



# GALT SENIOR SCENE

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

Issue 245

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### 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, May 16<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. There will be no nutrition served on Memorial Day, Monday, May 27<sup>th</sup>. 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 Mid-June 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, May 18<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.

### 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. **Please see back of flyer for Fitness Dates. 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.**



We will be closed in observance of Memorial Day Monday, May 27 2019

