

Senior Center Activities & More, August 2019

EXERCISE

ACTIVITY	DATE/TIME	COST
Live Well/Be Fit	Tues./Thurs. 9-10am	\$10/month
Posture Perfect Aging	M/W/F 9:30-10:30am M/W 5:30-6:30pm	\$5/class
Round Dancing	Wed. 6-9pm	\$5 per person
Tai Chi	M/W 11am-noon, F 10:45-11:45am	\$5/class
Zumba Gold	Thurs. 9:30-10am	\$5/class
Belly Dancing	Wed 8:45- 9:20am	\$5/class

GAMES

ACTIVITY	DATE/TIME	COST
Bingo	Fri. 1-3pm	\$10
Bingo	1 st Sat. 11:30am-3pm	\$15
ACBL Duplicate Bridge	Fri. 12:30-4pm	
Bridge - AAUW	Thurs. 1-4pm	
Bridge	Fri. noon-4pm	
Thursday Bridge	Thurs. 12:30-4pm	
Cribbage	Tues. 5:30-8:15pm	
Hand & Foot Card Game	M/W 12:30-4pm (2 nd Wed. 12:30-4:00pm)	
Mahjong	Tues. 12:30-4pm Fri. noon-4pm	
Mexican Train Dominoes	2 nd & 4 th Wed. 12:30-4pm	
Pinochle	Tues. 12:30-3:30pm Thurs. 9:00-12:30pm	

ARTS, CRAFTS, BOOKS & WRITING

ACTIVITY	DATE/TIME	COST
Art & Craft Group	(On break through Aug.)	
Knitting & Crocheting	Thurs. 10am-12pm	
Quilting	4 th Tues. 12:30-4pm	
Senior Center Book Club	3 rd Tues. 1-2pm	
Sonora Writers Group	2 nd Sat. 10:30am-12:30pm	
Wood Carving	Wed. 11am-2pm	

OTHER GROUPS & SERVICES

GROUP/SERVICE	DATE/TIME	COST
Blood Pressure Check	3 rd Wed. 11am-1pm	Free
Commodities Distribution	1 st & 3 rd Tues. 10am-noon	
Older Adults Support Group	Alternate Wed. 2:30-4pm	\$5 suggested donation
Secondary PTSD Support Group	3 rd Tues. 6-8pm	
Tuolumne County D.A. Elder Abuse Advocacy	1 st & 3 rd Wed. 11:15am-12:15pm	Free

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.; also served Mondays and Wednesdays at Jamestown Community Hall and Thursdays at The Little House (Groveland), noon to 1:00 p.m. Alternative menu choices are available at all sites. At the Senior Center only, salad bar and soup are available as an additional alternative on Wednesdays. Suggested contribution \$4.50 for those age 60 and older (no eligible person will be denied a meal due to inability of contribution). \$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. Signups start Thurs., Aug. 1, 2019. Call (209) 533-2622 to sign up.

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., Friday 10:00am to 12:45pm

Farmers Market Vouchers

Available to those age 60 and older with qualifying income. For info: (209) 533-2622.

