



# Cameron Park CSD Mature Adults Calendar October, 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Senior Lunch program: Mon &amp; Fri at CSD at 12pm Tues &amp; Thurs at 12pm at Church of the Foothills 2380 Merrychase Drive,</b>		<b>For more information on any of our events or classes, please visit <a href="http://www.cameronpark.org">www.cameronpark.org</a>, call 530-677-2231 or email us at cpcsd@cameronpark.org</b>				1
2	3 -Senior Lunch 12pm -Bridge 1-3pm -Chair Yoga 1:30pm	4 -Senior Lunch, Church of the Foothills 12pm -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am - Zumba Gold 70+ 10:15- 11am	5 -Gold Nugget Quilters 9am -Bridge 9:30a-12:30pm	6 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9- 10am	7 -No Senior Lunch  <b>GOLD BUG            QUILTERS QUILT            SHOW 10AM-5PM</b>	8  <b>GOLD BUG            QUILTERS            QUILT SHOW            10AM-5PM</b>
9  <b>GOLD BUG            QUILTERS            QUILT SHOW            10AM-4PM</b>	10 -Senior Lunch 12pm -Bridge 1-3pm -Chair Yoga 1:30pm  <b>CSD OFFICE CLOSED            Columbus Day Holiday</b>	11 -Senior Lunch, Church of the Foothills 12pm -Brain Health 10:30am <b>-BINGO 1-3p</b> -Tai Chi 1:30pm -Modified Zumba 9-10am -Zumba Gold 10:15-11am	12 -Gold Nugget Quilters 9am -Bridge 9:30a-12:30p -Master Gardener Class: Fall Propagation = Free Plants	13 -Senior Lunch, Church of the Foothills 12pm -Medicare 101 10am Modified Zumba 9- 10am <b>COMMUNITY SERVICES            SHOWCASE 5-7PM</b>	14 -Senior Lunch 12pm -Speaker Series 12:45pm	15 -
16	17 -Senior Lunch 12pm -Bridge 1-3pm -Chair Yoga 1:30pm	18 -Senior Lunch, Church of the Foothills 12pm -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am -Zumba Gold 70+ 10:15- 11am	19 -Gold Nugget Quilters 9am -Free Senior Legal Counseling 10am-2pm -Bridge 9:30a-12:30pm	20 -Senior Lunch, Church of the Foothills 12pm <b>-Gift Card Play Day            10am</b> -Modified Zumba 9- 10am	21 -Senior Lunch 12pm	22 <b>HALLOWEEN            CARNIVAL AND            PUMPKIN            PATCH –            1:30-4pm            Cameron Park            Lake</b>
23  30	24 -Senior Lunch 12pm -Chair Yoga 1:30pm -Bridge 1-3pm  31  -Senior Lunch 12pm -Chair Yoga 1:30pm -Bridge 1-3pm	25 -Senior Lunch, Church of the Foothills 12pm -Game Day, sponsored by Newcomers 10am-12pm -Short Stories 1pm -Tai Chi for Balance 1:30p -Modified Zumba 9-10am Zumba Gold 70+ 10:15- 11am	26 -Gold Nugget Quilters 9am -Bridge 9:30a-12:30pm	27 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9- 10am  <b>FREE TRIP            PRESENTATION 10AM</b>	28 -Senior Lunch 12pm	29

## **GOLD BUG QUILTERS' 2016 QUILT SHOW**

Friday Oct. 7<sup>th</sup> from 10am-5pm  
Saturday Oct. 8<sup>th</sup> from 10am-5pm  
Sunday Oct. 9<sup>th</sup> from 10am-5pm  
Community Center

Admission \$7 (includes all three days). Featuring Quilts, Wearables, Purses, & Home Decor, Raffle Quilt, Vendors, Basket Boutique, Silent Auction, Country Store, Demonstrations, Lunch and Refreshments!

## **BINGO!**

Tuesday, October 11<sup>th</sup> 1 – 3pm  
Community Center

Join us on the 2nd Tuesday of the month from 1:00-3:00pm at the Community Center. \$3 for two cards, \$1 for each additional card. 4 card limit per game. Prizes include gift cards to local stores and more!  
Come enjoy the game and meet some new friends!

## **FREE TRIP PRESENTATION**

Thursday October 27<sup>th</sup> 10am

Come attend a presentation on the trips planned for the upcoming year. Kris Adams from Premiere World Discovery will be here to highlight what tours will be offered for travel in the upcoming months and more!

## **Senior Exercise Programs**

### **Chair-Based Yoga**

Mondays from 1:30-2:30pm.  
\$39/\$35 for the 4 week program

### **Tai Chi for Better Balance**

Tuesdays from 1:30 – 2:30pm  
\$35/\$30 for the 4 week program

### **Modified Zumba**

Tuesdays/Thursdays from 9-10am Fee: \$50/\$45 for the 4 week program. \*\* Fee: \$35/\$30 for one class per week\*\*

### **\*NEW\* Zumba Gold for 70+**

Tuesdays/Thursdays 10:15-11am Fee: \$45/40 for 4 week program. Perfect for active older adults, beginners & regular Zumba participants who want to supplement with the low impact Zumba Gold once or twice per week.

## **MASTER GARDENERS**

Wednesday, October 12<sup>th</sup> 9am – 12pm  
Community Center

**Fall Propagation = Free Plants** – We'll show you how! In this class you will learn techniques to propagate some of the most common plants found within your own home, garden or landscape. Processes, from cuttings, layering and divisions will be discussed. Save money, have fun and learn a simple way to expand your garden using materials you already have and grow!

## **HALLOWEEN CARNIVAL AND PUMPKIN PATCH**

Saturday, October 22<sup>nd</sup>, 1:30-4pm  
Cameron Park Lake

FREE Entrance! Put on your costumes and come down to Cameron Park Lake with the family! There will be old fashioned carnival games with prizes, crafts, food and refreshments.

## **Senior Lunch Programs:**

**Mondays & Fridays** at the Cameron Park Community Center at 12pm. \$3 suggested donation.

**Tuesdays & Thursdays** at Church of the Foothills 2380 Merrychase Drive, at 12pm. \$3 suggested donation. Contact Church of the Foothills at 530-677-3057 for updated information.

**\*\*No Senior lunch in Cameron Park on Friday October 7<sup>th</sup>**

## **COMMUNITY SERVICES SHOWCASE**

Thursday, October 13<sup>th</sup> 5 - 7pm  
Community Center

Jobs, Non-Profit, Volunteer Opportunities  
Great Family Event!

- Music, Food, & Beverages
- 3 FREE Cash Drawings
- Free Non-Profit Booths
- Business Boots Available
- Community Job Fair
- \$1 Hot Dogs, Free to Vets

## **SPEAKER SERIES**

Friday, October 14, 12:45pm  
Community Center

A Loved One Has Died...Now What?  
Carol Drebin will speak about the value of advance planning. She offers a wealth of information gathered from Sacramento area funeral homes and cemeteries.  
FREE Event, but please call 677-2231 to reserve a spot. Light refreshments will be served.

## **Gold Nugget Quilters**

Wednesday mornings means quilting at the Cameron Park Community Center. New and experienced quilters needed. The Gold Nugget Quilters meet at 9:00a to 12:00p every Wednesday.

## **Senior Games Day**

Sponsored by: C.P. Newcomers Club. Held every 4th Tuesday of the month, 10a-12p in the 50+ Room. All seniors are welcome to join us for two hours of coffee, tea and games.