



Healdsburg Senior Center

133 Matheson St. Healdsburg, CA. 95448

October 2019 Calendar of Classes & Events

Monday

10:00am - 11:30am	SRJC Older Adults Conversational Spanish	Weekly - Follows SRJC calendar
11:00am - 12:30pm	Bistro Lunch	\$4 persons over age 60, \$6.50 under age 60
1:00pm - 4:00pm	Party Bridge	Weekly - No fee
1:30pm - 2:15pm	Strength Training	M, W, F weekly - \$35 per month
5:30pm - 7:30pm	Senior Citizens Potluck Dinner	October 28 th - Bring a dish to share

Tuesday

8:45am - 9:15am	Walking Club	Weekly - No fee
9:00am - 11:00am	Friends of the Sr. Ctr. Board Mtg.	4 th Tuesday of the month
10:00am - 12:00pm	Memoir & Journal Writing	1 st & 3 rd Tuesday of the month - \$20
10:00am - 4:00 pm	SHARE Healdsburg	1 st & 3 rd Tuesday of the month - Drop-ins
10:00am - 12:00pm	Fiber Arts Group	Weekly - No fee
11:00am - 12:30pm	Original Center Book Club	4 th Tuesday of the month
11:00am - 12:30pm	Bistro Lunch	\$4 persons over age 60, \$6.50 under age 60
1:00pm - 4:00pm	Flixters	1 st & 3 rd Tuesdays of the month
1:30pm - 3:00pm	Dementia Caregiver Support Group	2 nd Tuesday monthly - No fee

Wednesday

9:00am - 1:00pm	Health Insurance Counseling & Advocacy Program (HICAP)	Appt. required. Call (707) 526-4108 and request Hbg. Sr. Ctr. when scheduling 1 st & 3 rd Wednesday of the month
10:00am - 12:00pm	Current Events Discussion Group	Weekly - No fee
10:00am - 12:00pm	Chess & Checkers	Weekly - No fee
10:00am - 11:00am	Gentle Chair Yoga	Weekly - Location 432 'B' Center St. Fees vary
11:00am - 12:30pm	Bistro Lunch	\$4 persons over age 60, \$6.50 under age 60
1:00pm - 4:00pm	SRJC Older Adults Watercolor Class	Weekly - Follows SRJC Calendar Location: 1557 Hbg. Ave. Room #5
1:00pm - 3:00pm	Legal Counseling with Leo Alberigi	2 nd Wed. monthly by appt. (707) 431-3324
1:30pm - 2:15pm	Strength Training	M, W, F weekly - \$35 per month
4:00pm - 6:00pm	Sr. Citizens Advisory Comm. Mtg.	4 th Wednesday of the month at City Hall
4:30pm - 6:00pm	Prune Pits Practice	August 7 th - October 9 th , 2019 at the Hbg. Elementary School Fields, 400 1 st St. Pre-Reg. required \$5 a season



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Thursday

9:30am - 10:15am	Balance & Stability with Lili	Monthly - Fee's vary
10:00am - 12:00pm	Scrabble	Weekly - No fee
10:00am - 10:45am	Laughter Club	Weekly - No fee
11:00am - 12:30pm	Bistro Lunch	\$4 persons over age 60, \$6.50 under age 60
12:00pm	Jiffy Bag delivery at the Healdsburg Food Pantry	1 st & 3 rd of the month Location: Food Pantry 1505 Hbg. Ave.
1:00pm - 3:00pm	Poker	Weekly - No fee
1:30pm - 3:30pm	Bingo!	Weekly - Nickle per card
2:00pm - 3:30pm	Lotería - en Español	2 nd & 4 th Thursday of the month
2:00pm - 2:45pm	Balance & Stability with Deborah	Monthly - Fee's vary

Friday

10:00am - 11:00am	Relax! Calming Coloring Group	Weekly - Materials provided
10:00am - 11:00am	Gentle Yoga	Weekly - Location 432 'B' Center St. Fees vary
11:00am - 12:30pm	Bistro Brunch	\$4 persons over age 60, \$6.50 under age 60
11:30am - 12:30pm	Sit down & DANCE	\$20 - 4-week class
12:30pm - 2:30pm	Intermediate Ukulele	Weekly - No fee
12:30pm - 3:00pm	Rummikub & Tile Games	Weekly - No fee
1:30pm - 2:15pm	Strength Training	M, W, F weekly - \$35 per month
1:30pm - 3:30pm	Mah Jong	Weekly - No fee
2:30pm - 3:30pm	Ping-Pong Play!	Weekly - No fee
2:30pm - 3:30pm	TED Talk Discussion Forum	October 18 th - Topic: <i>Let's end ageism.</i>

Weekend Happenings

12pm - 2pm	Age Friendly Picnic in the Plaza	Sunday October 6 th - Plaza Park Free - Bring a dish to share
12pm - 7pm	Day of the Dead Celebration (Día de Los Muertos)	Sunday, October 27 th - Plaza Park
10am - 11:30am	Pie Making class with Gram Ham	Saturday October 12 th - Senior Center *Fee

The Healdsburg Senior Center is an activity & resource center dedicated to providing residents with services & programs which encourage physical & emotional well-being, support connections with others & enrich lives.

For information on all the Senior Center's programs and services please contact:

Phone: (707) 431-3324

Address: 133 Matheson St. Healdsburg, CA.

 Healdsburg Senior Center

The Computer Center, Library and Boutique are open between 9am - 4:45pm Monday - Friday.

Looking for a space for your next event?

Try the Senior Center, a great space at a reasonable price.