



Medicare Education Event

Saturday, August 22nd, 10:00 am, Education, pancakes, and eggs, Mcare bingo with prizes. Sponsored by Dave LaPlante and Sara Robinson. RSVP to 530-477-0449 by Text or call.



Reminder:

**DUES ARE
DUE
JULY 1ST**



Matter of Balance 8 Session Workshop

Sessions will be Mondays & Thursdays, 3:15 -

5:15pm. Scheduled for 8/17, 8/20, 8/24, 8/27, 9/3, 9/10 & 9/14. Cost: \$10 for materials.

Seats still available, call 530-823-8172 to sign up.

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



Happy Summer!

Reminder, Cooking Club is now Chew & Chat, it will be the 2nd, 4th & 5th Tuesdays of the month.

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.

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, August 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

August / September 2026

Day	Description	Start	End	Facilitator	Cost/Notes
Monday	Tai Chi/Qiqong	9:15am	10:15am	Jaya C	Aug \$30 / Sep \$18 *
	Chair Yoga ***	11:00am	12:00pm	Cory N	Aug \$30 / Sep \$24 *
	Scattergories	1:00pm	3:00pm	Kathy A	1 st Monday \$5 / \$7
Tuesday	Silver Strength Training	10:00am	11:00am	Cory N	Aug \$24 / Sep \$30
	Chat & Chew 2 nd , 4 th , 5 th	11:30am	1:00pm	Sherry C	Aug \$12 / Sep \$18 *
	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	Ron J	\$2.50 + Association Dues
Wednesday	Aerobics	8:45am	9:45am	Eve G	Aug \$16 / Sep \$20
	Walking Group	9:30am		PIRS	Free/Call 530-885-6100x26 for details
	Chair Yoga	11:00am	12:00pm	Cory N	Aug \$24 / Sep \$30 *
	Conversational Spanish	2:00pm	3:00pm	Carol C	Aug \$16 / Sep \$20
	Woodcarving Club	1:00pm	3:00pm	Steve G	Aug \$16 / Sep \$20
Thursday	Balance, Strength & Stability	9:30am	10:30am	Debbie T	Aug \$28 / Sep \$28 **
	Knitting/Crocheting Club	10:00am	12:00pm	Barbara A	Aug \$16 / Sep \$16
	Chess Club	11:00am	1:30pm	Brian P	Aug \$16 / Sep \$16
	American Mahjong	12:00pm	3:00pm	Harriet W	Aug \$16 / Sep \$16
	Pinochle	1:00pm	3:00pm	Alton J	Aug \$16 / Sep \$16
	Genealogy	1:00pm	3:00pm	Richard R	Free(donation appreciated) by appt ONLY
	Ukulele	1:30pm	2:30pm	Winter H	Aug \$16 / Sep \$16
Friday	Aerobics	8:45am	9:45am	Eve G	Aug \$16 / Sep \$16
	Line Dancing	10:15am	11:45am	Valerie H	Aug \$24 / Sep \$24 *
	Origami	10:30am	11:30am	Kim D.	1 st & 2 nd Session \$8
	Chinese Mahjong	12:00pm	3:00pm	Colleen A	Aug \$16 / Sep \$16
	Penny Bingo	1:00pm	3:00pm	Danesia W	Aug \$16 / Sep \$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**

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8/18/26 at 1 P.M.

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We'll go over **discount programs, rebates, and energy efficiency.** Attendees are welcome to bring their energy bills for **one-on-one assistance** after the seminar as well.

Contact Pioneer:

(916) 758-8969
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Contact Auburn Senior Center:

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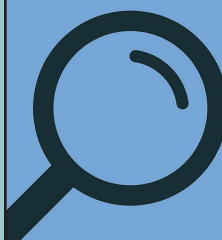
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I Phone Workshop Series

Tuesday, August 4th - All About Apps

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

Tuesday, August 18th - All About AI

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

Time: 1:00 - 2:00 PM

Facilitated by: Sean Kearney of Porchswing Technologies

Cost: \$10 per workshop ***New Fee**

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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, August 12th - Lovebirds

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, August 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

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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.

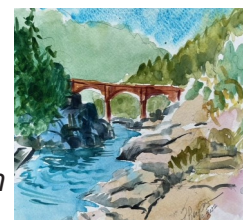
Date: Tuesday, August 11th

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!



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Fridays, August 7th & 21st,

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



Monday, August 17th

1:00 - 2:00 pm

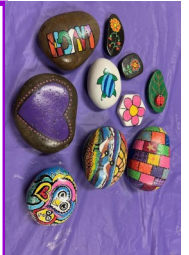
Cost: \$5.00/\$7 nonmembers

All levels welcome!

Rock Painting

Wednesday, August 19th

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



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www.auburnseniorcenter.com
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details
on
the
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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.

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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.

AUBURN SENIOR CENTER

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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

SAVE THE DATE

Spaghetti Bingo, Monday August 10th

Center Closed Monday, September 7th
For Labor Day

Spaghetti Bingo, Monday, September 14th

Taste of the Foothills, Thursday, October 1st

Spaghetti Bingo, Monday, November 9th

Annual Craft Fair, Saturday, November 14th

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.