AUBURN PARKS, ARTS & RECREATION

SENIOR *Activity* CENTER

PROGRAMS, SERVICES, & ACTIVITIES

Age 50+

APRIL-JUNE 2024

Join us!

REGISTER ONLINE!
Fast, convenient, and no additional fees. Visit auburnwa.gov/seniors or Scan QR Code!

Registration Starts APRIL 1

CITY OF AUBURN WASHINGTON

AUBURN SENIOR ACTIVITY CENTER

Upcoming Special Events

Easter Lunch

Join us for Easter fun. There will be egg and cookie decorating plus fun games for all to play. We will also host an Easter egg hunt for the daycare down the street and Seniors at 11 a.m.

Doors to the lunch room will open at 11:30 a.m. for Egg and Cookie decorating and lunch.

$ $4.50 suggested contribution 60 and older, $6.50 fee for those under 60 | Please register in person by March 21, as space is limited

DAY	DATES	TIME
Thursday	March 28	11:30am-1pm

Mother's Day Lunch

Come share a spoonful of sugar and have a supercalifragilisticexpialidocious time celebrating the Mothers in our lives. Mary

Poppins will be performing a wonderful Cabaret show with all her favorite hits. Doors open 11:15 a.m. and show starts at 11:30 a.m. Lunch will be served around noon.

$ $4.50 suggested contribution 60 and older, $6.50 fee for those under 60 | Please register in person by May 2, as space is limited

DAY	DATES	TIME
Thursday	May 9	11:15am-1pm

Father's Day Lunch

Let's play ball and honor the Fathers in our lives. We'll have fun games and amazing giveaways. Enjoy a delicious Hot Dog lunch with Root Beer Floats for dessert.

$ $4.50 suggested contribution 60 and older, $6.50 fee for those under 60 | Please register in person by June 5, as space is limited

DAY	DATES	TIME
Thursday	June 13	11:30am-1pm

JOIN US FOR

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

Social Dinner honoring Older Americans Month

May is Older Americans Month. Come to the Senior Center for a tour, dinner, and live entertainment. This is a perfect opportunity to learn more about our Center, invite friends, and be celebrated. Tours will be held 2:30-4:30 p.m. Dinner is prepared by our Wellness Team and begins at 4:45 p.m. It is a $8.00 fee. Dinner will be Meatloaf with gravy, baked potato, steamed veggies, Caesar salad and ice cream. Reservations required before May 10th. You can register in-person or over the phone. When registering, please indicate if you would like a tour.

$ $8 | Reservations required before May 10

DAY	DATES	TIME
Monday	May 13	4:45pm

Older Americans Month Brunch

Enjoy Brunch & Bubbly (sparkling cider) to celebrate Older Americans Month. This is another great opportunity to learn more about your local Senior Center or invite friends to see how much fun we have. Staff will prepare a delicious Brunch made special for you.

$ $4 suggested donation

Please register in person by May 23, as space is limited.

DAY	DATES	TIME
Friday	May 31	10:30am-12pm

CITY OF AUBURN WASHINGTON

SENIOR Activity CENTER

APRIL-JUNE 2024

Auburn Senior Activity Center

808 9th Street SE
Auburn, WA 98002

Mission Statement

To enhance the quality of Life of senior adults in our community through recreational, health and wellness, educational, and nutritional services and programs.

Code of Conduct

And let's not forget the essential Code of Conduct, ensuring a harmonious environment for all participants. You can find it posted throughout the Center and readily available at the front desk. See staff to report suspected violations.

Welcome!

Dear Readers,
As I compose this message, Spring is just 15 days away, bringing with it the promise of extended daylight, blossoming flowers, and the cheerful melodies of birds. Having successfully navigated winter, now is the perfect moment to embrace the season and partake in some enjoyable activities!

Signing in
Exciting news! Visits to the Senior Center are on the rise, with an average of 220 people on Wednesdays last month. To ensure everyone is accounted for, please sign in using the kiosks at both entrances and by the dining room. Don't forget to select the activities you plan to participate in that day. If you don't have a scan-in card, stop by the Welcome desk or the front desk for assistance. Your cooperation helps us provide the best experience for all attendees.

Registration
Registering for trips & tours, hikes & walks, special events, and classes begins the first working day of the month the brochure starts; January, April, July, October. Both in person and online registration starts at 8:30 a.m. Popular activities can fill in less than 5 minutes. Please add your name to the waiting list if the activity is full. We do our best to add additional trips or dates whenever possible. See staff if you have questions.

Lunch Registration
Lunch counts are up too. If you are a regular lunch participant or want to give lunch a try, please follow these directions:

Day of: Register for lunch at one of three (3) Kiosks as soon as you come into the building. Lunch is available on a first come, first served basis, with a finite number of meals each day. Coming in at 11:30 am or later limits the chances that meals will be available.

Lunch Token: The dining room opens at 11:30 a.m. All people eating lunch must check in with the lunch registrar at the entrance to the dining room. Those who have successfully signed up will receive a numbered token to give to the server. Without a token, you will not get a meal.

Special Event Meals: Tickets are available for Special Event Meals at the front desk. Please purchase at least 1 week before the event, to ensure that we have enough space and meals.

Table Reservations: We are happy to reserve a table of 10 for Special Event meals. We require 10 names and 10 tickets purchased before we can reserve a table. Make reservations at the front desk and your table with your name on it will be waiting for you the day of the event.

Coffee Bar
Indulge in a delightful coffee experience at the Senior Center Coffee Bar! Our freshly roasted coffee from Z Street Coffee is now served in upgraded air pots, ensuring a hotter and fresher cup. For just 75 cents, you can enjoy the best coffee deal in town. Stop by and savor the rich flavors!

Radine Lozier
Senior Center Manager
rlozier@auburnwa.gov

Food Pantry Changes
Our customer counts on Fridays have drastically reduced since the cancellation of the Friday Lunch Program. The decision has been made to offer Pantry, on the 1st Thursday, monthly from 9 a.m-1:30 p.m.

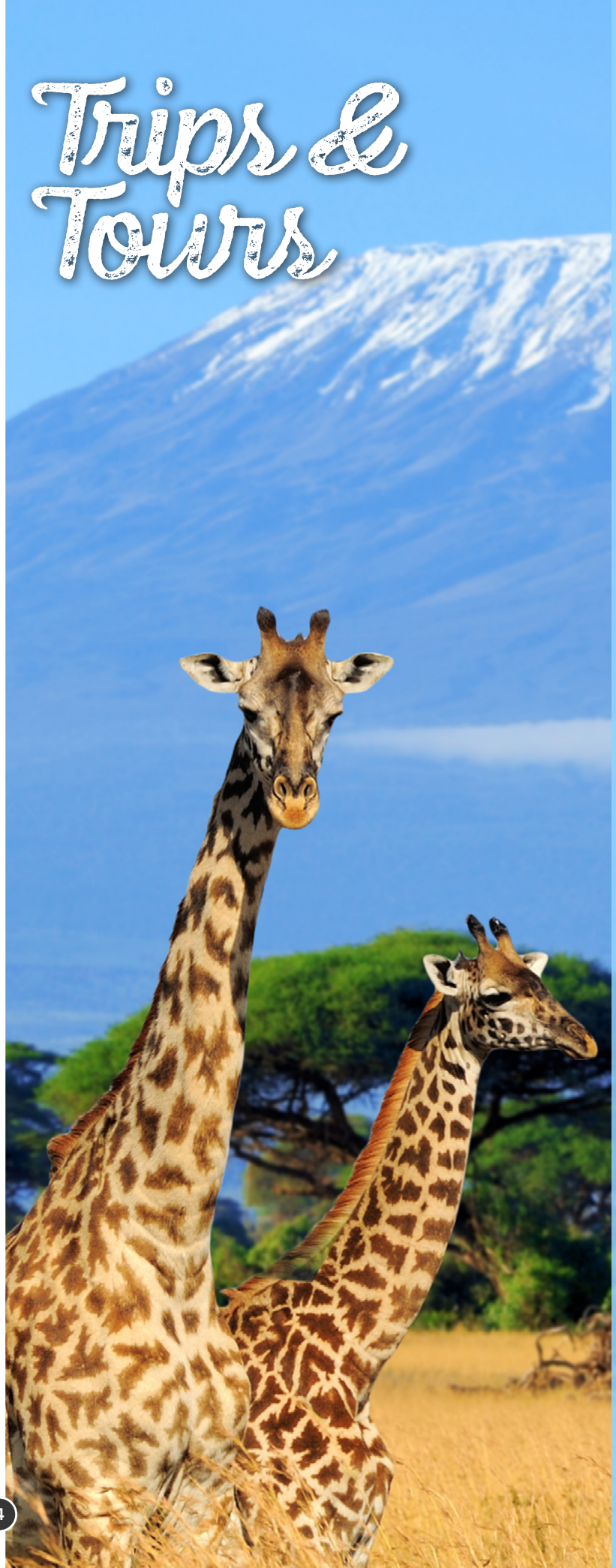
April 22-26 – National Volunteer Week
Celebrate National Volunteer Week with us. A heartfelt thank you to our dedicated volunteers for their invaluable contributions. We couldn't offer diverse programs and services without you. Please stop by the Center during Volunteer Week to receive a special thank-you gift as a token of our appreciation. Your generosity truly makes a significant impact!

Interested in Volunteering?
Explore a range of volunteering opportunities at the Senior Center! We currently have a pressing need for assistance in the Lunch Program on Mondays through Thursdays from 10 am to 1:30 p.m. Additionally, we seek dedicated individuals for the Food Pantry on the first Wednesday or Thursday of every month, operating from 9 a.m. to 1:30 p.m. Your support makes a meaningful difference!

Older American Month – May 2024
POWERED BY CONNECTION
May 2024 is Older American Month at the Senior Center, themed "POWERED BY CONNECTION." Join us in celebrating the meaningful connections we foster. Explore a diverse array of activities, from quilting to pinochle, movies to day trips, plus many volunteer opportunities. Whether you prefer theater trips or mountain hiking, there's something for everyone. Be sure to explore all the exciting options available this May!

June-Pride Month
Get ready for June, Pride Month at the Senior Center! Due to popular demand, Rainbow BINGO is making a triumphant return on June 17 from 2-4 p.m. Join us for a colorful and lively celebration!

Trips & Tours



ACTIVITY LEVEL GUIDE
E Easy Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day.
Mi Mild Between 2-4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day.
Mo Moderate Up to 6 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. Not appropriate for canes, walkers, or wheelchairs.
S Strenuous More than 6 blocks of walking and/or many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers, or wheelchairs.

ITEMS TO NOTE

- Please arrive 15 minutes prior to the trip departure time. All trips depart on time, drivers will not wait for latecomers.
- All efforts will be made to accommodate everyone desiring to participate in a trip. If a trip is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional van or trip.
- New 2024 registration forms need to be completed. Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.
- Parking, if you are able to, we encourage all trip and hike participants to park in the Community Event Center parking lot or the parking lot on H street (behind the Library).

Seniors on the Beach: Seaside, Oregon

April 21-23, 2024

HIGHLIGHTS: 2-Night Stay at an Ocean Front Seaside Hotel, Day Trip to Cannon Beach, Seaside Promenade, Stop in Astoria, Oregon

Fee includes two nights lodging transportation and continental breakfast.

Rates per person:
Double: $299 #58686 | Single Supplement: $140 #58688

Christmas on the Danube

Dec. 3-11, 2025

HIGHLIGHTS: Würzburg, Rothenburg, Nuremberg, 6-Night Danube River Cruise, Regensburg, Passau, Choice on Tour: Passau City Walk or Veste Oberhaus Fortress, Wachau Valley, Glühwein Party, Vienna, Christmas Markets

Rates per person: Double: $3798-$5098
Single:-$4798-$7598
Travel insurance: $599
Final Payment: Aug. 5, 2025

Extended Travel with Collette Vacations

Spectacular South Africa

Nov. 7-20, 2024

HIGHLIGHTS: Johannesburg, Soweto, Panoramic Route, Kruger National Park, Safari Game Drives, Garden Route, Knysna, Featherbed Nature Reserve, Choice on Tour, Stellenbosch, Wine Tasting & Dinner, Cape Town, Table Mountain

Rates per person: Double: $5,399 | Single: $6,399
Deposit: $698 Travel insurance $599
Final Payment: Sept. 8, 2024

Spotlight on the French Riviera

May 8-16, 2025

HIGHLIGHTS: Nice, Food Tour & Tasting, Nice Flower Market, Monaco, Monte Carlo, Choice on Tour: Monte Carlo Panoramic Tour or Monaco's Oceanographic Museum, Grasse, Fragonard Perfumery Workshop, Cannes, Saint-Honorat Island & Wine Tasting, Villa Ephrussi de Rothschild, St. Paul de Vence

Rates per person: Double: $4,899 | Single: $5,899
Deposit: $698 Travel insurance $449
Final Payment: Mar. 9, 2025

Dine Outs

Wally's Chowder House- Des Moines

Wally's Chowder House Broiler is a locally owned, Northwest seafood restaurant overlooking the Puget Sound. Offering award winning New England clam chowder, crispy fish and chips, Northwest seafood, and hot juicy burgers. E | Price Range is: $18-40 | $ $5/7

DAY	DATES	TIME	#
Wednesday	April 10	11am-1:30pm	58671

Well & Table- Issaquah

Offering fantastic farm to table menu.
E | Price Range is: $18-45 | $ $7/9

DAY	DATES	TIME	#
Tuesday	April 16	4pm-8pm	58674

Windmill Gardens- The Bistro Sumner

The Bistro is an upscale casual restaurant that serves seasonal, made from scratch menu.
E | Price Range is: $15-20 | $ $5/7

DAY	DATES	TIME	#
Wednesday	May 8	11am-1:30pm	58672

Al Lago- Lake Tapps

Serving the freshest NW seafood and USDA choice certified beef. E | Price Range is: $22-50 | $ $7/9

DAY	DATES	TIME	#
Tuesday	May 21	4:30pm-7:30pm	58675

Mount Si Golf Course- Snoqualmie

Lots of great breakfast and lunch options, with a great view of Mount Si.
E | Price Range is: $8-20 | $ $5/7

DAY	DATES	TIME	#
Wednesday	June 5	11am-2pm	58673

Feast- Renton

Spacious, contemporary restaurant offering all-you-can-eat Asian fare from dim sum to sushi.
E | Price: $32 | $ $7/9

DAY	DATES	TIME	#
Tuesday	June 18	4:30pm-7:30pm	58676

Tours

Cracked Crab Cruise and Tulips

Scenic 2.5-hour lunch cruise. This tour features a freshly prepared Dungeness crab and baked chicken meal, unparalleled scenery, fun and informative narration from our Captain, and passage underneath the stunning, oft-photographed Deception Pass Bridge. The area is full of many species of birds and wildlife, which the Captain and crew will talk about as we go. Before our lunch tour we will head to Roozengarde Tulip Farm.
Mi | Fee includes tour, lunch, admission to tulip farm and transportation | $ $110/115

DAY	DATES	TIME	#
Monday	April 15	8:30am-4:30pm	58677

Seattle Art Museum

We will start our day exploring the Museum on our own. Then we will enjoy a guided tour of the Jaune Quick-to-See Smith exhibit with an experienced docent. There will be time to have an independent lunch in the area on your own.
Mi | Fee includes guided tour, admission and transportation
$ $30/35

DAY	DATES	TIME	#
Wednesday	April 24	9:15am-3pm	58678

Mariners Games

Mi | $74/79 Trip fee includes transportation and a club level ticket.

Mariners vs Reds

DAY	DATES	TIME	#
Wednesday	April 17	11am-5:30pm	58531

Mariners vs Astros

DAY	DATES	TIME	#
Thursday	May 30	11am-5:30pm	58532

Mariners vs Angels

DAY	DATES	TIME	#
Wednesday	July 24	11am-5:30pm	58533

Mariners vs Rays

DAY	DATES	TIME	#
Wednesday	Aug 28	11am-5:30pm	58534

Mariners vs Yankees

DAY	DATES	TIME	#
Thursday	Sept 19	11am-5:30pm	58535

The Barber of Seville- Seattle Opera McCaw Hall

The wheeling and dealing Figaro plays matchmaker between the savvy Rosina and the lovesick Count Almaviva, while Rosina's vulturous guardian does everything he can to keep the lovebirds apart. Full of schemes and hijinks, this "zany creation that is incredibly funny and wildly colorful" (City Arts) finishes the season on a high note. Lindy Hume's "bright hilarious production" (The Stranger) is an audience favorite with magnificently colorful sets and costumes. Combined with Gioachino Rossini's familiar and show-stopping tunes, this production is a treat for ears and eyes alike! Music by Gioachino Rossini; Libretto by Cesare Sterbini. We will have an independent dinner on South Lake Union prior to the show. E | Fee includes orchestra level ticket and transportation | $ $102/107

DAY	DATES	TIME	#
Wednesday	May 15	3:30pm-11pm	58684

Plants, Flowers and More

We will be heading north to McAuliffe's Valley Nursery(Snohomish), Flower World, and one other nursery. There will be room in the van to bring home your floral purchases. We will have an independent lunch at the Maltby Cafe.

Mi | Fee includes transportation. | $ $20/25

DAY	DATES	TIME	#
Thursday	May 16	9am-4pm	58680
Monday	May 20		58681

Chinatown Discovery Tour

This special walking tour of the Chinatown International District offered by the Wing Luke Museum, offers an experience for all the senses and brings the history of the neighborhood to life. You will have time to explore the Wing Luke Museum and have lunch on your own in the International District. Mo | $ $40/45

DAY	DATES	TIME	#
Friday	May 24	9:15am-3pm	58679

Bellevue Botanical Garden

The Botanical Garden is 53 acres of cultivated gardens, restored woodlands, and natural wetlands. We will have an independent lunch in the area after our tour.

Mo | Fee includes guided tour and transportation. | $ $30/35

DAY	DATES	TIME	#
Friday	June 7	9:15am-3pm	58682

Seattle Great Wheel, Wings Over Washington and Waterfront

Spend the day enjoying the Seattle Waterfront. You will receive a ticket to the Seattle Great Wheel and Wings Over Washington ride. There will be time to have an independent lunch on the waterfront.

Mi | Fee includes tickets and transportation. | $ $49/54

DAY	DATES	TIME	#
Thursday	June 20	10am-3pm	58683

Friday Harbor

Join us as we travel to one of the most beautiful places in the world. We will walk on the Anacortes ferry to Friday Harbor, where you will have time to explore San Juan Island on your own.

E | Fee includes transportation and ferry | $ $25/$40

DAY	DATES	TIME	#
Tuesday	July 2	6am-6pm	58689

Clue- 5th Ave Theatre

Murder and blackmail are on the menu when six mysterious guests assemble at Boddy Manor for a night they'll never forget! Was it Mrs. Peacock in the study with the knife? Or was it Colonel Mustard in the library with the wrench? Based on the cult 1985 Paramount movie and inspired by the classic Hasbro board game, Clue is the ultimate whodunit that will leave you dying of laughter and keep you guessing until the final twist. We will have an independent dinner at a downtown restaurant before the show.

E | Fee includes an orchestra level seat and transportation | $ $102/107

DAY	DATES	TIME	#
Thursday	July 11	3:30pm-11pm	58685

Outdoor Adventures

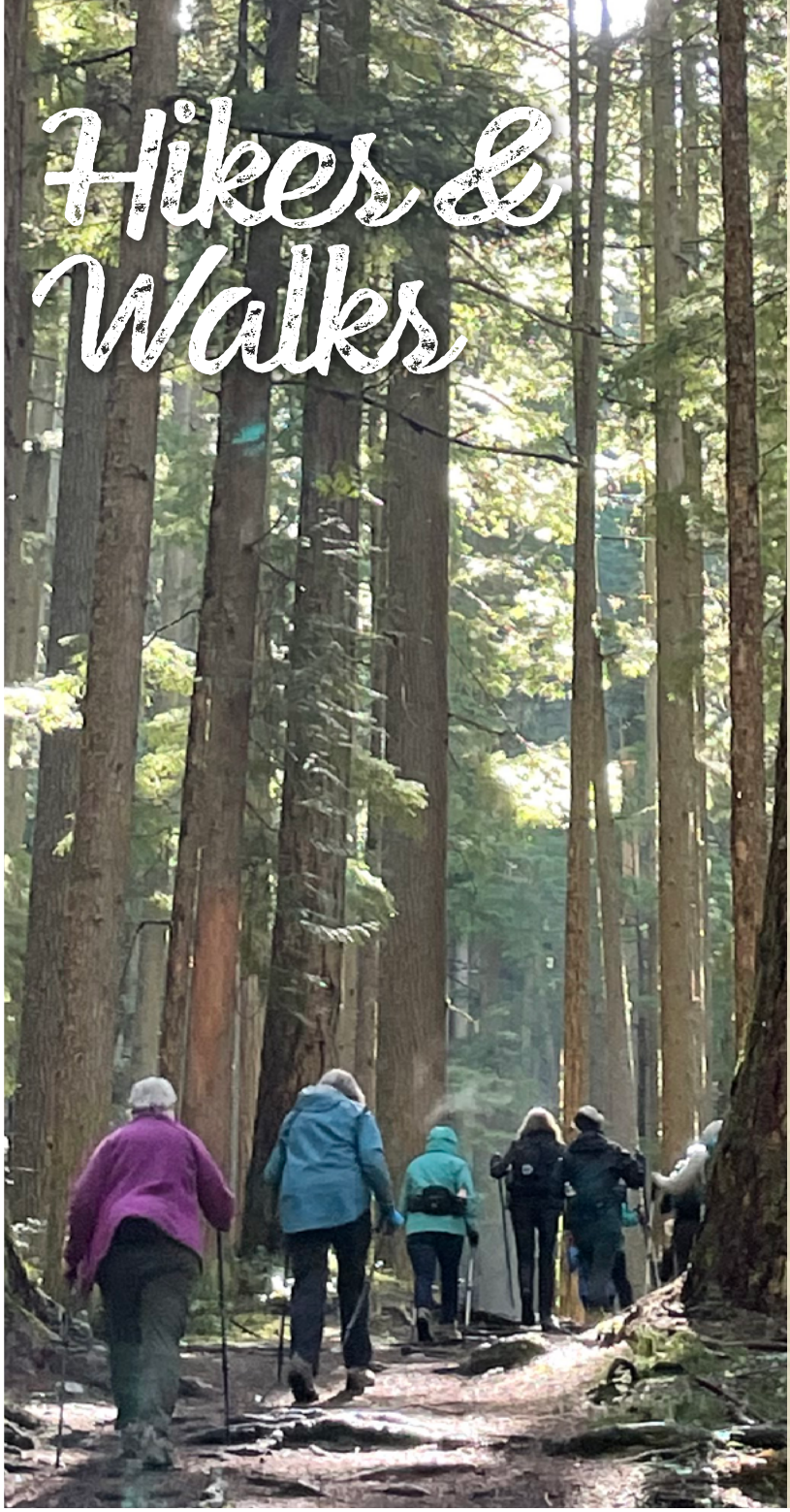
Leavenworth Zipline

Located in the evergreen forests of the Cascades, Leavenworth Ziplines allows you the opportunity to virtually fly through the trees and over the canyon floor, safely assisted by certified guides and top-of-the-line equipment. Leavenworth Ziplines features 9 ziplines, 2 suspension bridges and 1 amazing time. Fee includes zipping and transportation. We will have a late independent lunch in Leavenworth after our 3-hr tour. Space is limited to 7 registrants.

S | Fee includes admission and transportation | $ $150/155

DAY	DATES	TIME	#
Monday	June 24	6am-6pm	58584

Hikes & Walks



New to the hiking/ walking program?

Destinations vary throughout the year.

Hikes range from 4-8 miles.

Walks are up to 3 miles.

If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking manual from the front desk or online. See our website for full details and what to expect.

We hike rain or shine, so please dress in layers, & bring extra clothes if needed. Hiking shoes are advised for walks & hikes.

Please bring water, sunscreen, and a sack lunch (unless otherwise noted).

Be prepared to stop for a snack on our return trip home.

New 2024 registration forms need to be updated. Individuals taking walks or hikes with the Senior Center need to complete a confidential form, which includes emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.

HIKE RATINGS

RATING: 1	RATING: 2	RATING: 3	RATING: 4
Paved and/or smooth trail surface; no significant hills, no more than 5 miles	Moderate; sometimes paved; some hills; may be over 5 miles.	Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.	Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Walks

Des Moines Creek Trail

MILES: 4
RATING: 1+

This trail begins at the Des Moines Creek Park and ascends to the south end of SeaTac Airport. With a total elevation gain of 250 feet over its 2-mile length this paved trail does present some challenges. A turn around at 1.5 miles (sooner if the group decides to include a walk out the fishing pier) should be accessible to most walkers. We will stop by Anthony's for lunch after our walk. $11/$14

DAY	DATES	TIME	#
Tuesday	April 9	9:30am-2:30pm	58647

Foothills Trail- Puyallup

MILES: 3
RATING: 1

The Foothills Trail currently extends from Puyallup to Buckley with plans to extend to the Carbon River Mt. Rainier entrance. The Valley segment of the trail is relatively flat and is bordered by farmlands for this portion of the walk. After the walk enjoy the offerings of Farm 12 for a farm to table lunch experience. $11/$14

DAY	DATES	TIME	#
Tuesday	April 23	9:30am-2:30pm	58648

Sehmel Homestead

MILES: 3
RATING: 1

This Pen Met Park offers trails, a pond, wetlands and meadows as well as active recreation facilities. The 98-acre parcel was once part of a much larger tract first homesteaded in the 1880's by Henry Sehmel, an immigrant from Germany. We will have lunch in Gig Harbor after our walk. $11/$14

DAY	DATES	TIME	#
Tuesday	May 14	9:30am-2:30pm	58649

Lake Wilderness Arboretum & Green River

MILES: 3
RATING: 1

The Lake Wilderness Arboretum offers intertwining trails through beautiful landscapes. A trail around the perimeter of the arboretum leads to a shallow set of stairs offering easy access to the Green to Cedar Trail. The Green to Cedar Trail is paved and level. We will stop by the Black Diamond Bakery for lunch after our walk. $11/$14

DAY	DATES	TIME	#
Tuesday	May 28	9:30am-2:30pm	58650

Lincoln Park

MILES: 3
RATING: 1+

This iconic West Seattle Park offers woods and beach trails plus the recent addition of a Troll. Walkers will have some inclines, but trails are well maintained so footing shouldn't be an issue. Walkers will explore West Seattle dining options. $11/$14

DAY	DATES	TIME	#
Tuesday	June 4	9:30am-2:30pm	58651

Clear Creek/Silverdale

MILES: 3
RATING: 1

The Clear Creek Trail consists of more than 7 miles of paved and unpaved trails in a greenbelt in the middle of a large retail center. The system extends from a waterfront park on Dyes Inlet and includes a riparian stream for salmon plus an extensive wetland in an historic farm belt. Walkers will stop at the Waterfront Park where there are a variety of nearby lunch out options. $11/$14

DAY	DATES	TIME	#
Tuesday	June 11	9:30am-2:30pm	58652

Hikes

Note: Hikes this time of year can be subject to changes due to weather.

Dash Point State Park

MILES: 5
RATING: 2

Dash Point State Park offers 11 miles of trails, many of which are shared with mountain bike riders. The woods offer well maintained trails. In places the trail skirts wetlands, Hikers will enjoy their sack lunches on the beach. $14/$17

DAY	DATES	TIME	#
Friday	April 5	9am-2:30pm	58653

Banner Forest Heritage

MILES: 6
RATING: 2

Woods and wetlands are shared by hikers, joggers, and mountain bikers. Expect some areas of mud as well as exposed roots and rocks. Depending on the trails followed hikers may climb up to the highest elevation of 430 feet. Please bring sack lunch.
$14/$17

DAY	DATES	TIME	#
Friday	April 12	9am-3:30pm	58654

Mima Falls

MILES: 6.5
RATING: 2+

This loop hike moves through mature forest, replanted land of various maturity, and wetlands. Mima Falls is the outlet for an extensive wetland. The trail has 600 feet of elevation change with rolling hills. The trails may have mud and roots. The trails are mixed use and hikers may encounter horses and mountain bikers. Please bring a sack lunch. $14/$17

DAY	DATES	TIME	#
Friday	April 19	9am-3:30pm	58655

Greenwater Lakes

MILES: 5
RATING: 2

This trail, also known as the Meeker Lakes Trail, follows the Greenwater River crossing the river several times on log bridges with handrails. Hikers will reach the first lake at 1.5 miles and the second lake at 2 miles. Please bring a sack lunch. $14/$17

DAY	DATES	TIME	#
Friday	May 3	9am-3:30pm	58656

West Seattle Stairway Hike

MILES: 5
RATING: 2+

This Seattle hike offers stunning views, beachfront stretches, attractive neighborhoods and seasonal blooms. Plus, Lincoln Park now sports a troll. The hike will begin in Lincoln Park on wooded paths and wind down to the beach walk. The hike turns uphill including some stairways then turns south at Morgan Junction. The hike meanders through neighborhoods until reaching Thistle Stairs, the longest stretch of stairs in Seattle. At the bottom of Thistle Stairs hikers will detour to Solstice Park. Hikers will enjoy their sack lunches before heading home. $14/$17

DAY	DATES	TIME	#
Friday	May 10	9am-3:30pm	58661

Discovery Park

MILES: 6
RATING: 2+

This hike will stay within the bounds of Discovery Park. The hike will include forested trails, descent to the South and North Beaches and ascent back to the upper loop trail with its stunning views of Puget Sound and beyond. There will be about 400 feet of elevation change. Please bring a sack lunch. $14/$17

DAY	DATES	TIME	#
Friday	May 17	9am-3:30pm	58657

Skookum Falls

MILES: 5
RATING: 2

Located across the river from Snoquera Falls, the Skookum Falls Trail has been heavily impacted by White River flooding. The trail has been located well uphill from the river's edge. Hikers will get glimpses of trails that used to be. Hikers will enjoy their sack lunches at the foot of the falls before they return to the van. We will stop at Wapiti Woolies on our way back for some ice cream. $14/$17

DAY	DATES	TIME	#
Friday	June 14	9am-3:30pm	58658

St. Edwards State Park

MILES: 6
RATING: 3

Most of the hike will stay within the St. Edwards boundaries with a little foray into Big Finn. These two parks provide many miles of trails used by hikers and bikers. Trails are wooded. The hike will include some hills including a descent to the northeast shore of Lake Washington for a sack lunch. The hike includes a couple of significant but not grueling hills. Time on the beach makes it all worthwhile. $14/$17

DAY	DATES	TIME	#
Friday	June 21	9am-3:30pm	58659

Snoquera Falls

MILES: 5
RATING: 3

The trailhead for this hike is at Camp Sheppard along Highway 410. This is an in and out hike. Expect exposed roots and rocks as well as mud. There is an elevation gain of 975 feet and hikers may encounter some downed trees. Hikers will enjoy their brown bag lunches at the view spot featuring Skookum Falls across the White River. $14/$17

DAY	DATES	TIME	#
Friday	June 28	9am-3:30pm	58660

Silver Falls Overnighter

June 3-5 #58687

For our annual overnight hike we are returning to Silver Falls Oregon. We will be staying at the "crown jewel" of Oregon State Parks. Our hike in the park will be 7.2 mile hike with 10 waterfalls. , including walking behind one that is 177 feet wide.

Rates per person: Double: $360
Full Payment: Due at registration
Fee includes transportation, escort, lodging, and two box lunches. Other meals will be on your own.

Special Events

Monday Social Dinners

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome.

To aid in planning, please pre-register by calling or stopping by the front desk.

$ $8 per person

Monday, April 8
4:45 p.m.-5:30 p.m. #58632
Chicken cordon bleu, veggie blend, green salad, roll and coconut cake

Monday, May 13
4:45 p.m.-5:30 p.m. #58633
Meatloaf with gravy, baked potato, veggie blend, caesar salad and ice cream

Monday, June 10
4:45 p.m.-5:30 p.m. #58634
Spaghetti with meat sauce, bread stick, salad and dessert

Birthday & Anniversary Celebrations

Are you celebrating a birthday or anniversary? We invite you to be seated with your guests at a special table where you will be treated to cake and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a Free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many.

$ $4.50 suggested contribution; $6.50 for those under 60

DAY	DATES	TIME
Thursday	April 18	11:30am
	May 16	
	June 20	

Coffee Hour with Mayor Backus

Join Mayor Nancy Backus to discuss whatever is on your mind. She will share updates or important projects the city is working on. This is a great opportunity to ask questions and share feedback. We will meet quarterly on Fridays.

DAY	DATES	TIME
Friday	May 17	10am
	Aug 16	

Special Events

Mother's Day Lunch

Come share a spoonful of sugar and have a supercalifragilisticexpialidocious time celebrating the Mothers in our lives. Mary Poppins will be performing a wonderful Cabaret show with all her favorite hits. Doors open 11:15 a.m. and show starts at 11:30 a.m. Lunch will be served around noon.

$ $4.50 Suggested Contribution 60 and older | $6.50 fee for those under 60 | Please register in person by May 2, as space is limited.

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Father's Day Lunch

Let's play ball and honor the Fathers in our lives. We'll have fun games and amazing giveaways. Enjoy a delicious Hot Dog lunch with Root beer float for dessert.

$ $4.50 Suggested Contribution 60 and older | $6.50 fee for those under 60 | Please register in person by June 5, as space is limited.

DAY	DATES	TIME
Thursday	June 13	11:30am-1pm

Special Awareness Months

National Volunteer Week – April 22-26

National Volunteer Week gives staff the opportunity to say "thank you" to our hardworking volunteers. All volunteers are invited to join us this week for a special gift or recognition each day. Please come to the Front Desk to pick it up.

DATES	TIME	
April 22-26	All Day	Only for Volunteers

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

Older Americans Month Festivities - May

Throughout the month of May, we will be celebrating Older Americans with special programs.

Social Dinner Recognizing Older Americans Month

May is Older Americans Month. Come to the Senior Center for a tour, dinner, and live entertainment. This is a perfect opportunity to learn more about our Center, invite friends, and be celebrated. Tours will be held 2:30 p.m.-4:30 p.m. Dinner is prepared by our Wellness Team and begins at 4:45 p.m., $8.00 fee. Reservations required before May 10th. Dinner will be Meatloaf with gravy, baked potato, steamed veggies, Caesar salad and ice cream. You can register in-person or over the phone. When registering, please indicate if you would like a tour. $ $8

DAY	DATES	TIME
Monday	May 13	4:45pm

Diabetes Screening

Diabetes Association of Pierce County is offering a free Diabetes screening. No appointment necessary. You do not need to fast before having the test done and you will get the results immediately after your test. $ Free

DAY	DATES	TIME
Wednesday	May 29	11am-12pm

Older Americans Month Brunch

Enjoy Brunch & Bubbly (sparkling cider) to celebrate Older Americans Month. This is another great opportunity to learn more about your local Senior Center or invite friends to see how much fun we have. Staff will prepare a delicious Brunch made special for you.

$ $4.00 suggested contribution | Please register in person by May 23, as space is limited.

DAY	DATES	TIME
Friday	May 31	10:30am-12pm

LGBTQIA+ Month - June Rainbow Bingo

June is Pride month. Celebrate by playing Rainbow Bingo with a LGBTQIA+ flare! Our host Sylvia O'Stayformore is our favorite Drag Queen, voted hottest Drag Queen in America in 2003 and is a local celebrity Queen in the Seattle Area. Sylvia will call Bingo for about 2 hours and the best thing... it won't cost you a thing to play! Enjoy some light refreshments and amazing prizes.

Caution: this event has adult content themes and jokes | $ FREE

DAY	DATES	TIME
Monday	June 17	2-4pm

Auburn Mad Hatters

Ladies, put on your Red Hats—and join the fun.

Women over age 50, wearing Red Hats and the color purple, gained popularity in the 1990s. The poem, "Warning" by Jenny Joseph sparked the trend. It begins with the words "When I am an old woman, I shall wear purple, with a red hat which doesn't go and doesn't suit me". This has become the motto of Red Hat Ladies everywhere. It is to remind you to not be invisible, to have fun and not "act your age".

This is an independent group that uses the Senior Center as it's hub for fun. All outings and activities are independent of the Senior Center. For planning purposes, meal reservations, and transportation arrangements, all events require pre-registration at least 1 week prior to event date. Register by RSVP to Jerry Merriman, 253-752-6700 or emailing at jmerriman5@comcast.net.

Transportation fees are collected and given to the driver(s) the day of the event. All other costs are paid independently the day of the event.

Olympia Farmers Market & Lunch at Anthony's

Super market with flowers, fruits and veggies, bakery, meat market and vendors. Anthony's is across street from the market.

Shopping and lunch on your own | $ Transportation cost $10

DAY	DATES	TIME
Thursday	April 11	10am

Proctor District – Tacoma

We will drive to Proctor district for shopping then have lunch on waterfront at Wild Fin or Thai restaurant. This is always a fun trip with lots of shops on Proctor as well as waterfront.

Shopping and lunch on your own | $ Transportation cost $7

DAY	DATES	TIME
Thursday	May 23	10:30am

Farm12- Puyallup

Lunch at Farm 12 and a visit to their Bakery. Should be able to eat outdoors and enjoy their beautiful gardens.

Shopping and lunch on your own | $ Transportation cost $5

DAY	DATES	TIME
Wednesday	June 26	11am

Pool Tables

Open Pool Room: Monday-Friday

Except during tournaments. There is always hot competition in the pool room. Come and join the fun. All players are welcome.

Tuesday 14-1 Tournament

Plays begins at noon.

Gym

Open Gym Schedule

The Gymnasium at Les Gove Park is adjacent to the Senior Center. Check in for Open Gym is in the Community Center. Volleyball ends on June 20 for the summer.

$ $4 Daily Drop-in; or monthly fitness memberships are available

Senior Volleyball

DAY	TIME
Tuesday & Thursday	9:30am-11:30am

Pickleball

If you don't have a paddle, you can check one out at the Senior Center. Pickleball ends on May 30 for the summer.

DAY	TIME
Monday-Thursday	12pm-1:30pm
Tuesday & Thursday	7:15am-8:45am
Friday	6pm-8pm

Table Tennis

Players of all abilities are welcome to play this entertaining game Tuesday and Friday afternoons. $ Free

DAY	TIME
Tuesday & Friday	2pm-4:30pm

GOLF

Senior Golf Group

Join us for a weekly round of golf at the Auburn Golf Course. This is a senior recreational golf group, fun is the name of the game. Register for the league at the Senior Center.

$ $10/13 | Greens fees are payable at the golf course
9-holes walking: $16 | 9-holes riding: $25

DAY	DATES	TIME	#
Thursday	April 4-Oct 31	12:45pm	58287

Bowling

Wii Bowling

Join us twice a month on the virtual alley for some fun and friendly competition. Registration fee are for each team. We will bowl on the 2nd and 4th Tuesdays of the month. $ $10/$13

DAY	DATES	TIME	#
Tuesday	April 9 -June 25	1pm	58710

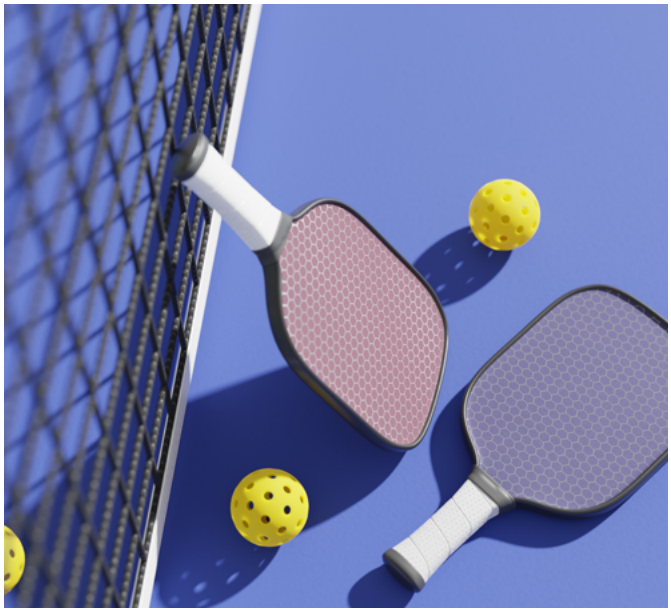
Pickleball

Introduction to Pickleball

Learn how to get started playing the game: basic rules, strokes, scoring, equipment, and where to play. Then, stick around for supervised Open Play noon-1:30 p.m. (fee included) to start getting comfortable on the court and mixing in with other recreational players. Bring a paddle if you have one (if not, no problem... some paddles will be available to borrow).

Instructor Trish Jones | Les Gove Gymnasium | Ages 18+ | $ $50/$63

DAY	DATES	TIME	#
Tuesday	April 9	11am-2pm	58087
Saturday	April 13	9am-12pm	58514
Saturday	May 11	9am-12pm	58515
Tuesday	May 14	11am-2pm	58445
Tuesday	June 11	11am-2pm	58448
Saturday	June 22	9am-12pm	58516



Introduction to Pickleball-Next Steps/ Advanced Beginner

If you have taken the Intro to Pickleball class or have played a little recreational pickleball and want to feel more confident mixing in at Open Play, then join us on the 4th Tuesday of each month at 11 a.m.-noon indoors at the Auburn Community Center gym. We will build upon your current skills by adding some new strokes while gaining control and learning strategy for mixed doubles play. We will answer any questions that you may have on rules & scoring, equipment and where to play. Then, stick around for supervised Open Play from noon-1:30 p.m. (fee included) to continue getting comfortable on the court and practice what you've learned in game situations. Bring a paddle if you have one (if not, no problem... some paddles will be available to borrow).

Instructor Trish Jones | Les Gove Gymnasium | Ages 18+ | $ $50/$63

DAY	DATES	TIME	#
Tuesday	March 26	11am-2pm	58090
	April 23		58446
	May 28		58447

PLEASE NOTE!
All program instructors hired by the Auburn Senior Activity Center are independent contractors and the responsibility for the curriculum of the class rests with the instructor.

Dance and Music

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled shoes (or shoes that are conducive to dancing). A water bottle is a good idea.

$5 a visit, please pre-register | Instructor: Janie Redick

DAY	TIME
Thursday	2pm-4pm

Quilting Club

All are welcome. This group is for quilters who want to socialize with other quilters and work around others. Everyone brings their own projects, materials, tools, etc. The group breaks for lunch. If desired, bring your own lunch or take part in the lunch program offered at the center. Many of the members have years of experience with quilting and are willing to help beginners. Group members are responsible for carting their own supplies in and out of the center. There is no storage available. An ironing board, iron and a large cutting mat are available for your use. Free

DAY	TIME
Thursdays	10am-3pm

Music and Dancing

Enjoy live music entertainment by the Rio Rockers. Come to listen and dance.

DAY	DATES	TIME
Wednesday	April 10 & 24	10:30am-12pm
	May 8 & 22	
	June 12 & 26	

Ukulele Group

Experienced ukulele players welcome. Join our Ukulele group to learn new songs and occassionally perform if desired. $ Free

DAY	TIME
Thursdays	1pm-3pm

Art Classes

Watercolor

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application, Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration. No class on April 10.

$ $79/$99 | Instructor: Joanne Iwasaki

DAY	DATES	TIME	#
Wednesday	March 20-May 1	2pm-4pm	58077
	March 20-May 1	6:30pm-8:30pm	58078

$ $67/$84 Instructor: Joanne Iwasaki

DAY	DATES	TIME	#
Wednesday	May 15-June 12	2pm-4pm	58118
	May 15-June 12	6:30pm-8:30pm	58119

Gouache and Ink Wash Off

A technique that combines gouache and waterproof ink to create dramatic results. Bring gouache if you want to use your own. Gouache and ink will be provided. (Supply list available on registration)

$ $52/$65 | Instructor: JoAnne Iwasaki

DAY	DATES	TIME	#
Friday	June 21	12pm-4pm	58702

Painting with Coffee

Come experience coffee painting. Experiment and explore different techniques with coffee to create interesting results. Come away with unique coffee paintings. Bring regular watercolor supplies and paper (supply list available). Coffee and other supplies provided.

$ $52/$65 | Instructor: JoAnne Iwasaki

DAY	DATES	TIME	#
Wednesday	June 26	12pm-4pm	58511

Acrylics

Five-week course, a total of 12.5 hours. Discover the exciting color and ease of acrylic painting. This medium is ideal for the PNW because it dries quickly and retains color vibrancy. Acrylic paintings do not need to be framed under glass. Beginners to advanced welcome. Step-by- step demonstrations plus hands on guidance occur in this class. Bring your supplies on the first day to begin painting immediately. You will discover new and traditional ways to use this modern material to express your art vision. Bring your most ambitious ideas and we will help you make them happen. The supply list is available upon request.

$ $70/$/88 Instructor: Deborah Bagby

DAY	DATES	TIME	#
Friday	April 5- May 3	9am-11:30am	58667
	May 10-June 7		58668
	June 14-Julyy 12		58669

Games

Bunco Party

Bunco is a social, group dice game that requires no skill. Players attempt to roll specific numbers on the dice depending on the round. Roll a 3-of-a-kind during the matching for a Bunco! You are sure to laugh and have a great time. We play one Wednesday a month. $ Free

DAY	DATES	TIME
Wednesday	April 10	1:30pm
	May 15	
	June 12	

Ever heard of Rook?

It's a fun card game newly added to the Senior Center schedule. Join others on Monday afternoons for play and fun. Never played, no worries. We have volunteers who can teach you how to play. $ Free

DAY	TIME
Monday	1pm-3pm

Computers

Computer Use

Two computer stations are available at the Senior Center for drop-in use. Headphones are located at each computer station. The limit is two hours per day. Laptop available for check-out.
$ Free

DAY	TIME
Monday-Friday	8am-5pm

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth $3, or you can pay 15 cents per page, at the front desk for your printing convenience. If you plan on downloading, creating or changing files of any type please bring a USB drive. No personal files can be stored on our computers.

Did You Know?

The King County Library in has a printing allowance of $1.50 a week. 15 cents a page for black and white and 50 cents a page for color. Call 253-931-3018 for more info.

Special Lecture Series

Back to Basics

Once a month, Nutritionist Trish Jones, CN, MSCN, FAMI, will give a FREE lecture related to nutrition and healthy living. These talks will be strictly lecture format; no cooking or hands-on skills required.

Plant Based Eating

Learn how you can get all the nutrients that you need by "eating like a bunny" in celebration of Easter and Earth Day! Even if you do not aspire to be a vegetarian or a vegan, eating more plants (fruits, veggies, whole grains) each day can help all of us to boost our health and build resiliency. $ FREE

DAY	DATES	TIME
Thursday	April 11	10am

Spice it Up!

In celebration of Cinco de Mayo, learn how to use herbs and spices to make foods taste great while minimizing the need for salt and sugar that may contribute to chronic health problems.
$ FREE

DAY	DATES	TIME
Thursday	May 9	10am

Timing is Everything!

As Spring turns to Summer and the days get longer, learn about meal timing and how techniques such as intermittent fasting can help you to manage your weight as well as support your health if you have medical conditions such as diabetes. $ FREE

DAY	DATES	TIME
Thursday	June 13	10am

Understanding Bi-Polar Disorder: Kathleen's Story

In preparation for Mental Health Awareness Month in May, Kathleen would like to share her story of living with Bi-Polar Disorder. Please come to support her and learn ways you can support others in your life who may be struggling to cope with Mental Illness. $ FREE

DAY	DATES	TIME
Wednesday	April 18	10am

Recycling 101

Join us and learn how to "Recycle Right". City of Auburn Solid Waste & Recycling outreach staff will review:

- What is accepted in recycling, yard+food waste, and garbage
- What to do with household hazardous waste
- Where to take some other items for recycle or reuse
- WM website www.wmnorthwest.com/auburn

Presented by: Joan Nelson, Utility Biling Services Manager | $ FREE

DAY	DATES	TIME
Thursday	April 25	10am

Aging in Place

Many seniors want to live in their homes and be active in their own community. This class will help homeowners make their home a safe and comfortable living environment for seniors who want to age in place. Many new and innovative products are emerging, and service providers are focusing their businesses on creating renovations that provide being able to proactively plan, so one can live their days in the comforts of their own home, wherever their home may be. Presented by: Sheila Goodfellow and Dru Reith from Comfort Keepers | $ FREE

DAY	DATES	TIME
Thursday	May 2	10am

How to Make Gorgeous Hanging Baskets

Join the Auburn Garden Club Members; Matt Jennings, Sue Miller, and Maggie Lindsey, as they show you how to create lovely hanging flower baskets for your porch, patio, or deck space. Easy to maintain and long lasting, these gorgeous baskets will delight your senses and decorate your space for months of enjoyment. Our club members will share all of their best tips to ensure you are able to create your own hanging baskets that will suit your style and meet your needs.

Presented by: Auburn Garden Club | $ FREE

DAY	DATES	TIME
Wednesday	May 8	10am

Identifying and Avoiding Scams

Scammers target older customers because of the size of their assets, their tendency to be more trusting, the likelihood of their being stressed by family, medical and financial problems, their concern about having enough money and their embarrassment about admitting they've been duped. Seniors are also more likely to be suffering from declining cognitive skills, making them even more vulnerable to fraud and manipulation. Topics discussed:

- What a scam is
- Why scams work
- Types of scams
- Warning signs of scams
- Building scam defenses

Presented by: Financial Beginnings: Amanda McElvaney | $ FREE

DAY	DATES	TIME
Thursday	May 16	10am

Understanding Powers of Attorney

The program aims to help older customers understand, recognize, and avoid potential financial problems and make informed decisions to prepare for the future. This module explains the role an agent with power of attorney plays in handling financial matters or healthcare decisions when the grantor is no longer able to do so. It also addresses the qualities seniors should look for in an agent and the financial planning that can make the agent's job easier. Topics discussed:

- What is a power of attorney (POA)?
- How does a POA work?
- Why do you need one or more POAs?
- When is the right time to create POAs?
- Whom should you choose?

Presented by: Financial Beginnings: Amanda McElvaney | $ FREE

DAY	DATES	TIME
Thursday	June 27	10am

APRIL 2024 MENU

MONDAY	TUESDAY	WEDN
1 CHICKEN TERIYAKI RICE WITH PEAS & CARROTS ASIAN VEGETABLE BLEND PEAR FORTUNE COOKIE **CALORIES:**780 **CARB:**126 **SODIUM:**610	**2** SWEDISH MEATBALLS POTATO & SALAD APRICOTS **CALORIES:**840 **CARB:**80 **SODIUM:**750	TURKEY & PEAS & E ORA **CALORIES:**680 **CAR**
8 CHICKEN PASTA PRIMAVERA FETTUCCINE & MELON DESSERT **CALORIES:**740 **CARB:**89 **SODIUM:**540	**9** FISH TACO RICE & BEANS BERRIES & WHIP CREAM **CALORIES:**740 **CARB:**80 **SODIUM:**680	BEEF CHILI SAUTEED CARR CORNBREA **CALORIES:**790 **CAR**
15 TUNA NOODLE SOUP CARROT, PINEAPPLE & RAISIN SALAD OATMEAL COOKIE **CALORIES:**727 **CARB:**104 **SODIUM:**700	**16** CHICKEN TETRAZZINI TOSSED SALAD WITH CABBAGE & GARBANZO BEANS **CALORIES:**720 **CARB:**67 **SODIUM:**670	MEDITERRANEAN SPINACH & CAN RICE PU **CALORIES:**660 **CAR**
22 SALMON GERMAN POTATO SALAD BROCCOLI & CAULIFLOWER BREAD STICKS BROWNIE **CALORIES:**730 **CARB:**67 **SODIUM:**700	**23** MACARONI & CHEESE BRUSSEL SPROUTS STRAWBERRIES WHEAT ROLL **CALORIES:**670 **CARB:**85 **SODIUM:**590	CHICKEN CA BAKED **CALORIES:**670 **CAR**
29 CHICKEN TORTILLA SOUP TORTILLA CHIPS SOUR CREAM & CHEESE MANGO & FIG NEWTON **CALORIES:**670 **CARB:**81 **SODIUM:**750	**30** PORK CUTLET & BAKED POTATO BAKED BEANS & COLESLAW **CALORIES:**760 **CARB:**79 **SODIUM:**730	T CONSU INCRE

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ESDAY	THURSDAY	FRIDAY
3 BROCCOLI BOWTIES NGE **RB:**78 **SODIUM:**430	**4** PORK FAJITAS WITH ONION & ZUCCHINI PINTO BEANS & BANANA **CALORIES:**710 **CARB:**83 **SODIUM:**650	**5** WAFFLES WITH STRAWBERRIES SCRAMBLED EGGS ORANGE JUICE **CALORIES:**700 **CARB:**100 **SODIUM:**700
10 CON CARNE OTS & SPINACH AD & PEARS **RB:**79 **SODIUM:**790	**11** CORN CHOWDER ½ CHICKEN SALAD SANDWICH BANANA **CALORIES:**775 **CARB:**100 **SODIUM:**598	**12** FLORENTINE FISH ZUCCHINI & ONION & TOMATOES CHERRY CRISP **CALORIES:**710 **CARB:**71 **SODIUM:**610
17 N CHICKEN WRAP INELLINI BEANS UDDING **RB:**69 **SODIUM:**750	**18** **BIRTHDAY & ANNIVERSARY LUNCH** PARMESAN TILAPIA RICE PILAF & SQUASH BROWNIE BITS **REGISTRATION REQUIRED** **FOR RECOGNITION** **CALORIES:**710 **CARB:**64 **SODIUM:**670	**19** BEEF STEW COLESLAW & PEACHES WHEAT ROLL **CALORIES:**704 **CARB:**74 **SODIUM:**628
24 ESAR SALAD APPLE **RB:**62 **SODIUM:**710	**25** CARIBBEAN PORK CHOPS WITH PEPPERS PINEAPPLE CORNBREAD **CALORIES:**720 **CARB:**75 **SODIUM:**580	**26** TURKEY BURGER SWEET POTATOE FRIES COLESLAW & APPLESAUCE **CALORIES:**706 **CARB:**84 **SODIUM:**661

THIS MENU IS SUBJECT TO CHANGE.
UMING MISHANDLED LEFTOVER FOOD MAY
EASE YOUR RISK OF FOOD BORN ILLNESS

Catholic Community Services
Serving Western Washington

APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDN
1 9-2 ..... Footcare (WR) 9:30-11:30 ..... Karaoke (M1) 12-1:30 ..... Pickleball (Gym) 1-3 ..... Rook (MP) 1-4:30 ..... Scrabble (L) 2-3 ..... Silver Sneakers (CC) 2-4 ..... WICS (LR)	**2** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9-12:30 ..... * Massage (WR) 9-4 ..... * Income Tax (MP) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-11 ..... Wellness Meeting (LR) 12-1:30 ..... Pickleball (Gym) 12-4 ..... 14-1 Pool (P) 12:45-2:30 ..... Bingo (LR) 12:45-3:30 ..... Pinochle Practice (L) 2-4:30 ..... Table Tennis (M1-2)	8-5 ..... * Healthy 10-3 ..... Respite (L 12-1:30 ..... Pickleball 1-3:30 ..... Movie (R) 2-3 ..... Silver Sne 2-4 ..... *Watercol 6:30-8:30 ..... * Waterco
8 9-2 ..... * Footcare (WR) 9:30-11:30 ..... Karaoke (M 1) 11-11:30 ..... Blood Pressure Clinic (L) 12-1:30 ..... Pickleball (Gym) 1-3 ..... Rook (MP) 1-4:30 ..... Scrabble (L) 2-3 ..... Silver Sneakers (CC) 2-4 ..... WICS (LR) 4:45-5:30 ..... * Social Dinner (M2-3)	**9** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9-12:30 ..... * Massage 9-4 ..... * Income Tax (MP) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 9:30-2:30 ..... * Walk: Des Moines Creek Trail 10:30-11:30 ..... Book Club (MP) 12-1:30 ..... Pickleball (Gym) 12-4 ..... 14-1 Pool (P) 12:45-3:30 ..... Pinochle Practice (L) 1-3 ..... * Wii Bowling (R) 2-4:30 ..... Table Tennis (M1-2)	10:30-12 ..... Rio Rocke 10-3 ..... Respite (L 11-1:30 ..... * Wally's C 12-1:30 ..... Pickleball 1-3:30 ..... Movie (R) 1:30-3:30 ..... Bunco Pa 2-3 ..... Silver Sne 2-4 ..... * NO Wate 6:30-8:30 ..... * NO Wate
15 8:30-4:30 ..... * Cracked Crab Cuisine 9-2 ..... * Footcare (WR) 9:30-11:30 ..... Karaoke (M1) 12-1:30 ..... Pickleball (Gym) 1-3 ..... Rook (MP) 1-4:30 ..... Scrabble (L) 2-3 ..... Silver Sneakers (CC) 2-4 ..... WICS (LR)	**16** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9-12:30 ..... * Massage (WR) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-11:30 ..... Advisory Council (LR) 12-1:30 ..... Pickleball (Gym) 12-4 ..... 14-1 Pool (P) 12:45-2:30 ..... Bingo (LR) 12:45-3:30 ..... Pinochle Practice (L) 2-4:30 ..... Table Tennis (M1-2) 4-8 ..... * Well & Table	9-12:45 ..... * SHIBA & 10-3 ..... Respite (L 11-5:30 ..... * Mariners 12-1:30 ..... Pickleball 1-3:30 ..... Movie (R) 2-3 ..... Silver Sne 2-4 ..... * Waterco 6:30-8:30 ..... * Waterco
22 9-2 ..... * Footcare (WR) 9:30-11:30 ..... Karaoke (M1) 12-1:30 ..... Pickleball (Gym) 1-3 ..... Rook (MP) 1-4:30 ..... Scrabble (L) 2-3 ..... Silver Sneakers (CC) 2-4 ..... WICS (LR)	**23** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9-12:30 ..... * Massage (WR) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 9:30-2:30 ..... * Walk: Foothills Trail 12-1:30 ..... Pickleball (Gym) 12-4 ..... 14-1 Pool (P) 12:45-3:30 ..... Pinochle Practice (L) 1-3 ..... * Wii Bowling (R) 2-4:30 ..... Table Tennis (M1-2)	9:15-3 ..... * Seattle A 10-3 ..... Respite (L 10:30-12 ..... Rio Rocke 12-1:30 ..... Pickleball 1-3:30 ..... Movie (R) 2-3 ..... Silver Sne 2-4 ..... * Waterco 6:30-8:30 ..... * Waterco
29 9-2 ..... * Footcare (WR) 9:30-11:30 ..... Karaoke (M1) 12-1:30 ..... Pickleball (Gym) 1-3 ..... Rook (MP) 1-4:30 ..... Scrabble (L) 2-3 ..... Silver Sneakers (CC) 2-4 ..... WICS (LR)	**30** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9-12:30 ..... * Massage (WR) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 12-1:30 ..... Pickleball (Gym) 12-4 ..... 14-1 Pool (P) 12:45-3:30 ..... Pinochle Lessons (L) 2-4:30 ..... Table Tennis (M1-2)	

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ESDAY	THURSDAY	FRIDAY
3 Smiles (WR) R) (Gym) akers (CC) or (M2) lor (M2)	**4** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 8-4 ..... * Healthy Smiles (WR) 9-1 ..... Food Pantry (M1) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-3 ..... Quilt Club (LR) 12-1:30 ..... Pickleball (Gym) 12:45-3:30 ..... Pinochle Party (L) 12:45 ..... * Senior Golf (AGC) 1-3 ..... Ukulele (MP) 2-4 ..... Line Dancing (M1-3)	**5** 9-11:30 ..... * Acrylics (LR) 9-2:30 ..... * Hike: Dash Point State Park 9:30-11:30 ..... Karaoke (M1) 10-1 ..... Contract Bridge (MP) 1-4:30 ..... Scrabble (L) 2-4:30 ..... Table Tennis (M1-2) 6-8 ..... Pickleball (Gym)
10 rs (M1-2) R) Chowder House (Gym) rty (L) akers (CC) ercolor (M2) ercolor (M2)	**11** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-11 ..... Back to Basics with Trish (M1) 10-3 ..... Quilt Club (LR) 12-1:30 ..... Pickleball (Gym) 12:45-3:30 ..... Pinochle Party (L) 12:45 ..... * Senior Golf (AGC) 1-3 ..... Ukulele (WR) 2-4 ..... * Line Dancing (M1-3)	**12** 9-11:30 ..... * Acrylics (LR) 9-3:30 ..... * Hike: Banner Forest Heritage Park 9:30-11:30 ..... Karaoke (M1) 10-1 ..... Contract Bridge (MP) 1-4:30 ..... Scrabble (L) 2-4:30 ..... Table Tennis (M1-2) 6-8 ..... Pickleball (Gym)
17 SPA (MP) R) s Game (Gym) akers (CC) lor (M2) lor (M2)	**18** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-11 ..... Understanding Bi-Polar Disorder (M1) 10-3 ..... Quilt Club (LR) 11:30-12 ..... Birthday & Anniversary Lunch (M1-3) 12-1:30 ..... Pickleball (Gym) 12:45-3:30 ..... Pinochle Party (L) 12:45 ..... * Senior Golf (AGC) 1-3 ..... Ukulele (MP) 2-4 ..... Line Dancing (M1-3)	**19** 9-11:30 ..... * Acrylics (LR) 9-3:30 ..... * Hike: Mima Falls 9:30-11:30 ..... Karaoke (M1) 10-1 ..... Contract Bridge (MP) 1-4:30 ..... Scrabble (L) 2-4:30 ..... Table Tennis (M1-2) 6-8 ..... Pickleball (Gym)
24 rt Museum R) rs (M1-2) (Gym) akers (CC) lor lor (M2)	**25** 7:15-8:45 ..... Pickleball (Gym) 8-9 ..... Silver Sneakers (CC) 9:20-10:20 ..... SAIL (Gym) 9:30-11:30 ..... Volleyball (Gym) 10-4:30 ..... * Aladdin 10-3 ..... Quilt Club (LR) 10-11 ..... Recycling 101 Talk (M1) 12-1:30 ..... Pickleball (Gym) 12:45-3:30 ..... Pinochle Party (L) 12:45 ..... * Senior Golf (AGC) 1-3 ..... Ukulele (MP) 2-4 ..... Line Dancing (M1-3)	**26** 9-11:30 ..... * Acrylics (LR) 9:30-11:30 ..... Karaoke (M1) 10-1 ..... Contract Bridge (MP) 1-4:30 ..... Scrabble (L) 2-4:30 ..... Table Tennis (M1-2) 6-8 ..... Pickleball (Gym)
	Check Senior Activity Center or Parks, Arts & Recreation brochures for evening classes.	***Pre-Registration Required** **Legend: (subject to change)** M (Millennium) 1-2-3 L-Lobby R-Rotary P-Pool Room C-Computer Resource CC-Community Center MP - Multi Purpose Room WR-Wellness Room H-Hearth CB-Coffee Bar OS-Off Site LGB-Les Gove Bldg GYM-Parks Gym LR- Lions Room

Free Daytime Activities*

Bingo
1st & 3rd Tuesday | 12:45-2:30 p.m.

BUNCO
2nd Wednesday | 1-3 p.m.

Contract Bridge
Friday | 10 a.m.-1 p.m.

Karaoke
Monday | 10-11:30 a.m.
Friday | 9:30-11:30 a.m.

Monthly Book Club
2nd Tuesday | 10:30-11:30 a.m.

Movies
Wednesday | 1 p.m.

Music & Dancing Rio Rockers
2nd & 4th Wednesday
10:30 a.m.-noon

Pinochle Parties
Thursday | 12:45-3:30 p.m.

Pinochle Lessons
Tuesday | 12:45-3:30 p.m.

Pool
The Pool Room is open Monday-Friday for drop-in play; Tuesdays 14-1 Tournament; Noon-5 p.m.

Rook
Monday | 1-3 p.m.

Scrabble®
Monday | 1-4:30 p.m.
Friday | 1-4:30 p.m.

**Due to holidays and events, please see calendar for dates that are unavailable or changes. Closed Monday May 27 and Wednesday June 19.*

Gone to the Movies

Wednesdays | 1 p.m.

Due to our DVD subscription canceling their service, we are no longer able to pick movies 3 months in advance. We are switching to streaming movies and will advertise the movies 1 month at a time in-person at the Center. Please come in to see what will be shown or call ahead.

Auburn Senior Readers & Friends

Join our monthly book club. The group meets to discuss the book picked, answer discussion questions, socialize with one another. Books are available at the Auburn Library. All are welcome.

$ Free | Led by Linda Paul, retired Librarian

DAY	TIME
2nd Tuesday of each month	10:30am-11:30am

April 9
The Choice
by Dr. Edith Eger

May 14
Dutch House
by Ann Patchett

June 11
Last Garden in London
by Julyia Kelly

Food & Meals

Weekday Lunch Program

Operated and Managed by Catholic Community Services
Nutrition Site Manager: Deborah Fager

Hot Lunch -Weekdays

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Deborah serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Thursday.

Hot lunch served in the dining room*

- 11:30 a.m. - Dining Room Opens
- Noon - Meal served

$4.50 suggested contribution age 60 or over
$6.50 fee under age 60

** All lunch participants need to scan in at the MySeniorCenter kiosk when they enter the building. Be sure to select the lunch icon. See staff if you have any questions.*

Eat at the Center often?
Take advantage pre-purchased punch card options

5 meal punch card	Age 60+ $22.50 suggested contribution / Under 60, $32.50 fee
10 meal punch card	Age 60+ $45 suggested contribution / Under 60 $65 fee
20 meal punch card	Age 60+ $90 suggested contribution / Under 60 $130 fee

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Soup's On!

Join your Senior Center friends on Fridays for soup and conversation. Staff and volunteers will prepare a light lunch served cafeteria style.
$2 suggested contribution is requested to cover the costs

- Dining Room opens at 11:30 a.m.
- Soup service start at noon

Z STREET COFFEE *Coffee for the lunch program is provided by Z Street Coffee.*

Coffee Bar (featuring Z Street Coffee)

Suggested Contribution:

We spend over $400 a month for coffee and supplies. Any contribution you can make greatly helps. Thanks!

75 cents per cup
$1 per mug
$1.25 per large travel mug
$1 bottled Water

Punch cards are available

10 punches for $7.50.
Purchasers receive a Free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available at the front desk for those wanting to give or use single to 5-cup punch cards.

Assorted snacks & ice cream available for $1.

Meals on Wheels

Meals on Wheels is a program operated and managed by Sound Generations that delivers meals to individuals at home who are unable to shop for or prepare their own meals.

Meals

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested contribution of $6 per meal

Delivery: 7-14 frozen meals per order for delivery weekly on Friday mornings

Nutrition Supplements

(Variety of Ensure® and Glucerna® products)

Eligibility: 60 and over and homebound (most days)

Cost: Varies by product

Delivery: Weekly on Friday

For details and/or applications, call Sound Generations at 206-448-5767, or go directly to their website at: soundgenerations.org/our-programs/food-security/meals-on-wheels to submit an application online. Pierce County call 253-474-1200.

Senior Savers Pantry

All Seniors, regardless of income level, are welcome.

Shop for low-cost foods one day per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices, re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

Spring is here and with it comes a new growing season and the promise of spectacular colors and flavors alike! Fresh cut flowers, fruits and vegetables will soon abound for each of us to relish and enjoy.

Did you know that April 19, 2024 is National Garlic Day?

Garlic has a longstanding presence that spans both the Old World and the New World, and is one of the oldest known horticultural crops to date. Appearing in 5,000 year old texts, this plant has earned its rich and fascinating history. Similar to many ancient spices, garlic was known throughout the ancient world for its believed medicinal and magical properties, and was even traded as currency. This plant is so prominent throughout history that it was mentioned in ancient texts. Today, garlic is revered as a superfood and its still used for its potent flavor and nutritional benefits around the world.

Passionate about Garlic?

Mark your calendar to attend the Washington State Garlic Fest, scheduled Aug. 23-25, 2024 at the Southwest Washington Fairgrounds in Centralia, Washington. In the meantime, try this recipe – it is easy to make and you can find all the spices needed at our Food Pantry. Make sure to stop by!

DAY	DATES	TIME
Thursday	April 4	9am-1:30pm
Thursday	May 2	
Thursday	June 6	

QUICK & EASY Guacamole Recipe

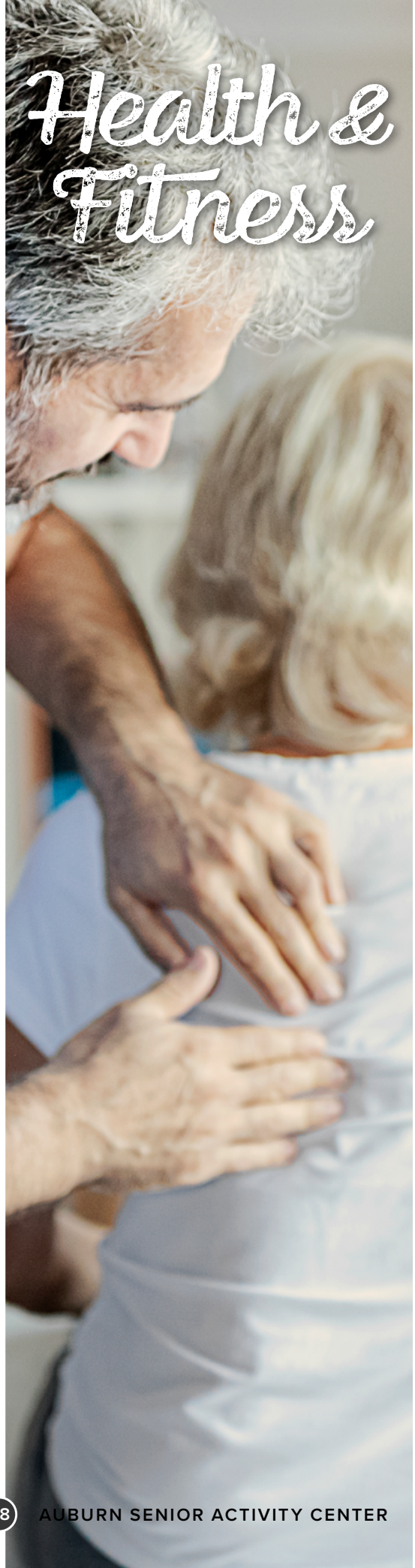
This quick & easy guacamole recipe is made with a handful of healthy ingredients and is ready in just 5 minutes!

Ingredients:

- **3 Medium Avocados**
- **½ tsp Garlic Powder**
- **½ tsp Onion Powder**
- **½ tsp Ground Cumin**
- **½ - 1 tsp Sea Salt**
- **¼ tsp freshly ground Black Pepper**
- **1-2 TBS Lime Juice**
- **2 TBS chopped fresh Cilantro**
- **2 small Tomatoes , deseeded and diced**

Cut open the avocado lengthwise, remove the pit and use a spoon to scoop out the flesh into a medium sized mixing bowl. Use a potato masher or fork and gently mash the avocado, leaving it a little bit chunky at this point. Add garlic powder, onion powder, cumin, ½ tsp salt, pepper and 1 TBS lime juice. If you would like your guacamole smoother, use a fork or your potato masher to mix in the spices as you mash the mixture. If you like your guacamole a little chunkier, use a rubber spatula to stir in the spices until well combined. Add cilantro and tomatoes and stir until combined. Taste and add extra salt or lime juice if needed. Let sit for at least 30 minutes at room temperature before serving. You may place it in the fridge if making more that 30 minutes ahead of time. Recommend plopping a pit in the middle, adding a splash of lime juice to the top layer, and covering it very tightly with plastic wrap (so no air gets to the guacamole) in order to prevent browning.

Serve at room temperature or cold, whichever you prefer. **Enjoy!**



Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 10 a.m.
See Rocky for more information.

Blood Pressure Clinic

Provided by Prestige Care Auburn Meadows
A nurse from Auburn Meadows will here once a month to take blood pressures in the lobby.

DAY	DATES	TIME
Mondays	April 8	11am
	May 13	
	June 10	

Foot Care

Foot Care provided by Karen's Foot Care
A licensed Nail Care Technician will be on site to perform nail care. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment. Do you need a scholarship for foot care? Ask your foot care provider.
Monday | By Appointment Only | Call 253-931-3016 | $ $35

Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend. There is an equipment checkout waiver that needs to be signed by the user before we can checkout any equipment. The waiver can be picked up at the front desk or emailed. The Senior Center also offers paperback books for loan to seniors and always appreciates paperback book donations.

Massage

Experience the benefits therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.
Tuesday | By Appointment Only | Masseuse: Leslee Jo
$ $20 for 15 min. | $40 for 30 min. | $65 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from Healthy Smiles is at the Center three times a year to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call the Senior Center for an appointment. You must be over age 50 to use this service.
By Appointment Only | $ $95

Group Fitness Classes

Please visit auburnwa.gov/fitness for the latest class list and schedule.

Schedule subject to change. Schedule are available at Senior Center front desk. All classes located at the Auburn Community & Event Center. $ Senior monthly membership $20

Optum, Silver & Fit, or Silver Sneakers

If you have one of these plans on your insurance, it will give you access to the same opportunities listed above for the Fitness membership, at no cost. Contact your insurance company for more information. The cost of a Fitness Membership may be part of the extra coverage offered by Medicare Advantage Plans, other Medicare health plans, or Medicare Supplement Insurance (Medigap) plans. If you have one of these, call your plan to see if it covers membership at the Auburn Community and Events Center.

AUBURN COMMUNITY FITNESS CLASS DESCRIPTIONS

BARRE	This low-impact, full body workout combines ballet inspired moves with cardio and strength training; improving balance, strength, stamina, and dynamic stability.
BOOT CAMP	Boot Camp classes combine high-intensity interval training (HIIT) with traditional body weight exercises and dynamic movements designed to build strength, improve endurance and promote fat loss.
CARDIO KICKBOXING	Free weight power segments combine with cardio intervals to challenge your cardiovascular system and major muscle groups. This high-energy martial-arts inspired workout is non-contact and there are no complex moves to master.
CARDIO STRENGTH	Work on strength and endurance using body weight, free weights and resistance training mixed with cardio drills for a fun and exhilarating workout.
CENTERGY	This invigorating, mind-body workout will have you feeling longer and stronger. Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, core stability.
GENTLE YOGA	Honor your body through gentle stretching, sustainable movement and a short meditation to complete the practice. A chair, as well as other props can be used to assist in comfort and challenge. An excellent option for those experiencing mobility challenges or new to yoga.
GROUP POWER	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.
HIIT	High Intensity Interval Training to kick your metabolism into gear. Each exercise is performed for a set amount of time with a short break before moving rapidly to the next exercise for maximum calorie burn.
LOW IMPACT CIRCUIT	This low-impact workout is for those who want a workout that improves cardiovascular health, but is also easy on the joints. It is a circuit-style aerobic routine great for all fitness levels, especially those who are new to exercise.

POWER FLOW YOGA	Power Yoga Flow is an active, heat building class. Move through poses with the breath finding balance between comfort and challenge. Improving strength and flexibility.
QIGONG	Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.
SAIL	SAIL is a fitness program for adults age 50 and older. Exercises to improve strength, balance and fitness are the most important activity to stay active and reduce chances of falling. SAIL consists of a warm up, light aerobics, strength & balance training and cool down. All exercises can be done seated or standing.
SILVER SNEAKERS	Move to the music through a variety of exercises to increase strength, range of motion and activities for daily living. Hand-held weights, elastic tubing & ball are offered for resistance. A chair is used for seated exercises & standing support.
STRENGTH & SCULPT	Total body workout using adjustable barbell, free weights and body weight to sculpt and tone muscles. See improvement in strength, muscle tone, balance, and core. All set to fun music to motivate and get your heart rate up.
TAI CHI	Tai Chi is a series of movements performed in a slow, focused manner with deep breathing. It is a self-paced program of gentle, physical exercise and stretching. Each posture flows into the next, ensuring that your body is in constant motion.
YOGA FLOW	An all levels class of poses, breathwork and meditation. Improving balance, strength, flexibility, and body awareness. Moving at a pace where you feel challenged and successful at the same time.
ZUMBA®	ZUMBA® is a dance-based fitness workout putting Latin rhythms with easy to follow moves. Burn calories and body fat; tone and sculpt your body. Zumba Gold is a lower-intensity version. 'Ditch the workout! Join the Party!'

Fitness

SAIL Exercise

SAIL (Stay Active and Independent for Life) is a strength, balance and fitness program for adults 50 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. SAIL consist of a warm up, light aerobics, strength and balance training and cool down. All exercises can be done seated or standing. Make sure you sign in for each visit. Starting June 27, SAIL will be moving to a new time and location. Be on the lookout for details come June.

$ Free, does not require a fitness membership or any pre-registration | Location: Les Gove Gym

DAY	TIME
Tuesday & Thursday	9:20am-10:20am

Auburn Community Fitness Class Schedule

	MON	TUE	WED	THUR	FRI	SAT
8:00am	CARDIO STRENGTH	SILVER SNEAKERS		SILVER SNEAKERS	CARDIO KICKBOX	
8:30am						ZUMBA
9:10am		STRENGTH & SCULPT		LOW IMPACT CIRCUIT	CARDIO STRENGTH	
9:20am		SAIL**		SAIL**		
9:45am	BARRE		BARRE			YOGA FLOW
10:20am		CARDIO HIIT 30 min		CORE & MORE 30 min	RECOVERY STRETCH 30 min	
11:00am	QIGONG	GENTLE YOGA	TAI CHI	GENTLE YOGA	TAI CHI	
12:15pm	POWER FLOW YOGA		GROUP POWER			
2:00pm	SILVER SNEAKERS	ZUMBA	SILVER SNEAKERS	ZUMBA	SILVER SNEAKERS	
4:30pm	GROUP POWER	BUTTS & GUTS	ZUMBA	GROUP POWER		
5:40pm	CENTERGY	BOOTCAMP	CENTERGY	BARRE **5:45**		
6:50pm		SLOW FLOW YOGA		YOGA FLOW		

SCAN ME

Consult with your healthcare provider before beginning an exercise regimen.

**SAIL is held in the Les Gove Gym.

ADULT DAY CARE

Auburn Respite Program

Our Mission Statement

Our goal is to keep dependent seniors in their family homes for as long as possible, delaying or negating the need for a nursing home. Our program partners with the City of Auburn, receiving support and assistance with meals and a donated meeting space.

We are a social group!

We meet from 10 a.m. to 3 p.m. on Wednesdays at the Auburn Senior Activity Center, 808 9th St SE. We provide a day of activities that include:

- Reminiscing
- Arts and crafts
- Exercise
- Music
- Games
- Companionship
- Lunch

We like to laugh and enjoy life as fully as possible!

FOR MORE INFORMATION
Contact Pamela Goulet at:
253-326-3198
info@auburnrespiteprogram.org

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016

Our adult day care has been assisting families in South King County since 1988. We are a community based non-profit 501 C-3 licensed with the state of WA. We gladly accept donations.

Most of the elderly in our community are able to care for themselves. Others may need assistance because of health problems associated with Alzheimer's, Parkinson's, stroke, as well as frail health. Many of these people are cared for by family members. The pressures and demands of caregiving are 24/7.

Our program was created to provide assistance to families in this situation. While family caregivers get a much needed break, their loved ones are secure and safe, in a comfortable and welcoming setting. Our trained volunteer staff members are compassionate and dedicated. They do their best to insure that the participants are happy and well taken care of, physically and mentally. We are currently in need of volunteers.

We provide care for seniors with memory loss or frail health who need supervision.
While the family caregiver gets a well-deserved break the participant is involved in the activities the program provides.
There is a fee for services: $40 for a five hour day, which includes lunch. Fees may be negotiated upon request.

Senior Support Services

Senior Support Services: Help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security, wills, health insurance, and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Auburn Valley Humane Society

The Auburn Valley Humane Society has a number of programs for Auburn Residents, and low-income Auburn Residents. The programs include Public Veterinary Assistance Fund, Pets in Crisis, Pets Without Me, SPOT (Stop Pet Overpopulation Today), Senior Pet Pantry, Pets of Domestic Violence and Seniors for Seniors. Call (253) 249-7849 for more information or visit www.auburnvalleyhs.org

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Community Living Connections

Linking Seniors and Disabled to Personalized Care & Support Services. Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it. 206-962-8467; 1-844-348-5464

Energy Assistance – for help with your home energy costs.

You do not need to be in crisis to be eligible for assistance. Energy assistance payments vary depending on household income and type of home energy use. Payments are made directly to energy companies on behalf of customers in most cases. The Low Income Home Energy Assistance Program (LIHEAP) helps qualified customers with their home heating costs. Funds are available from approximately October through June (or until funds are depleted).

The HELP Program assists Puget Sound Energy customers with their home energy costs. You must have an active gas or electric service account with PSE to be eligible. To apply, go online to msc.itfrontdesk.com or call 253-517-2263 for an appointment.

Need help but don't know where to turn?

Call 2-1-1 or 1-800-621-4636 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call so they can help.

How to find a doctor or health insurance

Community Health Access Program (CHAP), is operated by King County. It connects resident to health insurance, health care services and other resources.
206-284-0331 | chap@kingcounty.gov

Family Health Hotline is operated by WithinReach. They provide clients and professionals with up-to-date info about health insurance, food programs, and more.
1-800-322-2588

Hyde Shuttle - senior transportation

Provides three (3) vans offering door-to-door service throughout the city limits of Auburn. Seniors and people with disabilities can make reservations up to 30 days in advance by calling 206-727-6262 but no later than three days before. Vans operate Monday-Friday, 8:30 a.m.-4 p.m. Rides are provided on a first-come first-served basis as space is available. For seniors and disabled, rides are Free, but donations are accepted.

Secure Medicine Return Program

Safely dispose of the medicines you no longer need at Auburn Police Department, 340 East Main Street. Or if you are homebound or have limited mobility you can request to have a mail-back envelope sent to your home to dispose of unwanted medicines by calling 1-844-633-7765.

Welcome Home

King County residents recently discharged from a hospital or other inpatient facility are eligible to receive 10 home delivered meals within 24 hours from discharge. This service is Free to those who qualify. Call 206-957-1686 to apply.

Statewide Health Insurance Benefits Advisors (SHIBA) Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SHIBA and SRA volunteer, is trained to provide guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, group insurance, wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, not SRA appointments during open enrollments period of Oct. 15-Dec. 7.

Housing Repair

The City of Auburn offers low-income city residents grants for emergency home repairs. These grants help Auburn's low-income homeowners preserve and stay in safe and affordable housing. Eligible, single-family homeowners must have lived in their current home for at least one year and meet the income requirement of the program. Information and application forms for Auburn's Housing Repair Program are available at the Senior Center or by calling 253-931-3099.

King County Property Tax Exemption

Did you know if you make less than $84,000 a year, are 61 or older, and own and occupy a house, mobile home, or condo you qualify for a property tax exemption. We have applications available and staff available to assist you. Call for an appointment.

Volunteer Transportation

Are you an older adult, or do you know one that requires help getting to and from medical appointments, dental appointments, food access, or a senior center? Our Volunteer Transportation program provides Free, personalized, and safe transportation to essential healthcare appointments and needs. To be an eligible rider for our Volunteer Transportation program, clients must be: King County, WA residents ages 60 and over, able to transfer into a private vehicle with minimal assistance and an older adult with limited transportation option. Call 206-448-5740.

Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A Free information and support group for unpaid care partners.
For more information, contact the group facilitator, Val Brustad at 253-854-7658.

WICS - Widowed Information & Consultation Services

Helps widowed men and women who are dealing with the death of a spouse or partner. WICS (Widowed Information and Consultation Services) is a Western Washington based, nonprofit, self-help support organization run by widowed people for widowed people of all ages.

DAY	TIME	LOCATION
Mondays	2pm-3:30pm	Auburn Senior Activity Center

Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to discuss ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. All are welcome.

DAY	DATES	TIME
Tuesday	April 16	10am
	May 21	
	June 18	

Birthday Treat for Volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.

Volunteer Opportunities

The Senior Center could not operate at the level is does without volunteers. Job descriptions and applications are available at the front desk. See Rocky with questions.

Current Senior Center needs include:

Baristas, Respite Adult Day-Care and Pantry Volunteers

We are in need of **Kitchen Volunteers** for in-house lunch services. It takes many people to assist Cook Deborah with the daily lunch prep, serving, and clean up. Any amount of help you can offer would be greatly appreciated. Only able to help a few days a month or do not know your schedule for more than a few weeks out? That is OK, we have a calendar where we can assign you for particular date(s) you are available. Please see Deborah or Rocky for more information.

Kitchen needs include:

VOLUNTEER	TIME
Chair Setup	9:30am-10am
Food Prep	10am-12pm
Server	11:45am-12:15pm
Scraper	12:30pm-1pm
Dishwasher	11:30am-1:30pm

Registration Information

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m.
- (number distribution begins at 8 a.m. for walk-ins)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Manager with questions.

- For activities with a fee of more than $5, a $5 administrative fee will be charged.
- For activities with a fee of less than $5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.
- Cancellations for any fee program must be made at least three (3) business days prior to the start of the program. For programs requiring the purchase of a pre-paid ticket or admission fees, that portion of the fee is non-refundable unless the spot can be filled by another registrant.
- Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Manager must approve requests.
- If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:
  - Repeat class at no additional cost.
  - Receive credit that may be applied to another activity.
  - Receive a refund with no administrative charge.
- The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Manager. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

FOUR WAYS TO REGISTER*

ONLINE

auburnwa.gov/seniors

Auburn at Play online for 24-hour convenience to register with most major credit cards.

WALK IN

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center.

PHONE IN

253-931-3016

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

MAIL IN

Registrations will be processed after noon on the day received.

** Except first day of the "new brochure month"*

Would you like the brochure mailed to your house?

If so, you can pay **$12 a year** to have it mailed. Please call the Senior Center to sign up for the mailing.

AUBURN COMMUNITY FITNESS

AUBURN COMMUNITY & EVENT CENTER

MONTHLY MEMBERSHIP
Adult $25/month
Senior/Teen • $20/month
DAILY DROP-IN
Adult $5 • Senior/Teen $4

auburnwa.gov/fitness

One-on-one help accessing community resources for seniors

Do you or a senior in your life need assistance or help connecting to other community resources? This is a Free service for people ages 55+, veterans, and family members of veterans who live in South King County.

South King County Senior Centers and Resources
King County Veterans, Seniors & Human Services Levy

253-470-2098
skchub@abuurnwa.gov

- Housing
- Transportation
- Benefits Assistance
- Utility Discounts
- Food Access
- Emotional Support
- Limited Counseling
- Crisis Intervention
- Case Management
- In-home Assistance
- Support Group

AUBURN SENIOR ACTIVITY CENTER

REGISTRATION FORM

PARTICIPANT LAST NAME		PARTICIPANT FIRST NAME	
SPOUSE LAST NAME (IF APPLICABLE)		SPOUSE FIRST NAME	
ADDRESS		CITY	ZIP CODE
HOME PHONE (INCLUDE AREA CODE)		CELL PHONE (INCLUDE AREA CODE)	
EMAIL ADDRESS			
PARTICIPANT BIRTHDATE (MM/DD/YY)	GENDER ☐ MALE ☐ FEMALE	SPOUSE BIRTHDATE (MM/DD/YY)	GENDER ☐ MALE ☐ FEMALE

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE $
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION ☐ CHECK/CASH ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS ☐ DISCOVER		
NAME ON CARD	TOTAL DUE $	
CREDIT CARD NUMBER	3-DIGIT CODE	EXP DATE (MM/YY)

Over 18 Participant Signature Required:
I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

SIGNATURE	DATE (MM/DD/YY)

CITY OF AUBURN PARKS, ARTS & RECREATION

AUBURN SENIOR ACTIVITY CENTER
808 Ninth St SE | 253-931-3016 | auburnwa.gov/seniors

Useful Phone Numbers

Auburn Senior Activity Center 253-931-3016
Auburn City Hall 253-931-3000
Auburn Golf Course 253-833-2350
Auburn Food Bank 253-804-5696
Auburn Housing Repair 253-931-3099
Auburn Library 253-931-3018
Auburn Parks, Arts & Recreation 253-931-3043
Auburn Police (Non-emergency 253-288-2121
Auburn Valley Humane Society 253- 249-7849
Non -Emergency Animal Control 253-931-3062
Basic Cable Service Discount 253-931-3038 x2
Community Living Connections
King County 206 962-8467
Toll Free 1-844-348-5464
Energy Assistance 1-800-348-7144
Free Legal Services 206-267-7070
Property Tax Deferral Program 206-296-3920
Ray of Hope Resource Center 253-833-8925
Social Security 1-800-772-1213
Technology Questions 206-222-9244
Volunteer Chore Services 1-888-649-6850
White River Valley Museum 253-288-7433

Transportation

Access 206-205-5000
Hyde Shuttle 206-727-6262
King County Metro 206-553-3000
Volunteer Transportation 206-448-5740

Parks, Arts & Recreation Department

Daryl Faber, *Director*

Auburn Senior Activity Center Staff

Radine Lozier, *Senior Center Manager*
Rocky Kirwin, *Recreation Coordinator*
Megan Mummert, *Recreation Coordinator*
Janet Koch, *Office/Program Assistant*
Kara Swinney, *Office Assistant*
Caitlin McLafferty, *Facility Assistant*
Deborah Fager, *Nutrition Site Manager CCS*

Park & Recreation Board

Peter Di Turi **Matt Jennings**
Mike Hassen **Tiffany Lindsay**
Mike Palko-Dean **Wayne Osborne**

South King County Senior Centers and Resources Staff – funded by King County Veterans, Seniors & Human Services Levy

Min Feng, *Resource Navigation Coordinator*
Lindsey Pritchard, *Resource Navigation Office Assistant*
Taylor Prescott, *Intake Clerk*

Auburn Mayor & City Council

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nbackus@auburnwa.gov
253-931-3041

Larry Brown
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Hanan Amer
Councilmember
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Yolanda
Trout-Manuel
Councilmember
ytrout@auburnwa.gov

RAINBOW BINGO

FREE

June is Pride month. Celebrate by playing Rainbow Bingo with a LGBTQIA+ flare! Our host Sylvia O'Stayformore is our favorite Drag Queen, voted hottest Drag Queen in America in 2003 and is a local celebrity Queen in the Seattle Area. Sylvia will call Bingo for about two hours and the best thing... it won't cost you a thing to play! Enjoy some light refreshments and amazing prizes.

Caution: this event has adult content themes and jokes | $ FREE

DAY	DATES	TIME
Monday	June 17	2-4pm

Back to Basics with Trish – New Monthly Lectures

Once a month, Nutritionist Trish Jones, CN, MScN, FAMI, will give a **FREE** lecture related to nutrition and healthy living. These talks will be strictly lecture format; no cooking or hands-on skills required.

Plant Based Eating

Learn how you can get all the nutrients that you need by "eating like a bunny" in celebration of Easter and Earth Day! Even if you do not aspire to be a vegetarian or a vegan, eating more plants (fruits, veggies, whole grains) each day can help all of us to boost our health and build resiliency.

$ FREE

DAY	DATES	TIME
Thursday	April 11	10am

Spice it Up!

In celebration of Cinco de Mayo, learn how to use herbs and spices to make foods taste great while minimizing the need for salt and sugar that may contribute to chronic health problems.

$ FREE

DAY	DATES	TIME
Thursday	May 9	10am

Timing is Everything!

As spring turns to summer and the days get longer, learn about meal timing and how techniques such as intermittent fasting can help you to manage your weight as well as support your health if you have medical conditions such as diabetes.

$ FREE

DAY	DATES	TIME
Thursday	June 13	10am

FREE

AUBURN PARKS, ARTS & RECREATION

SENIOR *Activity* CENTER

808 9TH ST SE | 253-931-3016

Check out our Activity Brochure online or in-person at our Center.
We are open for activities, trips, classes, fitness, games, and more...

auburnwa.gov/seniors