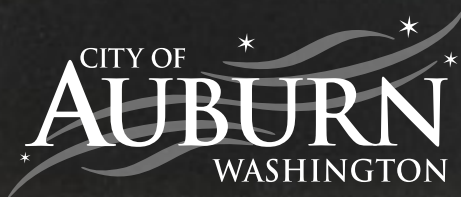


AUBURN SENIOR  
ACTIVITY CENTER

Fall  
OFFERINGS



FALL 2020

*Programming is subject to change based on Washington State  
phased-opening guidance for King County as it relates to COVID-19*





## Fall Offerings on ZOOM

### SAIL Exercise

SAIL (Stay Active and Independent for Life) is a strength, balance and fitness program for adults 50 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. SAIL consist of a warm up, light aerobics, strength and balance training and cool down. All exercises can be done seated or standing.

   **FREE**, Registration Required

Zoom link will be emailed prior to the first day of class.

DAY	DATES	TIME	#
Tues & Thurs	Starting 9/15	9:45-10:45am	55595

### Learn Sudoku

Learn how to play or sharpen your skills. Did you know sudoku can improve your memory, increase your concentration skills, and reduce your risk of developing Alzheimers? **Once a month, online only.**

   **\$0, Drop-In**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
2nd Thurs	11am	(253) 215 8782	891 9804 0248	846702

### Book Club

Group meets 1x a month to discuss the chosen book. Our group has books reserved at the Auburn Library. You must register for the group, so we can get your name on the book pick up list. Meetings are held on Zoom. Can connect via phone or online.

   **\$0, Registration Required**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
3rd Tues	10am	(253) 215 8782	879 4819 8995	952388

### Craft Club

Group meets twice a month for 1 hour to share and discuss projects they are working on at home. All are welcome; most members either knit, crochet, sew, hand crafts, etc. Can meet via phone or online. Online is preferred for sharing projects.

   **\$0, Drop-In**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
1st & 3rd Thursdays	2pm	(253) 215 8782	829 6001 4275	112301

### Coping With Holiday Stress

With the days getting shorter and colder as the holidays approach, some people suffer from the "Holiday Blues." The holidays can also trigger stress and anxiety around finances, family issues, and grief and loss. This 7-week group will help you learn some coping strategies, self-care techniques, stress management, and finding strength with others.

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
Mon 11/16-12/28	2-3pm	(253) 215 8782	84140367734	256099

## Ongoing offerings on ZOOM

### Mindful Mondays

Learn ways to cope with daily stressors and calm your mind and body by practicing Mindfulness. Practice Relaxation Techniques, Guided Imagery, Visualization, Mindful Meditations and Breathing Exercises. Can connect via phone or online

   **\$0, Drop-In**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
Mon	11am	(253) 215 8782	842 5860 2806	466159

### Happy Hour with Staff

Let's decompress together and catch up with one another. Bring your favorite cocktail, mocktail, or beverage of choice. We discuss different topics each week for fun. Can connect via phone or online.

   **\$0, Drop-In**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
Tues	4pm	(253) 215 8782	880 1830 8114	72348114

### Wednesday Games



Each week will play a different game on ZOOM. Games we have played are Pictionary, Scattagories, Wheel of Fortune, and Bingo. Some games prizes are available. Can connect via phone or online. Some games are online only (Pictionary).

   **\$0, Drop-In**

DAYS	TIME	ZOOM PHONE #	ZOOM ID	ZOOM PASSCODE
Wed	11am	(253) 215 8782	897 2592 4956	530663

### Support Group

Are you experiencing changes in your support system or routine? Experiencing anxiety, sadness, or uncertainty? You are not alone. This weekly drop-in VIRTUAL supportive group will help you develop new coping strategies and feel connected with others. Can connect via phone or online.

  **\$0, Registration required.** Call Jennifer Hurley 253-293-6769.

DAYS	TIME
Fri	11am







## In-Person Programs

### Hot Lunch

As the state begins to open up slowly in phases. Seniors have the option of picking up a meal by driving through the drop off/pick up area at the Senior Center. The Auburn Senior Activity Center in partnership Catholic Community Services continues to offer weekday Hot Lunches for people age 60 and over. The suggested contribution is \$4.50 and contributions can be mailed to CCS. At this time, we are not exchanging money. In order to prepare enough food and arrange for staffing, those wanting meals need to call 253-9313016 at least 4 days ahead to make arrangements for pick up or delivery. [For the current menu please click here.](#)

#### 1. Drive-Through Hot Lunch Pick Up

Monday-Friday, 11:45am-12pm

Drive car through the roundabout entrance on 9th St SE. Staff will get your name and hand you a lunch through the passenger side window.

#### 2. Home delivery provided by Hyde Shuttle

Monday-Friday, 11:45-1:30pm

Available to people age 60 and over, living within the City of Auburn.

### Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician will be on site to perform nail care. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.

Do you need a scholarship for foot care? Ask your foot care provider.  
Mondays, by appointment only. Call 253-931-3016 | Fee: \$32

### Dental Services by Healthy Smiles

Taking good care of your teeth and gums is important for your mouth, your overall health and self-esteem. Darcy Spencer-Wenger, a dental hygienist, from Healthy Smiles is at the Center each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists.

Please call Healthy Smiles at 206-650-3272 for an appointment.  
You must be over age 50 to use this service. By appointment only.

### King County Veterans Assistance Program

King County Veterans Program is a full service hub for veterans, service members and their families. Auburn Senior Activity Center is offering consultation hours over the phone or in person during COVID-19 with a Veteran's Program Professional.

Call Paul Stayback at 206-477-0648 to make an appointment.

### Resource Navigator

The Resource Navigator will be able to help participants access community resources, such as housing, transportation, financial assistance, and any other services that you might need. In addition to getting people connected to the resources in our community, she will also be available to provide emotional support, counseling, and crisis intervention. This program is funded through the Veterans Seniors Human Services Levy (VHSL) and will serve seniors age 55+, as well as veterans and their family members. **Please call the Senior Center to make an appointment to talk with the Resource Navigators at 253-931-3016.**





# VIRTUAL FITNESS MEMBERSHIPS

AT THE AUBURN COMMUNITY  
& EVENT CENTER

## Fitness Membership Benefits

Live virtual classes • Unlimited access to fitness class library

### MONTHLY MEMBERSHIP

Adult • \$20/month  
Senior/Teen • \$15/month



Find the full fitness schedule at  
[auburnwa.gov/Fitness](http://auburnwa.gov/Fitness)



Auburn Community & Event Center  
910 9th St SE | Auburn, WA 98002  
253-931-3043 | [auburnwa.gov/fitness](http://auburnwa.gov/fitness)

## Virtual Fitness Membership Classes Same instructors you know and love!

The Auburn Community & Event Center offers a variety of virtual fitness classes that are included with your fitness membership.



**Tai Chi:** Tai Chi includes a series of movements that are performed in a slow, focused manner with deep breathing. It is a noncompetitive, self-paced program of gentle, physical exercise and stretching. Each posture flows into the next, ensuring that your body is in constant motion.



**Yoga Flow:** Break up your day by exploring a variety of yoga practices to rejuvenate your body and mind. Classes will practice Asana, Pranayama and meditation.



**Barre:** This low-impact workout combines Pilates, yoga and ballet moves to give you long, lean and sculpted muscles. Isometric exercises allow special focus on specific muscles for clearly defined results.



**Barre Fusion:** Barre Fusion combines cardio with isometric, strengthening and other combination style fitness to create a fun full body workout. Music is used to motivate and create an active setting. Full body fitness in one hour.



**Silver Sneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with handheld weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.



**Group Centergy:** Grow longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. DEFINE YOURSELF.



**Strength & Body Sculpt:** Designed to sculpt and tone muscles. Total body workout using adjustable barbell, free weights and body weight. Noticed improvement in your strength, muscle tone, balance and core and leg strength. Fun music to motivate and get your heart rate up.



**HIIT Strong:** This hour long class is packed with full body toning and strength building exercises using High Intensity Interval Training format for maximum calorie burn. Rockin' music will make the time fly by!

For complete group fitness  
schedule visit  
[auburnwa.gov/fitness](http://auburnwa.gov/fitness)







Drive through events occur at the  
Auburn Senior Activity Center  
808 9th St SE.

No need to get out of the  
car to join in on the fun!

Happy  
**HALLOWEEN**  
DRIVE THROUGH EVENT

**Friday October 30 | 1-3pm**  
Treats will be handed out in  
Senior Center circular driveway

**Pumpkin Decorating Contest:** To submit your  
painted or carved Pumpkin bring it to the Senior  
Center from 10a-3p on Thursday October 29

Costumes are encouraged and the staff will be  
awarding a prize for their favorite Costume.

**SWEET TREATS FOR  
VETERANS**

Coffee and cinnamon rolls for Veterans and those  
currently serving in the United States Armed  
Forces. This is slated to be a morning drive-thru  
event and will require guests to complete a simple  
registration for the free event.

Call to register or  
register online:  
[auburn.seamlessdocs.com/f/sweettreats](http://auburn.seamlessdocs.com/f/sweettreats)  
**Tuesday, November 10**  
**9am-11am**

Sponsored by  
Lions Club

**SAVE  
THE DATE:  
Thanksgiving  
Drive-Thru  
November 24**  
**More information  
to come!**