

Senior Recreation Center December 2018 Newsletter

Contact the Senior Recreation Center at:
(352) 265-9040
5701 NW 34th Blvd.
Gainesville, FL 32653



News/Upcoming Special Events

The Senior Recreation Center will be CLOSED on:

- Tuesday, Dec. 25th for Christmas
- Tuesday, Jan. 1st for New Year's Day



- ❖ **The Senior Center is now** offering meals through our congregate meal program. Meals will be served at **12:00pm** each day in the Eloise Page room. If you are interested in taking part in this meal program, receiving a meal, there is a short assessment that needs to be completed and is renewed annually. The assessment paperwork will take roughly 20 minutes, and will be completed by ElderCare staff. We ask that those who need to complete the **initial assessment to arrive between 9:30 and 11:30** so this can be completed. The menu will be posted in the Eloise Page room, and will be available each month. If you would like to receive a meal you may sign up by calling or stopping by the front desk the day before by 12:30PM and let Mandi know.



Coffee chat with **Anthony Clarizio** will be on **Wednesday, December 5th** from 9AM until 10AM.

- **Holiday Sing-a-Long and Social** – Join us on **Wednesday, Dec. 19 from 2:00 to 4:00 PM** for a holiday sing-a-long and social at the Senior Recreation Center! Sing your favorite holiday tunes alongside friends with coffee in hand. Bring a holiday treat – sweet or savory – to share with others, and wear your most festive holiday attire. Let's celebrate the holiday season in song together. *"Chestnuts roasting on an open fire, jack frost nipping at your nose..."*
- **The Creation Station on Thursday, December 6th 12:00PM-1:45PM** by The University of Florida Center for Arts and Medicine with Lauren Hranicky. Come sit, relax, and experience your creative flow with acrylic painting. No previous experience required and supplies are included! Beginners are welcome and creativity is encouraged.
- **UF Health Street** Will be here tabling in the hallway every other **Friday 12:30PM-2:30PM Friday December 7th and 21st**. This is a community-engaging program through the University of Florida that aims to increase participation among individuals with different educational, social, economic, and racial background in health research studies.
- **Advance Directives Seminar: A Precious Gift for Those You Love** – During the holiday season, consider giving a special gift to your family and loves ones: the knowledge and understanding of what you might want done at the time of a health emergency when you cannot make decisions for yourself. Who Will Speak for YOU? Learn more about advance directives at our Advance Directive Seminar **on Monday, Dec. 17th from 1:00 – 3:00 PM at the Senior Recreation Center**. All materials will be provided, and light snacks and coffee will be offered. **Please call (352) 265-9040 to register.**



- **The Continuum: Understanding Senior Living Solutions Series-** Struggling on how to broach the subject of senior living options with your loved one? Are you seeing your loved one struggling at home and know they need help? Join us on **Tuesday, December 18th (the third Tuesday of each month) from 2:30- 3:30 PM at the Senior Recreation Center** for an educational series designed to help seniors and their loved ones navigate senior living options presented by experts in the field. The Continuum explores options and their benefits of various types of care, both in home, as well as in senior living communities, and identifies resources available to pay for it.

PrimeTime Institute / ElderCare of Alachua County Program Schedule – December, 2018

PrimeTime Institute (PTI) provides a wide variety of educational programs and social activities for people age 50+ that foster wellness, encourage personal and intellectual growth, and that provide an environment for developing new interests, making new friends, and becoming involved as volunteers.

PTI is a program of ElderCare of Alachua County, a non-profit organization providing various services for seniors such as Meals-on-Wheels, Alz Place, etc. All **PTI** programs and activities are planned and presented entirely by volunteer members and speakers, with expenses supported by membership fees (\$15 for the program year from September 2-18 through May 2019) and donations. You do not have to be a PTI member to attend our educational programs. A small donation is appreciated from non-members but not required. Additional information about PTI, including program updates, is available at our website www.primetimeinstitute.org or by contacting Jean Outler at 248-480-5672.

We appreciate the speakers who provide free programs for our seniors, however please understand that PTI does not endorse any company, product, or service.

LOCATION: Unless otherwise noted, programs will be held at the **Senior Recreation Center, 5701 NW 34th Blvd.** Closest major intersection is Hwy 441 (NW 13th St) and NW 34th St (State Road 121).

TIME: Unless otherwise noted, programs will be on Thursdays from **2:30 p.m. to 4:00 p.m.**

****FRIDAY, Dec. 7** – Holiday Luncheon at Eastside Highschool Institute of Culinary Arts** Meal prepared and served by students in the program

Cost: \$17 (includes meal and gratuity) Registration and pre-payment of \$17 are required by the deadline of Tuesday, Nov. 27. When paying by check, please make check out to “ElderCare” with “PTI holiday meal” in the memo section of the check. Sign up and pay by mail to Prue Tucker, 6111 NW 41st Dr., Gainesville, FL 32653. You may request more information or register by phone by calling Prue Tucker at [352-373-8552](tel:352-373-8552) or e-mailing to pruetuck@cox.net, but your payment **must be received by Nov. 27th** to hold your registration.

Thurs., Dec. 13 - Iceland – Land of Fire, Some Ice, and Lots of Geology Prue Tucker, PTI member, will share photos and tales of a visit to an island nation that Europeans really did “discover” – no indigenous peoples were there when the 5th century Vikings arrived. Geologic forces actively continuing to shape the land are readily visible. Volcanoes and their lava fields, geyers, glaciers, and waterfalls abound. The capital Reykjavik offers museums, restaurants (from Burger King to traditional Icelandic), and shopping.

➤ **Technology Class with Ming Yang 3:00-4:00PM**

- **Tuesday, December 4th:** Computer Workshop: Create Stunning Flyers and Address Labels
Come learn how to use Microsoft Word to create beautiful flyers for every occasions. Dinner part, fund raiser, garage sale. You name it, you'll learn it. You'll also get a sneak peek on how to create address labels with Christmas theme too. No experience required. Brought to you by yours truly, Ming Yang, a Computer Engineering graduate from UF.

- **Tuesday, December 11th:** Computer Workshop: How to Get Unlimited Photo Storage Space
Come learn how to use Google Photos to store all of your photos for absolutely free and share them with family and friends.

➤ **CCOA (Community Coalition for Older Adults) Monthly Meeting** – Join us on **Friday, December 14th (the second Friday of every month) from 9:00 – 11:00 AM** for the monthly CCOA meeting!

Did you know that CCOA has a Facebook Page open to the community? Some of the topics discussed on the page so far are health, art, exercise, affordable housing, travel, livable communities, AARP articles, history, home and car sharing, retirement and community announcements. Join the community and stay connected! To join the CCOA Facebook Page, first create an account with Facebook by going to www.facebook.com and follow the sign-up instructions. Then search for "Community Coalition for Older Adults" in the search bar at the top. Select our page and click "Like." You will then be a part of the CCOA Facebook Page.

➤ **AARP Day Trip:** For just one day, forget gift shopping and meal planning. Indulge! Treat yourself to AARP Gainesville Chapter's PRE HOLIDAY GETAWAY. Join our day trip **Tuesday, December 4**. It's short on notice. But long on fun. A glass bottom boat tour at Silver Springs. Lunch at Musselwhite's Restaurant in East Palatka, on the banks of scenic St. Johns River. Enjoy a unique exhibit of the river history. The cost is \$89.00, non refundable. Covered are round trip deluxe motor coach transportation from the Alachua County Farmers Market on #441; escorted glass bottom boat tour; full lunch, tax and gratuities to servers; and St. Johns River Center exhibit. Advance registration is required. Non AARP members are welcome. Check in 8am, return before 6pm. Call Lois Nevins at 386 418 0242.

➤ **The AARP Driver Safety Class** will be held on Wednesday **December 19, 2018** in the Shands HealthCare Wellness Classroom from 9:00 AM – 3:30 PM. The cost of the class is \$ 15.00 for AARP members and \$ 20.00 for non-members. The Certificate of Completion of the course provides a 3 year automobile insurance discount for seniors aged 55 and over. Registration is required. Please call (352) 333-3036 to register for the class.

Diabetes Workshop: December 5th, 2018 1:30 p.m. to 4:00 p.m.A free 2 hour Diabetes Empowerment Education Workshop held every Wednesday for eight weeks.**Topic: -Stressed, downhearted, and diabetic REGISTER: Contact Betty Flagg (352) 692-5219 Workshop spaces are limited. Pre-register today**

❖ Arts/Creative Programs

Craft Class – Come enjoy a craft class with friends, led by Joy Flowers! All materials for the crafts will be provided, and each class you'll make something new! **Craft classes will be held on Thursday, December 6th and 20th (the 1st and 3rd Thursday of the month) from 12:30 – 2:00 PM. Craft class will not be held on the 5th Thursday of December.**

Four Seasons Garden Club – Four Seasons Garden Club, a federated garden club in the Florida Federation of Garden Clubs, Inc., will meet on **Monday, December 10th**. This will be their Christmas Meeting. They will be making floral pieces for Haven Hospice. Covered dish meal. **For more information and directions, please call the Vice President for Programs, Peggy Jellema at (352) 372-4841.**



Knit & Crochet – If you are interested in learning how to knit or crochet or are experienced and would like to knit and crochet alongside friends, this is the group for you! Bring your G hook and other supplies. All skill levels are welcome in this class, and we are willing to teach! **Knit & Crochet meets every Wednesday from 2:30 –4:00 PM. They will NOT BE MEETING on Wednesday, December 26th.**


Needle Work Group – Come enjoy some needlework fun while visiting friends! Bring your favorite needlework project, whether it is crochet, knitting, or embroidery. *Note: You will need to bring your own supplies. This group is for those who are experienced with needlework, but want to work alongside friends.* **The Needle Work Group meets every Tuesday from 9:00 – 11:00 AM at the Senior Recreation Center.**

Computer Basics Class: Thursday, December 6th and 13th from 10:00AM-11:00AM. This is an open workshop class. Topics that will be covered by this class are Computer Basics: turning on/off your computer, mouse and keyboard use, external and networking devices. Computer software such as Microsoft Excel and Word, Internet and Websites for example google search and many more! For more information, contact Rodney Carroll at 352-256-4805. Class size is limited; you may sign up by calling the Senior Recreation Center at 352-265-9040.

Let's Talk About Travel! - Do you dream about travel? Are you a newbie who would like to benefit from the experience and advice of other travelers? Or a seasoned traveler who can share you insights and knowledge? Join us **every 2nd Thursday from 10:00-11:15AM for our Let's Talk About Travel Class.** Come share your ideas, tips, and travel dreams with us for this enriching past time!

Quilters of Alachua County Day Guild (QACDG) –The QACDG meet **every Monday and Thursday beginning at 9:00 AM at the Senior Recreation Center.** The QACDG also holds a general monthly meeting on the **first Thursday of each month from 9:30 AM – 12:00 PM** at the Senior Recreation Center. The Quilters of Alachua County Day Guild, Inc. is a non-profit, 501(c) (3) organization dedicated to preserving the heritage of quilting and related arts for individuals of North Central Florida through education, inspiration and information. **For more information on the Alachua County Day Guild, please contact Genie White at 352-375-2427 or email genie33@bellsouth.net, or visit the QACDG website at www.qacdq.org.**

Stamping & Card Making – In Stamping & Card Making, you'll create cards and learn stamping techniques. Bring you current project and supplies. Join this wonderful opportunity for creativity, friendship and sharing ideas while making beautiful handmade cards. **Stamping & Card Making will be held on Tuesday, December 11th from 1:00 – 4:00 PM.**

Storysong: Making Your Memories into Music – Have you always wanted to be able to write songs? Now's your chance! **StorySong: Making Your Memories into Music will meet on Mondays from 3:15 – 4:30 PM.** We'll take your stories, individually and as a community, turn them into poems or short prose, and then add music. Cathy DeWitt will lead you through this process, helping you choose the tempo, rhythm patterns, chord structures, major or minor key-- inspiring your creative expression and broadening your understanding of the songwriting process. We will sing the original creations together, sometimes adding movement or other arts. *This class is taught by Cathy DeWitt, International Award-winning Songwriter, Musician in Residence for UF Health/Shands Arts in Medicine. Former Radio Host: Across the Prairie and Healing Journeys Through Music.*  Contact Cathy at www.cathydewitt.com.

Improving Life Skills Through Improv 2 –The basic techniques of Improv (improvisation) offer more than fun! Improv heightens focus, the art of listening, and the imagination. This program will guide participants to develop greater mental alertness, assist in holding memories, and allow a time for laughter. **Classes are held every Tuesday from 10:30-11:30 AM.** Each class session, taught by Karelisa Hartigan, will follow a basic format: warm-up exercises, improvised scenes, and closing exercises. Improv is a type of education, as it encourages participants to learn new skills. ***Please note: This class is separate from the Improv Class that meets on Mondays.*** **To register contact the SRC at 352-265-9040**



Woodcarving & Whittling – Learn how to carve characters, dogs, cats, florals, human faces, walking sticks, pipes, and more. Woodcarving and whittling promotes social interaction, stimulates your brain, and refines your eye-hand coordination, while having fun and learning a new skill! **Woodcarving & Whittling will be every Thursday from 9:00 AM – 12:00 PM.**

❖ Exercise Programs

MS Exercise Group- Please join us on Tuesdays from 9:30-10:30 AM for the MS Exercise Group! UF Health and Swamp Fitness are partnering with the Senior Recreation Center to provide a weekly exercise class for individuals with multiple sclerosis. The class is funded by a grant awarded by the MS Foundation. All abilities are welcome--exercises can be performed in sitting or standing. We guarantee fun and hope to see you there!

Dance for Lifelong Health – Classes are held every Tuesday from 11:30 AM – 12:30 PM. Join us for a free weekly dance classes that focus on fun, fitness, creativity and community and use easy dance techniques from jazz, modern, and various national styles that contribute to experiencing the joy of motion. By creating an original dance each week, participants have fun with others, develop a sense of accomplishment and help retain independence through maintaining and enhancing fitness, and general wellness. Dance for Lifelong health is facilitated by Rusti Brandman, UF dance faculty emerita and UF Shands Arts in Medicine dancer in residence. Drop-ins are welcome. Wear comfortable clothing and shoes. Dance for Lifelong Health is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

Encore Dancers Workshop – Classes are held every Thursday from 3:00 – 4:00 PM. Encore Dancers Workshop provides mature dancers with an opportunity to continue their practice in an adult-friendly environment. Rusti Brandman, UF dance faculty emerita and Shands Arts in Medicine dancer in residence, facilitates the classes with input from participants welcomed. These weekly sessions will consist of warm up, skills and conditioning, creative exercises, and dance phrase work using concepts primarily from ballet and modern dance. The classes will focus on fun, fitness, creativity and community, and goals important to the group. If you are dancing and/or have danced in your recent or even distant past, please join us and keep on dancing forever. Wear comfortable clothing. Flexible shoes or stockings or bare feet are suggested. Encore Dancers is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

Parkinson's Exercise Programs –



Every Tuesday and Friday at 9:30 AM: This program is specifically tailored to “Persons with Parkinson’s” (PWP). It is designed to help overcome physical limitations, improve mobility, flexibility and balance, restore confidence and develop camaraderie among participants. The program is 75-90 minutes in duration and includes both sitting and standing exercise routines. ***Participants with limited mobility should be accompanied by their caregiver.*** Please wear comfortable clothing (shorts, tee-shirt, and athletic shoes). ***A medical waiver is required to participate in this Parkinson’s Exercise Program. The medical waiver can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

Every Tuesday at 1:15 – 2:00 PM: This is a 45-minute exercise class that is held each week for person’s with Parkinson’s Disease of all skill levels. The first 15 minutes of each class focuses on flexibility. The remaining 30 minutes of class focuses on various types of exercises. Each week the exercise will be different. The type of exercises provided include: balance, core strengthening, upper body resistance training, cardiovascular exercise, coordination, lower body strengthening, adaptive sport games, and cognitive challenges. Everyone is encouraged to participate at their own pace. Chairs are available for those who prefer to exercise sitting or for anyone needing a rest. We welcome people who are able to walk in unassisted, those who use walkers or canes and those who use wheelchairs. ***A medical waiver is required to participate in this Parkinson’s Exercise Program. The medical waiver can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

Zumba Gold – Zumba is held every:



- **Monday @ 3:00 PM** – Sponsored by Forest Meadows Funeral Home & Cemeteries, Inc.
- **Wednesday @ 10:00 AM** – Sponsored by Fletcher Johnson Insurance
- **Friday @ 1:00 PM** – Sponsored by ElderCare of Alachua County

The Zumba Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult. The main difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. ***A medical waiver is required to participate in Zumba. This can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

Dance for Life: for People with Movement Disorders: Held every Wednesday at 2:00 PM. *Dance for Life* is a dance class for people with movement disorders and their significant others. The program is designed to help people with movement disorders improve their quality of life through enhanced overall physical well-being, social interaction, creative expression, and targeted improvements in balance, strength, and mobility. The program is led by professional and student dancers from the University of Florida School of Theatre and Dance and UF Health Shands Arts in Medicine, and combines elements of modern dance, ballet and social dance. No prior dance experience is necessary. Comfortable clothes and shoes are recommended. ***A medical waiver is required to participate in Dance for Life. The medical waiver can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

Yoga – Yoga class is held every:



- * **Monday 10:30 – 11:45 AM: Gentle Kripalu Yoga Class** - This gentle yoga class is open to all levels and offers students the option of utilizing a chair when needed. Students will work at their own level, which creates a safe experience and allows for the fullest expression of each posture while receiving all of its benefits; taught by Elaine Sears a certified Kripalu teacher with 20+ years of experience. Contact Elaine at sparky.s@mindspring.com.
- * **Tuesday 10:00 AM – 11:15 AM: Level 1 Yoga Class** - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry.
- * **Tuesday 11:35 AM – 12:35 PM: Chair Yoga Class** - Intended to increase flexibility, decrease pain, relax, and enhance your sense of well-being. We will move from breathing and seated relaxation through gentle seated exercises and yoga poses for the upper and lower body, to carefully guided standing postures using the chair; taught by Susan Mickelberry.
- * **Friday 10:00 AM – 11:15 AM: Level 1 Yoga Class** - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry or Lynn Lefebvre.

General Notes About Yoga: Yoga is rejuvenating, relaxing, and non-competitive. Yoga postures improve strength, balance, and flexibility, while yoga breathing promotes concentration, oxygenation, and better circulation. *You will need to wear comfortable clothing and bring a yoga mat. If you are just beginning, or have forgotten your yoga mat, loaner mats are available at the front desk of the Senior Center. No special shoes are required since yoga is done barefoot.* Please try to be on time so that you will hear all opening instructions and be properly warmed up for class. If you are a first-time student, please check in with the teacher before class. For further information, please contact Susan Mickelberry at smickelb@att.net. ***A medical waiver is required to participate in yoga. This can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.***

Tai Chi Classes –

Tai Chi for Arthritis will be coming back!

Classes start February 11th and end on April 3rd Classes are from **11 to Noon on Mondays and Wednesdays**. Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility and fitness. Many arthritic conditions such as fibromyalgia, scleroderma and spondylitis are characterized by joint stiffness and impaired physical function. Tai chi gently frees up stiff joints and muscles. The Tai Chi for Arthritis program also focuses on weight transference, which improves balance and prevents falls. Please sign up at the front desk. The class is limited to 20 people and runs for eight (8) weeks..

Tai Chi: Held every Friday at 11:30 AM. Anyone is welcome! No registration is required. For more information, please visit <http://www.gainesvilletaichi.com/> or call at (352) 371-3718.

Tai Chi Sequel!: “Tai Chi Sequel!”, what is it? It’s an opportunity for those students who have taken the *Tai Chi Quan* or *Tai Chi: Moving for Better Balance* classes to continue practicing the eight forms learned in those classes and to learn new variations. Practicing this art increases flexibility and balance. **Join us on Mondays and Wednesdays from 12:00 – 1:00 PM.**

Tai Chi for Memory (a Dr. Paul Lam Program)

If you have ever wanted to “Try Tai Chi” but did not want to commit twelve weeks of your time, then this course is for you! Studies have shown tai chi improves memory and brain health. Dr. Lam's team merged medical research and traditional Chinese medicine with tai chi to create an easy-to-learn program. It is especially useful for people with memory loss, Alzheimer's disease, or similar conditions. This mind-body program engages everyone for a quality time together. It is also designed to give to people who are curious about tai chi, a taste of the exercise. Researchers have shown that regular practice of Tai Chi in seniors, increases brain volume and augments memory and thinking scores and appears to actually increase brain volume. The Course has eight working sessions held twice a week (on Tuesday and Wednesday) for four weeks and is designed to allow people to learn a very simple tai chi routine that can be practiced sitting or standing. It is an excellent opportunity for a caregiver to do an activity with someone who may have mild dementia. **The class begins at 11:30 am and runs from January 15th to February 7th.** The class is limited to 20 people and runs for four (4) weeks.

❖ Games/Entertainment

American Mah Jongg - American Mah Jongg - Train your brain while having fun! Keep your mind alert and focused via the fascinating game of American Mah Jongg. Please bring your current National Mah Jongg League Rule Card and join us every Tuesday from 1:00 - 4:00 PM.

Book Club – The Book Club will meet **on Tuesday, December 18th (the 3rd Tuesday of every month) at 1-2:30PM.** For more information, please contact Billie Staff at (352) 338-8352.

Bid Whist – Bid Whist is a partnership trick-taking variant of the classic card game whist. Bid Whist adds a bidding element to the game that is not present in classic whist. Four people play in partnerships of two against two. Come play a friendly game of Bid Whist! All levels of card players are welcome. Games will be held **on Wednesdays and Fridays from 10:00 AM – 1:00 PM.** If interested in Bid Whist, please contact Iris Burke (352) 376-6414 OR contact Jeanette Wilson at (352) 372-4296 or (352) 317-2389.

Bingo – Join us at the Senior Recreation Center for Bingo, held every **Friday from 9:30 AM – 12:00 PM with a 15-minute break at 10:30 AM!** Play alongside friends and for a chance to yell B-I-N-G-O!
No pre-registration is required.



Bookmobile – Come enjoy an air-conditioned, mini-library on wheels in the Senior Recreation Center Parking lot! The Bookmobile will be at the SRC on the **Monday December 10th from 2:00 – 5:00 PM.** A digital services librarian will be there to answer one-on-one questions concerning your Kindle, Nook, iPad, or any reading device you bring with you.

Bridge Groups –

❖ **Laura Stewart Bridge Club** – Join us for Contract Bridge **every Tuesday 9:30 AM – 2:00PM.** We enjoy earnest, fun bridge. We do not teach how to play. Most use Goren system for bidding, although some use newer conventions. We play 5 rounds, each with a different partner, determined by drawing cards. If you wish to attend or need more information please contact Bob Hawkins sellerbob62@yahoo.com.

❖ **Duplicate Bridge Group** – Welcome to all Duplicate Bridge players! Just team up with your favorite duplicate bridge partner . This group meets every **Monday, from 9:30 AM – 1:30 PM.** For further information, please contact Linda Wendling at (352) 514-5502 or at twendling49@aol.com.

Chess Club – Chess Club meets **every Wednesday**. **Chess instruction is from 9:30 – 10:45 AM & game play is from 9:30AM – 12:00 PM.** “Learn to Play Exceptional Chess” Instructional time will be held for 1 hour followed by Chess play after. Learn chess principles, chess notion, chess ideas, pawn structure, opening strategies, middle game strategies, end game strategies, devastating moves & attacks, and chess traps, swindles and pitfalls (how to make *and* avoid them). Call Ken at (386) 266-2691 to reserve a seat.

Chinese Mah Jong – Everyone is welcome! We’ll teach you how to play. Experience fun and laughter with a congenial group. For more information, contact Meg Malanaphy at (352) 240-6504 or Anna Langford at (386) 462-5876. **We meet every Wednesday from 12:00 – 4:00 PM.**

Continental Canasta – Come play a game of Canasta with friends! Canasta is a partner card game similar to rummy, using two decks of cards. Continental Canasta meets **every Tuesday from 1:00-4:00 PM** in the Senior Recreation Center library. **For more information, please call Joan at (352) 262-3561.**

Game Room – Join friends **every Wednesday from 8:00 AM – 4:00 PM** for a variety of fun games such as Rummikub (a tile based game ideal for 2 or more players), Hand and Foot (a variant of the card game Canasta ideal for 2-6 players), and more! The “Game Room” will occur in the *Dharma Room (Rm. 135)* at the Senior Recreation Center. Meet new friends, learn a new game and join the fun!



Ping Pong – Test your reflexes while having fun in a game of table tennis! Ping Pong meets **every Friday from 1:00 – 3:00 PM.** For more information, please **contact Michele Thomas at michele.th@gmail.com**

Rummikub- This group meets every **Monday**, and **Friday** from **9AM-4PM** in the Senior Recreation SRC Library. On **Wednesday’s** they meet in the game room, or the Dharma Room 135. *Rummikub* is a tile-based game for two to four players, combining elements of the card game rummy and mahjong.

Scrabble Club – Come in Friday afternoons to enjoy a game of scrabble with some new friends! If you have a board please feel free to bring it with you (if you do not own one, there are some available for use at the SRC). **Scrabble Club meets every Friday from 1:00 – 4:00 PM.**

Informational Programs/Support Group

Pulmonary Support Group – The Pulmonary Support Group for adults with chronic lung disease, their family members, and/or friends **will not meet again until Monday, January 14th 12:30-1:30PM.** These meetings will feature educational presentations on a wide range of relevant topics including: COPD awareness, medication management, physical activity and nutrition while getting the support of others who share in the struggles surrounding. This support group gives participants the tools needed to live the best quality of life. The support group is free to the public. Drinks and a light snack will be provided. Come and be a part of our interactive and informative workshop gathering! Meet the team! Your knowledge and experience may be just the thing someone else needs. *If you have any questions, please call Wendy Carter at (352) 265-0111 ext. 50425 or email at cartew@shands.ufl.edu.*

The AARP Driver Safety Class will be held on **Wednesday December 19th 2018 in the Shands HealthCare Wellness Classroom from 9:00 AM - 3:30 PM.** The cost of the class is \$ 15.00 for AARP members and \$ 20.00 for non-members. The Certificate of Completion of the course provides a 3 year automobile insurance discount for seniors aged 55 and over. Registration is required. Please call Gary LeGrow (352) 333-3036 to register for the class.



AARP GAINESVILLE CHAPTER 363*****

You are invited to our annual potluck lunch **Monday, December 3**. We will gather 10am for festive sing-along piano entertainment plus a brief meeting. **Lunch will be served 11:30am**. We're meeting in the Shands Room.

Members, bring a side dish or dessert. We will provide entree and beverages. This event is free to paid-up members. Guests are welcome for a \$5.00 charge.

Life After Stroke Support Group – Our Life After Stroke Support Group (LASSG) **will meet the 4th Thursday of each month from 3:30 – 5:00 PM at the Senior Recreation Center**. UF Health Shands Rehab will provide an education component on the 4th Thursday of each month.

Chronic Pain Management Support Group – Chronic pain is a pain that never goes away. If you have it, you know that often doctors and medicine can't fully help. But you can learn to help yourself. The American Chronic Pain Association can teach you how through small group meetings. Learn to deal with your pain in a positive way. Regain a sense of personal control. Improve function and enhance your quality of life. The Chronic Pain Management Support Group meets **every Friday from 1:30 – 4:30 PM**. No registration is required. *"We are not called to go where it is easy and love already exists. We are called to go where we are sent and bring love with us."* – Anon

Department of Medicine Support Group will be meeting on Wednesday, December 5. This support group mainly will include patients with Pulmonary Fibrosis, Interstitial Lung Disease (ILD), Sarcoid and other rare lung diseases in addition to few clinical faculty, guest speaker, etc.

Family History & Genealogy Workshop – Do you have a box of old family photos given to you by your parents or grandparents? Would you like a good way to preserve, organize, and share everything so it all will be meaningful? Do you have a verbal family history that you would like to get down on paper or audio to preserve it? Maybe you are just curious about what family history and genealogy is all about. Join us **every Wednesday from 1:00 – 3:00 PM and every Friday from 2:00 – 4:00 PM for a free workshop at the Senior Recreation Center!** Tim Lawhorn, a Family History consultant, will host each workshop. For more information, email Tim at ACSCCFAMHX@hotmail.com

Haven Hospice Healing Hearts - Grief Support Workshops – After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference.

Haven Hospice will be hosting a Healing Hearts Grief Support Workshop on Thursday, December 6th (the first Thursday of every month) at 3:30PM at the Senior Recreation Center. These workshops are nondenominational and are offered at no cost. For more information, please call Haven's Healing Hearts Department at 1-844-LIGHTEN.



UF Health Shands "Who Will Speak for You?" team invites our entire community to partner with us in becoming "Conversation Ready." Representatives from The Conversation Project, a national initiative that has worked to increase public awareness about the importance of completing advance directives and they have created tools to help individuals "have the conversation" with their loved ones. Our goal is to reach people where they work, live and pray — and train champions to spread the word. We need community leaders, like you to assist us! Long-term care and senior housing facilities Employers/Human Resource Officers Home Health, Hospice and Palliative Care Programs. Advanced Directives will meet again on **Monday, December 17**.

SHINE – SHINE meets at the Senior Recreation Center on the 2nd and 4th Tuesday of every month from **8:30 AM – 11:30 PM**. SHINE provides free, unbiased, and confidential health insurance counseling through a network of volunteer counselors. Walk-ins are welcome; no registration is necessary. SHINE Counselors empower Florida seniors and the disabled to make informed healthcare choices. Are you new to Medicare? Do you have questions, need information, and would like to speak to a SHINE counselor? For further information, call 1-800-96 ELDER (1-800-963-5337).



Spanish Class – Spanish class is held **every Wednesday from 1:00 – 2:30 PM**. Learn a new language and enjoy spending time with others! This is an ongoing class; jump in at any time. No registration is required. **Spanish Class will not meet on Wednesday, December 26th.**

❖ General Information

- The Senior Recreation Center is located at 5701 NW 34th Blvd., Gainesville, FL 32653 and is **open Monday – Friday from 8:00 AM – 5:00 PM**. **All classes are FREE to any resident of Alachua County 60+**, unless otherwise noted. In addition to these classes, we have a pool room, computer room, and fitness center which are all open to members during regular business hours.
- The Fitness Center is offered to Alachua County Residents **55+ for \$63.90 annually** [*prorated from the time of registration*] which includes working with our Fitness Supervisor who is there to assist members from 8:00 AM – 12:00 PM daily. **The current Fitness Center rate is \$5.33**
A medical waiver is required to use the fitness center. This waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.
- **We offer Subway To-Go lunches! You may choose:**

- A boxed meal for **\$5.00 (CASH ONLY)** consisting of a regular 6” cold sub, chips and a cookie. All are served individually with a mayo/mustard packet, napkin and a mint inside a stackable box. *You may choose Black Forest Ham, Turkey, Roast Beef, Tuna or Veggie Delight, served on white or wheat bread with American cheese, lettuce, tomato, and pickles.*



OR



- A salad for **\$6.00 (CASH ONLY)**. This salad meal does not include chips or a cookie.

To place your Subway order and make payment, please visit the front desk of the Senior Center by 10:00 AM or call the Senior Center at (352) 265-9040 by 10:00 AM. (*If you've ordered by phone, please bring your payment to the Senior Center front desk no later than 11:15 AM.*) **We accept cash only, and correct change is appreciated.** Lunches will be delivered between 11:30 AM – 12:00 PM. We ask that you eat in an available classroom, the multipurpose room or kitchen, not in the general seating carpeted areas. For more information regarding the Senior Recreation Center, you can contact us at **(352) 265-9040**. You can also find our calendar of events on our website at <http://alachuacountyactiveseniors.net>



