






# Cameron Park CSD Mature Adults Calendar

## May, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><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 <a href="mailto:akimball@cameronpark.org">akimball@cameronpark.org</a></b></p>			<p><b>1</b> -Bridge 9:30am-12:30pm -Quilters 9am-12pm</p>  <p><b>TRUCKS &amp; TUNES</b></p>	<p><b>2</b> -Games 10am -Modified Zumba 9am</p>	<p><b>3</b> - Senior Lunch 12pm</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> -Bridge 1-3pm -Senior Lunch 12pm</p>	<p><b>7</b> -Games 10am -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am</p>	<p><b>8</b> -Bridge 9:30am-12:30pm -Quilters 9am-12pm</p>	<p><b>9</b> -Games 10am -Gift Card Play Day 10a-12p -Modified Zumba 9am -Medicare 101 10-11:30am</p>	<p><b>10</b> -Senior Lunch 12pm - Arts &amp; Crafts Corner 12:45pm</p>	<p><b>11</b></p>
<p><b>12</b> <i>Happy Mothers Day</i></p>	<p><b>13</b> -Bridge 1-3pm -Senior Lunch 12pm</p>	<p><b>14</b> -Games 10am -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am <b>-Bingo 1-3pm</b></p>	<p><b>15</b> -Bridge 9:30am-12:30pm -Quilters 9am-12pm <b>-Free Senior Legal Counseling 10am-2pm</b></p>	<p><b>16</b> -Games 10am -Modified Zumba 9am -Tai Chi for Health 7pm-8pm</p>	<p><b>17</b> -Senior Lunch 12pm</p>	<p><b>18</b> -Cuban Cooking 10am-12pm</p>
<p><b>19</b></p>	<p><b>20</b> -Bridge 1-3pm -Senior Lunch 12pm</p>	<p><b>21</b> -Games 10am -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am <b>-Older American's Luncheon 11am – 1pm</b></p>	<p><b>22</b> -Bridge 9:30am-12:30pm -Quilters 9am-12pm <b>-Senior Leadership Council Meeting 10am</b></p>	<p><b>23</b> -Games 10am -Modified Zumba 9am -Tai Chi for Health 7pm-8pm</p>	<p><b>24</b> -Senior Lunch 12pm - Arts &amp; Crafts Corner 12:45pm</p>	<p><b>25</b> <b>-WELCOME TO SUMMER</b></p> 
<p><b>26</b></p>	<p><b>27</b> -Bridge 1-3pm -Senior Lunch 12pm</p> 	<p><b>28</b> -Games 10am -Tai Chi for Balance 1:30pm -Modified Zumba 9-10am</p>	<p><b>29</b> -Bridge 9:30am-12:30pm -Quilters 9am-12pm</p>	<p><b>30</b> -Games 10am -Modified Zumba 9am -Tai Chi for Health 7pm-8pm -Legal Program 6:30pm -8pm</p>	<p><b>31</b> -Senior Lunch 12pm -Bead-Azzle 1pm-3pm</p>	<p><b>Continues On Back</b></p>

## ARTS & CRAFTS

### Bead-Azzle It!

Friday, May 31<sup>st</sup> 1pm – 3pm  
\$25 per class

### Arts & Craft Corner

2<sup>nd</sup> & 4<sup>th</sup> Friday of the Month  
Class Starts at 12:45pm

#### Fees:

- \$40 Annually
- \$16 Summer Membership
- \$5 Monthly Membership
- \$3 Drop In



## 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

## SENIOR GAME DAYS

Brain/Health Activities every 3 months:  
March 12<sup>th</sup>, June 11<sup>th</sup> and September 10<sup>th</sup>

3<sup>rd</sup> Thursday of each month:  
Gift Card Play Day

4<sup>th</sup> Tuesday of each month: Game Day

RUMMIKUB, MEXICAN TRAIN, PINOCHLE,  
CROWN 5, HAND & FOOT, CRIBBAGE, ETC.

## SENIOR EXERCISE PROGRAMS

### Tai Chi for Better Balance

Tuesdays 1:30 – 2:30pm  
\$40/\$35 for the 4 week program

### Modified Zumba

Tues/Thurs 9-10am

Fee: \$55/\$50 for the 4 week program.

\*\*Fee: \$40/\$35 for one class per week\*\*

### Water Exercise

Mon, Wed, Fri – 6:30-7:15pm  
\$8 Drop in or \$70-10 Punch Card



## BINGO!

Tuesday, May 14<sup>th</sup>  
Join us for BINGO on the 2<sup>nd</sup> 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

**OLDER  
AMERICANS  
MONTH**



Connect, Create, Contribute: May 2019

**Older American's Luncheon**  
**Tuesday, May 21<sup>st</sup>**  
**11am – 1pm**

## COOKING CLASSES

### Cuban Cooking

Saturday, May 18<sup>th</sup> 10am – 12pm  
Fee: \$35

### Traditional Sushi Making

Tues/Thurs from 10am – 12pm  
5/21 & 5/23

