Adults and Seniors

Scholze Park Center

The Scholze Park Center is open from 9:00am to 5:00pm, Monday through Friday. Located at the corner of Dickman and Lighthouse Avenues, behind Scholze Park, this center is devoted primarily to Adult and Senior activities, such as sewing, ceramics, needlepoint, line dance and a variety of art programs. There are other classes and activities for the general public to enjoy. Please call for further information: 646-3878.

Diabetic Support Group: Meets the second Thursday of each month at 10:00am

N.A.R.F.E. (National Association of Retired Federal Employees): Meets the third Monday of each month at 1:00pm

Alliance on Aging

The Alliance on Aging is a non-profit organization whose mission is to help older adults live securely, productively and independently. A multi-purpose agency, the Alliance on Aging sponsors programs that serve seniors and their caregivers. Many Alliance services are offered at the Scholze Park Center. For more information call 646-1458.

Alliance on Aging programs include:

Senior Peer Counseling Health Insurance Counseling & Advocacy (HICAP)

Ombudsman for Long Term Care Tax Counseling

Senior Employment Training Senior Outreach Luncheons

Spiral Consignment & Benefit Store: 383-5030

Senior/Disabled Taxi Voucher Program

A limited number of free taxi vouchers are distributed to Monterey Resident Seniors and Disabled persons for travel in Monterey, Seaside, Sand City, Del Rey Oaks, and Pacific Grove. Seniors (65 and older) must provide proof of age and residency. Disabled persons (any age) must provide an ID card from Monterey Salinas Transit's (MST) RIDES program and proof of residency. Vouchers are worth \$14. Participants will pay a \$3 co-pay to the taxi driver. Vouchers are distributed at Scholze Park Center, Casanova Oak Knoll Park Center and Monterey Recreation Administration Office.

For Seniors (65 and older) and Disabled Persons (any age).

Golden 55 Travelers

You don't have to be a senior to join Monterey's most popular travel group-we offer a variety of tours throughout the year for adults of all ages. Traveling near and far on one-day outings, overnight excursions, and extended tours, we provide interesting and exciting adventures to satisfy travelers of all interests and all budgets. Reservations are taken on a first-come, first-served basis at the Scholze Park Center and must be pre-paid at the time of reservation. For a list of tours we are currently offering or to be added to our mailing list, please call (831) 646-3878 or visit us online at www.monterey.org/rec.

Please Note: Trips must be paid for when reservations are made; there is no smoking on buses; all seats on the bus are reserved on a first-come basis. Refund policy: All one-day trips are refunded if cancelled 30 days in advance; less than 30 days, refund only if the space is resold. There will be a \$5 service charge assessed on cancellations of one-day trips. A \$10 service charge will be assessed on tours longer than one day. For extended tours, consult individual brochures for specific refund policies.

Blood Pressure Check

The first and third Tuesday of every month a volunteer nurse's aid will offer free blood pressure check-ups for seniors.

For Seniors (55 and older).

LOCATION SESSIONS INSTRUCTOR DAY TIME 10:30-11:30am Tu Continuous Scholze Park D. Chartier None

(No Blood Pressure Check on Dec 25 and Jan 1)

55-Alive Mature Driving Class

A special class designed to help seniors compensate for changes that take place with aging. Students will get a certificate and may receive insurance discounts. Pre-register at the Scholze Park Center.

For Seniors (50 and older).

LOCATION DAY/TIME/SESSIONS INSTRUCTOR \$12 A.A.R.P. Members Call for information: 646-3878 Scholze Park J. Ferrante \$14 Non-Members

Legal Services for Seniors

A special service to help seniors with a variety of needs such as healthcare or pension problems. Call for information: 646-3878.

For Seniors (60 and older). INSTRUCTOR DAY/TIME/SESSIONS LOCATION FEE For appointment call: 899-0492 Scholze Park **Legal Services for Seniors** None

The Meal Connection

A perfect way to enjoy a healthy meal and participate in the many activities of the Center. Lunch is served four days a week at 11:30am on Monday, Tuesday, Thursday and Friday. Reservations are appreciated; please call the Scholze Park Center, 646-3878. There is no lunch served on Wednesday.

For Adults and Seniors.

LOCATION SESSIONS DAY TIME M,Tu,Th,F 11:30am Scholze Park \$6 Adults (\$3 suggested donation for anyone 60 and over)

(No Lunch Dec 24, 25, Jan 1, 21, Feb 18 and May 27)

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The Friday Social

Fun, food and friends are the magic ingredients for the Friday Social. This is a time for challenged adults to socialize while enjoying dinner and dancing. Register at the Scholze Park Center.

For ages 18 and older.

DAY TIME SESSIONS LOCATION FEE 5:30-8:30pm First Friday of each month Continuous Scholze Park None

Bingo

Stay for a lively game of Bingo, Black Out, Four Corners, Wild Card and much more! Enjoy refreshments and fun prizes too!

(No Social Jan 4)

For Adults and Seniors.

FEE INSTRUCTOR DAY TIME SESSIONS LOCATION Μ 12:30-2:30pm Continuous Scholze Park Staff \$.50 per card/10 card maximum

(No Bingo Dec 24, Jan 21, Feb 18 and May 27)

Bridge Instruction

Enjoy the mental stimulation and camaraderie of a game for fellowship and fun. The emphasis is on social bridge, not duplicate. Previous experience is not necessary. Register at first class.

For Adults and Seniors.

FEE LOCATION INSTRUCTOR DAY TIME SESSIONS 12:30-2:30pm Continuous Tu Scholze Park I. Howell None (No Bridge Dec 25 and Jan 1)

Ceramics-Creating With Clay

Create original clay pieces through the hand modeling, glazing and firing process. This class offers basic pinch, slab and coil pottery techniques as well as advanced methods of sculpting and decorating. Register at first class.

For Adults and Seniors.

FEE SESSIONS LOCATION DAY TIME INSTRUCTOR Th 9:00am-12:00pm Continuous Scholze Park J. Riley \$10 materials fee (No Class Dec 27 and Jan 3)

Chi Gong

The practice of aligning breath, movement and awareness for health of mind, body and spirit. Guo Lin Chi Gong will stimulate your nerve system and strengthen your immune system resulting in more healing power. Register at each class.

For ages 18 and older.

FEE DAY TIME SESSIONS LOCATION INSTRUCTOR 1:30-2:45pm Scholze Park Th Continuous W. Mih None

Coffee and Conversation

Join your neighbors on Friday mornings for fresh brewed coffee, pastries and to enjoy a friendly chat. Relax and watch the news or morning shows, discuss current events, play games or try out our new Nintendo Wii game system.

For Adults and Seniors.

SESSIONS LOCATION DAY TIME INSTRUCTOR FFF 9:30-11:30am Continuous Scholze Park Staff None

Computer Instruction

Individual training is available in Word, Excel, PowerPoint, Internet, E-mail set-up, file management and digital photos. Please call 646-3878 for an appointment.

For ages 18 and older.

FEE SESSIONS TIME LOCATION INSTRUCTOR DAY 10:00am-1:00pm Tu See Staff for appointment Scholze Park B. Ludgate None

Gentle Exercise

Exercise for strength and flexibility and a focus on balance and core work. Includes warm up, low-impact aerobics, muscle toning, cool-down and stretching.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR MTY RES FEE ACTIVITY# M,W,F 10:30-11:30am Dec 3-Mar 8 \$93 \$70 16080-1 Scholze Park M. Schaupp (No Class Dec 24, 26, 28, 31, Jan 2, 4, 21 and Feb 18) M,W,F 10:30-11:30am Mar 11-May 31 Scholze Park M. Schaupp \$93 \$70 16080-2 (No Class May 27)

Love My Literary Club

Join with fellow book lovers, poets and creative writers to indulge in your favorite passion. Share interesting ideas about techniques of writing and enjoy meeting new friends with similar literary interests.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR FFF W 2:00-3:30pm First Wednesday of each month Scholze Park Staff None

(No Program Dec 26)

play! MONTEREY Winter 2012/Spring 2013 **Needlepoint**

Join others who love to create beautiful needlepoint treasures. Produce art projects, pillows and "paintings" by using a variety of stitches and stitching techniques. Join the class anytime. All levels welcome. Register at first class.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE
Tu 9:00am-12:00pm Continuous Scholze Park R. Flippo Provide own materials.

(No Class Dec 25 and Jan 1)

New Years Eve Extravaganza

Enjoy a fun pre-New Years Eve party with your friends. There will be ample time for chatting, eating fabulous finger food and dancing to the oldies! Call for reservation by December 21.

For ages 18 and older.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE M 2:00-4:00pm Dec 31 Scholze Park Staff \$2.00

Nintendo: Wii Play

Challenge each other to a game of bowling, tennis or baseball. Utilize your game skills while getting exercise and increasing movement, body control and brain fitness.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE
W 2:00-3:30pm Continuous Scholze Park Staff None
(No Wii Dec 26)

Pool Pals

Pool Pals is a free, drop-in billiards program. Bring a friend to share an afternoon enjoying a challenging game of pool.

For Adults and Seniors.

 DAY
 TIME
 SESSIONS
 LOCATION
 FEE

 M-F
 1:00-3:00pm
 Continuous
 Casanova Oak Knoll
 None

 (No Program Dec 24, 25, 26, Jan 1, 21, Feb 18, Mar 25, 26, 27, 28, 29 and May 27)

Public Access Computers

The Scholze Park Center has three personal use computers with Internet access available. Please call 646-3878 to check availability. Sign-in is required each time you use the computer.

For Adults and Seniors.

DAY SESSIONS LOCATION FEE
M-F Continuous Scholze Park None

Sewing-Basic and Advanced

Learn basic sewing or sharpen your advanced skills. Sew simple projects or learn to tailor suits, coats, jackets, and pants. You can even design and sew your own garments. Join the class at any time. All levels welcome. Register at first class.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE
W 10:00am-2:00pm Continuous Scholze Park M. Hawthorne None
(No Sewing Dec 26)

Thursday Matinee

Current hits and favorite classics are featured weekly! Please call 646-3878 on Thursday morning for the exciting movie of the day.

For Adults and Seniors.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE
Th 1:00-3:30pm Continuous Scholze Park Staff None

Yoga for Everyone!

Join this Yoga Flow class where laughing and having fun is a must! Stay young in mind, body and spirit. Postures includes stretching, strengthening and breathing exercises. All levels welcome.

For 18 and older.

DAY TIME SESSIONS LOCATION INSTRUCTOR FEE
Th 9:30-10:30am Continuous Scholze Park R. Menezes \$2 per person per class





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