In the 2018 sessions at ASC, several participants completed writing projects that put family legends and stories down on paper for their children and grand children. Sometimes they accompanied the stories with photos or other family documents and memorabilia. In the sessions he proposes for 2023 He will interact with senior writers to achieve a similar outcome: a tangible record of family stories that will preserve them for posterity.

Brian also has been singing several years and would like to conduct singing lessons and sessions for seniors at ASC. To join these sessions singers must be able to carry a tune. We can work on methods of voice support and projection and of harmonizing with other singers in the weekly sessions. Brian has had lessons from Chris Bello, who has been teaching voice in Placer County for many years. He will share the technique He's developed based on Chris Bello's methods and those he has developed over the many years in which song has been a rich resource in his life.

If you are interested in this, please call the Center #530-82-8172, sessions will be scheduled once interest is established.

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

## Meet Our Volunteers:

I have been volunteering at the desk of the Senior Center for about 6 Mos. I was a nurse for 40 years and miss working with a wide variety of people and that is what I most enjoy about volunteering at the Senior Center. I regularly enjoy the Conversational Spanish class and have enjoyed some informative classes i.e. android phones, Medicare options. I enjoy learning so astronomy and perhaps basket weaving might be of interest. Also some interesting walking tours.

Pat H.  
Front Desk



I've been volunteering for about 1.5 years. At the front desk on the third Friday AM of each month. I enjoy greeting, helping and encouraging others to join the center. I attend the weekly Spanish class. I may start coming to the Ukulele class again. I would like to play Mahjong, Cribbage or other games, but my regular schedule conflicts with those times.

Carol H.  
Front Desk

### ASC Staff

Lindsay Arfsten, Executive Director  
Monica Sherman, Admin Assistant

### ASC Board of Directors

David Johnson, President  
Anne Hidalgo, Vice President  
Steve Gramberg, Treasurer  
Pamela Galloway, Secretary  
Shari Teal, Director  
Lynn Grilli, Director  
Willie White, Director

Volunteers for the Multipurpose Senior Center  
AUBURN SENIOR CENTER  
11960 Heritage Oaks Place, #15  
Auburn, CA 95603



## Save the Dates

Spaghetti Bingo Monday, February 12th

Happy Valentine's Day, February 14th

Spring Craft Fair watch for date

Spaghetti Bingo Monday, March 11th

Time Change-Spring Forward 1 Hour Sunday, March 12th

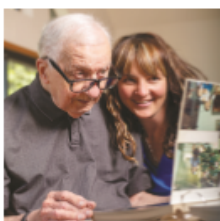
Happy St. Patrick's Day, March 17th

Big Day of Giving, May 4th



## Please Support Our Sponsors:

### Helping You Or Your Loved One Maintain Independence At HOME.



Pawnie's Home Care is an independently owned company. We offer personalized services based on your specific needs. Pawnie's prides itself on providing a team behind every caregiver and working closely with you every step of the way, ensuring all care expectations are being met.

- Respite Care
- Companionship
- Dementia Care
- Light Housekeeping and Laundry
- Meal Planning and Preparation
- Personal Care and Bathing
- Medication Reminders
- Exercise and Rehab Regimen
- Transportation and Outings
- Pet Care Assistance
- And Much More...!



**Home Care**  
**You Expect & Deserve!**

**MEMBER ACTIVITY SCHEDULE**  
**FEBRUARY / MARCH 2023**  
**PLEASE REMEMBER TO BRING YOUR KEY TAG**



Day	Description	Start	End	Facilitator Name	Cost/Notes
<b>TUE</b>	Walking Group	9:00 AM		PIRS	FREE / Call for details 530-823-8172
	Silver Strength Training	10:00 AM	11:00 AM	Kathy DeRose	Feb Session \$16/Mar Session \$20 each
	Cooking Club	11:30 AM	1:00 PM	Sherry, Susana	Feb Session \$24/Mar Session \$30 each \$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
<b>WED</b>	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Feb Session \$16/Mar Session \$20 each
	Chair Yoga	11:00 AM	12:00 PM	Sandra Main	Feb Session \$16/Mar Session \$20 each \$7. for drop-in
	Conversational Spanish	1:00 PM	2:00PM	Loyce Smallwood	Feb Session \$16/Mar Session \$20 each
<b>THU</b>	Painting/Social Club	9:00 AM	12:00 PM		Feb/Mar Session \$16 each Bring your own materials
	Balance, Strength & Stability	10:00 AM	11:00 PM	Debbie Thompson	Feb/Mar Session \$16 each
	Knitting /Crocheting Club	10:00 AM	12:00 PM	Kathy Sordahl	Feb/Mar Session \$16 each Bring your own materials
	Chess Club	11:15 AM	12:15 PM	Ken Windholz	Feb/Mar Session \$16 each
	American Mahjong	12:30 PM	3:30 PM	Harriet White	Feb /Mar Session \$16 each
	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	Feb/Mar Session \$16 each Bring own Ukulele
<b>FRI</b>	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Feb/Mar Session \$16 each
	Chat and Craft	9:30 AM	12:00 PM	Loyce Smallwood	Feb/Mar Session \$16 each
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	Feb /Mar Session \$24 each \$7 for drop-in
	Chinese Mahjong	12:30 PM	3:30 PM	Colleen Andersen	Feb/Mar Session \$16 each
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	Feb/Mar Session \$16 each Additional 1 penny per card

**Drop-In Cost: \$5 per activity (additional \$2 for nonmembers), unless otherwise noted**

**Center open Tuesday through Friday**

**Hours: 9:00 to 3:30 PM**  
**For More Information Contact Us**  
**Phone: (530) 823-8172**