



# GALT SENIOR SCENE

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

Issue 244

April 2019

## Galt Senior Club

The Club meets 1<sup>st</sup> and 4<sup>th</sup> 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. Thursday, the 18<sup>th</sup>, there will be a movie showing and no Bingo. On the 2<sup>nd</sup> Monday, it is Fun Day at 9:00am with coffee and donuts (Bingo begins at 1:00pm).

## 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

Fee line dancing classes at Chabolla Center are held on Tuesdays and Thursdays from 3:00-4:30 pm.

## Egg Art

Saturday, April 27<sup>th</sup> at 9:00 am – 6:00 pm. \$7.50 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 at 9:30am at the Parks and Recreation Classrooms. Pre-registration with the Parks & Rec. office is required. The price is \$5.00 per class. **\*\*Note\*\* Fitness Classes held on Tuesday, April 16<sup>th</sup> will be in the Chabolla Center.**

## 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 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.**



## AARP Tax Aide for seniors

Please call 916-498-1000 or 211 for appointments and more information.

