

SENIOR ASSISTANCE & ANNOUNCEMENTS

Senior Center Closure Dates for the Month of January

The Marina Senior Center will be closed on the following dates in January 2019.

- January 1st – January 3rd (winter break). See you back on January 6, 2020!
- Monday, January 20th – Dr. Martin Luther King Jr. Day

Mo. Co. Food Bank

The Monterey County Food Bank distribution day for Marina is made every 1st Monday of the month at the Marina Library (located at 188 Seaside Avenue). People can start lining up at 8:00 am. If you have any question, contact the Food Bank by calling (831) 758-1523.

Fresh Produce

Get your fresh produce and breads at no cost! The Senior Center hosts a monthly Produce Market, from 9:00 am to 9:30 am, at the Rocky Han Community Center.

Electronic Help

Need help understand your electronic devices? One on One help is made available at the Marina Library every Saturday. An appointment needs to be made, don't delay and make one today.

Board Games!

We are having the perfect weather to play board games. Join us from 9:30 am to Noon for fun and conversation. Pastries and coffee are provided.

Health Insurance Counseling & Advocacy Program (HICAP)

The Alliance on Aging organization offers free one-on-one Medicare counseling (HICAP). Counselors can answer your questions and help you understand your Medicare rights and benefits. An appointment needs to be made to speak with a counselor. Schedule your appointment today by calling (800) 434-0222.

MST Taxi Voucher Program

Monterey-Salinas Transit (MST) offers taxi vouchers to help seniors get to important locations within their communities. To receive vouchers, an individual must be 65 or older, have a valid photo ID, and be a resident of Marina. If you would like to participate in the MST Taxi Voucher Program, come into the Recreation & Cultural Services Department, located inside the City Hall building. Once you have successfully enrolled in the program, a customer ID number and a limited quantity of vouchers will be issued to the customer.

Annual Membership

There are many benefits in being a Marina Senior Center Member. The Senior Center is a great place to come and participate in the daily activities. Annual Membership Dues are Resident \$20.00 & Non-Resident \$35.00.

Marina Senior Association

For information and events, that could interest seniors, in Marina visit www.marina-senior-association.com

MARINA SENIOR CENTER

LOCATED AT

211 Hillcrest Avenue, Marina, Ca 93933
(831) 384-6009 www.cityofmarina.org

JANUARY 2019

HAPPY
New Year
2020

HOURS OF OPERATION

Monday thru Friday from 9:00 am to 2:00 pm

FORT ORD WORKS
High Performance Structures

MAST REALTY

MARINA YOUTH SOCCER LEAGUE
CO-ED RECREATIONAL SOCCER IN MARINA, CA

Sotheby's
INTERNATIONAL REALTY

RUTHERFORD INVESTMENTS

Spector Dance

PHOTO

LUCKY NOODLE HOUSE

CHISPA

REGULAR SCHEDULE OF DAILY EVENTS FOR JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10:00 am – 12:00 pm Line Dancing	11:15 am – 2:00 pm Board Games 10:00 am – 11:00 am Gentle Stretching w/ Laughter Yoga	10:00 am – 11:00 am Yoga (Vince DiMaggio Park Building) 10:00 am – 12:00 pm Line Dancing (<i>class cancelled on Dec. 4th</i>)	9:30 am – 12:30 pm Quilt, Sew, Crochet/Knit Group Noon – 1:00 pm Tai Chi (<i>Vince DiMaggio Park</i>)	11:00 am – 2:00 pm Lunch & Bingo	

**all Senior Center activity are held in the Rocky Han Community Center unless otherwise noted.*

ADDED EVENTS, ACTIVITIES & TRIPS FOR JANUARY 2019

- ☞ Mo. Co. Food Bank Food Distribution - Monday, January 6th at Marina Library (188 Seaside Avenue), next date January 2nd
- ☞ Senior Advisory Board Meeting - Tuesday, January 21st at 9:00 am in the Council Chambers.
- ☞ Market Field Trip – Monday, January 27th – San Jose Asian Market (van leaves at 9:00 am, return 3:00 pm)
- ☞ Movie Field Trip – Tuesday, January 21st – CineMark **Marina** (meet at Cinema at 9:45 am., City will pay for first 20 sign-ups)
- ☞ Senior Produce Market – Tuesday, January 28th - Community Center from 9:00 am to 9:30 am (for members only)Cancelled.
- ☞ Computer Class at Marina Library – every Friday from 10:00 am to 11:00 am (Marina Library is located at 188 Seaside Avenue)
- ☞ Additional Senior Center Activities & Trips (*you need to come into the Senior Center to RSVP for a field trip*)
 - Tuesday, January 28th , Field Trip to Aquarium (van leaves at 10:00 am, return 2:00 pm)

ADDITIONAL INFORMATION ON CLASSES & EVENTS

BINGO

Looking for something fun to do? Then come and join us for Bingo! A light delicious meal is served with games to follow. The cost is .50 cents per card, \$1.00 for hot ball. Bingo is played every Friday in the Community Center (211 Hillcrest Avenue) from 11:00 am to 2:00 pm.

Gentle Stretching with Laughter Yoga

What is gentle stretching and laughter Yoga? A laughter yoga session includes stretching, focused breathing, and movement with child-like play. The brain and body respond to simulated laughter in the same way as natural laughter ... although spontaneous laughter usually occurs during the session!

Gentle Yoga

Come and enjoy an hour of yoga. This class is taught by a certified yoga instructor through Yoga Center of Carmel. Classes are held on Wednesday from 10:00 am to 11:00 am. in the Vince DiMaggio Park building (3200 Del Monte Blvd). The classes are FREE but you must be a registered Senior Center member to participate.

Tai Chi

Looking for a way to reduce stress and improve your balance? Consider Tai Chi! It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Classes are held at the Vince DiMaggio Park building, classes are free but you must be a Senior Center member to participate.

Line Dancing

Those of us who are already line dancers know the benefits. It isn't simply getting some exercise, people find themselves becoming addicted to line dancing because they love the music, the confidence that grows from mastering a dance and the friendships that form. Dancing provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity.

