



**HOLIDAY HOMESPUN
CRAFT FAIRE**

Date: Saturday, November 8th
Time: 9:00am -2:00pm
Location: Auburn Senior Center
11960 Heritage Oak Place, #15

FREE PARKING / FREE ENTRY

For More Information Contact Us
Phone: (530) 823-8172
Website: www.auburnseniorcenter.com
Facebook: www.facebook.com/auburnseniorcenter

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



Happy Holidays!

As promised, the total raised from Taste of the Foothills was \$15,049.69! A BIG Thank You to all !!

With the Fall/Winter months upon us, please remember, if you do not feel well it is recommend you stay home and rest. Some of our members have a more delicate immune system and would like not to be compromised.

Enjoy your Thanksgiving!

Monica

Spaghetti Bingo

Date: Monday, November 10th

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.

Payment must be received at sign up!

Seating limited to 22!

Member Activity Schedule for Auburn Senior Center October / November 2025

Day	Description	Start	End	Facilitator	Cost/Notes
Monday	Tai Chi/Qiqong	9:15am	10:15am	Jaya C	Oct \$24 / Nov \$24 *
	Chair Yoga **	11:00am	12:00pm	Sandra M	Oct \$24 / Nov \$24 *
	Scattergories	1:00pm	3:00pm	Kathy A	1 st Monday \$5 / \$7
Tuesday	Silver Strength Training	10:00am	11:00am	Video	Nov \$16
	Cooking Club	11:30am	1:00pm	Bonnie, Sherry, Mary	Oct \$24 / Nov \$24 *
	Mexican Train	12:30pm	2:30pm	Char R	1 ST , 3 RD , 5 TH session \$8
	Hand & Foot	12:30pm	3:00pm	Char R	2 nd & 4 th session \$8
	Share & Care Group	1:00pm	2:00pm	Steve C	2 nd & 4 th session \$8
	Cribbage	5:15pm	9:00pm	Jerry D	\$3.50 + Association Dues
Wednesday	Aerobics	8:45am	9:45am	Eve G	Oct \$20 / Nov \$16
	Walking Group	9:30am		PIRS	Free/Call 530-885-6100x26 for details
	Chair Yoga	11:00am	12:00pm	Sandra M	Oct \$30 / Nov \$24 *
	Conversational Spanish	1:00pm	2:00pm	Carol C	Oct \$20 / Nov \$16
	Woodcarving Club	1:00pm	3:00pm	Steve G	Oct \$20 / Nov \$16
Thursday	Balance, Strength & Stability	9:30am	10:30am	Debbie T	Oct \$35 / Nov \$21 **
	Knitting/Crocheting Club	10:00am	12:00pm	Barbara A	Oct \$20 / Nov \$12
	Chess Club	11:00am	1:30pm	Brian P	Oct \$20 / Nov \$12
	American Mahjong	12:00pm	3:00pm	Harriet W	Oct \$20 / Nov \$12
	Pinochle	1:00pm	3:00pm	Alton J	Oct \$20 / Nov \$12
	Genealogy	1:00pm	3:00pm	Richard R	Free(donation appreciated) by appt ONLY
	Ukulele	1:30pm	2:30pm	Winter H	Oct \$20 / Nov \$12
Friday	Aerobics	8:45am	9:45am	Eve G	Oct \$20 / Nov \$12
	Line Dancing	10:15am	11:45am	Valerie H	Oct \$30 / Nov \$18 *
	Chinese Mahjong	12:00pm	3:00pm	Colleen A	Oct \$20 / Nov \$12
	Penny Bingo	1:00pm	2:00pm	Danesia W	Oct \$20 / Nov \$12, 2 pennies per card

Drop-In Fees \$5 per Activity (additional \$2 for nonmembers)

*Drop-In Fees \$7 per Activity **Drop-In Fees \$8 (additional \$2 for nonmembers)

***2nd Monday Chair Yoga time is 10:30am & No Zumba on the 2nd Monday



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.

MEDICARE ANNUAL ENROLLMENT

October 15 thru December 7, 2025

For free assistance with your review of
the upcoming changes you received in
your Annual Notice of Change (ANOC),

as well as new options for 2026

Call Health Insurance Counseling
Advocacy Program (HICAP)

for an appointment today.

916-376-8915

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
- Flood Detection
- Fire Safety
- 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

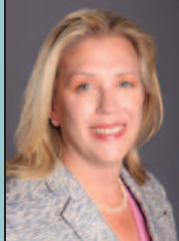
LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anita Aguilar

aaguilar@lpicommunities.com

(800) 950-9952 x2677



Beth Powanda

Independent Health
Insurance Agent

PowandaInsuranceAgency.com
beth@powandainsuranceagency.com

831-252-2256, TTY7110 CA Lic: 0B80536

If you would like a licensed agent to call you, scan this QR code.



POWANDA
INSURANCE AGENCY



Puzzled About Medicare? Let me help you put the pieces together to solve the Medicare puzzle.

AmorCare
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



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



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, Nov 4th - iPhoto Basics 2

In class you will learn Photo management and organization with more advanced tips and tools.

Tuesday, Nov 18th - Online Scams

In this class you will learn how to recognize, avoid, and combat online scammers and scam services.

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: Wednesday, November 12th

Christmas Theme

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, November 19th

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, November 11th

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

Barbara Meade
Director



Healing Sound Bath

Date: Wednesday, November 5th & 19th

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

Facilitated by: Emilie Webb

Call 530-823-8172 to reserve your seat



Monday, November 17th

1:00 - 2:00 pm

Cost: \$5.00

Rock Painting

Tuesday,
November 18th

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

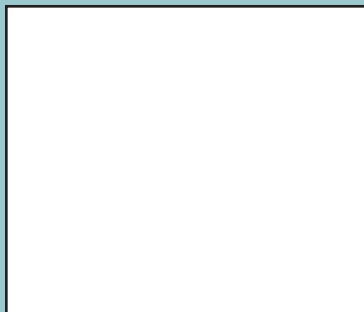


Auburn Oaks
CARE CENTER

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?

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



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



Scan to
contact us!

Visit lpicommunities.com



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



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

Auburn Senior Center, Auburn, CA

C 4C 05-1994

11960 HERITAGE OAK PLACE #15 AUBURN, CA 95603



Wellness as You Age

November 5, 2025

1:00 PM

Auburn Senior Center

Stay on top of your health with some easy tips!

We'll cover essential guidance on maintaining your overall health, practical tips to support mental and physical well-being, and an overview of local community services designed to help you thrive. Whether you're looking to stay active, exercise your mind, or connect with resources, this session offers valuable insights for aging with confidence and vitality.



Placer County Public Health Healthy Aging

(530) 889-7140

HealthyAging@placer.ca.gov

www.placer.ca.gov/HealthyAging

Craft Fair, Saturday, November 8th

Spaghetti Bingo, Monday, November 10th

Center Closed November 27th & 28th

Happy Thanksgiving!!

Spaghetti Bingo, Monday, December 8th

Center Closed Wednesday, December 24th

Thru Thursday, January 1st

Caregiver Burnout Workshop

Caregiver burnout is state of physical, emotional, and mental exhaustion. It can happen when you spend long periods caring for a loved one and begin to feel overwhelmed, unappreciated, or isolated. Burnout is common—and it's valid.

*Warning Signs to Watch For

*Coping and Prevention

*Problem-Solving Support Matters

Date: Thursday, November 13th

Time: 11:00AM – 12:00PM

Presented by: Rhonda Horsman from Help At Home

Cost: Free (donation to the Center appreciated)



Fridays, November 7th & 21st, 10:30 am. Pre sign-up is no longer required. Cost is \$5.00 per game, includes shoes!!

