

General Information



Lolly Hansen Senior Center

375 E. 9th Street

Monday-Friday

The Senior Center will be closed 9/7, 11/11, 11/26, 11/27, 12/24, 12/25, 1/1/16

Office/Information 8:30am to 4pm
831-4230

City of Tracy Front Desk 8am to 6pm
831-6200

TRACER/Paratransit 8am to 7pm
831-4287

El Concilio 8am to 5pm
547-2855

Second Harvest Brown Bag 8am to 4:30pm
239-2091

San Joaquin County Dept. of Aging, Meals on Wheels 8am to 5pm
953-5500



Basic Computer Skills

This course is the perfect class for new computer owners, soon-to-be computer owners, or someone who just wants to become more familiar with the computer. Participants will receive a 4-week schedule upon registering at the Lolly Hansen Senior Center. For more information, call 831-4230.

Date	Day	Time
9/2-12/30	W	9am to 11am
9/4-12/18	F	9am to 11:30am

Open Computer Lab

Time: 9am to 3:30pm
Location: Lolly Hansen Senior Center
Cost: FREE

AARP Driving Class

These are 2, four-hour classes sponsored by AARP. The four hours on both Saturdays are required to receive your DMV certificate. Please bring cash or check made out to AARP on the first day of class. Bringing a lunch and/or snack is also advised. Space is limited to the first 25 participants. Call 831-4230 to register.

Note: Must show a valid AARP card to receive discount.

Location: Lolly Hansen Senior Center
Instructor: Virginia Jacobs
Cost: Members \$12, Non-Members \$14

Date	Day	Time	Age
9/26 & 10/3	Sa	9am to 1pm	55+

Healthier Living



We would like to invite you to Healthier Living – a program created by Stanford University. The program gives support and teaches people how to live with different chronic health problems, such as diabetes, arthritis, cancer, heart disease, depression, and hypertension.

This program is held once a week for 6 weeks and is led by someone who is living successfully with a chronic disease. Space is limited to 20 participants. All materials are included.

Date	Day	Time	Cost
9/1-10/6	Tu	12:30pm to 3pm	FREE

Monday	Activity	Cost	Time	Activity	Cost
9am to 10:30am	Savvy Gardener (weather permitting)	FREE	12pm to 2pm	Intergenerational (2nd)	FREE
10:30am to 11:30am	NEW Retirement Support Group	FREE	12pm to 3pm	Needle Art	FREE
10:30am to 11:30am	Parkinson's Group (2nd)	FREE	1:30pm to 3:30pm	NEW Taste of Country (3rd)	FREE
12pm to 2pm	Bingo	FREE	2:30pm to 4pm	NEW Mix & Mingle (1st)	FREE
Tuesday	Activity	Cost	Time	Activity	Cost
9am to 11am	Horseshoes (weather permitting)	FREE	12pm to 3pm	Bridge	FREE
9am to 11:30am	NEW Senior Tuesdays at the Grand	Varies	12:30pm to 2pm	Line Dancing	\$2.00
9:30am to 11:30am	Golden Agers (2nd)	FREE	2pm to 3pm	Power Walk (weather permitting)	FREE
9:30am to 10:30am	Multimedia 101 (1st & 3rd)	FREE	3pm to 6pm	Country Jubilee	\$2.00
12pm to 2pm	Game Day	FREE			
Wednesday	Activity	Cost	Time	Activity	Cost
9am to 11am	Cardmaking (3rd)	\$2.00	12pm to 3pm	Painting	FREE
9:15am to 10:30am	Book Club (4th)	FREE	1pm to 2pm	NEW Dominoes	FREE
9am to 10:30am	Brown Bag (1st & 3rd)	FREE	1pm to 2pm	NEW Spades	FREE
9am to 11am	Scrapbooking (1st & 2nd)	FREE	2pm to 3pm	NEW Indoor Tennis	pg 23
11:30am to 12:30pm	Farmers Market (4th)	FREE	3pm to 4pm	NEW Tai Chi for Seniors	pg 23
11:30am to 1:45pm	Ping Pong	FREE			
Thursday	Activity	Cost	Time	Activity	Cost
9am to 11am	Horseshoes (weather permitting)	FREE	12pm to 3pm	Bridge	FREE
9am to 11:30am	Arts & Crafts	FREE	12pm to 2pm	Bingo	FREE
9am to 11:30am	Paralegal (1st & 3rd)	FREE	1:30pm to 2:30pm	Remembering When	FREE
12pm to 1pm	Power Walk (weather permitting)	FREE	2:45pm to 3:45pm	30/30 Fitness	\$1.00
Friday	Activity	Cost	Time	Activity	Cost
9am to 11am	Outdoor Game Day (mini golf, corn hole, bocce ball, etc.)	FREE	1pm to 2pm	Beginner's Ukulele	FREE
9am to 11am	Bunco (1st & 3rd)	FREE	1pm to 3pm	Ping-Pong	FREE
9am to 11am	NEW Basic Jewelry 101 (2nd)	\$10.00	2pm to 3pm	Advanced Ukulele	FREE
12pm to 3pm	Pinochle	FREE	2:30pm to 4pm	Friday Movie Madness (1st & 3rd)	FREE
			3pm to 4pm	Senior Self Defense	\$1.00

Retirement Support Group

Are you newly retired? Do you find yourself asking, "What do I do now?". Join our volunteer Diana Milligan as she leads discussions on what you can do to stay active after retirement and issues you may come across.

Spades

Spades! Who's In? If you enjoy playing cards, consider joining us at the Lolly Hansen Senior Center. We always welcome new players for an enjoyable afternoon of friendly competition in groups of four. Play with a partner to take the most "tricks" for your team.

Senior Link Specialist

Do you need help finding services that are available to you? Then come to the Senior Center to meet our Senior Link Specialist. The Link Specialist will be available to assist you in living a full, vibrant and independent life with access to information, local agencies and service providers.

Note: Appointments are available on Mondays, Wednesdays and Fridays between the hours of 12pm and 3pm. Tuesday morning appointments available upon request. For more information, or to arrange an appointment, please call (209) 831-4230.

Special Events

New!

Senior Tuesdays at the Grand

Senior Tuesdays at the Grand is a new program offering low-cost entertaining and educational offerings to seniors 50+ at the Grand Theatre Center for the Arts. The Recreation and Cultural Arts Divisions are collaborating to create this event series in response to community feedback regarding the expansion of senior services in the City of Tracy. Join us for breakfast socials in the Grand Lobby prior to activities.

Location: Grand Theatre Center for the Arts
 Days: Tuesdays, 3-week sessions
 Session 1: 9/8, 9/15, 9/22
 Session 2: 10/6, 10/13, 10/20
 Session 3: 11/3, 11/10, 11/17
 Times: 8:30am to 11:30am
 Fees: Residents \$12, Non-Residents \$15, \$5 Drop-in Fee



Ice Cream Social - Grandparents Day

Celebrate being a grandparent by joining us at the Lolly Hansen Senior Center for an afternoon of cold treats and fun activities. Grandchildren are invited to participate.

Date	Day	Time	Cost
9/14	M	1:30pm to 3pm	FREE

Medicare Beneficiaries: Time for Your Annual Medicare Part D Check Up

UNIVERSITY OF THE
PACIFIC
 Thomas J. Long School of
 Pharmacy & Health Sciences

Do you have a Part D prescription drug plan and wonder if you are overpaying for your prescription drugs? Did you know that up to 8-in-10 beneficiaries pay an average of \$850/year more than necessary on their Part D drug costs? Do you have questions about your medications including whether they are safe to take together? Would you like to get your annual flu shot, cholesterol, blood pressure, blood sugar level, bone density level checked, or receive one of over a dozen free screenings/services? If you answered "YES" to any of these questions, please come to the Medicare Health Fair that will be provided by the University of the Pacific School of Pharmacy in partnership with the Lolly Hansen Senior Center. Appointments (only needed for Medicare Part D plan review or comprehensive medication review) can be made by calling (209) 831-4230.

Date	Day	Time	Location	Cost
10/27	Tu	1pm to 6pm	Tracy Community Center	FREE

Senior Holiday Trip - Return to Apple Hill

Join us as we venture back to Apple Hill! Enjoy the beautiful mountain air and scenic views as we stop at various ranches and explore fruit stands, bake shops and much more!

Note: There will be moderate walking on uneven surfaces. Lunch is not included. Deadline to register is October 28.

Class #	Date	Day	Time	Res-Disc	Cost
7032	11/4	W	8am to 6pm	\$30	\$33





Holiday Boutique

Are you looking for great gifts to give this year? Look no further, visit our Holiday Boutique where you can find unique items for sale. Come out and support our creative seniors.

Tables are limited. Booths are available for vendors for \$10.00. A table and chair will be provided. Participants who are interested in selling craft items, please contact the Lolly Hansen Senior Center at (209) 831-4230.

Class #	Date	Day	Time	Cost
6998	11/7	Sa	9am to 1pm	FREE



Lunch & a Movie at the Grand

Let's start the holiday season! Share a delicious lunch with friends and loved ones in the lobby of the Grand Theatre Center for the Arts and enjoy the splendor of the theatre for a special holiday-themed movie. Price includes lunch, movie and FREE Movie popcorn. Reserve your seat early!

Class #	Date	Day	Time	Cost
7028	11/17	Tu	11am to 2pm	\$5

Senior Thanksgiving Dinner

On Monday, November 23 at 5pm, come join us for a wonderful Thanksgiving feast with all the trimmings! This complimentary dinner is sponsored by the Sunrise Rotary and Tracy community volunteers.

Note: Call 831-4230 for reservations beginning September 30, 2013.

Location: I.P.F.E.S. Portuguese Hall
430 W. 9th Street



Holiday Spectacular

Yes, it's that time of year again where we celebrate the holiday season. Enjoy a live holiday themed performance while indulging in sweet treats and sipping on hot chocolate.

Date	Day	Time	Cost
12/2	W	4pm to 6:30pm	FREE

Black & White Ball

Come and enjoy an evening of fun and dancing at the Lolly Hansen Senior Center. Enjoy a "Winter Wonderland" themed dance with friends and loved ones. Dress to impress in your fancy attire. Don't forget those dancing shoes! Dinner will be served. Music provided by In the Mood jazz band.

Register at the Lolly Hansen Senior Center or online.

Class #	Date	Day	Time	Cost
7029	12/14	M	4pm to 7pm	\$5

Health & Wellness

Consult with your physician before starting any fitness program. All programs are adaptable to any and all physical abilities. For more information about these fitness classes, please call the Lolly Hansen Senior Center at (209) 831-4230.

Health and Fitness Programs

The goal of the Senior Center exercise program is to provide you with a safe and structured program to promote good health. Work out every day or 3 times each week to fit your individualized fitness needs. Standing and chair exercise programs are provided. All classes are led by licensed, qualified instructors.

- * All exercises are adaptable to fit your current fitness level.
- * Bring a towel and water bottle.
- * Comfortable, loose clothing and gym shoes are recommended. *(Please, no sandals.)*
- * Before starting any fitness program you should consult with your physician.
- * Please no gum or food while exercising.

Fitness cards are available for \$20 and can be used towards 25 fitness classes.

MONDAY

TIME	CLASS	NOTES	COST
9:30am to 10:30am	CARDIO AND SCULPTING Cardiovascular exercise followed by strengthening with weights. Very low to no impact.	Instructor: Hayat Eter	\$1 per class

TUESDAY

8:30am to 9:30am	YOGA A simple, yet challenging class tailored to those over 50. Building strength and flexibility is the main focus of the class, followed by meditation and breathing practices.	Instructor: Michelle Flores <u>Month</u> <u>Class #</u> Sept 6742 Oct 6743 Nov 6744 Dec 6745	Res-Discount \$30 Cost: \$33
9:45am to 10:45am	MIND AND MUSCLE Work on breathing, balance and flexibility with and without chairs. Begin at a slow pace. Bring a yoga mat if you can work out on the floor. *** Great for Beginners***	Instructor: Hayat Eter	\$1 per class



WEDNESDAY			
9:30am to 10:30am	ALL STRENGTH Building upper body muscles with weights, and lower body muscles with drills. Developing core muscles for a better posture. No impact.	Instructor: Hayat Eter	\$1 per class
11:30am to 12:30pm	FUTURE STARS SENIOR INDOOR TENNIS Indoor Tennis is a fun and great way to exercise. Whether you are just learning the game or seeking competition, you will find the perfect opportunity to gain new skills and meet others with similar interests. Please arrive early and wear soft soled tennis-type shoes.	Instructor: Gary Heil, USPTA	\$1 per class Space is limited.
3pm to 4pm	TAI CHI Tai Chi helps stress, increases relaxation and improves balance. You will learn a series of gentle fluid movements through challenging but gentle postures. Adaptable for every fitness level.	Instructor: Terry Crews <u>Month</u> Sept *Oct *Nov *Dec	<u>Class #</u> 6829 6830 6831 6832 Res- Disc.: \$20 Cost: \$23 *Pro-rated
THURSDAY			
9:30am to 10:30am	MIND AND MUSCLE Work on breathing, balance and flexibility with and without chairs. Begin at a slow pace. Bring a yoga mat if you can work out on the floor. *** Great for Beginners***	Instructor: Hayat Eter	\$1 per class
2:45pm to 3:45pm	30/30 WORKOUT Get a cardio workout in the first 30 minutes and a good stretch in the next 30 minutes of this class. No impact.	Instructor: Hayat Eter	\$1 per class
FRIDAY			
9:30am to 10:30am	INTERVAL TRAINING 20 Seconds of workout followed by 10 seconds of rest... and start again! Fun cardio and strengthening workout intervals, using weights, resistance bands and balls.	Instructor: Hayat Eter	\$1 per class
12pm to 1pm	ZUMBA GOLD® Zumba Gold modified the moves and pacing of Zumba to suit the needs of the active older participant, as well as those just starting their fitness routine. (<i>seniors ONLY</i>)	Instructor: Silvia Ibarra	\$5 drop-in, \$40 10-day pass, \$75 20-day pass
3pm to 4pm	SENIOR SELF DEFENSE This fun and unique course combines self-defense and personal safety. Learn to protect yourself in a variety of situations and environments. Learn escapes, holds, blocks and striking techniques in a situational taught course.	Instructor: Eddie Gabriel **Adjustments to the course can be made to fit individual needs and fitness levels.**	\$1 per class

Organizations

Senior Resource Area

Come to the Senior Center to find the information you're looking for! We provide resources that reflect the importance of older adult services, such as: activities to ensure the quality of life, housing and health care information, advocacy, social services and many more. Computers are available to research additional information. Stop by the Senior Center or call (209) 831-4230 for more information.

Brown Bag

Brown Bag is a food distribution program for seniors 60 years and older provided by Second Harvest. There are some income restrictions and participants may sign up at the Tracy Community Center the day of distribution only. Brown Bag is held the 1st and 3rd Wednesday of each month from 9:30am to 11am. A \$12 donation for the year is optional.

Daily In-Home Meals

Home delivered frozen meals are available to home-bound and/or temporarily ill seniors 60 years and older. Program is Monday-Friday, 10:15am to 12:30pm. Suggested contribution of \$2 per meal is greatly appreciated. An application must be completed before services begin. For more information or to register for the program call the San Joaquin Department of Aging and Adult Services at (209) 953-5500.

Daily Nutrition Lunch

Hot lunches are provided with reservations 24 hours in advance. Individuals residing in San Joaquin County and over the age of 60 qualify for the program. Suggested contribution of \$2 per meal is greatly appreciated. Meals are served daily at 11am at the Lolly Hansen Senior Center.

Mobile Farmers Market

Mobile Farmers Market and Nutrition on the Move program is a farmers market on wheels distributing healthy nutritional items, particularly fresh fruits and vegetables, and nutrition education provided free of charge. The program is for Tracy residents 60 years and older. Mobile Farmers Market is held on the 4th Wednesday of each month from 11:30am to 12:30pm at the Lolly Hansen Senior Center.

Paralegal Assistance

Paralegal assistance is provided to seniors 60 years and older free of charge by the El Concilio organization on the 1st and 3rd Thursdays of each month from 9am to 11:30am. An appointment is necessary. For more information, or to arrange an appointment, call 831-4230.

Sharing and Caring: A Support Group for Parkinson's

Are you suffering from Parkinson's? Do you feel like no one understands what you are going through? Come join us at the Lolly Hansen Senior Center as we host an open discussion with Kathryn Clark, a Parkinson's patient. She will lead an open dialogue with other patients. Share your advise and gain new knowledge of how to cope with Parkinson's.

Date	Day	Time
10/12, 11/19, 12/7	M	10:30am to 11:30am

Golden Agers Organization

The Golden Agers is a non-profit organization established in 1997. Their mission is to create activities and programs to unite senior citizens to support and encourage each other to stay active and involved. Meetings are held the 2nd Tuesday of the month and are open to seniors 55 years and older.

Note: \$25 annual fee.

Date	Day	Time
9/8, 10/13, 11/10, 12/7	Tu	9:30am to 11:30am

Senior Seminars

In partnership with local community agencies, the Lolly Hansen Senior Center will be hosting monthly seminars. A light lunch will be provided.

Date	Day	Time	Topic	Presented by
8/12	W	11:30am to 1pm	Medicare	SBHS
9/9	W	11:30am to 1pm	Flu Shots	Safeway
10/7	W	11:30am to 1pm	TBA	Home Care Assistance
11/18	W	11:30am to 12:30pm	Coffee with a Cop	Tracy Police Department
12/9	W	11:30am to 1pm	Diabetes Type II	CARR