



AUBURN SENIOR CENTER

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 SACRAMENTO REGIONAL COMMUNITY FOUNDATION

Reminder:
DUES ARE DUE JULY 1ST

Visit our website:
www.auburnseniorcenter.com
 for details on the Scholarship Program

JUNE 2026

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



Spaghetti Bingo

Happy Summer!

Before we know it the heat will be here, remember to drink that water!

Reminder, the Auburn Senior Center now has a scholarship program. If you or someone you know is wanting to attend classes but are having financial difficulties, please go to our website, www.auburnseniorcenter.com, complete the scholarship application and bring or email it to me.

Dues are due July 1st, watch your mail for your invoice. We are folding and stuffing invoices on Monday, June 8th, 10—12. All are welcome to help!

Blessing to all, Monica

Date: Monday, June 8th
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 June / July 2026

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

DISCOVER THE WORLD IN 2027

Join us for an exciting travel presentation as we unveil our incredible lineup of curated group tours and cruises for 2027. Whether you are dreaming of wandering historic European streets, exploring America's majestic landscapes, or cruising scenic autumn coastlines, we have the perfect itinerary waiting for you.



Date: Wednesday, June 3, 2026
Time: 11:00 am
Place: Auburn Senior Center (ASC)
 11960 Heritage Oak Place #15, Auburn
 530-823-8172
SEATING IS LIMITED. PLEASE RESERVE YOUR SPACE BY CONTACTING THE ASC TODAY!

FEATURED PRESENTATIONS

Premier World Discovery Tours – U.S. and Europe

Get a first look at our meticulously planned 2027 land tours across North America and Europe. Guest speaker Joan Thornton of Premier World Discovery will provide an in-depth look at our specially curated tours from hidden domestic gems to timeless European locations.

Special Fall Cruise – New England and Canada

Mark your calendars for September 2027! Embark with Donna and Nancy of Getaway Travel Specialists on an extraordinary small-ship journey from New York City to Montreal. This exclusive voyage also features customized options to explore New York City before the cruise and an optional post-cruise finale to view the spectacular Niagara Falls.

WHY TRAVEL WITH OUR GROUPS

Journeys by Getaway Travel Specialists are designed strictly around ****socializing, connection, and relaxation****. Enjoy a stress-free vacation alongside like-minded neighbors, featuring excellent group value, low-pressure pacing, and completely seamless coordination. We manage every detail so you can simply focus on the getaway.

HOPE TO SEE YOU JUNE 3 AT THE SENIOR CENTER!



AARP

All classes are held at the Center.

AARP Safe Driver Program

Refresher Driver Safety Class (4 hour)

Date: Tuesday, February 17th or
Monday, May 18th

Time: 11:15 am - 3:30 pm

Initial Driver Course (8 hour)

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

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, June 2nd - Online Scams

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

Tuesday, June 16th - Texting Basics

In this class, you will learn the basics of texting, including lingo, tips, organization and inserting different types of media.

Time: 1:00 - 2:00 PM

Facilitated by: Sean Kearney of Porchswing Technologies

Cost: \$7.00 per workshop *New Fee \$10 in Aug.

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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, June 10th - Glass Vases

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

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, June 17th

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: No June Class

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!



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Fridays, June 5th & 19th,

10:00 am. Pre sign-up is no longer required. Cost is \$5.00 per game, includes shoes!!



Monday, June 15th

1:00 - 2:00 pm

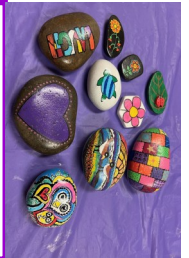
Cost: \$5.00/\$7 nonmembers

All levels welcome!

Rock Painting

Wednesday, June 24th

*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..

**Becoming a sponsor*

***Donating on our website: auburnseniorcenter.com*

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JUNE 16TH | 1:00 PM

AGES 55+ | BRING A FRIEND - ALL ARE WELCOME!
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1960 HERITAGE OAK PLACE, ROOM #15, AUBURN, CA 95603 | 530-823-8172

SAVE THE DATE

Spaghetti Bingo, Monday, June 8th

No Watercolor Class in June

Bingocize 10 week program begins June 15th

Center Closed Friday, July 3rd

For Fourth of July

Spaghetti Bingo, Monday July 13th

Spaghetti Bingo, Monday August 10th

AUBURN SENIOR CENTER

JOIN BINGOCIZE



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Mondays
1:00 PM - 2:00 PM

Thursdays
11:00 AM - 12:00 PM

June 15, 2026 - August 20, 2026

Looking for a fun way to stay active, healthy, and connected?
Bingocize combines the excitement of bingo with simple exercises and wellness education designed for adults of all fitness levels.

Why Join?

- Improve strength, balance, and mobility
- Stay active in a safe and supportive environment
- Learn healthy lifestyle tips
- Enjoy bingo games, prizes, and social fun
- Meet new friends and build community

No Experience Needed!

Exercises can be done seated or standing.



Reserve your spot by calling (530) 889-7140 or at the Auburn Senior Center.



Placer County Public Health Healthy Aging
(530) 889-7140
HealthyAging@placer.ca.gov
www.placer.ca.gov/HealthyAging

Brain Health



Tuesday, June 23, 2026
1:00 PM
Auburn Senior Center

Take charge of your brain health at any age! In this informative and engaging class, you'll learn why brain health matters and how it changes over time. Discover practical tips for nourishing your brain through nutrition, staying physically active, building healthy habits, improving sleep, managing stress, and staying socially connected. Walk away with simple tools and strategies to keep your mind sharp, resilient, and thriving.



Please email
HealthyAging@placer.ca.gov or call
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