



AUBURN SENIOR CENTER

SEPTEMBER 2026



Tickets \$35

Thursday, October 1st, 5:00 – 7:30 pm
First Congregational Church



Spaghetti Bingo

Date: Monday, September 14th

Cost: \$8, \$5 if not having lunch,
+ \$1 per card for bingo

**Lunch served at 12:30pm,
Bingo play 1:00 – 3:00pm**

Meal Sponsored by David LaPlante,
an agent offering Medicare
products. License #0783808.

**Payment must be received at sign up!
Seating limited to 22!**

Greetings All,

Reminder, the Center will be closed Monday,
September 7th for Labor Day.

Tickets are now on sale for our annual fund-
raising event Taste of the Foothills. Hoping to
see you there.

The annual Craft Fair will be Saturday,
November 14th. Now taking applications for
vendors.

Happy September,
Monica

Get in Touch!

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

PHONE

530-823-8172

WEBSITE

www.auburnseniorcenter.com

EMAIL

seniorcenterauburn@att.net

HOURS

8:45am – 3:30pm M – F

ALL ABOUT US

Auburn Senior Center

Our Staff

Center Director

Monica Sherman

President

Bonnie Allert

Vice President

Jackie Freeman

Treasurer

Vicki Stonebarger

Secretary

Sue Klabunde

Director

Steve Gramberg

Director

Willie White

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Mary Welna

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Joe Arsenith

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Barbara Meade

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Director

Sandy Amara

Board of Directors

Thank you to our monthly sponsors:

*Stephanie Anderson *Christina Arrostituto *Cassandra Barnhill *Jeanne Bourland
*Colleen Conley *Pat Garcia *Pat Haughian *Judy Holtan *Sara Jotoku
*Pat Kinzel *Sue Klabunde *Dave LaPlante *Dan Pena *Erik Peterson
*Brent Smedley *Robert Schwenke *Karen and Darrell Thomas
*Raymond Thompson *William Witzske

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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(c)(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



If you or someone you know would like to attend a class but lack the finances, please check out our Scholarship Program!!





AARP

All classes are held at the Center.

AARP Safe Driver Program

Refresher Driver Safety Class (4 hour)

Date: Tuesday, September 29th or October 27th

Time: 10:00 am - 2:30 pm

Initial Driver Course (8 hour)

Date: Monday & Tuesday, November 16th & 17th or
Monday & Tuesday, December 7th & 8th

Time: 10:00 am - 2:30pm

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.

Red Hawk Casino Shuttle will be Thursday, September 17th. Cost \$20.00. Shuttle leaves here @ 9:30 AM and leaves the casino @ 2:30 PM. Let us know if you plan to go, we need 15 people to be on the shuttle.



Bowling Days will be Fridays, September 4th & 18th, 10:00 AM. Cost is \$5 per game, includes shoes.

DISCLAIMER

We make every effort to ensure the accuracy of the information in this newsletter; however, changes may occur after publication. Times and dates are subject to change, and programs may be added or canceled. Please call our office or visit our website to verify information.

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Auburn Senior Center, Auburn, CA

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ACTIVITY SCHEDULE

Auburn Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Qigong 9:15 – 10:15 am Chair Yoga 11:00 am – 12:00 pm *2 nd Monday 10:30	Silver Strength 10:00 – 11:00 am Chat & Chew 2 nd , 4 th & 5 th Tuesdays 11:30 am – 1:00 pm	Aerobics 8:45 – 9:45 am Walking Group 9:30 am Call 530-885-6100 x26 for details	Balance, Sternghth & Stability 9:30 – 10:30 am Crocheting/ Knitting Club 10:00 am – 12:00 pm	Aerobics 8:45 – 9:45 am Line Dancing 10:15 – 11:45 am Origami 1 st & 2 nd Fridays 10:30 – 11:30 am
Scattergories 1:00 – 3:00 pm • 1 st Monday Only Mediumship 3rd Mondays 1:00 – 2:30 pm \$5 / \$7	Chair Yoga Dance 11:30 am – 12:30 pm Mexican Train 1 st , 3 rd , & 5th Tuesdays 12:30 – 3:00 pm	Chair Yoga 11:00 am – 12:00 pm Woodcarving 1:00 – 3:00 pm	Chess Club 11:00 am – 1:00 pm American Mahjong 12:00 – 3:00 pm	Chinese Mahjong 12:00 – 3:00 pm Penny Bingo 1:00 – 3:00 pm Bowling 1 st and 3 rd Fridays 10:00 am
	Hand & Foot 2 nd & 4th Tuesdays 12:30 – 3:00 pm	Conversational Spanish 2:00 – 3:00 pm	Pinochle 1:00 – 3:00 pm Genealogy 1:00 – 3:00 pm By appt. only	
	Cribbage 5:15 – 9:00 pm		Ukulele 1:30 – 2:45 pm	

WORKSHOPS

Auburn Senior Center



iPhone Workshop Series 1:00 - 2:00 pm

TUESDAY, SEPTEMBER 15TH – IPHOTO BASICS COST \$10 / \$12

In this class, you will learn all about the “photos” app, along with how to organize, share and view your photos.

TUESDAY, SEPTEMBER 22ND – ONLINE SEC/SCAM PREV COST \$10 / \$12

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



Fluid Paint 1:15 - 3:15 pm

WEDNESDAY, SEPTEMBER 16TH – STEPPING STONES COST \$30 / \$32

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. Please bring an apron. Class size is limited to 12!

Must sign up and pay the week before class.



Legally Prepared 1:00 - 2:30 pm

WEDNESDAY, SEPTEMBER 16TH COST: \$ DONATION

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 and trusts.



Watercolor Painting 1:00 - 3:00 pm

TUESDAY, SEPTEMBER 22ND COST: \$14 / \$16

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 are provided.



Rock Painting 1:00 - 3:00 pm

WEDNESDAY, SEPTEMBER 23RD COST \$10 / \$12

Cost includes supplies!

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Auburn Senior Center

11960 Heritage Oak Place, #15
Auburn, Ca 95603



Tuesday, September 8, 2026
FREE
Introductory Session
11:30 a.m.
@ Auburn Senior Center

Wear sturdy shoes (tennis/athletic)

**Session includes Seated AND
Standing Routines**

(Donation to ASC encouraged)

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY + HOME EQUITY STRATEGIES

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



Wednesday, September 23, 2026
11:00 a.m. - Noon

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.

Falls Prevention Overview Class

Tuesday, September 1, 2026

1:00 PM

Auburn Senior Center

More than 1 in 4 people aged 65+ fall each year—but many of these falls are preventable with the right knowledge and support.

Falling is the #1 reason patients are treated in most trauma centers, and it can have serious impacts on health, mobility, and independence. The good news is that small changes can make a big difference. Join our one-time fall prevention class to learn practical, easy-to-follow strategies to reduce your risk, improve your balance and strength, and help you stay safe, confident, and independent in your daily life.

Come learn how to take action to prevent falls!



Please email
HealthyAging@placer.ca.gov or call
(530) 889-7140 to learn more.

Finding Your Creative Refuge *A Restorative Art Experience for Caregivers*

Caring for someone you love takes tremendous heart. Join us for this 6-session series that offers caregivers that chance to pause, breathe, and reconnect with themselves through the creative process.

Using painting and collage, participants will enjoy a welcoming, supportive environment where creativity becomes a source of renewal, reflection, and connection. We invite participants to enjoy the complete six-session journey.

No artistic experience is necessary. All materials are provided.



Dates and Topics:

- Oct 5: Identity Beyond Caregiving (collage)
- Oct 12: Creating A Safe Space (painting)
- Oct 19: Grief and Change (painting)
- Nov 9: Stress to Strength (painting)
- Nov 16: Self-Compassion and Renewal (painting)
- Nov 23: Looking Forward (collage)



Location:

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

Time:

1:30 pm - 3:30 pm

Funding provided by Auburn Host Lions and the Arts Council of Placer County

Event Partners:



Registration Required:

Contact Monica Sherman at 530-823-8172
or monica.sherman@auburnseniorcenter.org

Respite may be available for participants, please request at least two weeks in advance and indicate your need upon registration.