



AUBURN SENIOR CENTER

April 10, 2020

Dear Members, Volunteers and Guests,

Given the actions directed by local public health officials and the state the Auburn Senior Center will be closed for all activities and workshops **until further notice**. We continue to closely monitor and evaluate developments of the coronavirus (COVID-19) and follow guidance from the Centers for Disease Control (CDC) and local health and government authorities. As information develops, we will provide updates.

AARP Foundation Tax-Aide services are still suspended. For more information contact AARP Tax Aide at 1-888-227-7669.

For those of you that have access to the internet check out our Facebook page at <https://www.facebook.com/Auburnseniorcenter/> for fun daily activities. Each day we will feature a different themed link: Mondays – Aerobics, Tuesdays - Cooking Demos, Wednesdays – Zumba Gold and Stretch & Balance Classes with Jo Britt, Thursdays – Art Tutorials (woodcarving, painting, knitting, etc.), Fridays - Line Dancing, and Saturdays - Travel.

For those of you that do not have access to the internet here are some additional ideas:

- ❖ Write a letter, share stories from your life or things you would like your loved ones to know
- ❖ Start a letter pen pal story writing exercise! Each person writes one paragraph at a time, and you have to improvise and build on the previous person's paragraph
- ❖ Go through your photos and make a photobook
- ❖ Write down all of your great family recipes and turn them into a recipe book
- ❖ Make your own book club - Read the same book and talk about it
- ❖ Telephone friends and family on a regular basis
- ❖ Create a memory box of your favorite things
- ❖ Create a walking routine (inside or outside). Aim for 10 minutes of movement 3 times a day
- ❖ Turn the TV off and focus on your hobbies - Knitting and crocheting, gardening, coloring, rock painting and reading are just a few ideas.

The staff and Board of Directors hope you continue to stay healthy, engaged and safe during this unprecedented time. For resources and assistance see next page.

Regards,

Denise DiMiceli
Executive Director

Anne Hidalgo
Board President



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Resources

For up to date COVID-19 information from Placer County Health and Human Services visit <https://www.placer.ca.gov/6367/Novel-Coronavirus-COVID-19>

Seniors First	530-889-9500
My Rides Placer County	530-889-9500
Meals on Wheels Placer County	530-550-7600
Placer County Dial A Ride	1-855-745-7560
Senior Information and Assistance	
El Dorado County	530-621-6369
Nevada County	1-877-847-0499
Placer County	530-889-9500
Placer Independent Resource Services (PIRS)	530-885-6100
Legal Services of Northern California	530-823-7560
HICAP/Medicare Counseling	530-889-9500
Auburn Interfaith Food Closet	530-885-1921
Adult System of Care Crisis Intake	1-888-886-5401
Senior Peer Counseling	916-787-8859
The Friendship Line (24/7)	1-800-971-0016
Suicide Prevention Lifeline (24/7)	1-800-273-8255
Stand Up Placer Crisis Line (24/7)	1-800-575-5352
SAMHSA's Disaster Distress Helpline	1-800-985-5990

Contact your local restaurants and grocery stores to see if they deliver. Some grocery stores are offering special shopping hours for seniors.