

## City of El Paso de Robles Senior Center

Services, Programs & Activities	Time	Day	Fee	Dates
<b>AARP Driver Safety Classes</b> ~ Schedules available at the Senior Center; two hour sessions complete one class. Call Richard, 238-6749	8:30 am - 12:00 pm	Tuesday & Thursday	\$12 Mem. \$14 Non.	May 8th & 10th June 12th & 14th
<b>Alzheimer's Association</b> ~ Consultations by Appt. Call 547-3830	By Appointment	4th Wednesday	FREE	Monthly
<b>Bingo Mania</b> ~ 9 Games - Free popcorn and goodies	1:30 - 3:30 pm	Wednesday	1 card \$1.25 5 cards \$5	Weekly
<b>Body In Balance for Active Aging</b> ~ Body alignment, breathing, & balance w/ certified instructor. Call Faye Baker, 238-9770.	10:00 - 11:00 am	Wednesday	\$44/Month \$76 / 2 Months	Weekly
<b>Braille Institute Mobile Van</b> ~ Information about free programs & services for dealing with vision loss. Drop in or call 682-6222	10:00 am - 12:00 pm	1st Thursday	FREE	Monthly
<b>Braille Institute Resources</b> ~ Please check out our Braille station in our library. We have books on tape and CD and tape recorders/players!	Any	Any	FREE	Daily
<b>Brain Aerobics</b> ~ Dr. Sonja Glassmeyer, Professor Emeritus, Cal Poly. Brain games to keep you sharp! Everyone Welcome!!	9:30 - 11:00 am	1st & 3rd Thursday	FREE	2 X Month
<b>Bridge: Duplicate Bridge</b> ~Call Fred, 238-5400 For Partnership info. Call Caroline Bell 238-0337	12:30 - 4:30 pm	Monday & Thursday	Annual Dues	2 X Week
<b>Bridge: Party Bridge</b> ~ Everyone welcome! Call Mary, 434-2371	12:30 - 5:00 pm	Wednesday	FREE	Weekly
<b>Bunco</b> ~ To pre-register, call Bonnie, 468-4224	12:30 - 2:30 pm	4th Thursday	\$2	Monthly
<b>Canasta</b> ~ Everyone Welcome! Call Joan, 237-2528	1:00 - 4:00 pm	Friday	FREE	Weekly
<b>Celtic Circle Ceili ~ Free Dance Class!!</b> Learn to dance a variety of Irish dances. No partner necessary! Call Lynn, 238-9185 or 712-2634 or sternfamlds@sbcglobal.net.	1:00 - 2:30 pm	Monday	FREE	Weekly
<b>Central Coast Casters Fishing Club</b> ~ Call Mel, 226-7676 Meeting at 1909 Rambouillet, PR	6:30 pm	3rd Tuesday	FREE	Monthly
<b>Classical Music</b> ~ Will be back in the Fall!!	1:00-4:00 pm	Thursday	FREE	Back in the Fall
<b>Computer Assistance</b> ~ One-on-one training	By Appointment	TBD	FREE	3 x Week
<b>Computer Club</b> ~ Joseph, 238-6261 or go to <a href="http://sites.google.com/site/northcountycomputer/">http://sites.google.com/site/northcountycomputer/</a>	1:00 - 3:00 pm	2nd & 4th Tues-May 2nd Tues-June	Annual Dues	2 x Month
<b>Cribbage Card Club</b> ~ Everyone welcome! Call Barbara 610-9831	9:30 am - 12:00 pm	Monday & Thursday	FREE	2 x Week
<b>Documentary Film Days</b> ~ See pages 4 & 6 for titles.	12:30 pm	3rd Monday	FREE	Monthly
<b>Fibromyalgia Arthritis Foundation Support Group</b> ~ Call Elaine Hagen, 237-9069	10:00 am - 12:00 pm	3rd Thursday	FREE	Monthly
<b>Flexercise Class</b> ~ Low impact class. Drop in. Call Sue, 226-8926	9:00 - 10:00 am	Tuesday	FREE	Weekly
<b>Good Neighbor Volunteer &amp; Assistance Program.</b> See page 10 for more information	By Appt.	Any	FREE	Any
<b>Grief Widow/Widower Support Group</b> ~ Call Central Coast Hospice at (805) 234-2382 to make an appointment.	By Appointment	Friday	FREE	Weekly
<b>Health Screenings for 50+</b> provided by Community Action Partners ~ Call 788-0827	9:00 am - 12:00 pm	4th Wednesday	FREE	Monthly
<b>HICAP Health Insurance Counseling &amp; Advocacy Program</b> ~ (Medicare) Call 800-434-0222 to schedule an appointment.	By Appointment	Monday - Friday	FREE	2 X Month
<b>History Buffs</b> ~ Gary Kuhn is BACK!	10:00 - 11:00 am	2nd Thursday	FREE	April 12th

## City of El Paso de Robles Senior Center

Services, Programs & Activities	Time	Day	Fee	Dates
<b>Joyful Knitters</b> ~ Join us anytime! Call Virginia, 227-4255 or Diane, 467-2717	2:00 - 4:00 pm	Thursday	FREE	Weekly
<b>LaLucha/PACE</b> ~ Light Exercise Class (Spanish) Call Gladys, 227-4913	10:00 - 11:00 am	Monday & Friday	\$11 Month	2 x Week
<b>Legal Aid for 60+</b> ~ 30 minute consultation with lawyer, call 237-3880	By Appointment	2nd Wednesday	FREE	Monthly
<b>Life Story Interviews</b> ~ Vicky Reeder conducts interviews and records them for you to keep. Call 237-3880	By Appointment	TBD	FREE	Open
<b>Mahjong Tile Game</b> ~ To schedule an appt. for a FREE lesson, call Lorraine, 239-4839 . <b>Looking for new players!!</b>	1:00 - 3:30 pm	Tuesday	FREE	Weekly
<b>Movies: Modern Movies</b> ~ See pages 4 & 6 for title.	12:30 pm	3rd Friday	FREE	Monthly
<b>Movies: Classic Movie</b> ~ See pages 4 & 6 for title.	12:30 pm	1st Friday	FREE	Monthly
<b>Nutrition Services</b> ~ See page 14. Call 238-4831 for reservations. Home delivery available.	11:30 am	Monday - Friday	\$2.75 Donation	Monday-Friday
<b>Painting Class</b> - JoAnn Hoffmann One-Stroke Method ~ Call JoAnn, 238-4338	10:30 - 4:30 pm	Tuesday	\$34 - \$42 per month	Weekly
<b>PEDRO Card Game</b> ~ Call Mary, 237-1722	1:00 - 4:00 pm	1st & 3rd Tuesday	FREE	2 x Month
<b>Pinochle</b> ~ Casual Card Game Call Barbara 226-0712 Cell 610-9831	12:00 - 4:00 pm	Monday & Thursday	FREE	2 x Week
<b>Recorder Class</b> ~ Learn to play the recorder.	8:30-10:00	Wednesday	FREE	Monthly
<b>Red Hat Society</b> ~ The Happy Hatters, Call Verna 237-0931	10:00 a.m.	1st Friday	FREE	Monthly
<b>Sewing Group</b> ~ Diane Applegate 238-6516. Join us to create fun group projects!	10:00-2:00pm	1st and 3rd Wednesday	FREE	Monthly
<b>Scrabble</b> ~ Call Estella, 226-8948	1:00 - 3:00 pm	Friday	FREE	Weekly
<b>Senior Advisory Public Meetings</b> ~ Open to the public	1:30 pm	2nd Monday	FREE	Monthly
<b>Senior Center Membership</b> ~ Support the Senior Center, receive the newsletter & event discounts. See page 13.	Any	Any	\$12 - \$50 per household	Annual
<b>Senior Scholarships</b> ~ 50% discount available to qualifying seniors.	Any	Any	FREE	Ongoing
<b>Socrates Café</b> ~ Philosophical Dialogue Group. Everyone welcome!	1:30 - 3:30 pm	Friday	FREE	Weekly
<b>Stamp Collectors Group</b> ~ Call Lee, 239-9767	9:00 - 10:00 am	2nd & 4th Monday	FREE	2 x Month
<b>Volunteering</b> ~ Lots of opportunities, everyone welcome! Application Brochures Available - Call Lynda, 237-3987	Any	Any	Priceless	Any
<b>Walking Group</b> —Meet new friends and walk around Sherwood Park. Meet in the lobby at the Senior Center.	10:00 - 11:00 am	Tuesday	FREE	Weekly
<b>Woodworkers Association</b> ~ Call Keith, 402-0172 Meeting at the Pioneer Museum, 2010 Riverside Ave., PR	7:00 - 9:00 pm	2nd Thursday	FREE	Monthly
<b>Writer's Critique Group</b> ~ Call Carol, 238-2194 - Meeting at Creston Village, 1919 Creston Road.	7:00 - 9:00 pm	1st & 3rd Tuesday	FREE	2 x Month
<b>Yoga For Seniors</b> ~ Free drop in classes conducted by Instructor or CD	8:00 - 9:00 am	Monday & Friday	FREE	2 x Week
<b>Yoga</b> (Recreation Department) ~ Call 237-3988 for info.	6:00 - 7:10 pm	Wednesday	Varies	Weekly
<b>Zumba Gold®</b> ~ Maryanne Zarycka ~ Call 801-4223	4:00-4:50	Monday	\$60 per month	Weekly