



**Healdsburg Senior Center**  
 133 Matheson St. Healdsburg, CA 95448  
 (707) 431-3324

## Ongoing Programs - December 2016

### M O N D A Y

|               |                                    |             |   |
|---------------|------------------------------------|-------------|---|
| 10:00 - 12:00 | <b>Chess/Checkers</b>              | Card Room   | <b>NEW DATE</b> - Weekly - December 5 - 19, 2016 - Welcoming New Members  |
| 11:00 - 12:00 | <b>*NEW - Monday Laughter Club</b> | Craft Room  | Learn the benefits of laughter  |
| 12:00 - 12:30 | <b>Lunch</b>                       | Dining Hall | Reservation Required, 24 hours in advance. Call Bea at 433-7515 <span style="float: right;">\$4 suggested donation</span> |
| 1:00 - 4:00   | <b>Party Bridge</b>                | Card Room   | Welcoming New Members!!!  |
| 1:30 - 2:15   | <b>Strength Training Class</b>     | Dining Hall | Pre-Registration Required - December 2 - 21, 2016 <span style="float: right;">\$30/mon.</span>                            |

### T U E S D A Y

|               |   |               |  |
|---------------|---|---------------|--|
| 9:00 - 11:00  | <b>Friends of the Senior Center Board Meeting</b> | Card Room     | 4th Tuesday of the Month - Not meeting in December - Next meeting January 24, 2017   |
| 10:00 - 12:00 | <b>Memoir &amp; Journal Writing</b>               | Fireside Room | 1st & 3rd Tuesday - December 6 & 20<br>Call 431-2445 for more info. New students welcome! Ongoing class <span style="float: right;">\$20/mon.</span> |
| 10:00 - 12:00 | <b>Handworkers /Quilting Group</b>                | Craft Room    | Weekly   |
| 11:00 - 12:30 | <b>The Center's Original Book Club</b>            | Card Room     | 3rd Tuesday of the Month - December 20, 2016   |
| 12:00 - 12:30 | <b>Lunch</b>                                      | Dining Hall   | Reservation Required, 24 hours in advance. Call Bea at 433-7515 <span style="float: right;">\$4 suggested donation</span>                            |
| 1:30 - 2:30   | <b>Incontro: Conversing in Italian</b>            | Fireside Room | Weekly   |

### W E D N E S D A Y

|               |   |                                   |  |
|---------------|---|-----------------------------------|--|
| 10:00 - 12:00 | <b>Discussion Group (Formerly Current Events)</b>     | Fireside Room                     | Meets Weekly - December 7 - 21, 2016   |
| 10:00 - 10:45 | <b>Gentle Yoga</b>                                    | Hbg. Yoga                         | New session begins December 7<br><b>Location: 432 'B' Center St.</b> <span style="float: right;">FEE</span>  |
| 10:00 - 11:30 | <b>SRJC Conversational Spanish</b>                    | Craft Room                        | Fall Session ends December 14 - Spring Session begins January 18, 2017 - Join anytime!   |
| 12:00 - 12:30 | <b>Lunch</b>  | Dining Hall                       | Reservation Required, 24 hours in advance. Call Bea at 433-7515 <span style="float: right;">\$4 suggested donation</span>                                      |
| 1:00 - 3:30   | <b>Watercolor Art Class -SRJC Older Adult Program</b> | Healdsburg Community Center, Rm.5 | Fall Session ends December 14 - Spring Session begins January 18, 2017 - <b>*New Location:</b> Healdsburg Community Center, 1557 Healdsburg Ave. <b>Room 5</b> |
| 1:30 - 3:00   | <b>Legal Counseling with A. Thomas</b>                | Craft Room                        | 2nd Wednesday of the month - January 11, 2017 - By appointment only, call 431-3324   |
| 1:30 - 2:15   | <b>Strength Training Class</b>                        | Dining Hall                       | Pre-Registration Required - December 2 - 21, 2016 <span style="float: right;">\$30/mon.</span>   |

**Call Healdsburg Senior Center to Pre-register or to add your name to the waiting list at 431-3324  
 Please see reverse for remainder of weekly schedule**

## THURSDAY

|               |  |                           |  |                           |
|---------------|--|---------------------------|--|---------------------------|
| 9:30 - 10:15  | <b>*NEW - Balance Class w/ Lilli</b>                 | Fireside Room             | Pre-Registration Required -<br>Session begins December 1 - 22  | \$48/4 wk                 |
| 10:00 - 11:00 | <b>Senior Citizen Advisory Commission Meeting</b>    | Card Room                 | Every 4th Thursday of the month -<br>Check the cities website for date &<br>time change or call the Senior Center<br>at 431-3324 |                           |
| 10:00 - 12:00 | <b>Scrabble</b>                                      | Card Room                 | Weekly   |                           |
| 12:00 - 1:00  | <b>Jiffy Bag Delivery - Food Bank</b>                | Healdsburg<br>Food Pantry | 1st & 3rd Thursday -<br>December 1 & 15, 2016<br>Address: 1505 Healdsburg Ave.   |                           |
| 12:00 - 12:30 | <b>Lunch</b>   | Dining Hall               | Reservation Required, 24 hours in<br>advance. Call Bea at 433-7515   | \$4 suggested<br>donation |
| 1:00 - 1:45   | <b>Balance &amp; Stability w/<br/>Deborah Karish</b> | Fireside Room             | Pre-Registration Required -<br>December 1 - 22, 2016   | \$48/4 wk                 |
| 1:30 - 3:45   | <b>Bingo!</b>  | Dining Hall               | Weekly   | Nickel per<br>card        |
| 2:00 - 3:30   | <b>*NEW!! Loteria</b>                                | Craft Room                | 2nd & 4th Thursday of the month -<br>December 8 & 22, 2016   | \$1/ 3 games              |

## FRIDAY

|               |  |               |   |                           |
|---------------|--|---------------|---|---------------------------|
| 9:00 - 11:30  | <b>**NEW- Beginning Level<br/>Computer Class - Intro to<br/>Windows 10</b> | Craft Room    | Pre-Registration Required -<br>January 6 - February 3, 2017- 1/2 hour<br>practice time included | \$50 - 5 wk<br>session    |
| 10:00 - 11:00 | <b>* NEW - Coloring Group</b>  | Fireside Room | <b>Meets Weekly</b> - All Supplies provided   |                           |
| 10:00 - 11:00 | <b>Gentle Yoga</b>   | Hbg. Yoga     | New Session begins December 7<br>Location: 432 'B' Center St. Hbrg                              | FEE                       |
| 11:00 - 12:00 | <b>Brunch</b>  | Dining Hall   | Reservation Required 433-7515   | \$4 suggested<br>donation |
| 12:00 - 3:00  | <b>Mah Jong</b>  | Card Room     | Welcoming New Members!<br>Come join us! Lessons provided  |                           |
| 12:30 - 3:00  | <b>Rummikub &amp; Tile Games</b>   | Card Room     | Weekly  |                           |
| 12:30 - 2:30  | <b>Ukulele Class</b>   | Craft Room    | Weekly  |                           |
| 1:30 - 2:15   | <b>Strength Training Class</b>   | Dining Room   | Pre-Registration Required -<br>December 2 - 21, 2016  | \$30/mon.                 |
| 2:30 - 3:45   | <b>Stroke Support Group</b>  | Fireside Room | 3rd Friday of the month -<br>December 16, 2016  |                           |
| 2:30 - 3:45   | <b>Ping Pong!</b>  | Dining Room   | Weekly  |                           |

## SATURDAY

**The Computer Center is open daily, Monday - Friday 10 am - 3:45 pm  
No Charge for Use-Small per page printing fee- \$.25 per page - Photos \$1.00 per page**



*In Observance of the **Christmas &  
New Year Holiday**, the Healdsburg Senior  
Center will be **CLOSED** Friday, December  
23 thru Monday, January 2, 2017.*



*The Senior Center will be open on*



**Healdsburg Senior Center**  
133 Matheson St. Healdsburg, CA 95448 (707) 431-3324