



GALT SENIOR SCENE

Produced by the Parks & Recreation Department for the seniors of Galt



Issue 241

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Galt Senior Club

The Club meets 1st and 4th Monday's at 1:00pm at the Chabolla Community Center. All Seniors Club members are welcome to attend. Bingo on Monday's and Thursday's. Please see calendar on back for times. On the 2nd Monday, it's Fun Day at 9:00am with coffee and doughnuts (Bingo begins at 1:00pm).

Commission on Aging

Meetings are held the 4th Thursday of each month. This month's meeting will be held on **Thursday, January 24th 10am at the Parks & Recreation office.** Seniors are welcome to attend. Please call 366-7180 to confirm meeting date.

Senior Lunch Program

Have you visited the Senior Lunch Program at Chabolla Community Center recently? The suggested donation for lunch is \$2.00 per person. If you would like to reserve a meal or have questions regarding the program, please call 916-444-9533. The Chabolla Kitchen number is 745-7332.



New!! Senior Resource Center

The Commission on Aging has been working hard to bring a Senior Resource Center to Galt. It will be located inside Chabolla Community Center at 600 Chabolla Ave. We are hopeful for it to be operational by Spring 2019. The goal is to be able to answer questions and provide information about the various resources available within our city, or nearby cities, that are specific to seniors.

Line Dancing

Free line dancing classes at Chabolla Center Tuesdays and Thursdays from 3:00-4:30 pm.

Egg Art

Saturday, January 12th, 2019, 9:00am – 6:00pm. \$5.00 per class, plus approx. \$20.00 in supplies. Register at Parks & Recreation Offices. Class is held at Fairsite Classroom #18.

T'ai Chi

This course offers instruction to all levels of T'ai Chi enthusiasts. Classes are Tuesdays @ 9:30am at the Parks and Recreation Classrooms. Pre-registration with the Parks & Rec. office is required. The price is \$5.00 per class.

Fitness is Forever

Specifically designed for those ages 50 and over; the emphasis is on stretching, flexing, and toning the body. Mon. & Fri. (9:30-10:30am). Fee: \$2.00 each class. **Monthly registration is required. \$25 minimum charge for Credit/Debit.**

Fitness in a Chair

Specifically designed for those ages 50 and over; the emphasis is on stretching, flexing, and toning the body. **All exercises will be done in a chair.** Mon & Fri 10:45-11:15am Fee: \$1.00 each class. **Monthly registration required. \$25 minimum charge for Credit/Debit.**



Parks & Rec. Offices will be closed in observance of the following holidays:

January 1st – New Year's Day
January 21st – Martin Luther King Jr. Day

12th Annual Winter Bird Festival

Friday, February 1, 2019
6:30-8:30pm Wine, Beer & Food
Register with the Chamber of Commerce at (209) 745-2529

Saturday, February 2, 2019
Presenters, Workshops & Tours
10:00 am – 4:00 pm
Chabolla Community Center
Call (209) 366-7180 for more information.

