

Placerville Senior Center

Activity Guide

937 Spring Street, Placerville
(530) 621-6150



“My Favorite Age Is NOW!”

Welcome to our Placerville Senior Center

Nestled in historic Placerville, the Placerville Senior Center has a lot to offer. We are so glad you stopped by. Our center is dedicated to offering services, events, and activities that help enrich the lives of our older adult population. We also collaborate with various programs to offer an array of services including nutritious meals, legal assistance, recreational classes, and much more.

Our center includes a computer resource room, fitness area, game room, ceramics and pottery room, and a library. Inside this guide you will find descriptions of our activities and monthly events we have here at the Placerville Senior Center. Please keep in mind that activities and events are subject to change.

For more information about the Placerville Senior Center, and any additional Senior Services, please stop by our front desk and our friendly staff can assist you. We can give you a tour and offer brochures to educate you on many additional services available.

We look forward to seeing you soon!

Sincerely,

The Placerville Senior Center Staff

All activities are free of charge; however, donations are welcome.

Arts and Crafts:

American Sewing Guild: 1st Wednesday of the month from 1:30—4:00 p.m. in the Dining Room

This group is open to the public. They provide sewn items for senior needs to other community organizations. This is a great opportunity to learn new skills and network with other members.

Art Time (Placerville Arts): Tuesdays at 9:30 a.m. in Large Craft Room

Are you a painter? Do you work on other forms of art? Come join the art time group and work with fellow art enthusiasts.

Basketry Group: Wednesdays at 9:30 a.m. in the Game Room

This is a fun and creative environment where baskets are made out of pine needles and other materials. Come by and see how it is done.

Ceramics: Wednesdays from 9:00 a.m.—4:00 p.m. in the Large Craft Room

This is a great group of seniors who work on all different types of projects. Bring your own ideas and materials and enjoy a day of creativity. We have an in-house kiln that gets fired frequently.

Closely Knit Group: Thursdays at 9:00 a.m. in the Large Craft Room

Do you like to knit or crochet? Do you enjoy good company and conversation? Then this group is the place for you! Bring your own supplies.

Foothill Gourders: 2nd & 4th Monday of the month from 10:00 a.m.—4:00 p.m.

This creative group makes fun and innovative crafts using gourds. Gourds can be painted, carved, embellished, and used for a variety of craft projects. Come and get inspired!

Hangtown Quilters: Fridays from 9:00 a.m.—12:00 p.m. in Large Craft Room

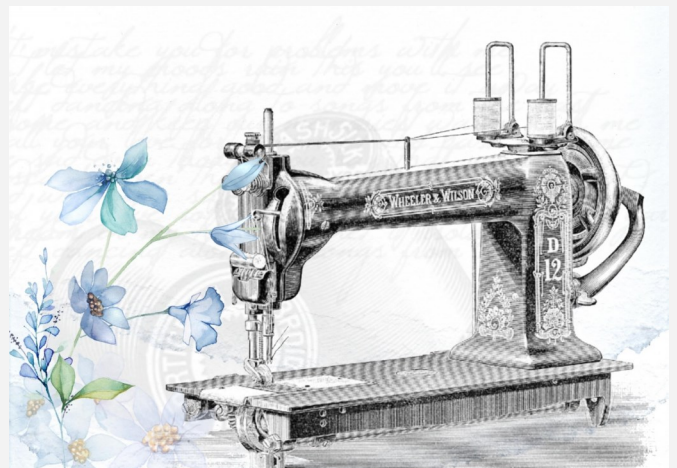
Our quilters bring their own materials and quilt together. Come and learn from experienced quilters and enjoy each other's company.

Oil Painting: Fridays at 1 p.m. in the Large Craft Room

Join the oil painting group and have an opportunity to paint alongside fellow oil painting enthusiasts. This is not an instructional class but rather a group that brings their own projects and works on them together. All are welcome.

Pottery Class: Thursdays from 9:00am to 12:00pm and Tuesday and Thur. from 2:00pm to 5:00pm in the Small Craft room

This is a fun and creative class. There may be a small charge for materials. Bring your own tools and join in the creativity. Please connect with the group's leader for specific details.



Fitness and Exercise:

Fitness Class: Tuesdays and Thursdays at 7:30 a.m. in the Lounge

These are drop in classes with no reservation needed. They focus on balance, lower body strengthening, and general fitness. It is ideal for low to moderate fit seniors. Don't forget to wear comfortable clothes and shoes!

Fitness Class Yoga Inspired: Fridays at 8:00 a.m. in the Lounge

This is another exercise class that focuses on balance and goes at a slower pace. Drop ins are welcome.

Strength Training: Mondays at 11:45 a.m. in the Lounge

Join our class weekly to build up your overall muscle strength to help you with day to day activities.

Tai Chi: Mondays and Wednesdays at 9:15 a.m. in the Lounge [THIS CLASS IS TEMPORARILY CANCELLED]

Tai Chi is a Chinese martial art practiced for both its defense training and its health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of meditation in motion which promotes serenity and inner peace.

Yoga: Mondays at 10:30 a.m. and Wednesdays at 10:30 a.m. and 11:45 a.m. in the Lounge

Yoga, from the Sanskrit word "yuj," means to yoke or bind and is often interpreted as "union" or a method of discipline. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing techniques, postures, and meditation.

Zumba: Every Wednesday at 1:30 p.m. in the Lounge

Zumba is a dance-based fitness technique that combines elements of salsa, merengue, reggaeton, and hip hop with cardio exercise moves. It is fun, versatile, and great for improving mobility, balance, heart health, and reducing stress.

Technology:

Computer Resource Room: Monday—Friday from 8:30 a.m. to 4:30 p.m.

Our Resource Room has computers open to the public, board games, and a place to sit and watch a movie on the TV. We have a wide selection of movies to choose from!

Technology Workshops: Every 2nd Thursday of the Month from 1:00—3:00 p.m. in the Dining Room

Each month we have a volunteer provide one-on-one assistance with a technological device, such as a phone, laptop, or tablet. To attend, call (530) 621-6150 to reserve your time slot. **Registration is required!**



Image of the Yoga Class

Social and Support Groups:

Chess Club: Fridays at 10:30 a.m. in the Game Room

All chess players welcome! Whether you play competitively or for fun, this club is the place for you!

Movie of the Month: 3rd Friday at 1:15 p.m. in the Large Dining Room

Every month we show a movie or mini-series. Come to relax and enjoy the big screen with friends or a significant other. Have a movie recommendation? Please enter it in our Suggestion Box in the front lobby.

My Time Support Group: 1st Friday from 1:30 p.m.—3:00 p.m. in The Dining Room

This is a caregiver support group for persons caring for a spouse, parent, relative or friend. You will receive practical tips and information on how to make your caregiving journey successful.

Poetic License: 2nd Monday at 10:30am in the Game Room

A poetry read-round, all ages welcome! Bring your own poems to share, read from your favorite poets, or just come to listen.

Poetry In Motion: 3rd Monday at 10:30am in the Game Room

A small group, open forum type environment where you can read a poem and share one of your own poems.

Scrabble: Wednesdays at 1:00 p.m. in the Game Room

Scrabble is a great way to test your spelling skills and give yourself a good brain exercise! All are welcome!

Spanish Speaking Group: Thursdays at 11:00 a.m. in the Game Room

Learning Spanish? Come and practice speaking Spanish with us! We talk in Spanish over a variety of everyday topics. Native Spanish speakers are also welcome.

NEW! Storytelling Group: Tuesdays at 1:00 p.m. in the Game Room

Storytelling is a fundamental part of being human. This group is an opportunity to share your story and hear the stories of others in a relaxed and supportive environment.

Senior Nutrition Daily Lunches: Mon-Fri in the Dining Room from 12:00pm-12:30pm

Join us as we serve delicious and nutritious meals freshly cooked in our kitchen each day. If you are home bound, sign up for our delivered meals. We also serve at different sites in the county. Make sure to reserve your meal a week in advance by calling (530) 621—6160.

There is a \$3.00 voluntary contribution.



We Welcome New Ideas!

If you are interested in a particular event or activity, leading a class or group activity, and/or volunteering, then please let us know!

You can submit a suggestion in our Suggestion Box in the lobby.

Thank you for stopping by!



Contact Us

El Dorado County Senior Services
937 Spring Street
Placerville, CA 95667
(530) 621—6150

Facebook—www.facebook.com/EDCSeniorServices

Website—www.eldoradocounty.ca.gov/Services/Assistance-Programs/Seniors