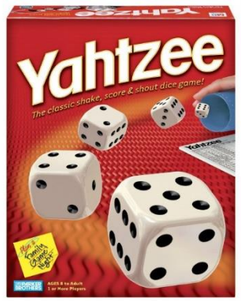
CITY OF FOLSOM
DISTINCTIVE BY NATURE

# Folsom Senior Center Calendar

# October 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| The Golden Gamers Game of the month is **YAHTZEE**. Come learn it with us!<br>  | | **1**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:30*** $ Memoir Writing *(Conf)*<br>**10AM -** Wii Bowling *(SC)*<br>**10:30AM - 11:15*** $ Zumba Gold *(Multi A & B)*<br>**1:00PM - 2:00** Bingo (*Multi A)*<br>**2:00PM - 4:00*** **Tech 1:1** (Conf)<br>**2:30PM - 3:20*** **$**Chair Yoga (*Multi B)* | **2**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 12:00*** **Should I Stay, or Should I Go? Part 1** (Multi B)<br>**11:30AM - 12:30*** **Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle *(SC & Conf)*<br>**1:30PM – 2:30*** Better Balance *(Multi A & B)* | **3**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:00AM - 12:00*** **Crafty Friday** *(SC)*<br>**10:30AM - 11:30 Grief Support Group** *(Conf)*<br>**11:00AM - 12:00*** **Living Well to 101 and Beyond** (Multi B)<br>**11:00AM - 4:00*** Hand & Foot Game *(SC)*<br>**1:00PM - 4:45*** **Simple Will Service** (*Conf*) |
| **6**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:00** Off Key Singers *(SC)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**11:15AM – 1:15 Artsy Mondays**<br>**11:30AM - 12:30 * Senior Lunch Program** *(Multi A)*<br>**12:00PM – 3:00** Bridge Group (*Multi B)*<br>**1:00 PM – 2:00*Jeopardy** *(Multi A)*<br>**2:30PM - 3:20*** $ Chair Yoga (*Multi B)* | **7**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 2:00*** Mah Jongg (American) *(SC & Multi B)*<br>**11:30AM - 12:30*Senior Lunch Program** (*Multi A)*<br>**12:00PM - 4:00*** Pinochle (*SC)*<br>**1:00PM – 2:30 Fraud Prevention - with City of Folsom Detectives -** (*Multi B)*<br>**2:00PM – 3:00 Golden Gamers** (*SC*) Come learn a new game!<br>**3:00PM - 4:30*** $ Introduction to Mindfulness (*Multi A & B)* | **8**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:30*** $ Memoir Writing *(Conf)*<br>**10AM -** Wii Bowling *(SC)*<br>**10:30AM - 11:15*** $ Zumba Gold *(Multi A & B)*<br>**1:00PM - 2:00** Bingo (*Multi A)*<br>**2:30PM - 3:20*** **$**Chair Yoga (*Multi B)* | **9**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 12:00*** **Should I Stay, or Should I Go? Part 2** (Multi B)<br>**11:30AM - 12:30*** **Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle *(SC & Conf)*<br>**1:30PM – 2:30*** Better Balance *(Multi A & B)* | **10**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:00AM - 12:00 Alzheimer's Support Group** (*Multi B)*<br>**10:00AM - 12:00*** **Crafty Friday** *(SC)*<br>**11:00AM - 4:00*** Hand & Foot Game *(SC)*<br>**2:15PM – 4:15*** **Friday Flicks** *(Multi B)* |
| **13**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:00** Off Key Singers *(SC)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**11:15AM – 1:15 Artsy Mondays**<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**1:00 - 2:00* Wheel of Fortune** *(Multi A)*<br>**2:30PM - 3:20*** $ Chair Yoga (*Multi B)* | **14**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**9:30AM - 12:00*** $ Create Your Own Cookbook *(Conf)*<br>**11:00AM - 2:00*** Mah Jongg (American) *(SC)*<br>**11:30AM - 12:30 * Senior Lunch Program** *(Multi A)*<br>**12:30PM - 4:00*** Pinochle *(SC and Conf)*<br>**1:00PM - 2:00 Navigating the Senior Care Maze** *(Multi B)*<br>**2:00PM – 3:00** – **Golden Gamers** (*SC*) Come learn a new game!<br>**3:00PM - 4:30*** $ Introduction to Mindfulness (*Multi A & B)* | **15**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:30*** $ Memoir Writing *(Conf)*<br>**10AM -** Wii Bowling *(SC)*<br>**10:30AM - 11:15*** $ Zumba Gold *(Multi A & B)*<br>**1:00PM - 2:00** Bingo (*Multi A)*<br>**2:00PM - 4:00* Tech 1:1** *(Conf)*<br>**2:30PM - 3:20*** **$**Chair Yoga *(Multi B)* | **16**<br>**9:00AM – 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 12:00*** **Should I Stay, or Should I Go? Part 3** (Multi B)<br>**11:30AM - 12:30*** **Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle *(SC & Conf)*<br>**1:30PM - 2:30*** Better Balance *(Multi A & B)* | **17**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:00AM - 12:00*** **Crafty Friday** *(SC)*<br>**11:00AM - 4:00*** Hand & Foot Game *(SC)*<br>**1:00PM - 4:45* Simple Will Service** (*Conf*)<br>**2:00PM - 4:00* Senior Resource Fair!** *(Multi A & B)* |

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| **20**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:00** Off Key Singers *(SC)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**11:15AM – 1:15 Artsy Mondays**<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**12:00PM – 3:00** Bridge Group (*Multi B)*<br>**1:00 PM – 2:00*Jeopardy** *(Multi A)*<br>**2:30PM - 3:20*** $ Chair Yoga (*Multi B)* | **21**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 2:00** Mah Jongg (American)* *(SC & Multi B)*<br>**11:30AM - 12:30*Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle (*SC)*<br>**2:00PM – 3:00 Golden Gamers** (*SC*) Come learn a new game!<br>**3:00PM - 4:30*** $ Introduction to Mindfulness (M*ulti A & B)* | **22**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:30*** $ Memoir Writing *(Conf)*<br>**10AM -** Wii Bowling *(SC)*<br>**10:30AM - 11:15*** $ Zumba Gold (*Multi A & B)*<br>**1:00PM - 2:00** Bingo (*Multi A)*<br>**2:30PM - 3:20*** $Chair Yoga (*Multi B)* | **23**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 12:00* Should I Stay, or Should I Go? Part 4** (Multi B)<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle *(SC & Conf)*<br>**1:30PM – 2:30*** Better Balance (*Multi A & B)* | **24**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:00AM - 12:00* Crafty Friday – Halloween Art!** *(SC)*<br>**11:00AM - 12:00* Living Well to 101 and Beyond** (Multi B)<br>**11:00AM - 4:00*** Hand & Foot Game *(SC)* |
| **27**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:00** Off Key Singers *(SC)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:45AM - 12:15** Parkinson's Support Group (*Multi B)*<br>**11:15AM – 1:15 Artsy Mondays**<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**1:00 - 2:00* Wheel of Fortune** *(Multi A)*<br>**2:30PM - 3:20*** $ Chair Yoga (*Multi B)* | **28**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**9:30AM - 12:00*** $ Create Your Own Cookbook *(Conf)*<br>**11:00AM - 2:00** Mah Jongg (American)* *(SC)*<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**12:30PM - 4:00*** Pinochle *(Multi-B)*<br>**2:00PM – 4:00 Rummikub Tournament** (*Multi A*) | **29**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:30AM - 11:30*** $ Memoir Writing *(Conf)*<br>**10AM -** Wii Bowling *(SC)*<br>**10:30AM - 11:15*** $ Zumba Gold (*Multi A & B)*<br>**1:00PM - 2:00** Bingo (*Multi A)*<br>**2:30PM - 3:20*** $Chair Yoga (*Multi B)* | **30**<br>**9:00AM - 10:00*** $ Walk and Talk<br>**9:00AM - 10:00*** $ Yoga for Healthy Living (*Multi A & B)*<br>**11:00AM - 12:00* Should I Stay, or Should I Go? Part 5** (Multi B)<br>**11:30AM - 12:30* Senior Lunch Program** *(Multi A)*<br>**12:00PM - 4:00*** Pinochle *(SC and Conf)*<br>**1:30PM – 2:30*** Better Balance (*Multi A & B)* | **31 HAPPY HALLOWEEN!**<br>**8:40AM - 9:40*** $ Functional Fitness Training (*Multi A & B)*<br>**9:45AM - 10:20*** $ Stretch! (*Multi A & B)*<br>**10:00AM - 12:00* Crafty Friday- Open Art Time!** *(SC)*<br>**11:00AM - 4:00*** Hand & Foot Game *(SC)*<br>**1:00PM – 3:30 – Halloween Party!** |

*** Please register in advance if you see an asterisk ***

KEY:
**If ORANGE, sign up in the Senior Center!**
**Fee Based - In Green with $**
**Workshop - In Blue**
**Presentation - In Purple**
**Support Group or Service- In Red**
**If Green, Blue or Purple, sign up online or at the front desk.**

**Multipurpose Room A - *(Multi A)***
**Multipurpose Room B - *(Multi B)***
**Senior Center - *(SC)***
**Conference Room - *(Conf)***

CONTACT INFO:
**Folsom Senior & Arts Center:**
**48 Natoma St. Folsom - (916) 461-6601**
**Dana, Judi & Mark & Janice - Senior Center Attendants folsomseniorcenter@folsom.ca.us**
**Daniel - Recreation Coordinator: (916) 461-6611 or DKimpel@folsom.ca.us**

NOTES:
****HICAP** Services are Tuesdays by appointment only, call this number to schedule an appointment: (916) 376-8915.
***Walk and Talk** is held at various Folsom locations; a schedule is included with registration.
***Bridge Group, Mah Jongg, Hand & Foot Game or Pinochle Group -** Please see a Senior Center Attendant for more info or to sign up.
***Senior Lunch Program** – Please see a Senior Center Attendant for an intake form or call (916) 461- 6674 with any questions you may have.

**Please note that activities are subject to change with little notice.**

**October 2025**