






Cameron Park CSD Mature Adults Calendar December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>For more information on any of our events or classes, please visit www.cameronpark.org, call 530-677-2231 or email us at cpcsd@cameronpark.org</p> </div>						
2	3 -Senior Lunch, 12pm -Bridge 1:00-3:00pm	4 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Chair Yoga 10:15am -Table Games 10a-4p	5 -Quilters 9am-12pm -Bridge 9:30am-12:30pm	6 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Table Games 10a-4p	7 -Senior Lunch, 12pm	1 Modified Zumba 9-10am
9	10 -Senior Lunch, 12pm -Bridge 1:00-3:00pm	11 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Chair Yoga 10:15am - Table Games 10a-4p -Bingo 1pm-3pm	12 -Quilters 9am-12pm -Bridge 9:30am-12:30pm	13 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Table Games 10a-4p	14 -Senior Lunch, 12pm	15 Modified Zumba 9-10am
	17 -Senior Lunch, 12pm -Bridge 1:00-3:00pm	18 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Chair Yoga 10:15am - Table Games 10a-4p	19 -Quilters 9am-12pm -Bridge 9:30am-12:30pm -Free Senior Legal Counseling 10am-2pm	20 -Senior Lunch, Church of the Foothills 12pm -Modified Zumba 9am - Table Games 10a-4p	21 -Senior Lunch, 12pm	22
23 30	24 Office Closed No Senior Lunch  Office Closed 31 -Senior Lunch, 12pm	25 Office Closed 	26 OFFICE open 10-3 -Bridge 9:30am-12:30pm	27 OFFICE open 10-3 NO Senior Lunch at Church -Modified Zumba 9am - Table Games 10a-4p	28 OFFICE open 10-3 -Senior Lunch, 12pm	29 Modified Zumba 9-10am

Arts and Crafts Corner
Returns in January
January 11th & 25th

Enjoy making art but need some new ideas? Or just need a space to do your current art projects? Come to the 50+ Room every other Friday for Craft Corner! Materials are provided to do a fun craft led by our instructor, or a \$3 room use fee will give you a space to create your own works or art! Save money and get an Annual Artist Membership Card in the front office!

SENIOR LUNCH PROGRAM

Mondays & Fridays at the Cameron Park Community Center – 2502 Country Club Dr. at 12:00pm.
\$3 suggested donation
Contact CSD at 530-677-2231 for more information.

Tuesdays & Thursdays at Church of the Foothills - 2380 Merrychase Drive, at 12:00pm.
\$3 suggested donation.
Contact Church of the Foothills at 530-677-3057 for updated information.

Free Senior Legal Counseling
Wednesday, December 19th
10:00am-2:00pm

Diana Steele from Senior Legal Services will be available to help with legal matters that seniors may have. Senior Legal Services attorneys meet with seniors individually to provide information and assistance with a wide variety of problems including: Estate Planning – Public Benefits – Health Care - Consumer Issues – Abuse and Exploitation - Real Property
Please call 530-621-6154 to make an appointment

Upcoming Events

Friday, January 4th
FREE Movie Night –
“THE PEANUTS MOVIE”

Doors open at 6pm – Movie starts at 6:30pm.
There will be \$1 food available – hot dogs, popcorn, ice cream and drinks.



SENIOR EXERCISE PROGRAMS

Chair Yoga

11/27-12/18 Tues 10:15-11:15am

Modified Zumba

12/4-12/29 Tues/Thurs/Sat 9:00-10:00am

Tai Chi for Better Balance

Returns in Jan 1//8-1/29

Tuesdays 1:30-2:30pm



BINGO!

Tuesday, December 11th
Join us for BINGO on the 2nd Tuesday of the month. \$3 for two cards, \$1 for each additional card. 4 card limit.

Located at the Community Center, 2502 Country Club Dr.

