



Heath Insurance Counseling and Advocacy Program (HICAP) is a service provided through Legal Services of Northern California (LSNC). We provide unbiased Medicare Counseling helping you to become an informed Medicare Consumer. This includes Medicare Part A/B/C/D, Medicare Advantage Plans and MediGap/ supplemental insurance and Medi-Cal. How do they all fit together!

In August we will be focusing on "How Medicare and Medi-Cal Work Together" and how Medi-Cal can provide services over and above what Medicare provides.

Thursday, August 28th, 10:00 - 11:30 am

Cost: Free (donation to the center greatly appreciated)

11960 HERITAGE OAK PLACE #15, AUBURN, CA 95603
HOURS: MONDAY - FRIDAY 9:00 AM - 3:30 PM



Hoping Everyone is enjoying your summer!

Reminder that annual membership dues were due on July 1st, invoices have been sent out. If by chance you did not receive yours, call the center.

Tickets are now on sale for our annual Taste of the Foothills Fundraiser Dinner, purchase can be made at the Center or on our website. (See Flyer further in the newsletter). Hope to see you there!

Reminder, the Center will be closed Monday, September 1st, for Labor Day.

Best to All, Monica

Spaghetti Bingo

Date: Monday, August 11th

Lunch served at 12:30 pm, Bingo play immediately after lunch to 3:30 pm.

Cost: \$8 per person lunch, \$5.00 if not having lunch + \$1 per card for bingo

Meal Sponsored by David La Plante, an agent offering Medicare products, license number 0783808.

Please sign up & pay by the Friday before.

Seating limited to 22!

MEMBER ACTIVITY SCHEDULE FOR AUBURN SENIOR CENTER
AUGUST / SEPTEMBER 2025

Day	Description	Start	End	Facilitator Name	Cost/Notes
Mon	Tai Chi/Qiqong	9:15AM	10:15AM	Jaya Carl	Aug \$24 / Sep \$24 Drop in \$7/\$9
	Chair Yoga**	11:00A	12:00PM	Sandra Main	Aug \$24 / Sep \$24 Drop in \$7/\$9
	Bunco/Scattergories	1:00PM	3:00PM	Kathy Arnone	1st Monday of the month \$5 / \$7
Tues	Silver Strength Training	10:00 AM	11:00 AM	Cory Nix	Aug \$24 / Sep \$30 Drop in \$7/\$9
	Cooking Club	11:30AM	1:00PM	Bonnie, Sherry, Mary	Aug \$24 / Sep \$30 Drop in \$7 / \$9
	Hand & Foot	12:30 PM	3:00 PM	Char Russell	2nd and 4th Tuesday Jun/Jul \$8
	Mexican Train	12:30 PM	2:30 PM	Barbara Allendorfer	1st and 3rd Tuesday Jun/Jul \$8
	Share and Care Group	1:00PM	2:00PM	Steve Chandler	2nd and 4th Tuesday Jun/Jul \$8
	Cribbage Club	5:30 PM	9:00 PM	Jerry Del Agostino	\$3.50 per game day + Association Dues 530-885-1266/530-368-7154
WED	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Aug \$16 / Sep \$16
	Walking Group	9:30 AM		PIRS	Free/Call for details 530-885-6100 x 26 ARD Park, 123 Recreation Dr.
	Chair Yoga	11:00 AM	12:00 PM	Sandra Main	Aug \$24 / Sep \$24 Drop in \$7/\$9
	Conversational Spanish	1:00 PM	2:00 PM	Carol Coleman	Aug \$16 / Sep \$16
	Woodcarving Club	1:00 PM	3:00 PM	Steve Gramberg	Aug \$16 / Sep \$16
THU	Balance, Strength & Stability	9:30AM	10:30AM	Debbie Thompson	Aug \$28 / Sep \$28 Drop in \$8 / \$10
	Knitting/Crocheting Club	10:00AM	12:00PM	Barbara Allendorfer	Aug \$16 / Sep \$16
	Chess Club	11:15 AM	1:30 PM	Ken Windholz	Aug \$16 / Sep \$16
	American Mahjong	12:00 PM	3:30 PM	Harriet White	Aug \$16 / Sep \$16
	Pinochle	1:00 PM	2:30ish PM	Alton Johnson	Aug \$16 / Sep \$16
	Genealogy	1:00 PM	3:00 PM	Richard Rands	FREE (donation appreciated)- by appt ONLY, MUST be a Member
	Ukulele	1:30 PM	2:30 PM	Winter Hungerford	Aug \$16 / Sep \$16
FRI	Aerobics	8:45 AM	9:45 AM	Eve Gutierrez	Aug \$20 / Sep \$16
	Line Dancing	10:15 AM	11:45 AM	Valerie Harrison	Aug \$30 / Sep \$24 Drop in \$7/\$9
	Chinese Mahjong	12:00 PM	3:00 PM	Colleen Andersen	Aug \$20 / Sep \$16
	Penny Bingo	1:00 PM	3:00 PM	Danesia Wodarski	Aug \$20 / Sep \$16 Additional 2 pennies per card

Drop-In Cost: \$5 per activity (additional \$2 for nonmembers), unless otherwise noted

Phone: (530) 823-8172 ** Second Monday Chair Yoga time is 10:30 AM



Join us for an introduction to InnovAge PACE

InnovAge is all-inclusive care.

All with the independence to live at home.

More than

35
Years

serving seniors and their families!

An introduction to InnovAge PACE

Featuring a presentation about the first available All-inclusive Care for the Elderly Program for Placer County!

At **InnovAge PACE** we go beyond traditional insurance to provide a complete range of benefits that help seniors stay independent for as long as possible. If you are eligible for Medicare and Medi-cal, there is no cost to you.



Tuesday, August 26
1:00 pm

Auburn Senior Center
11960 Heritage Oak Place, #15
Auburn, CA 95603

Refreshments will be provided

Please RSVP to:

Erica Caldwell

916-318-6579

ECaldwell@InnovAge.com

PACE – Program of All-inclusive Care for the Elderly

innovAge
Life on Your Terms

InnovAge.com



Cribbage Players

Please join us on Tuesday evenings starting at 5:30 PM, please arrive by 5:15 at the Auburn Senior Center. The informal summer season runs through August and is a great time to play 6 games of cribbage against different opponents. Club members will show you how we play the world's best 1 on 1 card game. All cards & boards are provided, members bring snacks to share, and prizes are awarded for the top scorecards & special hands. Questions: contact Jon Kline at 650-279-0001.

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

VOTED BEST SENIOR CARE HOME!

Assisted Living • Skilled Nursing • Therapy Care



Auburn Ravine
Healthcare Center

Auburn Ravine Healthcare and Assisted Living
Recognized as the Best Skilled Nursing & Assisted Living
Rate starts at \$4,850/month
for private 1-bedroom with level of care

P: 916-846-5770 • F: 530-823-7884
750 Auburn Ravine Rd, Auburn, CA 95603
www.auburnrt.com

ADVERTISE HERE
to reach your community



Call 800-477-4574

SUPPORT OUR
ADVERTISERS!

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT

\$19⁹⁵ /mo.

✓ Ambulance ✓ Police ✓ Family

“STAY SAFE in the HOME YOU LOVE!” ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Auburn Senior Center, Auburn, CA

A 4C 05-1994

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anita Aguilar

aaguilar@lpicommunities.com

(800) 950-9952 x2677

Amor Care
Compassionate Senior Care

Compassionate Senior Care

Custom 24 Hour Care,
7 Days a Week Available

GIVE US A CALL TODAY!

530-878-AMOR

Serving Placer and Nevada Counties

Live Life. Vibrantly.



SOLSTICE
SENIOR LIVING

Solstice Senior Living at Auburn
3250 Blue Oaks Drive • Auburn, CA 95602
530.888.1144
www.solsticeseniorlivingauburn.com

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Call: 530-268-7423
For a Free In-Home Assessment
In-Home Care

Providing Dependable and Compassionate In-Home Assistance

Our highly qualified and trained caregivers are ready to help you and your loved ones with a variety of daily activities such as...

- Caring Companionship
- Dusting, Vacuuming, Laundry
- Alzheimer's & Dementia Care
- Medication Reminders
- Meal Planning & Preparation
- Games & Activities
- Grocery Shopping
- Bathing & Showering Assistance
- Errands & Transportation
- Dressing Assistance
- Change bed linens
- Incontinence Care & Toileting
- Light Housekeeping
- Transferring Assistance

Our personalized services are available seven days a week and can range from 4 hours a day to 24-hour care.

Serving Placer County & Surrounding Areas

www.picseniorcare.com

HCO License #3147002



Hospice Care

Focused On Quality Of Life
Providing Dependable & Compassionate Comfort Care

How We Can Help:

A team of caring professionals work closely together to understand patient and family needs, providing individualized physical, spiritual, and emotional care 24 hours a day, 365 days a year.

Call: 530-885-9948

To See If You Qualify



- Physical care
- Medical equipment and supplies
- On-site nursing
- Caregiver support and training
- Emotional & social support
- Short term respite care

- Spiritual care
- Medications for symptom
- Assistance with personal care
- Medications for symptom management

Medicare | Medi-Cal | Private Insurance

Serving Placer County & Surrounding Areas

www.pichospice.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Auburn Senior Center, Auburn, CA

B 4C 05-1994

I Phone Workshop Series

Tuesday, Aug 5th - iPhoto Basics w/IOS 18

In this class, you will learn all about the "photos" app, along with how to organize, share and view your photos.

Tuesday, Aug 12th- iPhoto Basics 2 w/IOS 18

Photo management and organization with more advanced tips and tools.

Time: 1:00 - 2:00 PM

Facilitated by: Sean Kearney of Porchswing Technologies

Cost: \$7.00 per workshop

.....

Fluid Paint

Also known as acrylic pouring, fluid painting is a type of abstract art that involves pouring layers of thin, liquidy acrylic paint onto a canvas. Because of that fluid consistency, the paint moves and spreads feely, creating interesting organic shapes.

Date: Wednesdays, August 6th & 20th

Abstract Flowers

Time: 1:00 – 3:00 pm

Facilitated by: Julie Gardner

Cost: \$20.00 + \$5.00 if you want resin covered

\$22.00 Nonmembers

No Refunds!! *Please bring an apron!*

Class Size Limited to 12!

Must sign up & pay the week before the class



What Do I Need to Be Prepared Legally?

What are the differences between a will and trust? Can I prepare these documents myself for free or must I hire an attorney to do it for me? If I do want the assistance of an attorney, how do I choose the attorney and what should I expect to pay for an estate plan? What is a Power of Attorney (POA), Physician Order for Long Standing Treatment (POLST), and Do Not Resuscitate (DNR) order? These are some of the questions to be addressed. Legal Updates and new things to know regarding wills & trusts.

Date: Wednesday, August 20th

Time: 1:00–2:30 pm

Facilitator: Cheryl Carl, Attorney at Law

Cost: Free (Donations to the Center greatly appreciated)

Reserve your seat by calling: 530-823-8172

.....

Watercolor Painting Workshop

Art instructor, Patty Pieropan Dong will offer a draw-along/paint-along style class. Bring your favorite supplies if you would like. Paper, paints and brushes provided.

Date: Tuesday, August 12th

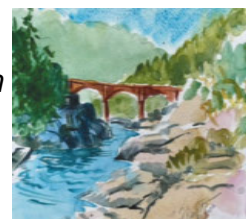
Time: 12:30 - 2:30 PM

Facilitated by: Patty Pieropan Dong

Cost: \$14, \$16 nonmembers

Call 530-823-8172 to reserve your seat,

limited to 16!



OUR STAFF

Monica Sherman
Center Director

Board

Steve Gramberg
President

Bonnie Allert

Vice President

Vicki Stonebarger
Treasurer

Sue Klabunde
Secretary

Willie White
Director

Mary Welna
Director

Joe Arsenith
Director

Jackie Freeman
Director

Meredith Sullivan
Director



Healing Sound Bath

Date: Wednesday, August 13th & 27th

Time: 2:00 - 3:00 pm **Cost:** \$5.00

Facilitated by: Emilie Webb

Call 530-823-8172 to reserve your seat

Travel Meeting to discuss Reno Train Trip and new travel options.

Date: Monday, August 4th, 10:00 - 11:00 am.



Monday, August 12th

1:00 - 2:00 pm

Cost: \$5.00

Rock Painting

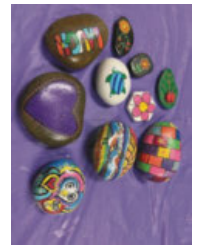
Tuesday,

August 19th

1:00—3:00 pm

Cost: \$10.00

(includes supplies)



Thank you to our monthly sponsors:

*Stephanie Anderson

*Christina Arrostituto

*Cassandra Barnhill

*Jeanne Bourland

*Colleen Conley

*Granger Elliott

*Pat Garcia

*Pat Haughian

*Judy Holtan

*Sara Jotoku

*Pat Kinzel

*Sue Klabunde

*Dave LaPlante

*Dan Pena

*Erik Peterson

*Brent Smedley

*Karen & Darrell Thomas

*Raymond Thompsom

*William Witzske

*Pawnee's Home Care

*Pioneer Community Energy

We operate from direct contributions/donations and fundraisers. ASC does not receive outside funding. The continued existence of the Center is solely dependent on the sources mentioned. The Center is organized under Revenue code 501©(3) non-profit organization and all donations are tax deductible.

You Can Support the Senior Center by..

*Becoming a sponsor

**Donating on our website: auburnseniorcenter.com

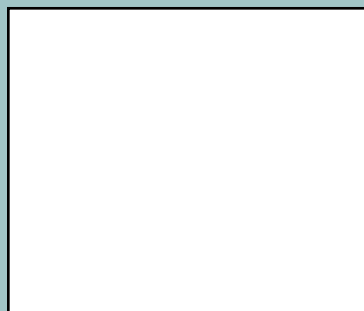



Auburn Oaks
CARE CENTER

Auburn's #1 Choice
for
Skilled Nursing Care


3400 Bell Road | Auburn, CA 95603 tel 530-888-6257

THRIVE
LOCALLY

BROOKDALE
SENIOR LIVING

Open 24 Hours • Assisted Living and Memory Care Community



(530) 888-8847 11550 Education St. • Auburn, CA 95602

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Scan to contact us!



Sierra Ridge
Memory Care

3265 Blue Oaks Dr • Auburn, CA • (530) 887-8600

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



11960 HERITAGE OAK PLACE #15 AUBURN, CA 95603



Mel's Car show

Proceeds from the car entries to benefit Auburn Senior Center, American Cancer Society, Wounded Warrior Project and Auburn Salvation Army.

Date: Saturday, August 16th

Time: 10:00 am, Trophy Presentation at 2:30 pm

SAVE THE DATE

Spaghetti Bingo, Monday, August 11th

**Center Closed Monday, September 1st
For Labor Day**

Spaghetti Bingo, Monday, September 8th

**Taste of the Foothills, Thursday, September
25th**



AARP

All classes are held at the Center.

AARP Safe Driver Program

Refresher Driver Safety Class

Date: Monday, August 25th
Tuesday, September 16th
Tuesday, October 14th
Tuesday, November 4th

Time: 11:15 am—3:30 pm

Cost: \$30.00 per person, non-AARP Member
\$25.00 per person, AARP Membership # needed.

Call or come by the center, 11960 Heritage Oak Place, Suite 15,
530-823-8172 to register for the class.



Friday, August 15th. 10:30 am. Pre sign-up is no longer required. Cost is \$5.00 per game, includes shoes!!

