

SENIOR RESOURCE/ASSISTANCE

Mo. Co. Food Bank

The Rocky Han Community Center serves as the Monterey County Food Bank distribution location every 1st Monday of the month. People can start lining up at 8:00 am. If you have any question, contact the Food Bank by calling (831) 758-1523.

Health Insurance Counseling & Advocacy Program (HICAP)

The Alliance on Aging organization offers free one-on-one Medicare counseling (HICAP). Trained volunteer counselors can answer your questions and help you understand your Medicare rights and benefits. An appointment needs to be made to speak with a counselor. Schedule your appointment today by calling (800) 434-0222.

Annual Membership Drive

Staff will be taking payments on Tuesdays, Thursdays & Friday from 10:00 am to Noon. There are many benefits in being a Marina Senior Center Member. The Senior Center is a great place to come and participate in the daily activities.

Annual Membership Dues:

Resident \$20.00, Non-Resident \$30.00, Line Dancing only \$20.00 and Yoga only \$ 20.00.



ANNOUNCEMENTS

Senior Center Closure Dates for the Month of November

The Marina Senior Center will be closed on the following dates in the month of November 2016.

- Friday, November 11th (Veterans Day)
- Thursday, November 24th (Thanksgiving Day)
- Friday, November 25th (Thanksgiving Break)

Senior Thanksgiving Dinner

Event will be held on Saturday, November 19th from Noon to 2:00 pm in the Rocky Han Community Center. All you have to do is sign up with Christine at the Senior Center. If you are unable to come in to sign up please call (831) 384-6009 and leave a message with your name, phone number and address. Delivers will only be made to a Marina address.

Donations Needed

The Senior Center staff is always accepting donations of items for Bingo raffle prizes. If you have any new or gently used items please get in contact with staff by visiting the Senior Center.

Although we would love to raffle a new car, we ask for items that will fit in a large hand basket.

MARINA SENIOR CENTER

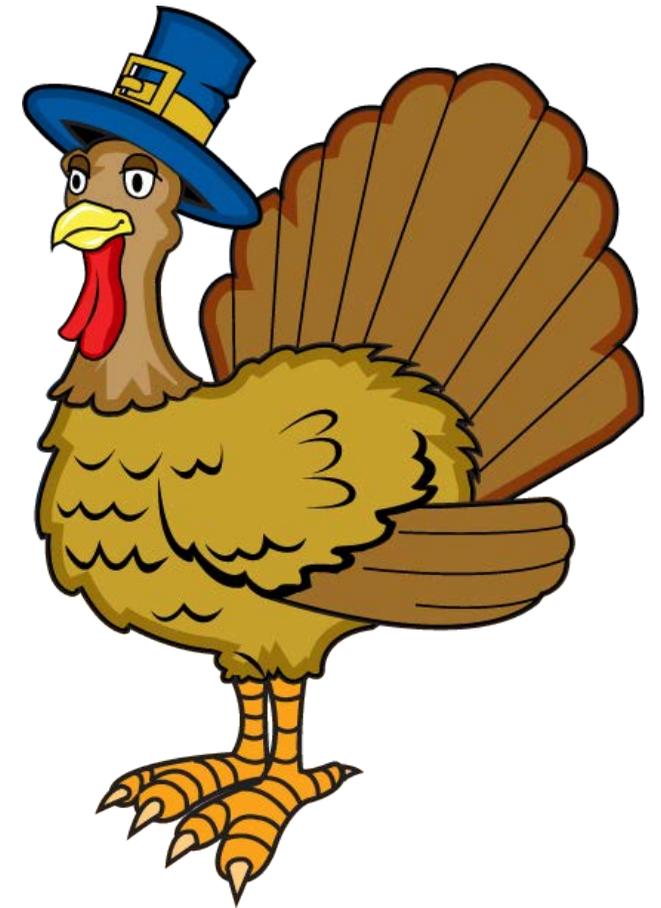
LOCATED AT

Rocky Han Community Center
211 Hillcrest Avenue, Marina, Ca 93933

(831) 384-6009

www.ci.marina.ca.us

NOVEMBER 2016



HOURS OF OPERATION

Monday thru Friday from 9:00 am to 2:00 pm

REGULAR SCHEDULE OF DAILY EVENTS FOR NOVEMBER 2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	10:00 am – 12:00 pm Line Dancing	9:30 am – Noon Board Games, Movie, Wii & Coffee 6:00 pm – 7:00 pm Drumming Class (Vince DiMaggio Park Building)	10:00 am – 11:00 am Yoga (Vince DiMaggio Park Building) 10:00 am – 12:00 pm Line Dancing	9:30 am – 12:30 pm Quilt, Sew, Crochet/ Knit Group Noon – 1:00 pm Tai Chi (<i>Vince DiMaggio Park</i>)	10:00 am – 12:00 pm Computer Classes at the Marina Library 11:00 am – 2:00 pm Lunch Bingo	

**all Senior Center activity are held in the Rocky Han Community Center unless otherwise noted.*

ADDED EVENTS, ACTIVITIES & TRIPS FOR NOVEMBER 2016

- ☞ Mo. Co. Food Bank Food Distribution Day - Monday, November 7th (next date December 6th) (Community Center parking lot)
- ☞ Senior Advisory Board Meeting - Tuesday, November 8th at 9:00 am in the Council Chambers.
- ☞ Market Field Trip - Monday, November 14th – San Jose Asian Market (van leaves at 9:00 am, return 3:30 pm)
- ☞ Movie Field Trip - Monday, November 28th – CineMark Monterey (meet at CineMark at 9:30 am. City will pay for first 25 sign-ups)
- ☞ Spontaneous Lunch Date – none for the month of November
- ☞ Social Hour at the Center – none for the month of November
- ☞ Additional Senior Center Activities & Trips (*you need to come into the Senior Center to RSVP for a field trip*)
 - Tuesday, November 8th, Great Mall in Milpitas (van leaves 9:00 am, return by 4:00 pm)
 - Tuesday, November 15th, Arts a Craft Day – Christmas Card making from 9:00 am to Noon
 - Wednesday, November 12th, Phil's Fish Market & Gizdich Ranch (van leaves 10:00 am, return by 4:00 pm)
 - Thursday, November 17th, Arts a Craft Fair from 9:00 am to Noon
 - Saturday, November 19th, Senior Center Thanksgiving Dinner from Noon to 2:00 pm
 - Tuesday, November 22nd, San Juan Bautista Shopping & Lunch (van leaves 10:00 am, return by 4:00 pm)
 - Wednesday, November 23rd, Gilda's in Santa Cruz for Lunch (van leaves at 9:00 am, return by 2:00 pm)

ADDITIONAL INFORMATION ON CLASSES & EVENTS

Gentle Yoga

Come and enjoy an hour of yoga. This class is taught by a certified yoga instructor through Yoga Center of Carmel. Classes are held on Wednesday from 10:00 am to 11:00 am. in the Vince DiMaggio Park building, located at 3200 Del Monte Blvd. The classes are FREE but you must be a registered Senior Center member to participate.

Tai Chi

Looking for a way to reduce stress and improve your balance? Consider Tai Chi! It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Classes are held at the Vince DiMaggio Park building, located at 3200 Del Monte Blvd. from 12:00 pm to 1:00 pm. Classes are free but you must be a Senior Center member to participate.

BINGO

Looking for something fun to do? Then come and join us for Bingo! A light delicious meal is served with games to follow. The cost is .50 cents per card, \$1.00 for hot ball. Bingo is played every Friday in the Community Center (211 Hillcrest Avenue) from 11:00 am to 2:00 pm. On the 1st Friday of every month the Child Evangelism Fellowship will host the lunch! **No BINGO on Friday, November 11th!**

Come Drum with Us

Calling all adults 55 and up! Please come and be part of this wonderful and fun activity. There will always be a limited amount of extra instruments available, in case you do not own your own drum. No previous experience is necessary.

This fun activity is held every Tuesday from 6:00 pm to 7:00 pm at the Vince Di Maggio Park Building (3200 Del Monte Blvd., Marina).