

ACTIVE OLDER ADULT PROGRAMS

ACTIVE AGING PROGRAMS

The City of Santa Maria offers a variety of programs to meet the needs of adults in our community.

For more information about programs for seniors that are sponsored by the City, call (805) 925-0951, ext. 347.

FALL PREVENTION WORKSHOP

Designed for seniors, their family members and caregivers, this workshop will include information on fall statistics for older adults, mobility exercises, local resources, low-cost home modifications and strategies to reduce the risk of falling.

Sponsored by Fall Prevention Task Force of Santa Barbara County

Tu 10:00-11:30 AM 03/30 EMSC FREE, or stay for lunch for \$2.75.

Call (805) 925-0951, ext. 207, to register by 03/27.

SENIOR FITNESS TESTING / BONE DENSITY SCAN

Join us for a simple fitness assessment that will provide helpful hints to improve mobility and strength training for older adults. **Marian Medical Center and the Active Aging Task Force offer these educational sessions and provide guidance on how seniors can improve their physical well-being.**

Th 9:00-11:30 AM 02/18 EMSC FREE

Th 9:00-11:30 AM 04/15 EMSC FREE

AARP DRIVER SAFETY PROGRAM

50 yrs. & up

Overcome the effects of aging on driving and discover accident prevention. The two 4-hour classes are packed with valuable information and advice. Also available is a one-day condensed course in January. Drivers completing the class will receive a DMV certificate that provides a 3-year auto insurance premium reduction. **Pre-registration is required by calling (805) 925-0951, ext. 207. A \$15 fee is paid at the class. An AARP card is required to qualify for discounted fee.**

Tu 9:00 AM-1:30 PM 01/12 EMSC

Tu,W 9:00 AM-1:00 PM 03/09-03/10 EMSC

ELDER ABUSE PREVENTION WORKSHOP

Several local experts will provide current information on preventing elder abuse and the laws about mandated reporting. This workshop is ideal for anyone who cares for or about seniors.

W 9:00-10:00 AM 04/28 EMSC FREE

CLICK HERE FOR A PRINTABLE REGISTRATION FORM

POOL ROOM

50 yrs. & up

Come join the fun and relive the great times you had shooting pool in days gone by! We have four top-notch tables in a large room with plenty of friendly players. Ladies and men are welcome regardless of their level of play. Informal lessons are available.

M-F 9:00 AM-4:00 PM EMSC FREE

Sa 9:00 AM-12:00 PM EMSC FREE

CALIFORNIA SENIOR GAMES

50 yrs. & up

The National Senior Games Association is a non-profit organization dedicated to promoting healthy lifestyles for seniors through education, fitness and sports. From archery to volleyball, there are over 30 qualifying solo and team sports in which to compete. Local athletes interested in participating are encouraged to check www.californiaseniorgames.com for more information. **To join a local group to represent the Central Coast, contact (805) 925-0951, ext. 347.**

SCHEDULE FOR 2010 INCLUDES:

January 15-29

Vacaville

February 04-07

Palm Desert

March 04-07

Dodge Ridge

April 10-11

Bay Area

STRENGTH TRAINING

50 yrs. & up

This new class is designed to help seniors improve balance and increase muscle strength to help prevent osteoporosis. Sponsored by Marian Medical Center.

Tu & Th 9:00-10:00 AM EMSC FREE

ART CLUB

50 yrs. & up

This social art group welcomes painters of all abilities. Come as often as you'd like to paint, share artistic advice and show off your talent while enjoying the company of fellow artists. **Please bring your own art supplies.**

Ongoing W 9:00-11:00 AM EMSC FREE

ACTIVE OLDER ADULT PROGRAMS

IMPORTANT FACILITY INFORMATION

ALL CITY RECREATION FACILITIES WILL BE CLOSED THE 3RD FRIDAY OF EACH MONTH

ST. PATRICK'S DAY PARTY

50 yrs. & up

Whether you're Irish all year through or just one day a year, this annual get together is sure to add some good old Irish fun with music, limericks and a hearty lunch.

W 11:00 AM-1:00 PM 03/17 EMSC \$5.00

LUNCH PROGRAMS

The Santa Maria Neighborhood Kitchen offers nutritious lunches every weekday at two locations. **Please make a reservation at least 24 hours in advance by calling (805) 925-3010.**

M-F 11:00 AM EMSC

M-F 11:00 AM ATK

\$3.50/under age 60, or \$2.75/over age 60

BINGO

21 yrs. & up

The Senior Club sponsors bingo every Friday. Prizes and refreshments are included.

F 1:00-4:00 PM EMSC .50¢/card

BOOK SALE & EXCHANGE

18 yrs. & up

Paperback books are bought and traded twice each month. Books cost .50¢ each, or you may trade your used paperbacks for an even exchange. There are many titles from which to choose and refreshments are included. **Although this book exchange is only for paperbacks, hardback books may be donated to the Friends of the Library by calling (805) 925-0951, ext. 503.**

1st & 3rd W 1:00-3:00 PM EMSC

SANTA MARIA LAWN BOWLING CLUB

Lawn Bowling is a low-impact and fun outdoor sport for all ages. The game of bowls is similar to bocce, but it is played with biased bowls. The object of the game is to place your bowl as close to the "jack" as possible. Lessons are available at your convenience.

Join us for a presentation and introductory session on lawn bowling by calling Seymour Harsh at (805) 922-9688, or call the club at (805) 349-9838.

SENIOR SOFTBALL

Create your own "Field of Dreams" with the "Swinging

Seniors" Softball Team. Scrimmages and practices take place every Monday and Thursday from 11am-1pm at the Hagerman Sports Complex. The team also participates in several tournaments throughout the year. **Information: ext. 355.**

50 yrs. & up

Ongoing M,Th 11:00 AM-1:00 PM HSC FREE

SANTA MARIA VALLEY

SENIOR CITIZEN'S CLUB

People age 50 or older are eligible to join the Senior Club. The Santa Maria Valley Senior Citizen's Club is a non-profit organization that is independent of the City of Santa Maria. Membership in their Club is optional and not a requirement to attend programs and services at any City Facility.

These programs are sponsored by the Senior Club. For membership information, call (805) 925-0951, ext. 207. Dues: \$15/yr.

SENIOR CLUB ACTIVITIES

SENIOR CLUB POTLUCK

Please bring a dish to serve 10.

1st M 5:30 PM EMSC FREE

SENIOR CLUB DANCES

1st & 3rd Su 1:30-4:30 PM EMSC \$5

DUPLICATE BRIDGE

M 12:00-4:00 PM EMSC

Sa 9:00 AM-1 PM EMSC

PARTY BRIDGE

Th 12:30-4:00 PM EMSC

POKER

Tu 1:00-4:00 PM EMSC

BUNCO

1st Tu 1:30-3:30 PM EMSC \$3/day