



# Healdsburg Senior Center

133 Matheson St. Healdsburg, CA. 95448

## August 2018 Calendar of Classes & Events

### Monday

10:00am - 12:00pm	Chess/Checkers	Weekly - No fee
11:00am - 12:00pm	Laughter Club	Weekly - No fee
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 - Pre-Reg. required - \$30
1:30pm - 3:00pm	Dementia Caregiver Support Group	2 <sup>nd</sup> Monday monthly - No fee
2:00pm - 3:00pm	Ask Nurse Amy	August 20 <sup>th</sup> , call 431-3324 to schedule your 10 minute appointment
5:30pm - 7:30pm	Senior Citizens Potluck Dinner	4 <sup>th</sup> Monday of the month Bring a dish to share

### Tuesday

8:45am - 9:15am	Walking Club	Weekly - No fee
9:00am - 11:00am	Friends of the Senior Ctr. Board Mtg.	4 <sup>th</sup> Tuesday of the month
10:00am - 12:00pm	Memoir & Journal Writing	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the month - \$20
10:00am - 12:00pm	Fiber Arts Group	Weekly - No fee
11:00am - 12:30pm	Original Center Book Club	4 <sup>th</sup> 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	Weekly - No fee
1:00pm - 3:00pm	Cribbage	Weekly - No fee
1:30pm - 2:30pm	Intro: Conversing in Italian	Weekly - 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 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of the month
10:00am - 12:00pm	Current Events Discussion Group	Weekly - No fee
10:00am - 11:00am	Gentle Chair Yoga	Weekly-Location 432 'B' Center St. Fees vary
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 - 3:00pm	SRJC Older Adults Watercolor Class	Weekly - Follows SRJC Calendar Location: 1557 Hbg. Ave. Room #5
1:00pm - 3:00pm	Legal Counseling with Ann Thomas	2 <sup>nd</sup> Wed. monthly by appt. (707) 431-3324
1:30pm - 2:15pm	Strength Training	M, W, F weekly - Pre-Reg. required - \$30
4:00pm - 6:00pm	Sr. Citizens Advisory Comm. Mtg.	4 <sup>th</sup> Wednesday of the month at City Hall
4:30pm - 6:00pm	The Prune Pits	Aug. 8 <sup>th</sup> - Oct. 10 <sup>th</sup> at the Hbg. Elementary School Fields, 400 1 <sup>st</sup> St. Pre-Reg. required \$5 a season



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### Thursday

9:30am - 10:15am	Balance & Stability with Lili	Monthly - Pre-Reg. required - Fee's vary
10:00am - 11:30am	Scrabble	Weekly - No fee
11:00am - 12:00pm	Thursday Meditation	August 9 - 30, Pre-Reg. required - \$20
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	Weekly Location: Food Pantry 1505 Hbg. Ave.
1:30pm - 3:30pm	Bingo!	Weekly - Nickle per card
2:00pm - 3:30pm	Lotería - en Español	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month
1:00pm - 3:00pm	Pastel Open Studio	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of the month
2:00pm - 2:45pm	Balance & Stability with Deborah	Monthly - Pre-Reg. required - Fee's vary
5:30pm - 6:30pm	TED Talk Discussion Forum	July 16 <sup>th</sup> - Topic: <i>Andres Lozano</i>

### 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	Chair Dancing	Pre-Reg. required - \$25 - 5 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 - Pre-Reg. required - \$30
1:30pm - 3:30pm	Mah Jong	Weekly - No fee
2:30pm - 3:30pm	Ping-Pong Play!	Weekly - No fee
2:30pm - 4:00pm	Stroke Survivors Support Group	3 <sup>rd</sup> Friday of the month

### Weekend Happenings

10:00am - 12:00pm	Astrology Workshop	August 18 <sup>th</sup> - Fee TBD
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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 10 am - 3:45 pm Monday - Friday.

Looking for a space for your next event?

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