



MAY - AUGUST 2019

Senior Buzz

SEASIDE OLDER ADULT PROGRAMS

OLDEMEYER CENTER



986 Hilby Avenue

Seaside CA

831-899-6800

www.ci.seaside.ca.us

Volunteers needed!
Interested? Call 831-899-6809 and fill out the volunteer application.

We are looking for volunteers to help with:

- Senior Nutrition
- Bingo Caller
- Produce Market
- Special Events & Dances
- Activity Instructors

Sally Shea
Recreation Specialist
831-899-6809
[SShea@ci.seaside.ca.us](mailto:sshea@ci.seaside.ca.us)
Office hours: 8 AM - 2 PM

* Prices and dates are subject to change without notice
Last updated: 4/15/2019

PATTULLO SWIM CENTER



SENIOR SWIM

This program provides Senior Citizens an opportunity to use the pool in a comfortable atmosphere with other seniors. This is NOT a water exercise or arthritis swim class. This is an opportunity to get in the water, socialize, and swim or exercise at your own pace.

Drop in Fees: Resident: \$3.50 / Non- Resident: \$4.

Monday, Wednesday, Friday from 10 AM - 11 AM.

SENIOR SWIM

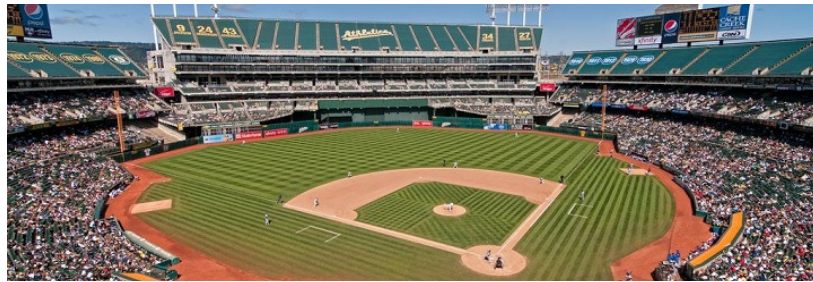
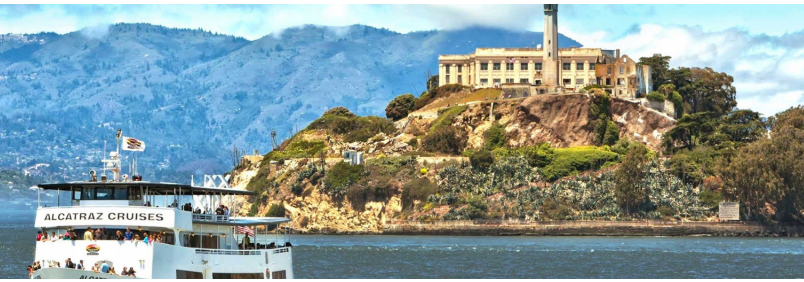
Jump right into our water aerobics classes and build cardiovascular fitness and strength. Just like swimming, our water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Water aerobics classes are suitable for all fitness levels, as a result of their low-impact format.

Monday - Friday from 8 AM - 9 AM and Tuesday/Thursday from 6 PM - 7 PM.

**Pool is closed on May 12, June 15-16, and July 4*

PATTULLO
SWIM CENTER

1148 Wheeler Street
Seaside CA
831-899-6815



TRIPS

ALCATRAZ - SAN FRANCISCO

Visit notorious Alcatraz Prison by ferry and discover its unique history.

Date: May 23

Cost: \$35

Departure: 9 AM

Expected Return: 7 PM

Activity #: 530900-12

Registration Opens: Resident: April 15

Non-Resident: April 16

CHINA TOWN - SAN FRANCISCO

This is one of the oldest and most established Chinatowns in the U.S. There are numerous restaurants, shops, temples and museums to visit. You will find some steep hills in this area. After all, it is San Francisco.

Date: June 20

Cost: \$25

Departure: 9 AM

Expected Return: 6:30 PM

Activity #: 630900-35

Registration Opens: Resident: May 20

Non-Resident: May 21

TABLE MOUNTAIN CASINO

Take a chance and try your luck at this Indian Casino. Table Mountain Rancheria was founded in 1916 and the local residents are the Chuckchansi band of the Yokuts and the Monache tribe.

Date: July 18

Cost: \$25

Departure: 9 AM

Expected Return: 7 PM

Activity #: 630900-36

Registration Opens: Resident: June 17

Non-Resident: June 18

OAKLAND A'S GAME - OAKLAND

Join us to see one of the up and coming teams in the American League. Good food, good friends and great baseball, what more could you ask for? This location includes a steep ramp and stairs.

Date: August 1

Cost: \$30

Departure: 9 AM

Expected Return: 6:30 PM

Activity #: 630900-37

Registration Opens: Resident: July 1

Non-Resident: July 2

SCENIC WALKS

Whether you are looking to better your health, or just explore nature's beauty, sign up for our scenic walks for only \$2. We meet in the Oldemeyer Center at 9 AM, and walk for 2 hours. Return times may vary depending on the destination. Minimum registration of 5 people is required.

Forest of Nisene Marks	May 30	530900-04
Wilder Ranch	June 27	630900-23
Elkhorn Slough	July 25	630900-24
Point Lobos	Aug 22	630900-25



MALL OF THE MONTH

Love to shop? Get a ride with us! Join us for our Mall of the Month trips for only \$5 for transportation. We will be taking a trip to a different mall every month. We will meet at the Oldemeyer Center at 9 AM, and shop for 4 hours. Return times may vary depending on the destination.

Gilroy Outlets	May 16	530900-08
Soquel Flea Market *	June 7	630900-04
Hillsdale Shopping Center	July 12	630900-05
Santana Row	Aug 8	630900-06

**Trip leaving at 8:00 AM rather than 9:00 AM*



MONTEREY COUNTY FAIR

Sign up today for a free ride to the Monterey County Fair on **Thursday, August 29**. Admission is free for seniors 62+.

Two bus Trips

Trip # 1: Depart center @ 9:00 am	Depart Fair @ 12:30 pm
Trip # 2: Depart center @ 10:00 am	Depart Fair @ 1:30 pm



EVENTS

DANCES

The Senior Program hosts wonderful themed dances each month. Dances take place in the Laguna Grande Hall at the Oldemeyer Center. The fee is \$4 per person for lunch and dancing, or \$2 per person for just dancing. Dances are held from 11:30 AM - 3 PM. Doors open at 11 AM with lunch served from 11:30 AM - 12:15. Music begins at 12 PM.

Dates:

Mother's Day Event* - May 11

Fathers Day Dance** - June 13

Old Country Western Dance - July 11 (music by Mike Noonan)

Luau Dance - August 15 (music by Island Wave)

*Not a dance (free for mothers and grandmothers)

**Free for fathers and grandfathers



CANDLELIGHT LUNCHEON

Join us for a Meals on Wheels lunch plus live music for your listening or dancing pleasure. Every first Wednesday of each month at 11 AM music begins and lunch is served at 11:20 AM. Please call the Senior Kitchen at 831-899-6809 to make a reservation before 1:00 PM a day prior.

Dates: May 1, June 5, July 3, August 7.

VOLUNTEER OPPORTUNITY

JOIN RSVP TODAY. RESPOND TO THE CALL

RSVP volunteers aged 55+, choose how, where, and how often they want to serve, with commitments usually just a few hours per week. They can choose opportunities that best fit their active lifestyles and use skills they have honed through their life and job experience - or try their hand at something completely new and different!

Monterey Bay Volunteer Matchmaking is at the Oldemeyer Center in Seaside 9-1 PM on the 2nd and 4th Friday each month! Connect with us for an appointment to find the perfect volunteer fit by calling 831-224-3874 or email rsvp2@scvolunteercenter.org

NEW!

FIRST AID/ CPR

The Adult and Pediatric First Aid /CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illness, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for adult and pediatric First Aid /CPR/AED valid for two years. Class requires an online assignment

Saturday, 9 AM - 2 PM

Date	Fee(RES/N)	ACTIVITY #
Sept. 7	\$75 / \$90	641001-05

*Participants are encouraged to bring water and snacks. Lunch break will be from 12 - 12:30 PM.

A MATTER OF BALANCE

Do you have concerns about falling?

Many adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award winning program designed to manage falls and increase activity levels.

YOU WILL LEARN TO:

- view falls as as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength + balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

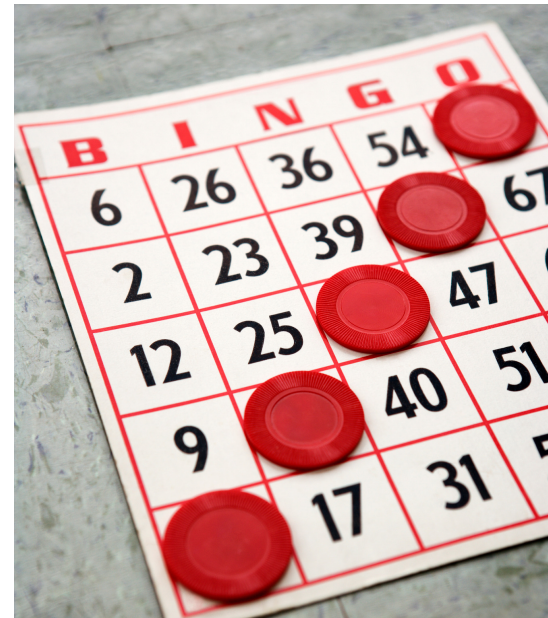
Wednesday and Friday, 11:00 AM- 1:00 PM

Dates: June 5-June 28 and Sept. 4- Sept 27

*Classes are held twice a week for 4 weeks for 2 hours each. Contact Sally at 831-899-6809 to sign up for the classes.

SENIOR CITIZEN UTILITY USER TAX EXEMPTION

Seniors, age 65 and over, with no dependents living at home, can qualify for user tax exemption. Please pick up your form from the Oldemeyer Center. For assistance, please call 831-899-6800. Form must be delivered to City Hall, along with your utility bills and a document to verify age.



ACTIVITIES

KNITTING & CROCHET

If you have always wanted to learn how to knit or crochet, join Merrilyn Mancini every **Monday, from 9:30 AM - 11:30 AM**, and she will walk you through the basics. Before you know it, you will be knitting a scarf or hat for yourself or to give as a gift! If you are already a pro, join us for a fun, relaxing time of knitting and sharing the morning with friends over coffee and pastries as you create something new.

BINGO

If you're serious about Bingo, then this is the place for you! Sponsored by the Avenue of Flags on **Sundays, from 5 PM - 10 PM**. You can play 20 games for \$35, which buys 2 books of Bingo cards (which is the minimum buy in). After your initial purchase, you may also purchase additional books for \$5 each. Refreshments are available at a reasonable price, so bring some extra cash with you and plan for a fun filled evening with a great group of people.

Senior Bingo is held on **Tuesdays, from 12 PM - 3 PM**, in the Laguna Grande Hall at the Oldemeyer Center. Cards are only \$0.50 each. Must be 18 years old or older to play. Make a day of it and join us for a \$3 lunch. Call a day ahead to reserve a lunch at 831-899-6809.

**No classes or programs on 7/4*

BRIDGE

Mondays, from 9:15 AM - 3 PM, come join fellow Bridge Players at the Oldemeyer Center in the Seaside Room for a rousing game of Bridge. A hot lunch provided by Meals on Wheels is served with reservations made 24 hours in advance, call 831-899-6809.

CRIBBAGE

Come and join us for challenging games of Cribbage at the Oldemeyer Center every **Wednesday, from 5 PM - 10 PM**.



HEALTH

SENIORS IN SOBRIETY

Seniors in Sobriety meetings take place every **Tuesday from 9 AM - 11 AM**, at the Oldemeyer Center.

BLOOD PRESSURE CHECKS

Free Blood Pressure Checks are offered on the **first Friday of each month, from 10 AM - 10:30 AM**, by the Seaside Fire Department in the Laguna Grande Hall. This service is provided upon availability.

DIABETES SUPPORT

The Community Hospital Diabetes Education Program meets at the Oldemeyer Center on the **fourth Thursday of the month, from 10 AM - 11:30 AM**, in the Seahorse Room.

MEDICARE ASSISTANCE

Alliance on Aging Medicare assistance will be available the **first and second Tuesday of the month, at 11 AM, 12 PM, and 1 PM**. Please call 831-655-4245 to make an appointment or for information.

PROGRAMS

TECH TABLE

Bring your device and get help with your email, Facebook, Twitter, or other social media, Fitbit, Tablets, Laptops, Smart Phones and more! **Fridays from 12 PM - 2 PM** in the Laguna Grande Hall.

No appointments necessary.

MOVIE DAY

Join us on the **third Wednesday of each month at 12:30 PM** for an afternoon movie on the big screen with popcorn. Dates: May 15, June 19, July 17, and August 21.

COFFEE CHAT

We invite you to have a complimentary cup of coffee and pastries, everyday **Monday - Friday, from 9 AM - 11 AM**. Come in and meet new friends, or visit with old friends, even watch a little TV with us.

NUTRITION PROGRAM

Co-sponsored by the City of Seaside & Meals on Wheels, a delicious hot meal is served everyday for seniors 60 years old and above, for a suggested donation of \$3. The Nutrition Program also offers social, educational and other support services for Seniors. Meals are generally served **Monday through Friday, from 11:15 AM - 11:45 AM** in the Laguna Grande Hall by our volunteers. For more information or reservations, please contact The Senior Kitchen at 831-899-6809 before 1:00 pm the day prior.

**Nutrition site will be closed on uly 4*



MPC OLDER ADULT PROGRAM

Monterey Peninsula College offers a wide range of classes through the MPC Older Adult Program. Register for Art and Ornamental Horticulture classes through Monterey Peninsula College. For more information, call 831-646-4002 or go to tinyurl.com/MPCadults.



PROGRAMS

AGE WELL, DRIVE SMART

Join the CHP for the keys to to Driving Safer and Driving Longer on **Monday, August 26 at 10 AM** at the Oldemeyer Center. This class is presented by Independent Transportation Network Monterey County. Call 831-233-3447 to register for free!

AARP SMART DRIVER CLASS

The Smart Driver Class hosted by Curt Tipton and AARP will be offered at the Oldemeyer Center. Payment will be taken the first day of class by the instructor. **AARP Members \$15, Non Members \$20.** For reservations please call 831-899-6800.

Dates & Times

10/7, 12:30 - 5 PM (Refresher)

Activity

590001-06

SENIOR TRANSPORTATION TAXI PROGRAM

MST has a taxi voucher program for seniors. Seaside residents that are 65 years of age or older will now be given 10 free taxi vouchers (valued at \$14 each) per calendar month. One voucher plus \$3 must be given to the driver to pay for each fare. This will cover a \$17 fare. If the fare goes over \$17, the overage is to be paid by the passenger. The cabs are mini vans and upon request you may ask for a wheelchair accessible van. Yellow Cab also offers a wheelchair van, which is also subject to availability . These vouchers are available Monday - Friday at the Oldemeyer Center front desk during business hours 8:30 AM - 5 PM. Please call one of the following cab companies for same day service. Vouchers can only be used in Seaside, Sand City, Monterey, and Del Rey Oaks. **Vouchers are limited. Please only request what you will use.*
Central Coast Cab - 831-626-3333 | Yellow Cab - 831-333-1234 / 831-443-1234



FREE EXERCISE

SOCIAL DANCE CLASS

Learn the basics of social or ballroom dancing, or perhaps come in and perfect the smooth moves you have already learned. This is a rhythmical and fun way to enhance the health and well-being of older adults. Join friends and volunteers who will help you learn the basic to advanced steps in a variety of dance types. Classes meet **Wednesday and Thursday, from 12:15 PM - 2 PM**, in the Dance Studio. Coffee and refreshments are served.

SQUARE DANCING

The Sage Stompers Square Dance Club invites all square dancers to join us every **Tuesday, from 7:30 PM - 9 PM**, for a fun evening of square dancing. Singles, couples, and all ages are welcome. Beginner classes are held the first Tuesday of each month. A \$2 donation is appreciated.

LINE DANCING

Fridays, from 9:15 AM - 11:15 AM, the Laguna Grande Hall is hopping with line-dancers, led by Helena Lum. Join them to begin learning or even polish up your line dancing moves. This is a popular dance trend with our seniors and a great fitness opportunity. So get moving! An advanced class meets **Tuesday, from 2 PM - 3 PM**, in the Dance Studio. **Due to space restrictions, this advanced class has a lower attendance. Please see instructor prior to attending.*

CHI GONG

Chi Gong classes take place at the Oldemeyer Center on **Mondays, from 9:30 AM - 10:30 AM**. The breathing technique referred to as the Guo Lin Chi Gong stimulates the immune and nervous systems and helps strengthen immunity for overall well being. This exercise can improve your general health. No previous experience is required.

EXERCISE + STRETCHING CLASS

Join us for a free drop in exercise and stretching class on **Mondays, Wednesdays, and Fridays from 8:15 AM - 9:15 AM***, in the Laguna Grande Hall. The first half of the class focuses on strengthening the muscles, and ends with stretching. This improves health, lowers risks for chronic diseases, and makes activities of daily living easier. No experience needed. We provide the equipment, so all you need to bring is water.

FLEXIBILITY + RELAXATION CLASS

Mondays from 10 AM - 11 AM*, we will focus on stretching out the muscles to improve flexibility and help you move better, in the Oldemeyer Dance Studio. We will also explore ways to relax and de-stress. Mats are provided or you can bring your own.

Exercise to have fun and be healthy!

**No classes on 7/4*



CLASSES

TAI CHI

The class is designed to increase balance, flexibility and improve breathing through gentle movement.

Mondays, 5:30 PM - 6:30 PM

DATES	FEE (RES/NRES)	ACTIVITY #
5/6-5/20	\$6 /\$7.50	531011-15
6/3 - 6/24	\$8 / \$10	631011-15
7/1 - 7/29	\$10 / \$12.50	631011-16
8/5 - 8/26	\$8 / \$10	631011-17

Tuesdays, 6:30 PM - 7:30 PM

DATES	FEE (RES/NRES)	ACTIVITY #
5/7 - 5/28	\$8 / \$10	531011-20
6/4 - 6/25	\$8 / \$10	631011-22
7/2 - 7/30	\$10 / \$12.50	631011-23
8/6 - 8/27	\$8 / \$10	631011-24

Tuesdays & Thursdays, 9 AM - 10 AM

DATES	FEE (RES/NRES)	ACTIVITY #
5/7 - 5/30	\$18 / \$22.50	531011-05
6/4 - 6/27	\$16 / \$20	631011-01
7/2 - 7/30*	\$16 / \$20	631011-02
8/1 - 8/29	\$18 / \$22.50	631011-03

Tuesdays & Thursdays, 10:30 AM - 11:30 AM

DATES	FEE (RES/NRES)	ACTIVITY #
5/7 - 5/30	\$18 / \$22.50	531011-10
6/4 - 6/27	\$16 / \$20	631011-08
7/2 - 7/30*	\$16 / \$20	631011-09
8/1 - 8/29	\$18 / \$22.50	631011-10

*No Class on 7/4





YOGA

This class is a gentle, modified Hatha Yoga practice with an aim to be accessible to those who might not otherwise be able to practice yoga. Emphasis is on breath awareness, gentle development of balance, flexibility, and endurance. Please bring a towel for padding and a yoga or exercise mat. Please do not wear fragrances or perfume to class.

Wednesdays, 10 AM - 11 AM

DATES	FEE (RES/NRES)	ACTIVITY #
5/1 - 5/29	\$12.50 / \$15	531010-10
6/5 - 6/26	\$10 / \$12	631010-08
7/3 - 7/31	\$12.50 / \$15	631010-09
8/7 - 8/28	\$10 / \$12	631010-10

ZUMBA

Zumba is a fitness exercise that combines Latin music with dance moves. It's a highly effective total body workout. It's non-judgmental and students have fun while exercising. Zumba improves cardio health and provides great core training and flexibility. Sign up for three consecutive months and get one month FREE!

Tuesday & Thursday, 5:30 PM - 6:30 PM

DATES	FEE (RES/NRES)	ACTIVITY #
5/2 - 5/30	\$27 / \$31.50	520606-05
6/4 - 6/27	\$24 / \$28	620606-01
7/2 - 7/30*	\$24 / \$28	620606-02
8/1 - 8/29	\$27 / \$31.50	620606-03

*No Class on 7/4

SELF DEFENSE + AWARENESS

Teaches adults self defense and awareness using Karate techniques that apply to situations of danger and protecting oneself.

Mondays, 7:45 PM - 8:25 PM

DATES	FEE (RES/NRES)	ACTIVITY #
7/1 - 8/26	\$55 / \$65	620510-01

ISRAELI FOLK DANCE

In this class, you will learn Israeli circle dances designed for beginning to intermediate dancers. This class is fun and is an opportunity to learn about the culture of Israel, make new friends, and raise your spirits as you move to music.

Thursday, 6:30 PM - 9:30 PM

DATES	FEE (RES/NRES)	ACTIVITY #
5/2 - 5/30	\$20 / \$28	520607-05
6/6 - 6/27	\$20 / \$24	620607-01
7/11 - 7/25	\$15 / \$18	620607-02
8/1 - 8/29	\$25 / \$30	620607-03

MARK YOUR CALENDARS!

MARKET DAY

Every **Tuesday, from 9:30 AM - 11 AM**, come buy fresh, affordable produce at the Oldemeyer Center. The Senior Produce Market is open to the public, promotes wellness and provides social connections within the community.

BACK BY POPULAR DEMAND:

BINGOCIZE

Bingocize is a fun activity that combines the game of Bingo with physical exercise on Tuesdays and Thursdays, from 8:15 AM - 9:15 AM. This activity has gentle, easy exercises that allow seniors to sit or stand. In addition to Bingo prizes, seniors will be offered tasty and healthy food samples, that supplement nutrition education.

OLDEMEYER CENTER

986 Hilby Avenue, Seaside CA

831-899-6800

www.ci.seaside.ca.us

 SeasideRecreation

