

# THE BUZZ

SEASIDE OLDER ADULTS PROGRAM



SEPTEMBER - DECEMBER 2019

986 HILBY AVE.

831.899.6800

[WWW.CI.SEASIDE.CA.US](http://WWW.CI.SEASIDE.CA.US)

# OLDEMEYER CENTER



986 Hilby Avenue

Seaside CA

831-899-6800

[www.ci.seaside.ca.us](http://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  
Senior Program Coordinator  
831-899-6809  
SShea@ci.seaside.ca.us  
Office hours: 8 AM - 2 PM

\* Prices and dates are subject to change without notice  
Last updated: 8/27/2019

# 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.**

## ADULT WATER EXERCISE

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.**  
**FEE: Residents: \$6 / Non-Residents: \$7**

Pool closed: September 7-8, November 28-29, December 24-25 & 28-29.

**PATTULLO**  
**SWIM CENTER**

1148 Wheeler Street  
 Seaside CA  
 831-899-6815



## TRIPS SANTA CRUZ FOLLIES

This senior group of singers, dancers, and comedians have been entertaining thousands of guests for over 60 years! The venue is the civic auditorium.

Date: September 12  
 Cost: \$25  
 Departure: 11 AM  
 Expected Return: 5 PM  
 Activity #: 630900-38  
 Registration Opens: Resident: August 12  
 Non-Resident: August 13

## OVERNIGHT TRIP-NAPA VALLEY

This fun trip includes wine tasting and a free lunch, plus a one-night hotel stay. There may be some type of stairs or ramps.

Date: October 8-9  
 Cost: \$200 single room / \$250 double room  
 Departure: 9 AM  
 Expected Return: 5 PM  
 Activity #: 630900-41  
 Registration Opens: Resident: July 15  
 Non-Resident: July 16

## OAKLAND ZOO-OAKLAND

Established in 1922, this zoo has over 700 native and exotic animals. Come and see the animals, and exhibits. There may be some hills.

Date: November 21  
 Cost: \$20  
 Departure: 9 AM  
 Expected Return: 5:30 PM  
 Activity #: 630900-39  
 Registration Opens: Resident: October 21  
 Non-Resident: October 22

## WINCHESTER MYSTERY HOUSE

Construction never stopped from 1886 - 1922, when Sarah Winchester passed away. This activity has many stairs. However, there is a visual tour.

Date: December 12  
 Cost: \$35  
 Departure: 11 AM  
 Expected Return: 5 PM  
 Activity #: 630900-40  
 Registration Opens: Resident: November 4  
 Non-Resident: November 5

## 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.

<b>Henry Cowell State Park</b>	Sept. 26	630900-26
<b>Fort Ord Trails</b>	Oct. 17	630900-27
<b>Jack's Peak Park</b>	Nov. 27	630900-28
<b>Lighthouse State Beach</b>	Dec. 19	630900-29

## 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.

<b>Serramonte Center</b>	Sept. 5	630900-07
<b>Oakridge Shopping Center</b>	Oct. 3	630900-08
<b>Valley Fair Center</b>	Nov. 7	630900-09
<b>Stanford Shopping Center</b>	Dec. 5	630900-10

## 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. - 3 PM.

### Dates:

- Old Hollywood Dance - September 19**
- Halloween Dance - October 24**
- Thanksgiving Dance - November 14**
- Community Holiday Luncheon\*\* - December 14**
- New Year's Eve Dance - December 31**

\*\* Not a Dance/ Free with Ticket



# NEW!

## 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: Sept. 4, Oct. 2, Nov. 6, Dec. 4**



## **New!** BEST BOOK CLUB EVER

Join us for our first book club! Meetings will include book review, discussions, questions, and socializing. Meetings will be held in the Seahorse Room from 12:30 - 2:30 PM. Sign up with Sally.

**Dates: Sept. 25, Oct. 16, Nov. 6**



## **New!** ONE DAY FUN DAY WITH SALLY

We will be creating fun projects, exchanging ideas, and telling stories based around your favorite recipes and experiences. Some supplies will be provided. Meetings will be held in the Bayonet Room from 11 - 1 PM. **Dates: Oct. 14, Nov. 18, Dec. 9**

## **New!** TUESDAY SPORTS TUESDAY

Every Tuesday from September 17 - November 19, 9:15 - 11:15 AM, we will be playing games at the Teen Center across the street (1136 Wheeler Street). We will have our own Black Jack Dealer to **teach us how to play to improve** our bottom line when going on our casino trips! There will be two pool tables, air hockey, and mini golf (weather permitting). Steve teaches pool. All skill levels are welcome. There will be picnics on a specified date. See Sally for more information.

# 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

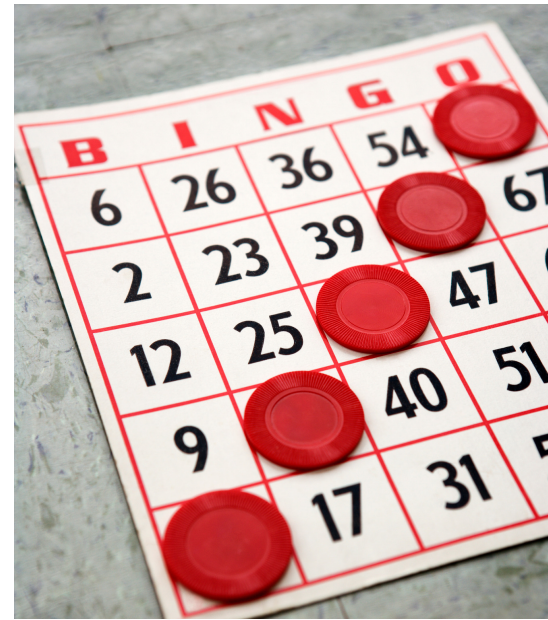
### Wednesday and Friday, 11:00 AM - 1:00 PM

### Dates: Sept. 4 - Sept 27

\*Classes are held twice a week for 4 weeks for 2 hours each. Contact RSVP at 831-224-3874 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 12:30 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 9/2, 11/11, 11/28-29, 12/24-25*

### 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 10 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: Sept.18, Oct.16, Nov.20, and Dec.18.

## 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.



## 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](http://tinyurl.com/MPCadults).



# PROGRAMS

## 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  
9/2, 11/11, 11/28-29, 12/24-25*



# CLASSES

## TAI CHI

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

### Mondays, 5:30 PM - 6:30 PM

DATE	FEE (RES/NRES)	ACTIVITY #
9/9-9/30	\$8 / \$10	631011-18
10/7-10/28	\$8 / \$10	631011-19
11/4-11/25	\$6 / \$7.50	631011-20
12/2-12/16	\$6 / \$7.50	631011-21

### Tuesdays, 6:30 PM - 7:30 PM

DATES	FEE (RES/NRES)	ACTIVITY #
9/3-9/26	\$8 / \$10	631011-25
10/1-10/29	\$10 / \$12.50	631011-26
11/5-11/26	\$8 / \$10	631011-27
12/3-12/17	\$6 / \$7.50	631011-28

### Tuesdays & Thursdays, 9 AM - 10 AM

DATES	FEE (RES/NRES)	ACTIVITY #
9/3-9/26	\$16 / \$20	631011-04
10/1-10/29	\$18 / \$22.50	631011-05
11/5-11/26	\$14 / \$17.50	631011-06
12/3-12/19	\$12 / \$15	631011-07

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

DATES	FEE (RES/NRES)	ACTIVITY #
9/3-9/26	\$16 / \$20	631011-11
10/1-10/29	\$18 / \$22.50	631011-12
11/5-11/26	\$14 / \$17.50	631011-13
12/3-12/19	\$12 / \$15	631011-14

\*No classes on  
9/2, 11/11, 11/28-29, 12/24-25





## 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 #
9/4-9/25	\$10 / \$12	631010-11
10/2-10/30	\$12.50 / \$15	631010-12
11/6-11/27	\$10 / \$12	631010-13
12/4-12/18	\$7.50 / \$9	631010-14

## 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 #
9/3-9/26	\$24 / \$28	620606-04
10/1-10/29	\$27 / \$31.50	620606-05
11/5-11/21	\$18 / \$21	620606-06
12/3-12/19	\$18 / \$21	620606-07

## 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 #
9/9-11/4	\$55 / \$65	620510-02

*\*No classes on*

*9/2, 11/11, 11/28-29, 12/24-25*

## 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, 7 PM - 9:30 PM**

DATES	FEE (RES/NRES)	ACTIVITY #
9/5-9/26	\$20 / \$24	620607-04
10/3-10/24	\$20 / \$24	620607-05
11/7-11/21	\$15 / \$18	620607-06
12/5-12/19	\$15 / \$18	620607-07

# 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.

## 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](mailto:rsvp2@scvolunteercenter.org)

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 SeasideRecreation

