



Reminder:

DUES ARE
DUE
JULY 1ST



Visit our website:
www.auburnseniorcenter.com

for
details
on
the
Scholarship
Program



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



Happy Summer!

A BIG thank you to all that have sent in their dues! Invoices were sent June 8th. If you haven't received yours, please call 530-823-8172.

Soles for Souls will be returning this month. The donation box will be located just inside the front door.

Save the date, our annual fundraiser, Taste of the Foothills will be Thursday, October 1st!

Stay cool, stay hydrated, and have a great summer!

Blessings to all,

Monica

Spaghetti Bingo

Date: Monday, July 13th

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 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
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
	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

RED HAWK CASINO SHUTTLE DAYS

THURSDAY: JANUARY 15TH, MARCH 19TH, MAY 21ST, JULY 16TH, SEPTEMBER 17TH, NOVEMBER 19TH, DECEMBER 17TH

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

Cognitive Self-Evaluation: iCog

Are you interested in supporting your brain health and early detection of cognitive changes?

What is iCog:

- iCog is a quick, digital version of the Mini-Cog, a trusted screening tool for cognitive function.
- Is taken on a tablet.
- Helps identify potential signs of memory or thinking issues.
- Your results are confidential, and the test is **not diagnostic**.

Who Can Participate:

- Adults age 50+.
- Comfortable using a tablet (our staff will assist with the technology).
- No prior diagnosis of cognitive impairment.
- Are able to see, hear, and use your writing hand, as the test includes both visual and drawing tasks.

Why Take iCog:

- iCog empowers you to monitor your cognitive function early, even before symptoms become noticeable.
- Catching subtle changes in thinking or memory early allows for better planning, treatment, and outcomes.
- Allows you to prioritize your brain health and take healthy steps forward.

Sign up in person at the Auburn Senior Center for one of our appointments on July 14, 2026!



Scan the QR code or visit placer.ca.gov/healthyaging to learn more!

Our Second Holiday Craft Fair



**Saturday,
Nov 14, 2026
9 am - 2 pm**



Multiple vendors selling handmade items such as jewelry, holiday/everyday decorations, quilted/crochet/knit items, American Doll clothes, and many other craft items

**Oshkosh Seniors Center, South Building
200 N. Campbell Rd.**

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I Phone Workshop Series

Tuesday, July 7th - Basics I (iOS26)

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

Tuesday, July 21st - Basics 2 (iOS26)

In this class you will learn more basics on how to use your I Phone, as well as more tips and tricks.

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, liquid acrylic paint onto a canvas. Because of that fluid consistency, the paint moves and spreads freely, creating interesting organic shapes.

Date: Wednesday, July 8th - Metallic Landscape

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, July 15th

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.

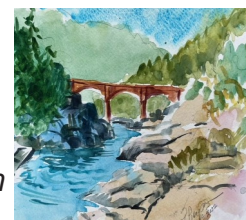
Date: Tuesday, July 14th

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

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Fridays, July 3rd & 17th,

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



Monday, July 20th

1:00 - 2:00 pm

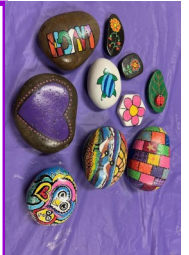
Cost: \$5.00/\$7 nonmembers

All levels welcome!

Rock Painting

Wednesday, July 22nd

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



CHEW AND CHAT CLUB, formerly Cooking Club

Love a good meal with friends? Come join us for our "Not Your Mommas Burger" class. We will sample this summer classic with a variety of innovative toppings and sauces and talk about all things "burger". Sit, chat and enjoy.

Date: July 29. 11:30 - 1:00

Cost: \$7, Register by 7/17

Thank you to our monthly sponsors:

*Stephanie Anderson

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*William Witzske

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.

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Auburn Senior Center, Auburn, CA

05-1994

11960 HERITAGE OAK PLACE #15 AUBURN, CA 95603

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.

**Matter of Balance 8 Session Workshop
Begins August 17th, call 530-823-8172 to
Sign up.**

SAVE THE DATE

**Center Closed Friday, July 3rd
For Fourth of July**

Spaghetti Bingo, Monday July 13th

Spaghetti Bingo, Monday August 10th

**Center Closed Monday, September 7th
For Labor Day**

AUBURN SENIOR CENTER

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June 15, 2026 - August 20, 2026

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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

American Mahjong Info

*From now on Auburn Senior Center members can
schedule three free lessons in a row,*

*and then they must pay the regular fee to
play. Any non-member who wants lessons*

*(they must commit to three sessions in a row) can
schedule with Harriet and pay \$5.00 per*

*session to the Auburn Senior Center. It's best
people call Harriet directly to set up lessons...*

*(530) 613-5088. Please let the desk personnel
know of this change.*