

Activities for the 50+ers

Creating Community through People, Parks and Programs

April 2011

Bennett Valley Senior Center
704 Bennett Valley Road
(707) 545-8608
CityBus Routes #5, #18

Finley Community Center
2060 West College Ave
(707) 543-3737
CityBus Routes #3, #6, #15



Mark Your Calendars

- ▶ till Apr 13 AARP Tax Svc at Sr Ctr
- ▶ till Apr 14 AARP Tax Svc at Finley
- ▶ Apr 19 Passover
- ▶ Apr 21 9-Ball Pool Tournament
- ▶ Apr 22 Jelly Bean Jar Awarded
- ▶ Apr 24 Easter
- ▶ Apr 27 Casino Trip
- ▶ May 5 Cinco de Mayo Luncheon
- ▶ May 7 Pancake Breakfast
- ▶ May 7 Health & Wellness Fair
- ▶ May 16 HICAP Seminar
- ▶ May 19 9-Ball Pool Tournament
- ▶ May 30 Memorial Day HOLIDAY



It's Our Annual Membership Appreciation Pancake Breakfast Saturday, May 7th

9am breakfast #55976

10am breakfast #55978

FREE Breakfast for Members

\$5.00 for ALL Others and Everyone's Welcome!

Join our favorite chefs, the Santa Rosa Sunrise Rotarians, who will be flipping those hotcakes on the grill, just for you!

If scrambled eggs are your choice, they'll be prepared as well, along with sausages and fresh fruit and juice!



[co-sponsored by Santa Rosa Sunrise Rotary]

After your delicious breakfast, wander around the Center for to visit some 50+ **HEALTH & WELLNESS VENDORS** with lots of information, products, giveaways, raffles and demonstrations.



Health & Wellness Fair
9am to Noon
Bennett Valley Senior Center
704 Bennett Valley Road
FREE ADMISSION

Jelly Bean Jar Contest

Correctly guess how many jelly beans are in the jar and it's yours!

Members, stop by the front desk and submit your guess.



Number will
be revealed
Good Friday
April 22 at 3pm



...Enjoy Your Independence!

**Learn all about Santa Rosa CityBus!
Trip planning! Fares and Routes!**

Where: Santa Rosa Senior Center
704 Bennett Valley Road

When: Monday, April 11
Monday, May 9
Monday, June 13
Monday, July 11
Monday, August 8
Monday, September 12
Monday, October 10

Time: 9:30 a.m. - 11:15 a.m.

**Sign-up for this fun, informative
class today!**

**The class FREE!
Reserve your
spot today!**

(707) 545-8608



WEIGHT ROOM BENEFITS

**NOW is the time
to stay in shape, improve your health,
and keep active!**

We have a variety of equipment to use,
including a bicycle and treadmill!

It is good to get into the habit of exercising
to keep active and stay in shape!



We also have free weights
and exercise balls ...
come see for yourself
and give them a try.

Best prices in town!

Learn to Ride the Bus Classes
begin this month
Sign-Up and learn about the City-
Bus System and take a ride on us!
See schedule ...



Sonoma Wine Country Senior Games coming June 3 & 4 ~Bocce Ball will be a featured sports~

Sonoma County Bocce Federation will be hosting Bocce Ball at Juilliard Park in Downtown Santa Rosa on June 3 and 4, 2011 in conjunction with other California Senior Games Association events being held in Sonoma County. Teams Ages 50 and Older ~ ~ Come Join in The Fun!



For more information and to register for Bocce and other sporting events go to www.winecountrygames.com
Or phone (707)525-0143 x 146 OR x 128.

Bocce Ball will be one of the featured sports in the upcoming Sonoma Wine Country Senior Games coming June 2nd-June 5th.

Class Notes

History Class

Mondays, 10:30 am - Noon

- April 4** **India**
- April 11** **India**
- April 18** **India**
- April 25** **Ghandi (film)**

George Clute, Instructor

\$2.00 Drop-In Fee

Senior Center Room 18

(L) = Lecture, (V) = Video

Senior Computer Classes

Senior Center Room 17
\$20 Members; \$30 Non-Members

BEGINNING COMPUTERS

56477 4/4,4/11,4/18 9-10.30am
56507 4/6,4/13,4/20 9-10.30am

INTERMEDIATE COMPUTERS

56478 4/4,4/11,4/18 11-12:30pm
56508 4/6,4/13,4/20 11-12:30pm

EMAIL/INTERNET BASICS

56504 4/4,4/11,4/18 1-2:30pm
56509 4/6,4/13,4/20 1-2:30pm

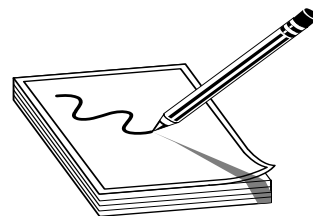
ADVANCED COMPUTERS

56506 4/4,4/11,4/18 3-4:30pm
56510 4/6,4/13,4/20 3-4:30pm

Classes are limited to
6 students each and fill up fast.

Register Now!

Discount for members



9 - Ball Tournament April 21, 2011 10am - 2pm

\$2.00 registration fee
\$1.00 winners pot



Barcode
#55912

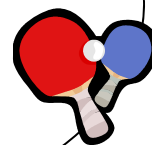
Sign-Up By
4/18/11

Everyone is welcome,
men and women!

Now that we offer lunch everyday at
11:30am,
**FRIENDSHIP CIRCLE
HAS CANCELLED
THEIR MONTHLY POTLUCK.**
So sign up for lunch in the California Café
and join your buddies for good food,
good company and good conversation.
Reservations required at least
24 hours in advance.

Due to its popularity,
Ping Pong hours have been
extended. Drop by and Join the Fun
Wednesdays - Room 19
1:30-4:30pm \$2.00

We are looking for a donation of
a third table that is in good
shape.

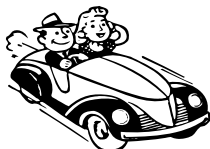


AARP Driver Safety Classes

58493 CHOPS Tu/Th 5/10 & 5/12 9:30a-2pm
58494 CHOPS Tu/Th 6/14 & 6/15 9:30a-2pm

* CHOPS is located at
509 Adams Street, Santa Rosa.

\$15 AARP members;
or \$17 non-members.
Pre-registration Required
Come and get some instruction
in safe-driving techniques.



For additional classes call AARP @ 1(888) 227-7669

Better Balance Tuesdays 10:30am - 11:30am Room 18



Vanessa Kettler is ready to help
you improve your balance!

We have already heard from some of the par-
ticipants, how the class has helped them in
their everyday lives. They are happy to have
this class that has aided them to keep their
balance and avoid falls. **\$4.00 Class Fee**

Activities this Month . . .



Casino Trip

April 29, 2011

10:00 am to 4:00 pm

\$5.00 Members

\$15.00 Non-Members

Barcode #56055

Sign-up NOW--seating is limited.

- ◆ **Check-in @ 9:30am** so we are ready to leave at 10:00am.
- ◆ We will depart the Senior Center at 10am and return to the Center around 4pm.
- ◆ Upon arrival you will receive \$15 playing credit (or Player Card if you do not have one).

Bring your photo ID

St Patrick's Day luncheon diners enjoying corned beef & cabbage!



Thank You Mimi from Whole Foods Market on Yulupa Avenue.

Whole Foods has generously donated \$523 to the Bennett Valley Senior Center.

Also, below is a coupon for you to receive a FREE cup of coffee when you visit Whole Foods Market in April
1181 Yulupa Avenue!



1181 Yulupa Ave.
Santa Rosa, CA 95405
707-579-7915
Open 8am - 9pm

Bring in this coupon and enjoy a
FREE
12 oz. cup of coffee.



Valid
4/1-4/30/11

Coupon must be present. Limit one per customer. Void if duplicated. May not be combined with a team member discount card. Offer valid with coupon only at Whole Foods Market Santa Rosa on Yulupa Ave.

Activities this Month . . .



Ballroom Dance Schedule

1 pm to 4 pm
FRIDAYS

\$7.00

**FINLEY COMMUNITY
CENTER**

2060 West College Avenue

April 1*	◆ Russ Mayes Band
April 8	◆ Steve Balich Band
April 15	◆ Steve Luther
April 22	◆ Carl Green
April 29	◆ Jess Petty

Get On Board and Come Join Us!!

The Bennett Valley Senior Center Fund Raising Association meets every Tuesday at 1:00pm in the Calif. Rm
We Need Your Help!!



Lost & Found Policy

Items found around the Center are kept for 30 days in our Lost & Found Bin. After that point, they are put out on the hall tables and those items not collected will be delivered to a local thrift shop.

The first week of every month, 30-day old items will be put out for "last chance" pick-up!



Harmonica for Fun, Relaxation & Health!

Learn to play harmonica for fun, relaxation and health. Playing harmonica strengthens respiratory muscles for better breathing and develops diaphragmatic breathing for lung power. And, as a side benefit, learning a musical instrument improves brain fitness.

If you are interested in a four-week class for \$28.00 (including instruction booklet), contact Front Desk Staff at 545-8608. Minimum of 8-10 participants required. Students will need a working harmonica in the key of C (which can be purchased from the instructor for \$10.00). Instructor: Catfish Jack, has been teaching and performing in the Bay Area for over 20 years.

LAST CHANCE –2 more weeks! AARP INCOME TAX PREP SERVICE

Mon & Wed
9:00am - 3:00pm
Last Day Apr 13

Tues & Thurs
9:00am - 2:00pm
Last Day Apr 14

**Bennett Valley
Senior Center**
704 Bennett Valley Rd
545-8608

**Finley Community
Center**
2060 West College Ave
543-3737

Donations gratefully accepted

If you have or know someone who has Essential Tremor join ET Support Group.

This group meets on the 2nd Saturday of each month @ 10:00am.

Meetings are held at the YMCA
1111 College Ave.

For more information please call Mike Tabulara at
(707) 579-8954

FREE Services
for Active Adults 50 or Better
 (Call 545-8608 for appointment)
 MEMBERS GET PRIORITY APPOINTMENTS

Kaiser's Senior Advantage	Apr 6 9:30am to Noon NO appt necessary
Blood Pressure	Mondays 9am-11am No appt necessary
Hearing Clinic	2nd Wed, 9am-10am By appointment only
Council on Aging	4th Wed, 11:00am - Noon NO appt necessary
Legal Aid	1st Thurs, 2-3:00pm By appointment only
Allergy Screening	2nd Fri, 10am - 11:00am By appointment only

**Thursday
Morning
Motivations
Seminar**



Room 16

April 14, 2011
10:30am to 11:30am

**Learn about Your Options
for Home Care**

Do you think it would be nice to have some help at home? Learn how to choose among the many Home Care Options.

Questions to Ask when selecting a Home Care Agency.

Learn about your options for care: In home care, Assisted living and Board & Care; and how to protect yourself when hiring a home care agency - questions to ask.

Information provided by Arcadia.

Pre-register Barcode #56580



Cinco de Mayo Lunch
Thursday
May 5, 2011
Served at NOON

Join us for a fun and delicious luncheon celebrating Cinco de Mayo.

We will be serving Tamale Pie, Nachos and more! Don't miss out, seating is limited. Sign up now!

[Check in at 11:30am]

Barcode #55981 \$4.00 at the door

Remember to bring in your old mercury thermometers in exchange for a new **FREE** digital one. Also bring your old and expired medications and dispose of them **FREE** at the Environmental Compliance Booth at the Health Fair on May 7th.

Come Join us @California Café
Lunch Time Meals
served at 11:30 am
Monday - Friday



Reservations are required and must be made at least 24 hours in advance.

\$4.00 suggested donation Monday-Thursday, \$5.00 for Friday Brunch.

Co-sponsored by Council on Aging's Congregate Meal Program. Please bring correct change.



Call 545-8608 for reservations.

Try our hot NEW flavors
Not spicy, just great flavors

Our menu is on the reverse side of your mailing cover.

ADVERTISEMENT

How would you get help at a moment like this?

Lifeline with AutoAlert® allows you to live independently.



On average, one of every three adults over the age of 65 falls each year, making falls the most common cause of death or injury in the home. Lifeline with AutoAlert is the **ONLY** pendant-style Help Button that automatically places a call for help if a fall is detected. The Lifeline Service is remarkably affordable with no long term commitment.

Lifeline also offers the Philips Medication Dispensing Service. Call for details.





Call for more info:
(707) 778-7883
1-800-949-2434

visit us on the web:
www.lifelinenorthbay.com

Members are OUR lifeline, support your Center and join!

Join the lunch bunch - 11:30 am daily!

ADVERTISEMENT

SENIOR CENTER SPECIAL !

Living Trust Package \$695.00

LEGAL FEE FOR MOST COUPLES INCLUDES:

- Revocable Living Trust
- Pour over Wills for each
- Durable General Powers of Attorney for each
- Advance Health Care Directives for each

CALL TODAY FOR A FREE CONSULTATION

Walter R. Thompson, Esq.
Attorney (707) 637-0014
 California State Bar Number 142457

New Hearing Clinic

Natural Ear Hearing Aid Center representatives will provide the following:
 Hearing Screenings • Hearing Testing • Hearing Aid cleanings • Ear Wax check-up.

2nd Wednesdays
 9:00am-10:00am
 By Appointment Only - Call 545-8608

ADVERTISEMENT

Specializing in the first-time user

- *Hardware setup and software installation*
- *Beginning Windows and Microsoft Works*
 - *Beginning Internet and E-Mail*
 - *Reasonable rates*

Patricia Sheehan, Computer Instructor
 (707) 584-0490, Cell (707) 318-2569
Soulange@pacbell.net



FREE MOVIES FOR SENIORS

THIRD STREET CINEMAS

620 Third Street

Doors Open 9:30am
 Movies start 10am

**First Thursday of the Month
 until June 2011**

For movie titles, call 522-0330 ext 3#

For more information,
 call Gwen @ 523-1586 x21.
 Sponsored by: Synergy Medical Group,
 Santa Rosa Memorial Park & Mortuary/Eggen &
 Lance Chapel,
 and Kobrin Financial Services.

Guatemala Or Bust!! By Geran Ranney, Spanish Instructor

Recently 6 of the Spanish students at the Senior Center accompanied their teacher in an immersion trip to Antigua, Guatemala. We lived at a Home stay and the students attended a terrific Spanish school for 2 weeks. We took side trips to a small beach town and Lake Atitlan which is surrounded by volcanoes. Favorite activities included shopping, museums and ruins, lectures, watching an active volcano, dining, and did I mention shopping? Approximately 13 students have visited Guatemala and their Spanish has greatly improved. All of you are welcome to join our Spanish classes here at the Senior Center.



*Come join the fun!
See schedule on Tuesday page 12*

ADVERTISEMENT

**Complete
Personal Computer Service**
Hardware Setup and Troubleshooting
Software Help and Personal Instruction

Ron White, Computer Instructor
Matt White, Computer Hardware Specialist

Call today (707) 571-8167
or email ronboglcs@comcast.net

ADVERTISEMENT

Professional Painter

\$27.50/hr for Seniors

"Recession + Reality = Low, Low Prices"

Call Tony @ (707) 537-0100

"May I send you my references?"

30+years experience in Sonoma County.

ADVERTISEMENT

Golden Living Center Santa Rosa

24 Hour Skilled Nursing Needs focusing on:

- ◆ Short-Term Rehabilitation
- ◆ Long-Term Nursing Needs
- ◆ Respite Care
- ◆ Stroke Recovery



Take a Tour Today!

4650 Hoen Avenue,
Santa Rosa CA
Phone: (707) 546-0471

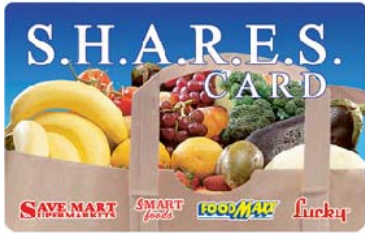
ADVERTISEMENT

**A Great value for Seniors 62+ **

Silvercrest Residence
1050 3rd Street, Santa Rosa
(707) 544-6766

One-bedrooms, meal program site,
activities, elevators, full kitchen,
Service Coordinator, near buses,
shopping and downtown.
\$703 - \$931, utilities included!





Use the "SHARES" Card and help the Senior Center

FREE Cards available at Front Desk Shop at Lucky and Food Maxx

I am looking for people interested in Volunteer opportunities

Bayer Farms Garden on West Ave is interested in offering garden opportunities.

Meadowview After-School Program is looking for volunteers to read to students.

Give me a call Naomi 543-4625
Thank you

Increase Your Business \$\$\$\$

Advertising in the Santa Rosa Senior Center monthly newsletter is an easy, cost effective way to reach your target market.

Call Jan Post @ 543-4624 for rates and details.

The City of Santa Rosa does not discriminate on the basis of disability in the admissions or access to or treatment of or employment in its programs or activities. Requests for alternate formats may be made by contacting Jan Post at 543-4624.

**Live Securely
Live Joyfully**

We offer caregiving services for families. Our in-home care lets your loved one enjoy life in the comfort of a familiar environment. We tailor all of our services to your unique situation through a Custom Care Plan. Call today and let us make life less complicated for you.



Carol Brohmer RN
Robert Brohmer LMFT
The Surgery Center
Santa Rosa, CA 95405
707.843.5192

ADVERTISEMENT



NARFE

National Association of Retired Federal Employees Luncheon Meeting

Oakmont Quail Inn

April 8, 2011

For reservations, call Nancy Rood (707) 537-9044

RSVP by Tuesday, April 5, 2011

Individual Freedom.

It's what residents find here every day at Brookdale Place Chanate. We inspire our residents to be as independent as possible. To our residents, it's liberating. To their families, it's gratifying. And to us, it's fulfilling. There's everything here you could want or need.

Call Brookdale Place Chanate at (707) 575-7503.

Schedule your personal visit and complimentary lunch and find out how you can save up to \$2500!

Offer available for a limited time only!



BROOKDALE PLACE
CHANATE
BROOKDALE SENIOR LIVING

Independent Living
Personalized Assisted Living
Exceptional Experiences Every DaySM
3250 Chanate Rd., Santa Rosa, CA 95404
www.brookdaleliving.com

**Early Exercise is now properly called
ROSEN METHOD OF MOVEMENT
Wed & Fri - 8:30am to 9:30am
Room 18**

This exercise class practices the Rosen Method of Movement techniques which is relevant for all ages and abilities. Join our lively class and experience greater flexibility and freedom! Set to music, the simple, unhurried movements invite the body to relax and release underlying muscle tension. The goal is to feel happy and motivated to move with ease, not only in class but also in daily living. Rosen Movements re-educate the body, create space for more breath to come in, and are a great preparation for more vigorous activity. The Rosen Method of Movement was developed by physical therapist and world-renowned educator in the field of body-centered therapies, Marion Rosen.

Elizabeth Brennan is our Certified Instructor

Come and spend time with Friends.



Limerick written by Sue Bekar

I got a message from Charo
She said she would call me tomorrow
Five years since I saw her
And loaned her a dollar
From me again she may not borrow

How I misjudged you, my friend
You paid back what I did lend
Now I trust you plenty
So I loaned you twenty
Though moving, your address you'll send.

Now Leasing • Apartments for Active Adults 55 and Better

1-Bedroom Plans
From \$1,099*
2-Bedroom Plans
From \$1,199*
*Prices Subject to change



ADVERTISEMENT

Features and Amenities

- Studio, One and Two-Bedroom Floor Plans
- Lifestyle and Wellness Program
- 9,000 sq. ft. Community Clubhouse featuring:
24-Hour Fitness Center, Library with Computer Center, Video/Media Theater
- Year-Round Heated Pool and Spa
- On-Site Salon and Day Spa
- Washer and Dryer (Two-Bedroom Plans)
- Controlled-Access Buildings
- Elevators
- Reserved Parking
- Smoke-Free
- Pet Friendly



OAK VIEW
of Sonoma Hills

Call: 1-888-354-1173

Fax: (707) 585-1900

1350 Oak View Circle • Rohnert Park, CA 94928
www.OakViewApts.com

*Limited-time offer, limited availability. Some features and amenities may be optional or unavailable in all plans.

A Word of Caution...

Keep an eye on your personal items while attending senior activities. This includes bags, purses, backpacks, coats & jackets. Put all valuables, packages, and the like in your trunk. Remember, neither the Senior Center nor the City of Santa Rosa is responsible for lost or stolen articles.



**FREE Wi-Fi @
The Senior Center
Bring in your
laptops and give it a try!**

Increase Your Business \$\$\$\$

Advertising in the Santa Rosa Senior Center monthly newsletter is an easy, cost effective way to reach your target market.
Call Jan Post @ **543-4624** for rates and details.

Drum Circles ... Are you interested!

Drumming is said to be healthy, invigorating and renewing. Join us for a rousing, fun filled session with hand drums, bells & other percussion instruments to bring renewed energy and spirit. No musical skills needed, some drums & percussion instruments are provided. We are looking into bringing a Drum Circle session to the senior center. We need to know if you are interested whether there is a fee or not.

► Please let us know by April 15 if you are interested.

ADVERTISEMENT

Leo R. Alberigi Attorney & Counselor at Law

2841 Cleveland Ave. Ste. C
Santa Rosa CA 95403

(707) 573-8030
FAX 573-8570



Wishing you a
Hoppy Easter!

Sunday,
April 24th
2011



ADVERTISEMENT



Trips 4-U

Welcome to Trips 4-U! I have been doing trips for 26 years. I offer a large range of exciting trips, from day trips (close to home) to extended trips to different parts of the country and even the world! My trips are for all ages; however, *seniors* dominate travel. I escort the trips so you can relax and enjoy the trip. Call today for a flyer on upcoming trips.

Here is a sample of some upcoming trips:

- ◆ Trains Across Scenic Colorado
- ◆ Broadway Plays in San Francisco
- ◆ Yosemite, Sequoia & Kings Canyon
- ◆ Lake Tahoe, Reno and Indian Casinos
- ◆ New Years trips
- ◆ Alaska, & beyond

(707) 544-7748



Denise Thompson

CLASSES & ACTIVITIES

MONDAY	ACTIVITY	LOCATION
8:45-9:50	Tai Chi - \$4.00	Calif Rm
9:00-11:00	Blood Pressure	SC11
9:30-10:30	Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:30-12:00	History \$2.00	SC18
12:00-4:00	Pinochle - \$2.00	FCC
11:30-12:30	Social Hour before Bingo	SC19
12:30-3:30	Bingo - \$2.00	SC19
1:00-2:30	Needlecraft - \$2.00	Calif Rm
12:30-4:15	Duplicate Bridge - \$4.00	FCC
1:00-4:00	Party Bridge - \$2.00	SC18

TUESDAY	ACTIVITY	LOCATION
9:00-11:00	Poetry \$2.00	SC11
9:30-11:00	Beginning Spanish \$2.00	Calif Rm
9:30-11:00	Inter Conver Spanish \$2.00	SC17
10:00-1:00	Bridge Lessons - \$2.00	SC16
10:00-11:00	Stretch & Bend - \$3.00	SC19
10:30-11:30	Better Balance - \$4.00	SC18
11:00-12:30	Adv Beginning Spanish \$2.00	SC17
11:00-12:30	Adv Conver Spanish \$2.00	SC11
12:30-4:00	Bridge/Exp - \$3.00	SC18B
1:00-3:00	Pedro - \$2.00	SC17
2:00-3:00	Zumba Gold \$7.00	Rm 19
2:00-4:00	Photography \$2.00 (1 st & 2 nd)	SC18A

WEDNESDAY	ACTIVITY	LOCATION
8:30-9:30	Rosen Method Exer - \$3.00	SC18
9:00-12:00	Ladies Billiards - \$2.00	SC13
9:00-10:00	Hearing Clinic 2 nd Wed	SC11
9:30-11:30	Kaiser-Sr Adv (1st&3rd Wed)	SC11
11:15-12:15	Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:00-11:30	Discussion Group \$2.00	SC18
11:00-12:00	CoA Clinic- (4 th Wed)	SC11
12:45-3:30	Chinese Mahjong - \$2.00	Calif Rm
12:30-4:00	Pinochle - \$2.00	SC18
1:00-4:00	Scrabble - \$2.00	SC11
1:30-4:30	Ping Pong - \$2.00	SC17

OPEN DAILY

11:30-12:30 California Café Mon-Fri

NOTICE: Ads and inserts included in this newsletter do not constitute endorsement by the Senior Center or the City of Santa Rosa.

This newsletter is published by Santa Rosa Recreation & Parks Department, Bennett Valley Senior Center.

Website: www.santarosarec.com

Bennett Valley Senior Center
704 Bennett Valley Road, Santa Rosa CA 95404
Phone: (707) 545-8608 • FAX (707) 545-8622

THURSDAY	ACTIVITY	LOCATION
8:00-11:00	Wii Games \$2.00	Calif Rm
10:00-11:30	Silver Singers Choral \$2.00	SC19
10:00-11:00	Stretch & Bend - \$3.00	SC18
10:30-12:00	Neuropathy (1 st Thu) \$2.00	SC16
10:30-11:30	Thurs Morn Motivations (2 nd)	SC16
12:30-4:00	Senior Bridge - \$2.00	SC18B
1:00-4:00	Whist - \$2.00	SC18A
1:30-4:30	Painting/Watercolor* \$2.00	SC16
2:00-3:00	Legal Aid Clinic - 1 st Thurs	SC11
2:00-3:00	Zumba Gold \$7.00	Rm 19

FRIDAY	ACTIVITY	LOCATION
8:30-9:30	Rosen Method Exer - \$3.00	SC18
9:00-12:00	Autobiography/Writing* \$2.00	SC16
9:00-11:00	Computer Lab - \$1.00/hr	SC17
10:00-11:00	Morning Exercise - \$2.00	SC18
10:00-11:00	Allergy Screening (2 nd Fri)	SC11
9:30-10:30	Line Dance - \$2.00	SC19
12:15-3:00	Watercolor * \$2.00	SC16
11:30-12:30	Social Hour before Bingo	SC19
12:30-3:30	Bingo - \$2.00	SC19
12:30-4:00	Bridge/Exp Players - \$3.00	SC18
12:30-4:00	Pinochle - \$2.00	SC17
1:00-4:00	Ballroom Dance - \$7.00	FCAud
3:15-5:00	Beginning Watercolor * \$2.00	SC16

DROP-IN WEIGHT TRAINING ROOM

Mon thru Fri 9:00am-5:00pm

Mon and Wed 5:00pm-7:00pm

Ask for price sheet at the counter.

Legend: SC - Senior Center, 704 Bennett Valley Rd
FC - Finley Center, 2060 W. College Ave
* SRJC Instructors

50+ Club Membership

\$24/yr Individuals; \$40/yr Couples

July 1st through June 30th

Office Hours: 8:30 am to 5 pm, Monday-Friday

Leisure Room: 8:30 am to 5 pm, Monday-Friday



For inquiries or requests regarding accessibility information, call (707) 543-3292. TDD (707) 543-3289 (Mon-Fri 8am-5pm).