

Adults & Seniors

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Adults and Seniors

Monterey Senior Center

The Monterey Senior Center is open from 9:00 a.m. to 9:00 p.m., Monday through Thursday, and 9:00 a.m. to 5:00 p.m., Friday. Located at the corner of Dickman and Lighthouse Avenues, behind Scholze Park, this center is devoted primarily to Adults and Senior activities. Activities for the developmentally challenged are also held here, such as sewing, ceramics, and the monthly Friday Social. There are also numerous classes and activities for the general public. Please call for further information: 646-3878.

DIABETIC SUPPORT GROUP—Meets the second Thursday of each month at 10:00 a.m.

NARCOTICS ANONYMOUS—Weekly meetings.

N.A.R.F.E. (National Association of Retired Federal Employees)—meets on the third Monday monthly at 1:00 p.m.

Alliance on Aging

The Alliance on Aging is a non-profit organization whose mission is to help elders 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 Monterey Senior Center. For more information call 646-1458.

Alliance on Aging programs include:

Wellness Support Services

Information and Assistance

HomeShare

Peer Counseling and Support

Health Insurance Counseling & Advocacy (HICAP)

OMBUDSMAN for long term care

Senior Employment

Tax Counseling

Taxi Scrip

Monterey Resident Seniors (65 and older) may purchase Taxi Scrip booklets for travel in Monterey, Seaside, Sand City, and Del Rey Oaks. \$20.00 booklets sell for \$10.00. This is a 50% discount. Booklets may be purchased at the Monterey Senior Center, Casanova Oak Knoll Park Center, and the Recreation and Community Services Department office. **Proof of age and residency is required.**

For Seniors (65 and older).



Golden 55 Travelers

Come along and enjoy Monterey's most popular travel group. We are specially designed for "mature active adults." Our trips are open to everyone on a first come, first served basis. We offer a top quality trip for the most reasonable price possible. We offer a wide variety of excursions; something for everyone! We have many one-day trips and offer several longer trips during the year. **For a list of current trips, please call (831) 646-3878 or visit us online at www.monterey.org/rec/golden55.html**

Our policies are: Trips must be paid for when reservations are made; there is no smoking on any of our 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 \$5.00 service charge assessed on cancellations of one-day trips. A \$10.00 service charge will be assessed on tours longer than one day. For extended tours, consult individual brochures for specific refund policies.

PLEASE PUT ME ON THE GOLDEN 55 MAILING LIST

NAME: PHONE:

ADDRESS:

CITY: ZIP:

BIRTHDATE: Month Day NICKNAME:

E-MAIL ADDRESS

MONTEREY SENIOR CENTER, 280 DICKMAN AVENUE, MONTEREY, CA 93940 • (831) 646-3878

Blood Pressure Check

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

For Seniors (55 and older).

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	11:00am-12:00pm	Continuous	Senior Center <i>(no B.P. check on Nov 4)</i>	E. Dunton	None

55 Alive-Mature Driving Class

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

For Seniors (50 and older).

DAY/TIME	LOCATION	INSTRUCTOR	FEE
Call for information, 646-3878	Senior Center	J. Ferrante	\$10.00 fee payable to A.A.R.P.

Legal Services for Seniors

A special service to help seniors with a variety of needs such as healthcare or pension problems. For appointment call 899-0492.

For Seniors (60 and older).

DAY/TIME	LOCATION	INSTRUCTOR	FEE
Call for information: 646-3878	Senior Center	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 at 11:30 a.m. (Mondays, Tuesdays, Thursdays, and Fridays) and reservations are appreciated. Call the Monterey Senior Center, 646-3878 for reservations. There is no lunch served on Wednesdays.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	FEE
M, Tu, Th, F	11:30am	Continuous	Senior Center	\$5.00-Adults \$2.50 <i>(suggested donation for anyone 60 and over)</i>
			<i>(no lunch Jul 4, Sep 1 and 9, Nov 3, 4, 6, 7, 11, 27 and 28)</i>	



Understanding Medical and Health Care Coverage

Introduction to various medical and health programs available. Study of Medicare and supplemental medical coverage, prescription drugs, and Long-term care for seniors. Co-sponsored by Alliance on Aging. Register at first class.

For Adults and Seniors.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Call for information: 655-1334	Senior Center	B. Petty	None

VNA Adult Day Program

The Visiting Nurse Association's adult day program serves individuals with Alzheimer's and dementia and the frail elderly, providing socialization & activities in a safe environment, while giving family members a needed break. For information on the program, please call 643-0278.

For Seniors (55 and older).

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M-F	9:30am-3:00pm	Continuous	Hilltop Park	VNA Staff	\$50 per day

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.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	12:30-3:30pm	Continuous (no class Sep 9, Nov 4 and 11)	Senior Center	J. Howell	None

Ceramics-"Say it With Clay"

Create original clay pieces through the hand modeling, glazing, and firing process. Learn basic pinch, slab and coil pottery techniques. Then move to more advanced methods of sculpting and decorating. Co-sponsored by Monterey Adult Education. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:00am-12:00pm	Continuous (no class Nov 6 and 27)	Senior Center	A. Blume	Materials fee will be collected.

Joy of Singing: Vocal Lessons

Raise up your voice and make a joyful sound. You will learn vocal warm-ups, breathing techniques, song presentations, and how to entertain using a microphone. Beginners and advanced singers are welcome. Co-sponsored by Monterey Adult Education. Register at each class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	6:00-8:00pm	Continuous (no class Nov 5)	Senior Center	L. Martin	\$2 per class

Mental Gymnastics

Activities for active older adults, brain fitness to keep a sharper mind and memory. Methodology of multiple intelligence's will be used such as various mind related activities and research for maintaining a healthy brain. Co-sponsored by Monterey Peninsula College. For registration, please call 646-4058.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	1:00-3:00pm	Jun 18-Aug 6	Senior Center	D. Sturt	None
W	1:00-3:00pm	Aug 27-Oct 15	Senior Center	D. Sturt	None

Needlepoint

Join others who love to create beautiful needlepoint treasures. You will produce art projects, pillows, and "paintings" by using a variety of stitches and stitching techniques. Join the class anytime. All levels welcome. Co-sponsored by Monterey Adult Education. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	9:00am-12:00pm	Class resumes Sep 2 (no class Sep 9, Nov 4 and 11)	Senior Center	R. Flippo	\$15 materials fee

Pool Pals

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

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	FEE
M,W	1:00-3:00pm	Continuous (no program Sep 1)	Casanova Oak Knoll	None

Public Access Computers

The Senior Center has three personal use computers with Internet access available for adults and seniors. There is no fee and you can call 646-3878 to check availability. Sign-in each time you use the computer.

For Adults and Seniors.

DAY	TIME/SESSIONS	LOCATION	FEE
M-F	Continuous	Senior Center	None

Sculpting From the Live Model

We are offering an evening session featuring live models. Clay will be used for studies from the human figure. Painting and sketching are other options. Human anatomy and armature methods will be presented. Co-sponsored by Monterey Peninsula College. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	6:00-9:00pm	Sep 16-Oct 21	Senior Center	E. Chezem	Model fee will be collected.

Senior-Cise

Promote cardiovascular fitness and flexibility through routines and dance steps. Included are warm up, low impact aerobics, muscle toning, cool down, and stretching. Co-sponsored by Monterey Peninsula College. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M,W,F	10:30-11:30am	Continuous (no class Jul 4, Sep 1, Nov 3, 5, 7 and 28)	Senior Center	M. Schaupp	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. Co-sponsored by Monterey Adult Education. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	9:30am-4:30pm	Continuous (no class Nov 5)	Senior Center	L. Alonso	\$15 materials fee

Tap Bananas

Join the popular dance troupe and entertain throughout the Peninsula with spectacular dances and costumes using a variety of music and choreographed routines. Dancers are welcome to audition. Co-sponsored by Monterey Adult Education. Pre-register at the Monterey Senior Center.

For Seniors (55 and older).

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M, F	12:30-2:30pm	Continuous (no class Jul 4, Sep 1, Nov 3, 7, and 28)	Senior Center	C. Tefertiller	None

Thursday Matinee

Favorite films are presented every week. Call 646-3878 on Thursday morning for the exciting movie of the day. Both current hits and classics are offered.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	1:00-3:30pm	Continuous (no movie Nov 6 and 27)	Senior Center	Center Staff	None

Special Programs

Special Programs

- Adventures With Clay
- The Friday Social

Adventures With Clay

Adventures with Clay is a special class for mentally and physically challenged adults where students are encouraged to express their spontaneous creativity through the medium of ceramics. Co-sponsored by Monterey Adult Education. Register at first class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:00am-12:00pm	Continuous (no class Nov 6 and 27)	Senior Center	A. Blume	None

The Friday Social

Fun, food, and friends are the magic ingredients for the Friday Social. This is a time for challenged adults to socialize and enjoy dinner and dancing. Register at the Monterey Senior Center.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
First Friday of each month	6:30-8:30pm	Continuous	Senior Center	None