



# Sierra Gold

COMMUNITY SENIOR CENTER

231 Colfax Ave, Grass Valley

# JULY 2024

## PROGRAM SCHEDULE

MON	TUE	WED	THU	FRI
<p><b>1</b></p> <p>9:00 Coffee Social 10:15 Bunco 1:30 Tech Talk</p>	<p><b>2</b></p> <p>1:30 4th of July Craft 3:00 Brain Body Balance</p>	<p><b>3</b></p> <p>9:00 Gentle Seated Exercise 10:15 Walking Club 10:30 Beg. Memoir Writing</p>	<p><b>4</b></p> <p><b>Closed for the Holiday</b></p>	<p><b>5</b></p> <p>9:30 Yoga for EveryBody 12:30 Bingo</p>
<p><b>8</b></p> <p>9:00 History Treasure Hunt w/ Kids 12:00 Senior Lunch 1:30 Tech Talk 3:00 Basic Spanish</p>	<p><b>9</b></p> <p>10:00 Poker 12:00 Senior Lunch 1:30 Art with Jeannie 3:00 Brain Body Balance</p>	<p><b>10</b></p> <p>9:00 Gentle Seated Exercise 10:15 Walking Club 10:30 Beg. Memoir Writing 12:30 Historic Building Talk 3:30 Ice Cream Social</p>	<p><b>11</b></p> <p>10:00 Center Open House 12:00 Senior Lunch 1:30 Live Music 3:00 Dog Training &amp; Snuggles</p>	<p><b>12</b></p> <p>9:30 Yoga for EveryBody 12:30 Bingo 2:00 Mah Jong</p>
<p><b>15</b></p> <p>9:00 Board Games w/ Kids 12:00 Senior Lunch 1:30 Tech Talk 3:00 Whole Body Conditioning</p>	<p><b>16</b></p> <p>10:30 Board Games 12:00 Senior Lunch 1:30 Decoupage Craft 3:00 Brain Body Balance</p>	<p><b>17</b></p> <p>9:00 Gentle Seated Exercise 10:15 Walking Club 10:30 Beg. Memoir Writing 1:00 The Mystery of Dreams 3:00 Adv. Health Care Directives</p>	<p><b>18</b></p> <p>10:00 Qi Gong 12:00 Senior Lunch 12:30 Live Music 2:00 Bridge</p>	<p><b>19</b></p> <p>9:30 Yoga for EveryBody 12:30 Bingo 2:00 Mah Jong</p>
<p><b>22</b></p> <p>9:00 Cooking w/ Kids 12:00 Senior Lunch 1:30 Tech Talk 3:00 Women's Circle</p>	<p><b>23</b></p> <p>10:30 Gin Rummy 12:00 Senior Lunch 1:30 Beg. Watercolors 3:00 Brain Body Balance</p>	<p><b>24</b></p> <p>9:00 Gentle Seated Exercise 10:15 Walking Club 10:30 Beg. Memoir Writing 1:00 Avoiding Scams 3:00 Readers' Theater</p>	<p><b>25</b></p> <p>10:00 Line Dancing 12:00 Senior Lunch 1:30 Live Music 3:00 Recycling and Food Waste Talk</p>	<p><b>26</b></p> <p>9:30 Yoga for EveryBody 12:30 Bingo 2:00 Mah Jong</p>
<p><b>29</b></p> <p>9:00 Botanical Craft w/ Kids 12:00 Senior Lunch 1:30 Tech Talk</p>	<p><b>30</b></p> <p>10:30 Drawing with Pastels 12:00 Senior Lunch 1:30 Knitting and Crochet Social Group 3:00 Brain Body Balance</p>	<p><b>31</b></p> <p>9:00 Gentle Seated Exercise 10:15 Walking Club 10:30 Beg. Memoir Writing 1:00 Art with Nanci</p>	<p>Feel free to call us with questions or to sign up! <b>(530) 615-4541</b> Visit our web page to become a member <a href="https://goldcountryservices.org/become-a-member/">goldcountryservices.org/become-a-member/</a></p>	



# JULY 2024

## PROGRAM DESCRIPTIONS

**All programs are one hour unless otherwise specified**

**4th of July Craft:** Brenda will guide us step-by-step through the process of making a charming and patriotic door decoration. We'll bring all the supplies and tools. You just bring yourself. **\$4 for members/ \$8 for non-members**

**Advanced Healthcare Directives:** Debra from Hospice of the Foothills will help each of us create a document that lets healthcare providers know what care we want if we can't make decisions for ourselves. **FREE**

**Art with Jeannie :** Jeanie Kennedy, co-owner of The Artist Workshop will lead us through the steps of a beginner art project \$5 for members/ \$10 for non-members

**Avoiding Scams:** Our local expert from the Nevada County government will teach us about the latest email, phone, and internet scams so we can be ready to protect ourselves and our information. **FREE**

**Basic Spanish:** Learn and practice beginning conversational Spanish in a relaxed and supportive class. **\$3 for members/\$6 for non-members**

**Beginning Memoir Writing:** Writing your whole life story can be daunting, but published memoirist, Nanette Jordan, will show us how to start small by capturing the most compelling moments our lives. We will practice writing down the standout episodes, turning points, and meaningful events. 1.5 hours - **\$4 for members/\$8 for non-members**

**Beginning Watercolors:** If you've seen all the gorgeous things that can be done with watercolors and have been wanting to give it a try, now's your chance. **\$5 for members/\$10 for non-members**

**Bingo:** A simple game of chance with fun prizes. Hosted by Cascades, Freedom Hospice, Golden Empire, and Rhonda's Aftercare - **FREE (no charge for cards)**

**Board Games:** Casual social gathering to play whatever board games you enjoy. Just bring yourself. We'll make sure you have someone to play with. **FREE**

**Board Games with Kids:** Help out local teens by joining them in some screen-free fun. We've got Jenga, balloon volleyball, Taboo, chess, corn hole, Scrabble, Set, and more. You can learn a new game, teach a new friend, or challenge a fellow expert. 2 hours **FREE**

**Botanical Craft with Kids:** If you're into science, plants, art, or reading, this project is for you. Come help some local middle schoolers learn about plants then make a botanical bookmark to take home. **FREE**

**Brain Body Balance Fitness:** Strength and mobility exercises led by local functional aging specialist, Tara Kelly, designed to improve balance and brain health - **\$6 for members/\$12 for non-members**

**Bridge:** A complex card game that challenges the mind. This group is for folks who already know how to play but if you'd like to learn, let us know and we'll schedule a lesson. **FREE**

**Bunco:** A fun and social dice game that is fast-paced and easy to learn. Total beginners welcome. **\$2 for members/ \$4 for non-members**

**Center Open House:** This is your chance to tour the new Senior Center, meet some of our staff and program facilitators, ask questions and find the programs that are right for you. Open to visitors 10 am to 4 pm **FREE plus attendees receive a free class pass**

**Coffee Social:** A casual gathering for conversation and making new friends, hosted by Atria of Grass Valley **FREE**

**Cooking with Kids:** Whether you're twelve or eighty-two, it's easy to get bored with the same old lunch. Mix it up by learning how to make a colorful salad, a high-protein dip, and a delicious summer dessert while working alongside local students. We'll provide all the supplies. 1.5 hours **\$4 for members/ \$8 for non-members**

**Decoupage Craft:** Victoria will lead us in a simple craft project involving cutting paper and glueing it artfully to a handy refrigerator magnet or coaster. We provide all the supplies. 1.25 hours **\$4 for members/\$8 for non-members**

**Dog Training and Snuggles:** Dog training is mostly about training the owner, so this event is for humans only please. We'll learn about how to train our dogs, then hang out with adorable therapy dogs after that. 1.5 hours **\$3 for members/\$6 for non members**

**Drawing with Pastels:** Local artist, Gayle Baker, will teach us some basic pastel drawing skills and guide us through the steps to complete a sunset picture. No experience needed. **\$4 for members/ \$8 for non-members**

**Gentle Seated Exercise:** Our most beginning-level exercise class, perfect for those who have difficulty standing and those who are healing injuries and want to rehabilitate cautiously. The movements increase mobility, comfort, circulation, and strength. **\$4 for members/ \$8 for non-members**

**Gin Rummy:** This card game was all the rage in the 1940's and Shannon learned it from her grandfather. Now it's your turn to learn. No experience necessary. **\$2 for members/ \$4 for non-members**

**Historic Building Talk:** Jesse Connor will share photos and stories from three of his biggest historic home restoration projects. 2 hours with breaks **\$2 for members/\$4 for non-members**

**History Treasure Hunt with Kids:** Local middle schoolers are coming to the Senior Center to learn about history from people who experienced it firsthand. If you lived through a major historic event like the moon landing, the advent of rock and roll, or the invention of computers, call us so you can share the story in a way no history book can. 1.5 hours **FREE**

**Ice Cream Social:** Haley from Crystal Ridge is bringing some 1950's style ice cream sodas and music. Bring your friends, neighbors, kids, grandkids for a mid-summer cool treat **FREE**

**Knitting and Crochet Social Group:** A fun opportunity to stitch with others, converse, share creative ideas, and make some new friends. Bring the project you're working on and your own supplies. 1.25 hours. **FREE**

**Line Dancing:** Nicole will put on the country music and teach us some dance routines to go with them. These are low-impact moves but great exercise and a lot of fun. **\$8 for members/ \$16 for non-members**

**Live Music:** Our community is filled with great musicians and you don't have to stay up late to hear them! 7/11 will be Guilty Saints playing rock, blues and Americana, 7/18 is Carol Meals playing folk favorites with the option to sing along, and 7/25 is The Stamp Mill Stompers playing Dixieland. **\$4 for members/ \$8 for non-members**

**Mah Jong:** Mah Jong is a fun and popular game that tasks you with solving a tile-matching puzzle before you run out of moves. Beginner's table with guidance available on the second and fourth Fridays of each month. 2 hours **FREE**

**Movement Medley:** This class combines the movement patterns of sports, martial arts, and dance to cultivate happiness and wellbeing.

**Poker:** Janice from Golden Empire is an excellent Texas hold 'em teacher and, in no time at all, will have us drawing, folding, betting, and bluffing. No cash involved, just playing for chips and treats. **FREE**

**Qi Gong:** Elizabeth will lead us through gentle movements, visualizations, and breath patterns to heal the body and calm the mind **\$4 for members/\$8 for non-members**

**Reader's Theater:** Peter from Partners in Care invites everyone with a flare for the dramatic to come get to know a short play, choose roles, and read it as a group in character. No experience needed. 1.5 hours **\$3 for members/ \$6 for non-members**

**Recycling and Food Waste Talk:** The rules about recycling change frequently, so Lori from Waste Management is going to get us up to date on what can be recycled and what can't. Next, she'll teach us about the new food waste composting program. 1.25 hours **FREE**

**Senior Lunch:** A delicious meal with fresh seasonal ingredients served family style so you can chat and make new friends. **\$3 suggested donation for seniors 60 years and older, \$7 fee for guests under 60. Member discounts do not apply to meals.**

**Tech Talk:** Basic lessons in how to operate your phone, tablet, or laptop, led by patient, supportive teachers. We begin with a presentation on a skill like changing your password, taking photos, or cleaning out junk email, then it opens up to questions and general coaching. Bring the device you'd like to practice on. **FREE**

**Transformational Art:** Led by artist and psychologist, Dr, Nanci Shandera, this class invites us to both discuss and create artwork that inspires us and helps us uncover our creativity. No art skills needed. Everything you make is perfect because it's made by YOU! **\$5 for members/ \$10 for non-members**

**The Mystery of Dreams:** In this class, we'll discuss why dreams are really important. From where do they arise? Are there secrets to interpreting them? How can we dive deeper into the process? What are the best ways to record them? Bring a mystifying dream and learn what it's telling you! **\$4 for members/ \$8 for non-members**

**Walking Club:** A casual, social stroll from the Senior Center through the surrounding neighborhood **FREE**

**Whole Body Conditioning:** Niles brings decades of experience to this yoga/fitness/strength class: **\$5 for members/\$10 for non-members**

**Women's Circle :** The Women's Circle offers senior women a safe, caring space to come together in community and conversation. In addition to sharing our wisdom, and the joys and challenges of our lives, we will also explore topics and issues of interest to the group. 1.5 hours **FREE**

**Yoga for Everybody:** An alignment-based class focusing on balancing flexibility and strength with breath awareness and relaxation techniques. Use of props and modifications are encouraged to personalize the experience. **\$5 for members/\$10 for non-members**

## Become a member of Sierra Gold Community Senior Center today!

Annual membership fee is **\$50 for an individual, \$75 for a couple, and \$125 for a family.**  
We have scholarships available for low-income seniors.

Members receive a **50% discount** all classes and activities (there are no discounts on meals)

To sign up for membership, you can come to Sierra Gold in person starting July 1st, located at **231 Colfax Avenue, Grass Valley** (in the building where Summer Thymes restaurant used to be between Diego's and the Prosperity Lanes bowling alley.)

You can also sign up online by visiting **[www.goldcountryservices.org/become-a-member/](http://www.goldcountryservices.org/become-a-member/)**

If you have any questions, we'd love to speak with you. Our number is **(530)615-4541**