



AUBURN SENIOR CENTER

OCTOBER 2026



Tickets \$35

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

Greetings All,

Reminder, Tickets are now on sale for our annual fundraising event Taste of the Foothills. Hoping to see you there!

Senior Health Fair will be Wednesday, October 7th, 9:00 – 1:00. See Flyer further in newsletter for more information.

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

Happy October,
Monica



Spaghetti Bingo

Date: Monday, October 12th

Cost: \$10, \$5 if no 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!**

Now accepting vendor
applications for our annual
Craft Fair!

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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Stan Hapak

Director

Sandy Amara

Board of Directors

Thank you to our monthly sponsors:

*Stephanie Anderson *Christina Arrostituto *Cassandra Barnhill *Jeanne Bourland
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*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:

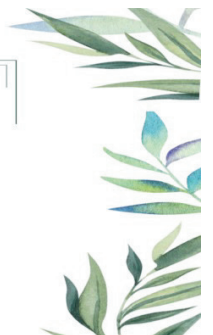
*Becoming a sponsor **Donating on our website: auburnseniorcenter.com



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



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





Android Phone Classes
Saturdays:
October 10th & 24th
1:00 – 2:00 PM



Bowling Days will be Fridays,
October 2nd & 16th,
10:00 AM. Cost is \$5 per
game, includes shoes.

1st Caregiver Support Group Meeting
Thursday, October 8th 2:00-3:00pm
No Cost!

Returning to Nature:
A Guide to Green Burial
Tuesday, October 6th 10:00AM
Call 530-823-8172 to reserve your seat!

AARP Driving Classes
Refresher: October 27th, 10:00 – 2:30

Eliminate Joint Pain Naturally – A Workshop with Kenny Rego & Kendra Cannoy
Inflammation Reset Specialists | Accelerated Regeneration
Monday, October 26th, 1:30 – 2:30 PM

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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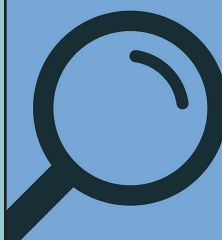
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- Assistance with personal care
- Medications for symptom management

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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, Sterngth & 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
Scattergories 1:00 – 3:00 pm • 1 st Monday Only Mediumship 1st & 3rd Mondays 1:00 – 2:30 pm \$5 / \$7	Chair Yoga Dance 11:30 am – 12:30 pm Mexican Train 1 st , 3 rd , & 5 th 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 & 4 th Tuesdays 12:30 – 3:00 pm	Conversational Spanish 2:00 – 3:00 pm	Pinochle 1:00 – 3:00 pm Ukulele 1:30 – 2:45 pm	
	Cribbage 5:15 – 9:00 pm			

WORKSHOPS

Auburn Senior Center



iPhone Workshop Series 1:00 - 2:00 pm

TUESDAY, OCTOBER 6TH - IPHONE BASICS COST \$10 / \$12

In this class you will learn more basics on how to use, operate and customize your I Phone. A perfect class for beginners.

TUESDAY, OCTOBER 13TH - IPHONE BASICS 2 COST \$10 / \$12

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



Fluid Paint 1:15 - 3:15 pm

WEDNESDAY, OCTOBER 14TH - HALLOWEEN THEME COST \$25 / \$27

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!

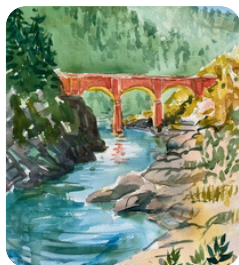
Must sign up and pay the week before class.



Legally Prepared 1:00 - 2:30 pm

WEDNESDAY, OCTOBER 21ST 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, OCTOBER 13TH 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, OCTOBER 21ST COST \$10 / \$12

Cost includes supplies!

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Auburn Senior Center

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Downsizing Seminar AT AUBURN SENIOR CENTER



Tracie Race - CPA

Learn about the tax ramifications of selling or renting out your home and deductions available for in home medical care if you choose to stay in your home and much more!



Shelly Coyne Senior Placement Agent

Shelly is a patient and insightful Senior Placement Agent who will go over the different senior living options that are available.



Carla Shryock- Seniors Real Estate Specialist

Carla will walk you through the steps of downsizing with a structured plan from reducing your belongings to timing the sale of your home.



OCTOBER 14, 2026 11AM

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

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

Event Partners:

Time:

1:30 pm -3:30 pm



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.



Wednesday
October 7, 2026
9am to 1pm

- Free Vaccinations
- Come and Learn Series (see back)
- Free Health Screenings
- Assistive Technology
- Services
- Resources
- Fun!



Placer County Health &
Human Services Building
HHS Conference Center
in the DeWitt Center
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New Location!



Auburn Ravine
Healthcare Center

Come and Learn About . . .

9:15 - 9:45	How to Avoid Scams and Fraud
10:00 - 10:30	Services Available to Us through Placer County
10: 45 - 11: 15	Placer County Transportation Services
11:30 - 12:00	Legal Services of Northern California Services
12:15 - 12:45	Veterans Services

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