

## 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 December

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

- Friday, December 23<sup>rd</sup> thru Monday, January 2<sup>nd</sup>.

*See you all Tuesday, January 3<sup>rd</sup>!*

### Senior Holiday Dinner

Come and join us for a delicious meal! The Marina Senior Center, with help from local organizations, invites you to a delicious holiday dinner on Sunday, December 18th from 12:00 pm to 2:00 pm at the Rocky Han Community Center. Doors will open at 11:00 am.

### 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

# DECEMBER 2016



HOURS OF OPERATION  
Monday thru Friday from 9:00 am to 2:00 pm



## REGULAR SCHEDULE OF DAILY EVENTS FOR DECEMBER 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 DECEMBER 2016

- ☞ Mo. Co. Food Bank Food Distribution Day - Monday, December 5<sup>th</sup> (next date January 2<sup>nd</sup>) (Community Center parking lot)
- ☞ Senior Advisory Board Meeting - Tuesday, December 13<sup>th</sup> at 9:00 am in the Council Chambers.
- ☞ Market Field Trip - Monday, December 12<sup>th</sup> – San Jose Asian Market (van leaves at 9:00 am, return 3:30 pm)
- ☞ Movie Field Trip - Monday, December 19<sup>th</sup> – 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 December
- ☞ Social Hour at the Center – none for the month of December
- ☞ Additional Senior Center Activities & Trips (*you need to come into the Senior Center to RSVP for a field trip*)
  - Friday, December 2<sup>nd</sup>, Christmas Tree Lighting from 5:30 pm to 7:30 pm at Vince Di Maggio Park (sign up for transportation)
  - Saturday, December 3<sup>rd</sup>, San Juan Bautista Craft Fair (van leaves 9:00 am, return by 4:00 pm)
  - Wednesday, December 7<sup>th</sup>, Fisherman’s Wharf (van leaves 10:00 am, return by 2:00 pm)
  - Saturday, December 10<sup>th</sup>, Dickens Fair in San Jose (van leaves at 9:00 am, return by 4:00 pm) - \$30 Admission
  - Wednesday, December 14<sup>th</sup>, Gilda’s in Santa Cruz for Lunch (van leaves at 10:00 am, return by 3:00 pm)
  - Sunday, December 18<sup>th</sup>, Marina Senior Center Christmas Dinner from 12:00 am to 2:00 pm – door open at 11:00 am

## 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. **No class on December 14th & 28th, 2016.**

### 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. **No class on December 29th, 2016.**

### 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 1<sup>st</sup> Friday of every month the Child Evangelism Fellowship will host the lunch! Join us on December 16<sup>th</sup> for a special holiday Bingo. No BINGO on Friday, December 23<sup>rd</sup> & 30<sup>th</sup>!**

### 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). **No class on December 27th, 2016.**