

Folsom Senior Center

Our center offers a variety of social programs, services and classes that can be found on **pages 31-34.**

- Open 9 a.m. to 5 p.m.
- Monday - Friday
- Adults 55+
- Senior Lounge
- Two activities rooms
- Scheduled Activities

Drop in any time

- Books
- Puzzles and Games
- Make new friends
- No membership required
- Coffee is always hot!

Greeting Card Clinic

with Kathleen York

Leave our class with unique cards ready to send! All envelopes, scissors, equipment, stamps & inkpads, card stock and IDEAS are provided. For more information contact Kathleen York at 352-6963 or email: k@kyork.com.

Clinics are held the first Thursday of the month from 12:30-2 p.m.

148036-02

Location: 48 Natoma

Fee: FREE! Please call 355-7203 to reserve your seat

Travel Mixers

with Jackie Bush, Friends and Travel

Learn about the variety of trips offered to Folsom residents. Refreshments and door prizes will be provided!

144815-01 W 1/22 12:15-1:30P

144815-03 W 3/26 12:15-1:30P

Location: 48 Natoma

Fee: FREE! Please call 355-7203 to reserve your seat



Like us on Facebook!



Social Activities

Call 351-3510 for more information.

Monday	Off Key Singers (a fun and social group)10-11:30 a.m. Social Bridge (all levels).....12:00 p.m.-4:30 p.m. 1st & 3rd Monday each month Senior Citizens Club11:30 a.m.-3:30 p.m. 2nd & 4th Monday each month (see page 31 for details)
Tuesday	Social Pinochle.....10-11:30 a.m. Book Discussion; 2nd Tue each month10-11 a.m. Movie Madness..... 12:15-2:30 p.m.
Wednesday	Nintendo Wii 10 a.m.-12 p.m. Bingo12-1 p.m. 1st & 3rd Wednesday each month
Thursday	Lounge Day: Games & Activities.....9 a.m.-5 p.m. Train Your Brain Workshop12:15 p.m.-1:15 p.m. 2nd Thursday each month Greeting Card Clinic.....12:30 p.m.-2 p.m. 1st Thursday each month Hand and Foot.....12:30 p.m.-3 p.m.
Friday	Off Key Singers (a fun and social group)10-11:30 a.m. Pizza Party!11:30 a.m.-12:30 p.m. 2nd Friday of each month Mah Jongg12-3 p.m. Rummikub Tournament.....12:30 p.m.-3 p.m. Tournament dates: 1/10, 2/21, 3/21 & 4/11

Meals On Wheels by ACC

This program serves hot lunches to seniors 60+, Monday-Friday at 11:30 a.m. at the Folsom Senior Center (48 Natoma St.). Home delivered meals are also available Monday-Friday. (\$2/meal suggested donation).

To make a lunch reservation at the Folsom Senior Center, call (916) 351-3386. To make a home delivered meal reservation, call (916) 444-9533.

Note: lunch reservations for the entire week must be made by Monday the week prior.

Let your interest, enthusiasm and leadership bloom!

We are seeking volunteers who have a desire to lead some of our lounge activities or being a Senior Center Host, contact Ryan at 351-3510 or e-mail rerwin@folsom.ca.us for more details.

Register today! Registration form on page 40

Senior Citizens Club

The Folsom Senior Citizens Club meets at 48 Natoma and you are invited to join in. The group enjoys socialization, lunch followed by bridge and bingo. The club meets on the second Monday of each month for a potluck, and the fourth Monday is a bring your sack lunch meeting. Occasional trips and guest speakers are also planned. Dues are \$5 yearly and 50 cents per meeting. Meetings are held starting at 11:30 a.m. in activity rooms A and B at 48 Natoma.

Meeting schedule:

Jan. 13 & 27; Feb. 10 & 24;

March 10 & 24; April 14 & 28.

For more information call 983-6903 or 983-4841.



Support Services at the Folsom Senior Center, 48 Natoma

Alzheimer's Association Dementia Caregiver Support Group

For family and friends with loved ones struggling with forms of Dementia including Alzheimer's Disease, this group can provide care giving strategies, education, resource information and a shoulder to lean on.

This group meets the 2nd Friday of each month from 10-11:30 a.m.

No fee for this group. For more information, call 1-800-272-3900.

Parkinson's Support Group

This support group is for people with Parkinson's, their families, caregivers and friends. For more information call Yvonne Haskell at (916) 353-1301, or Gail and Kay McCloud at (916) 984-8605. Information on Parkinson's Disease is available at the National Parkinson's Foundation website: www.parkinson.org, or by calling 1-800-473-4636.

Meeting dates: 10 a.m.-noon on Jan. 27, Feb. 24, March 17, and April 21.

No fee for this group.

Health Insurance Counseling and Advocacy Program (HICAP)

HICAP is a non-profit agency dedicated to assisting Medicare beneficiaries, and those who are soon to be Medicare beneficiaries. HICAP's highly trained volunteer counselors are registered with the State of California Department of Aging, and can help you with questions or problems relating to Medicare (Parts A, B, C & D), Medicare billing and claims, supplemental insurance and Long Term Care insurance. This program is for those 65+ (or soon to be eligible for Medicare) or disabled adults who receive Medicare benefits.

Call 376-8915 for appointment times. No fee for this service.

Appointments available select Monday mornings and Tuesday afternoons.

Meals On Wheels by ACC

This program serves hot lunches to seniors 60+. See complete details on the previous page.

Blood Pressure Screenings

This free service is provided by Mercy Hospital Auxiliary and is held the fourth Monday of each month from 10:30 a.m.-noon. No appointment needed.

Senior Special Events

Valentine's Day Party

Friday, February 14, 11:30 a.m.

St. Patrick's Day Celebration

Friday, March 14, 11:30 a.m.

Kentucky Derby Party

Friday, May 2, 11:30 a.m.

Join in on the fun! Special events are free!

Bring your own brown bag lunch or make a lunch reservation with Senior Nutrition (\$2 suggested donation) by calling 351-3386.

Lunch reservations for the event must be made by Monday the week prior.

For more information call 351-3510.

Thank You! to our generous Senior Center sponsors:

Folsom Athletic Association, Mercy Hospital, Starbucks, Betty Becker, Ernie Sheldon.



Educational Workshops for ages 55+

All workshops are free, please call 355-7285 to reserve your seat.

Location: Folsom Senior Center, 48 Natoma

Train Your Brain with Judy Bakke

If you are interested in maintaining and learning new strategies to keep your brain sharp, this is the class for you! Judy will explain the latest research in neuroscience and discuss simple components to help strengthen your cognitive abilities. Participants are encouraged to come ready to participate. Each class Judy conducts a variety of games and exercises that are geared to challenge you mentally.

Ages 55+

144813-01	Th	1/9	12:15-1:15P
144813-02	Th	2/13	12:15-1:15P
144813-03	Th	3/13	12:15-1:15P
144813-04	Th	4/10	12:15-1:15P

Every Will Program with The Bingham Law Group

An experienced estate planning attorney from the Bingham Law Group will spend approximately one hour assisting everyone in the group with the creation of a customized basic Last Will & Testament.

Ages 55+

149001	F	2/7	12:15-1:15P
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Just Say 'No!' – Senior Scams with Soojin Yoo, ACC Senior Services Center

Seniors are prime targets for financial scams both by persons they know and trust and by strangers. According to a report by MetLife, victims of senior scams lost at least \$2.9 billion in 2010. In this FREE workshop, we will provide up-to-date information on various types of senior scams in our community and how to prevent it. Let us help you protect your assets and financial wellbeing.

Ages 55+

149001-02	F	2/28	12:00-1:00P
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Identity Theft with Soojin Yoo, ACC Senior Services Center

Identity theft happens when someone steals your personal information and uses it without your permission. It's a serious crime that can harm your finances, credit history, and reputation — and can take time, money, and patience to resolve. Join us for a FREE workshop to learn how to protect your personal information and avoid being a victim of this crime. You will also learn how to identify ID theft and take timely action to clear up the problems and minimize the damage.

Ages 55+

149001-03	F	3/28	12:00-1:00P
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Memoir Writing with Linda Holderness

Preserve your memories for your descendants. Let grandchildren and generations of greats know who you were and how you lived your life. Class will support and encourage one another to write and polish memoirs with the goal of publishing them for personal keeping. Sharing encouraged.

Ages 55+

142870-01	W	1/29-3/19	9:30-11:30A
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Location: 48 Natoma

Fee: \$26/\$19 resident discount

Garden Club Events:

How to Create a Succulent Container Garden with Merlyn Lenear

Merlyn will discuss favorite succulents and demonstrate how to create beautiful container gardens with them. He will also have an array of completed gardens for sale. Prior to the succulent program, Dan Knott, a Folsom Garden Club member, will give a 30-minute demonstration on the proper care of gardening tools.

Open to all ages

149005-01	Th	1/23	12:30-3:00P
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Location: 48 Natoma

Fee: FREE!

Varieties & Uses of Lavender

with Renee Charleston, owner of Charleston Lavender Farm

Discover the many varieties and uses of lavender. Renee will provide organza bags and dried lavender for individuals to make their own sachets for a fee of \$2 per bag. She will also have other lavender products for sale.

Open to all ages

149005-02	Th	2/20	1:00-3:00P
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Location: 48 Natoma

Fee: FREE!

New Sponsorship Opportunity!

The Senior and Art Center at 48 Natoma is offering a new sponsorship opportunity for local businesses serving the senior population. Reach 40,000 patrons year-round, while helping to support and enhance the variety of services the Center offers!

For more details, contact
Ryan Erwin at 351-3510,
or e-mail:
rerwin@folsom.ca.us

Zumba Gold with Juliet Scheuer

Zumba is an exciting new way to exercise that takes the "work" out of your workout. Zumba uses high energy Latin dance music to get you moving. Absolutely NO dance experience is necessary and all fitness levels are welcome. Come experience the dynamic, happy workout that can help you burn calories and get you in great shape! Wear comfortable clothes and tennis shoes and come ready to have fun!

Ages 50+

Class is held Wednesdays from 10:15-11 a.m. at 48 Natoma

Note: no class 2/14, 3/14 & 5/25

5 class card: \$50 / \$43 resident discount

10 class card: \$85 / \$78 resident discount

Please bring your receipt to class to receive card from the instructor.

Walk and Talk

Dust off your walking shoes, bring a friend and get ready to enjoy the sights of Folsom. Join our staff as we walk on the fabulous trails that Folsom has to offer. This program is part of the Get Fit in Folsom program and is designed for individuals who are just getting started. We will start slow and build in length and intensity. Enjoy the safety and companionship of walking in a group while improving your health! Please call 355-7285 to register.

Ages 50+

Walks take place Tuesdays & Thursdays, 9-10:15 a.m.

Location: To Be Announced – pick up a schedule at registration; walks are held weather permitting

Fee: \$8 for an 8-walk punch card

Physical Fitness for Seniors

with Wayne Barbee

A fun, low impact exercise class specially designed for the senior adult. You will be guided through exercises that will improve body composition, flexibility, strength and endurance. Increase your energy and reduce stress!

Ages 40+ welcomed

142611-01 M/W 1/6-2/3 9:30-10:15A

142611-02 M/W 2/5-3/5 9:30-10:15A

142611-03 M/W 3/10-4/2 9:30-10:15A

142611-04 M/W 4/7-5/7 9:30-10:15A

*Note: no class 1/20, 2/17, 4/14 & 4/16

Location: 48 Natoma

Fee: \$38 / \$31 resident discount

Yoga for Healthy Living with Donna Rixmann, MA, E-RYT, CYT – voted number one of Style Magazine readers' 2012 Favorite Yoga Teachers!

FIRST CLASS FREE for newcomers! Enjoy this gentle but effective flow-style, breath-centered class filled with others who never thought they could do yoga. Can't touch your toes? No worries - modifications are given. Beginners welcomed any time/day listed below. Comfy clothing/no fragrances please. Class card admits you to attend any AM/PM YHL class. Contact Donna, Yoga Therapist, with questions at 916-712-9642 or if you need a loaner mat. Visit www.yogapeace.net for teacher bio and yoga style information.

NOTE: this class is ongoing; students may join at any time

Class is held 9:30-10:30 a.m. Tuesdays/Thursdays and 7-8 p.m. Wednesdays at 48 Natoma

Ages 21+

4-Class Card: \$45 / \$38 resident discount; expires within 60 days

8-Class Card: \$75 / \$68 resident discount; expires within 90 days

Please present your receipt at class to receive card.

Beginning Clay

with Lisa Mc Cord

This exciting six week class is for the artist who wants to enjoy creating, while obtaining hand building and wheel throwing skills in clay. Techniques include pinch, coil, and slab to create vessels, sculpture, or functional objects. Glazes and stains will complete your projects. Class fee includes glazes and firing. First time students get a FREE bag of clay for their first session.

Ages 50+

141123-01 Tu 1/7-2/11 1:30-4:30P

141123-02 W 1/8-2/12 1:00-4:00P

141123-03 Tu 2/18-3/25 1:30-4:30P

141123-04 W 2/19-3/26 1:00-4:00P

141123-05 Tu 4/1-5/6 1:30-4:30P

141123-06 W 4/2-5/7 1:00-4:00P

Location: 48 Natoma

Fee: \$64 / \$57 resident discount; clay must be purchased from instructor the for \$11-\$13

Watercolor Open Studio

with Sandy Coulter

Don't paint by yourself. Come join our watercolor open studio where you can paint with others whose passion is watercolor and where you'll receive tips and encouragement.

Ages 55+

111913-01 W 1/8-1/29 9:30A-12:00P

111913-02 W 2/5-2/26 9:30A-12:00P

111913-03 W 3/5-3/26 9:30A-12:00P

111913-04 W 4/2-4/23 9:30A-12:00P

Location: 48 Natoma

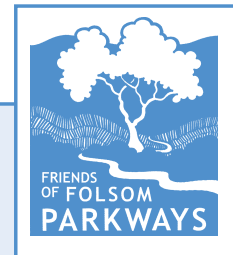
Fee: \$30 / \$23 resident discount

Shuffle Board Drop-In

Join in on the fun every Monday for shuffle board at the Folsom Sports Complex. Games are played from 11 a.m.-1 p.m.

New players are always welcome.

Fee: \$3

**Join us ...**

in our mission to preserve the Humbug-Willow Creek Parkway and identify other areas of Folsom worthy of inclusion in the parkway system.

You're invited to attend our monthly meetings and help support our efforts to benefit Folsom's parks, trees, open space, and wildlife habitat.

Friends of the Folsom Parkways meets the second Thursday of every month at 7:00 p.m. at The Parkway Homeowners Association Building, Parkway Dr. & Blue Ravine Rd., Folsom

Call **983-0850**

for more information and to join.

Computer Classes *with Norman Smith*

Computers provided.

Ages 50+ are welcome

Location: 48 Natoma

Fee: \$57 / \$50 resident discount

Introduction to Computers

An absolute basics class introducing computer terminology, parts of the computer i.e. CPU, monitor, keyboard, and mouse. Instruction is slow-paced and plenty of time for questions. Students will learn how to turn on, shut down, and manipulate the different aspects of the computer.

148841-01 F 1/17-1/24 9:00-10:30A

Intro to Computers 2

Continues from Computers 1. Learn to create a document, save and file the document in a folder, and retrieve the document later. Additionally, making similar documents and saving them in the same folder. Also the student will download pictures from their camera and save them in a folder, and later retrieving them. (this portion requires the student to have a digital camera and the standard USB cord for connecting to the computer.)

148845-01 F 1/31-2/7 9:00-10:30A

Introduction to E-Mail

Students will create an email address for themselves. They will send emails to others both individually and in groups.

148842-01 F 2/14-2/21 9:00-10:30A

Introduction to the Internet

Students will learn to "surf the net". This class will connect with the email class by learning to transfer items found on the internet to emails for further sending both to individuals and groups.

148840-01 F 2/28-3/7 9:00-10:30A

Computer Open Sessions

The "Open Session" is designed for two types of students. If one has some experience with computers but feels a need for refreshing their knowledge or has a specific problem on which to work might consider this type of instruction. Another type is on who is a total beginner, but prefers a one-on-one instruction rather than in a group situation. This includes all of the objectives of the class type but can be completed in about one-third of the time. The sessions are one hour each. A pen and notepad should be brought in order to take some notes. Before registering for either of these types of instruction the student MUST first contact the instructor to agree on a time to meet. The instructor is Norman Smith and his number is (530) 409-9129. The open sessions will meet at 1pm or 2pm. Please call instructor to schedule a time.

142721-01 F 1/17-1/31 1:00-3:00P

142721-02 F 2/7-2/28 1:00-3:00P

142721-03 F 3/7-3/28 1:00-3:00P

Fee: \$27 / \$20 resident discount

Join us in the Senior Lounge for fun and free social activities!



Social Pinochle

Calling all pinochle players! Join us every Tuesday at 10 a.m. for single and double deck pinochle games. New players are always welcome.

Bingo

Join us on the 1st and 3rd Monday of each month for bingo. Games are played between 12-1 p.m. It's FREE to play and winners receive small prizes.

Movie Madness

Join us every Tuesday at 12:15 p.m. for a movie and popcorn. Movie schedules are available in the senior lounge.

Call 351-3510 for more information about these and other free activities and programs for seniors. See page 30 for a complete listing of our daily Lounge activities.

The Folsom Senior Center is located at 48 Natoma Street (between City Hall and the Police Department).

Open 9 a.m.-5 p.m., Monday through Friday.

