

Senior Center Activities January 2019*

EXERCISE

Unless otherwise noted, register in-class

ACTIVITY	DATE/TIME	LOCATION	COST	OTHER
Live Well/Be Fit	Tues./Thurs. 9-10am	Rooms B/C	\$10/month	Krista Howell, Instructor
Posture Perfect Aging	M/W/F 9:30-10:30am	Rooms A/B/C	\$5/class	David Keller, Instructor
Round Dancing	Wed. 6-9pm	Rooms A/B/C	\$5 per person	Carolyn Wunder, 586-4073
Tai Chi	M/W 11am-noon, F 10:45-11:45am	Room C	\$5/class	Phil Vance, Instructor
Zumba	Thurs. 9:30-10am	Dining Room	\$5/class	Jane Lucich, Instructor

GAMES

ACTIVITY	DATE/TIME	LOCATION	COST	OTHER
Bingo	Fri. 1-3pm	Dining Room	\$10	Benefits Senior Center programs; must be 18+ to play
Bingo	1 st Sat. 11:30am-3pm	Dining Room	\$15	Includes 13 games + buffet lunch; must be 18+ to play
ACBL Duplicate Bridge	Fri. 12:30-4pm	Rooms B/C		Duane Oneto, 736-4281
Bridge - AAUW	Thurs. 1-4pm	Dining Room		Elvia Torres, 532-6344
Bridge	Fri. noon-4pm	Room B		Group currently full
Thursday Bridge	Thurs. 12:30-4pm	Room A		Arlene McKee, 586-7900 (leave message)
Cribbage	Tues. 6-9pm	Room A		Prizes
Hand & Foot Card Game	M/W 12:30-4pm (2 nd Wed. 12:30-4:00pm)	Conference Rm. (Dining Room)		
Mahjong	Tues. 12:30-4pm Fri. noon-4pm	Conference Rm. Room A		
Mexican Train Dominoes	2 nd & 4 th Wed. 12:30-4pm	Conference Rm.		
Pinochle	Tues. 12:30-3:30pm Thurs. 9am-noon	Room A		Claudia, 532-6678

ARTS, CRAFTS, BOOKS & WRITING

ACTIVITY	DATE/TIME	LOCATION	COST	OTHER
Art & Craft Group	1 st & 3 rd Thurs. 1-3pm	Dining Room		All materials provided. Lenore, 533-4868
Quilting	4 th Tues. 12:30-3pm	Room B		
Senior Center Book Club	3 rd Tues. 1-2pm	Dining Room		Cindy, 928-4975
Sonora Writers Group	2 nd Sat. 10:30am-12:30pm	Dining Room or Room A		Jill Klajic-Ryan, 743-8097
Wood Carving	Wed. 11am-2pm	Room B		Joe Peery, 785-7702 Vicke Hopson, 785-4236

OTHER GROUPS & SERVICES

GROUP/SERVICE	DATE/TIME	LOCATION	COST	OTHER
Blood Pressure Check	3 rd Wed. 11am-1pm	Dining Room	Free	Cori Frank, RN
Commodities Distribution	1 st & 3 rd Tues. 10am-noon	Room A		ATCAA, 984-3960
Older Adults Support Group	Wed. 2:30-4pm	Room C	\$5 suggested donation	Register with Catholic Charities, 532-7632
Secondary PTSD Support Group	3 rd Tues. 6-8pm	Room C		For family & friends of those with PTSD. Nina, 532-6119
Tuolumne County D.A. Elder Abuse Advocacy	1 st & 3 rd Wed. 11:15am-12:15pm	Dining Room	Free	Kathie Butler, Advocate, 588-5440

***January holiday closures: Tues., Jan. 1 (New Year's Day) & Mon., Jan. 21 (Martin Luther King, Jr. Day)**

**All program schedules, fees and donation amounts are subject to change.
Advance notice will be given whenever possible.**

Website: www.sierraseniorproviders.org

Hours of Operation

Monday through Friday
8:00 a.m. to 4:00 p.m. (Closed holidays)

Our Staff

Leon Casas Jr.
Chief Executive Officer (through Jan. 11)

Kristi Conforti
Chief Executive Officer (beginning Jan. 14)

Michael Deason
Nutrition Manager

Kelli Kleinhans
Meals on Wheels Coordinator

Sherry Bailey
Administrative Support

Annie Sanchez
Client Services Support

Lisa Mayers
Administrative Support

Our Mission

Our mission is to play a key role for seniors of Tuolumne County by providing essential services that promote independence; enhance quality of life, health, education and socialization; and assist the elderly with remaining in their homes.

Our Commitment

To honor and respect the diversity of each individual we serve. To continually strive to improve the quality of our service and maintain the trust given to us by others.

Sierra Senior Providers, Inc.

SENIOR CENTER

540 Greenley Road
Sonora, CA 95370
(209) 533-2622

*Your Center for Community, Nutrition,
Education and Activities*

Outreach Programs and Services

Meals on Wheels

Sierra Senior Providers, Inc. offers home-delivered, balanced and nutritious meals to qualified Tuolumne County seniors age 60 and older. Five home-delivered meals are provided weekly.

Senior Lunch Program

Lunch is served Monday through Friday from noon to 1:00 p.m. Alternative menu choices are available including vegetarian. Salad bar and soup available as an alternative on Wednesdays. Suggested contribution \$4.50 for those age 60 and older (no eligible person will be denied a meal due to inability to donate). \$6.00 charge for guests under age 60.

Firewood for Home Heating

This service supplies and delivers firewood for home-heating use. The program is directed toward lower income, homebound and frail Tuolumne County residents age 60 and older whose primary source of heat in the winter is firewood. Volunteers needed to split and deliver wood. Note: Program currently has wait list.

*The above programs are partially funded by
Area 12 Agency on Aging, Sonora Area
Foundation and community support.*

January 2019

Senior Center Events

Community Open House honoring outgoing CEO Leon Casas, Jr., 2-4pm Thurs., Jan. 10.

Age Well, Drive Smart Senior driver education class, 9am-noon Sat., Jan. 19. Free. Register with CHP, (209) 984-3944.

AARP Foundation tax preparation assistance, Wednesdays, Feb. 6-April 10, all ages, low to moderate income, no appointments, free. For info: Jerry Hunt, (209) 533-1067.

Save the date! Crab Feed, Sat., Feb. 23.

Facility Reservations

Reserve the Senior Center for your party, dinner or meeting! Large rooms, dining area and commercial kitchen available. Call (209) 533-2622.

Treasure Hunt Thrift Store

Inside the Senior Center! Visit the Treasure Hunt Thrift Store 10am-1:30pm Mon.-Thurs., 10am-12:45pm Fri.

See's Candies

See's Candies make a great gift! Boxed varieties, lollipops and bars available. Give a sweet gift and support the Senior Center.

