

# December SENIOR CENTER ACTIVITIES

## Humboldt Senior Resource Center in Eureka

### An HSRC Senior Dining Center

1910 California Street • humsenior.org

Lunch: Tuesday-Friday at 11:30 a.m.

For more information call Tasha at 443-9747 x1228, troma@humsenior.org

**Closed Monday, Dec. 24 & Tuesday, Dec. 25**

#### Every Weekday

9-1 Library  
9-3 Senior Service Office  
12-3 Billiards

#### Mondays

9:30-10:30 Karate with Jerry Bunch  
10-12:30 Mah Jongg  
1:15-2 S.A.I.L. w/Muriel  
2:10-3:10 FABS/S.A.I.L w/Beth & Lois  
2:30-4 Memoir Writing Class

**CLOSED Dec 24 Closed for Christmas Eve**

#### Tuesdays

10-11 Harry's Bingo (*not Dec. 4*)  
11:30-12:15 Lunch  
12:30-1:30 Bunco  
12:15-2:15 Pinochle  
2:10-3:10 FABS/S.A.I.L with Beth & Lois  
Dec. 4 10:30-11:30 Dine & Dance w/Ray, Dave & Lois  
Dec. 4 11:30-2 Cookie Crawl (*bring cookies to share*)  
Dec. 18 11:30-2:00 Foster Grandparents Program

**CLOSED Dec 25 Closed for Christmas**

#### Wednesdays

11:30-12:15 Lunch  
1:15-2 S.A.I.L. w/Muriel  
1:30-3:30 Intermediate Line Dancing  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
Dec. 5 11-11:30 Dale Winget performs  
Dec. 5 & 19 1-2 Caregiver Support Group  
Adult Day Health & Alzheimer's  
Services Library, 2nd floor, Bldg. B  
1901 California St., Eureka  
Dec. 12 11-11:30 LeAnn Morini performs  
11:30-12:15 Emblem Club serves lunch  
Dec. 19 10-11:30 Commodities Distribution  
10:30-11:30 Bob Ebenstein performs  
11:30-12:15 Holiday Luncheon

#### Thursdays

10-11 Grocery Bingo:  
Bring 1 grocery item  
10-11:30 Intermediate French  
(*Cancelled for December*)  
11:30-12:15 Lunch  
1:15-2 S.A.I.L. w/ Muriel  
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois  
3:30-4:30 Laughter Yoga  
Dec. 6 & 20 10-12 Genealogy group

#### Fridays

9-10 Falun Dafa  
10-11 Beginning Tai Chi Movements  
11-12 Beginning Yoga  
11:30-12:15 Lunch  
1-4 Bridge Games  
Dec. 7 & 21 1:30-2:30 Conscious Living Book Club  
Dec. 14 11-12:30 Sweater Day  
11:30-12:15 Birthday Celebration  
11-11:30 Bob Ebenstein performs  
Dec. 21 11:30-12:15 Accordionaires perform &  
Birthday Celebration  
Dec. 28 11 **New Years Lunch**

#### Saturdays

Dec. 1 Noon Sassy Seniors  
*Marina, Woodley Island*  
Dec. 15 Noon Nooners  
*Gills by the Bay, Fields Landing*

## Fortuna Senior Dining Center An HSRC Senior Dining Center at

### Mountain View Village

2130 Smith Lane • Call Launa at 725-6245

Lunch: Tuesday-Friday at 12:00 p.m.

**Closed Tuesday, Dec. 25**

#### Tuesdays

12 Lunch

#### Wednesdays

Bingo 5-8 pm  
Dec. 5 10:30 Music with Bill, Corena & John  
Dec. 19 12 Holiday Meal

#### Thursdays

Dec. 13 & 27 12-2 Caregiver Support Group  
United Methodist Church,  
Fireplace Room  
922 N Street  
For info call 443-9747

#### Fridays

12 Lunch  
Dec. 14 12 Birthday Lunch  
**Dec. 28 12 New Years Lunch**

## Arcata Community Center

### An HSRC Senior Dining Center

321 Dr. Martin Luther King Jr. Parkway

Lunch: Tuesday-Friday at 11:30 a.m.

Call Vanessa at 825-2027

**Closed Monday, Dec. 24 & Tuesday, Dec. 25**

#### Mondays

Dec. 10 11-12 Silver Quills Writing Group  
**Dec. 24 Closed for Christmas Eve**

#### Every Tuesday

9-11 Katie's Krafters  
10-11 Senior Pool Hour-HealthSport  
\$5 fee (*prior registration required*)  
11 Bread distribution  
11:30-12:15 Lunch – **Menu at center**  
12:30-2 Bead Jewelry Class  
Dec. 4 10-11 Blood pressure check  
Dec. 4 & 18 10-11 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
For info call 443-9747  
Dec. 25 2 Arcata Marsh Slow Walk  
**Dec. 25 Closed for Christmas**

#### Every Wednesday

10-11 Chi Gong-RSVP 443-8347  
11 Bread distribution  
11:15-12:15 Tai Chi with Kathy-Advanced  
11:30-12:15 Lunch – **Menu at center**  
12:30-1:30 Tai Chi with Kathy-Beginning  
Dec. 5 & 19 10:30-11:30 Brice Ogen & Guitar  
Dec. 19 11:30-12:15 Holiday Meal

#### Every Thursday

9-10 Tai Chi w/Tim (\$3 donation)  
9-11 Katie's Krafters  
10-11 Senior Swim Hour-HealthSport  
\$5 fee (*prior registration required*)  
11:30-12:15 Lunch – **Menu at center**  
12:15-1:15 Learn Tech with Brett  
Dec. 6 10:30-11:30 PJ's Musical Group  
Dec. 13 11-12:15 Cal Fresh Sign-up assistance  
Dec. 20 10:15-11:15 Swing 'n' Sway Trio  
Dec. 20 10:30-11 Commodities Distribution

#### Every Friday

10-11:30 Ping Pong with Pete  
Dec. 2&16 10:30-11:30 Piano with John Humphrey  
11:30-12:15 Lunch – **Menu at center**  
Dec. 14 10:30-12:15 Birthday Celebration  
Dec. 21 10:30-11:15 Music with the Half Notes  
Dec. 28 11:30-12:15 New Year's Meal & Celebration

# December Senior Center Activities

## McKinleyville Senior Center

**Azalea Hall • 1620 Pickett Road**  
**Open Monday-Friday 9 a.m. - 4 p.m.**  
**mckinleyvillecsd.com**  
*azaleahall@att.net • 839-0191*  
**Closed Dec. 22, 2018, to Jan. 5, 2019**

### Mondays

8:30-9:30 Tai Chi  
 9-12 Computers\*  
 (\*call for availability)  
 10:30 Walking Group at Hiller Park  
 1-4 Party Bridge  
 1-4 Cribbage  
 Dec. 31 11-12 Low Vision Workshop

### Tuesdays

9-11 TOPS  
 9:30-10:30 S.A.I.L. Class  
 10:30-12 Memoir Writing *NEW!*  
 10:40-11:40 Stretching  
 12:30-3:30 BINGO  
 1:30-2:30 Exercise

### Wednesdays

8:30-9:30 Tai Chi  
 9-12 Computers *(call for availability)*  
 10-12 Needlework  
 10:30 Walking Group at Hiller Park  
 1-4 Pinochle  
 Dec. 5 10-11 Genealogy  
 Dec. 5 & 19 3-5 Caregiver Support Group  
 Timber Ridge at McKinleyville  
 Private Dining Room,  
 1400 Nursery Way.  
*For info call 443-9747*  
 Dec. 12 12-1 FREE Monthly Luncheon  
 Dec. 19 11:00 Executive Board Meeting

### Thursdays

9:30-10:30 S.A.I.L. Class  
 10:30-12 Pinochle Lessons  
 10:40-11:40 Stretching  
 12:30-3:30 BINGO  
 Dec. 6 11-11:30 French Dip w/Cole Slaw, \$3  
 Dec. 13 11-11:30 Mystery Soup, Salad, Roll \$3  
 Dec. 20 11-11:30 Tacos, Refried Beans &  
 Cheese \$3

### Fridays

8:30-9:30 Tai Chi  
 10:30 Walking Group at Hiller Park  
 1-4 Pinochle

## Fortuna Senior Center

**A Membership Organization**  
**MGC at 2280 Newburg Road**  
**fortunasenior.org**  
*admin@fortunasenior.org • 726-9203*  
**Closed Christmas Eve & Tuesday, Dec. 25**

### Every Monday

8:30 Riverwalk  
*At MGC* 9:00 Tai Chi  
 11:00 Line Dancing  
 3:30 Ukulele Group  
 5:00 SAIL Class  
*At United Methodist Church*  
 9:00 PE for Seniors  
 10:30 PE for Seniors-Beginners  
 Dec. 3 1:45 Book Club

### Every Tuesday

*Rohner Park* 8:30 Walking Trails  
*At MGC* 1:30 Senior Stitchers  
 2:00 Seated Tai Chi  
 3:00 Recorder Group

### Every Wednesday

8:30 Riverwalk  
*At MGC* 1:00 Tai Chi  
 5:00 SAIL Exercise  
*At United Methodist Church*  
 9:00 PE for Seniors  
 10:30 PE for Seniors-Beginners  
 Dec. 5 Noon Senior Lunch Bunch  
*Call Chris 725-2020 or  
 Carol 725-2931*

### Every Thursday

*Rohner Park* 8:30 Walking Trails  
 3:00 Bocce Ball  
*At MGC* 9:00 Cards  
 9:30 Yoga for Seniors  
 1:00 Mah Jongg  
 2:00 Seated Tai Chi

### Every Friday

*At MGC* 9:30 Cards & Games  
 2:00 Scrabble Group  
*At United Methodist Church*  
 Dec. 28 7:30 Fortuna Camera Club  
*Fortuna* 9:00 Hiking Call 725-7953  
 9:00 Biking Call 725-1229

### Every Sunday

*At MGC* 3:00 Qigong Class  
 Dec. 15 5:00 Bingo

## Rio Dell Southern Baptist Church 100 Butcher Street

**M,W,F 11:30 to 12:30 Senior Exercise Class**