



# AUBURN SENIOR CENTER

We have big news. Once again, Golden 1 Credit Union is boosting the gifts its members make during Big Day of Giving — and this year, they'll again proportionately match up to \$100,000 of the donations made with Golden 1 Credit Union debit and credit cards! To qualify for the match, donations must be made at [bigdayofgiving.org/auburnseniorcenter](http://bigdayofgiving.org/auburnseniorcenter) using Golden 1 Credit Union debit or credit cards during the giving window, from April 23 through May 7.

AND...Chapel of the Hills - Auburn will be matching donations up to the first \$1,000.00 donated!!



11960 HERITAGE OAK PLACE #15, AUBURN, CA 95603



Happy May,

Tax time is complete for the year! There were over 1,500 returns prepared this year, with donations of \$13,226.37!!! What an awesome job by all, thank you!

Spring Matter of Balance 8 Session Workshop is in process. If you missed this one, be sure to sign up for the Fall session. You can call 530-823-8172 or come in to sign up.

Reminder, the Center will be closed Monday, May 25th for Memorial Day. Be safe in whatever plans you have.

Summer is on the way!

Enjoy,  
Monica

## Spaghetti Bingo

**Date:** Monday, May 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.

**Payment must be received at sign up!**

**Seating limited to 22!**

## Member Activity Schedule for Auburn Senior Center April / May 2026

Day	Description	Start	End	Facilitator	Cost/Notes
<b>Monday</b>	Tai Chi/Qiqong	9:15am	10:15am	Jaya C	Apr \$24 / May \$18 *
	Chair Yoga ***	11:00am	12:00pm	Cory N	Apr \$24 / May \$18 *
	Scattergories	1:00pm	3:00pm	Kathy A	1 <sup>st</sup> Monday \$5 / \$7
	Gentle Somatic Movement	2:00pm	3:00pm	Jennifer A	1 <sup>st</sup> & 3 <sup>rd</sup> \$7/\$9 session \$12
<b>Tuesday</b>	Silver Strength Training	10:00am	11:00am	Cory N.	Apr \$24 / May \$24
	Cooking Club	11:30am	1:00pm	Bonnie, Sherry, Mary & Jesse	Apr \$24 / May \$24 *
	Mexican Train	12:30pm	2:30pm	Char R	1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> session \$8/\$12
	Hand & Foot	12:30pm	3:00pm	Char R	2 <sup>nd</sup> & 4 <sup>th</sup> session \$8
	Bridge	1:15pm	3:15pm	Madelaine H	Begins 4/21 \$5 / May \$16
	Cribbage	5:15pm	9:00pm	Jerry D	\$3.50 + Association Dues
	<b>Wednesday</b>	Aerobics	8:45am	9:45am	Eve G
Walking Group		9:30am		PIRS	Free/Call 530-885-6100x26 for details
Silver Strength Training		10:00am	11:00am	Cory N.	Apr \$24 / May \$24
Chair Yoga		11:15am	12:15pm	Cory N	Apr \$30 / May \$24 *
Conversational Spanish		2:00pm	3:00pm	Carol C	Apr \$20 / May \$16
Woodcarving Club		1:00pm	3:00pm	Steve G	Apr \$20 / May \$16
<b>Thursday</b>	Balance, Strength & Stability	9:30am	10:30am	Debbie T	Apr \$35 / May \$28 **
	Knitting/Crocheting Club	10:00am	12:00pm	Barbara A	Apr \$20 / May \$16
	Chess Club	11:00am	1:30pm	Brian P	Apr \$20 / May \$16
	American Mahjong	12:00pm	3:00pm	Harriet W	Apr \$20 / May \$16
	Pinochle	1:00pm	3:00pm	Alton J	Apr \$20 / May \$16
	Genealogy	1:00pm	3:00pm	Richard R	Free(donation appreciated) by appt ONLY
	Ukulele	1:30pm	2:30pm	Winter H	Apr \$20 / May \$16
<b>Friday</b>	Aerobics	8:45am	9:45am	Eve G	Apr \$16 / May \$20
	Line Dancing	10:15am	11:45am	Valerie H	Apr \$24 / May \$30 *
	Origami	10:30am	11:30am	Kim D.	1 <sup>st</sup> & 2 <sup>nd</sup> Session \$8
	Chinese Mahjong	12:00pm	3:00pm	Colleen A	Apr \$16 / May \$20
	Penny Bingo	1:00pm	3:00pm	Danesia W	Apr \$16 / May \$20, 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)

\*\*\*2<sup>nd</sup> Monday Chair Yoga time is 10:30am

## RED HAWK CASINO SHUTTLE DAYS

**THURSDAY: JANUARY 15<sup>TH</sup>, MARCH 19<sup>TH</sup>, MAY 21<sup>ST</sup>, JULY 16<sup>TH</sup>, SEPTEMBER 17<sup>TH</sup>, NOVEMBER 19<sup>TH</sup>, DECEMBER 17<sup>TH</sup>**

**Cost \$20.00**

**SHUTTLE LEAVES THE CENTER AT 9:30**

**SHUTTLE LEAVES THE CASINO AT 2:30**

**REMEMBER A MINIMUM OF 15 PEOPLE ARE NEEDED FOR THE TRIP!!**

**CALL TO RESERVE YOUR SEAT #530-823-8172**



# AARP

All classes are held at the Center.

## AARP Safe Driver Program

### Refresher Driver Safety Class (4 hour)

Date: Tuesday, February 17<sup>th</sup> or  
Monday, May 18<sup>th</sup>

Time: 11:15 am - 3:30 pm

### Initial Driver Course (8 hour)

Date: Monday & Tuesday, March 16<sup>th</sup> & 17<sup>th</sup> or  
Monday & Tuesday, June 1<sup>st</sup> & 2<sup>nd</sup>

Time: 11:15 am - 3:30pm

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.

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## I Phone Workshop Series

### Tuesday, May 5th - All About AI

*In this class you will learn basics on how to use AI (Artificial Intelligence) your I Phone.*

### Tuesday, May 19th - All About Apps

*In this class you will learn more basics on how to use, operate and customize your iPhone Apps.*

**Time:** 1:00 - 2:00 PM

**Facilitated by:** Sean Kearney of Porchswing Technologies

**Cost:** \$7.00 per workshop

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### 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 freely, creating interesting organic shapes.*

**Date:** Wednesday, May 13th - Dandelions

**Time:** 1:00 - 3:00 pm

**Facilitated by:** Julie Gardner

**Cost:** \$25.00      \$27.00 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, May 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*

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### 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, May 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

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*Fridays, May 1st & 15th, 10:00 am.  
Pre sign-up is no longer required.  
Cost is \$5.00 per game, includes  
shoes!!*



*Monday, May 18th*

*1:00 - 2:00 pm*

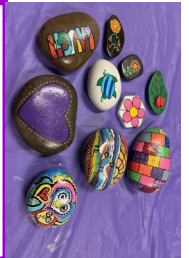
*Cost: \$5.00/\$7 nonmembers*

*All levels welcome!*

### Rock Painting

*Wednesday, May 20th*

*1:00 - 3:00 pm, Cost: \$10.00 (includes Supplies)/  
\$12 nonmember)*



### Thank you to our monthly sponsors:

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*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..*

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*\*\*Donating on our website: [auburnseniorcenter.com](http://auburnseniorcenter.com)*



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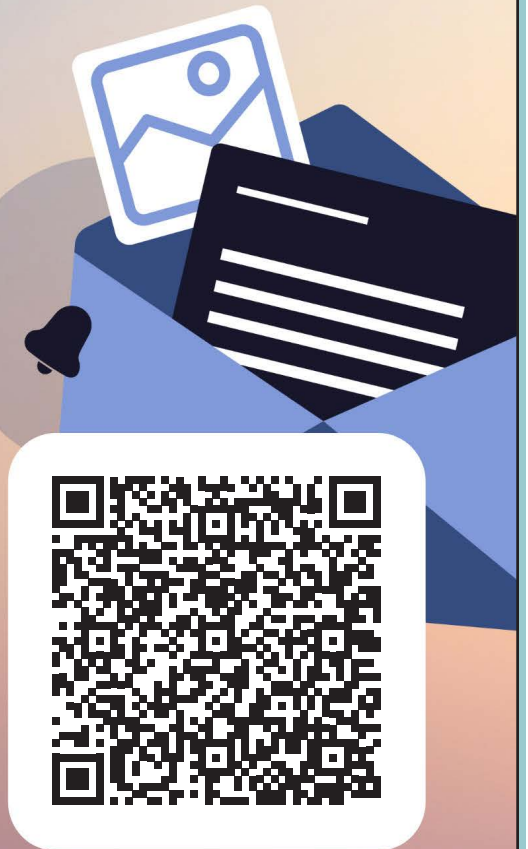
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# 11960 HERITAGE OAK PLACE #15 AUBURN, CA 95603



## SAVE THE DATE

**Big Day of Giving, May 7th**

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**Spaghetti Bingo, Monday, May 11th**

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**Center Closed Monday, May 25th**

**For Memorial Day**

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**Spaghetti Bingo, Monday, June 8th**

\*\*\*\*

**Center Closed Friday, July 3rd**

**For Fourth of July**

## SUPPORTING BRAIN HEALTH IN OUR COMMUNITY + HOME EQUITY STRATEGIES

A 2-part education program presented by the Alzheimer's Association® and Live Better Financial



Tuesday, May 19, 2026  
11:30 a.m. - 12:30 p.m.

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

To register, please call the Auburn Senior Center at 530-823-8172.

### Part 1: Supporting Brain Health in Our Community

Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health. It's never too early—or too late—to start prioritizing brain health. This presentation helps everyone understand the science-backed steps we can take to support lifelong brain health, the warning signs of Alzheimer's disease, and available resources in the community.

### Part 2: Home Equity Strategies

A dementia diagnosis can change everything—both emotionally and financially. In this portion of this class, you'll learn how to plan ahead and access funds to help pay for in-home care or assisted living if the need arises. This session explains how the government-insured Home Equity Conversion Mortgage may help seniors better prepare for future care while remaining in their home or in assisted living.

In collaboration with Live Better Financial and the Auburn Senior Center.



**Began April 21st**

**Time: 1:15 - 3:15 pm**

**Cost: \$5.00**

**All Levels Welcome!**