

Classes - Ruggieri Senior Center

Acupressure

Every 2nd and 4th Monday from 9:15-12:00 pm. Appointments only! Relieving pain and stress, acupressure strengthens resistance to disease and promotes wellness.

Volunteer: Yao Bai Qian L. AC.

Arts & Crafts Classes

Every Thursday • 9:30-1:00 pm • Acrylic & Oil Painting.

1:15-4:00 pm • Folk Art Painting.

Must bring your own art supplies!

NHAS Instructor: Caryl Johnston

Beginning Ukulele

KANEKAPILA A'o Pupu

Learning to play music slowly.

Mondays 1:00 pm- 3:00 pm.

Volunteer Instructor: Ace Chong

Big Band Dances

Every 2nd, 3rd & 4th Wednesday of the month 1:00-3:30 pm, light refreshments. Dance to your favorite tunes of the past, performed by: David Coffing & USS Hornet Band.

Bingo

2nd & 4th Monday of the month
12:30-4:00 pm.

Book Club

Every fourth Tuesday of the month, 1:00-2:30 pm.

Discuss novels of different genres.

Volunteer: Suzanne Ortt.

Bowling

Fridays 10:00 am

Manor Bowl, San Leandro, \$4.50 p/p.

Volunteer: Les Yamane, Harry Hara, David Samuels

Dance

Len Rogers and Company.

First Wednesday of the month.

1:00- 3:30 pm Swing, Rock,

Country. 40's thru 90's music!

Drop-in Hawaiian Instrument

Playing and singing.

This is not a teaching class!

Thursday: 1:00- 4:00 pm

Fall Prevention & Skill Building Class

Seniors 60 years+ Presented by Spectrum Community Services Fall Risk Reduction Program. Free exercise band and living with confidence booklet. Mondays and Thursdays from 1:15-2:15 pm. This class currently has a waiting list! Call Kelin at (510) 881-0300 ext. 270.

Fitness

Monday-Friday, 9:00-4:00 pm.

Come in and enjoy our fitness equipment in our Game Room area. Get a workout while riding our exercise bike and treadmill. We even have showers!

Fit n' Fun

Every Monday • 9:30-11:30 am.

Volunteer Instructor: Polly Olsen

Hula Hula Hula Exercise

Wednesdays, Advanced, 9:00-10:00 am.

Intermediate, 10:00-11:00 am.

Beginner, 11:00- 12:00 pm.

Learning the Hula is a healthy activity.

Instructor: Gerri Lee Castro

Line Dancing

Tuesday: 2:00- 3:30 pm- Western

Volunteer Instructor:

Steve & Donna Earney

Thur: 1:30-2:30 pm- Beginners

Thur: 2:30- 4:00 pm- Easy Intermediate.

Volunteer Instructor:

Bertha Wulandori

Pinochle

Every 2nd and 4th Thursday:

Time: 12:00- 4:00 pm

Join in on the fun card game!

Recreation Room

The upstairs Game Room is equipped with a ping-pong table, pool tables, library books and magazines, comfortable chairs, round tables and chairs, board games and a television for your viewing pleasure! Come and drop-in weekdays, 9:00-4:00 pm.

Spanish Classes

Beginner, every Thursday 9:15-11:30 am.

Inter, Alternate Fridays 9:15-11:30 am

Volunteer Instructor: Lauro Santiago

Silk Flower Class

Wednesday 1:00-4:00 pm

Volunteer Instructor:

Wilma Tomlinson

Sit and Fit

Every Tuesday, 10:30-11:30 am.

Many exercises can be performed while sitting to help keep you in shape.

Volunteer Instructor: Polly Olsen.

T'ai Chi

Every Thursday, • 9:30-10:30 am.

Volunteer Instructor: Violet Grondkoff

Walkers Group

Every Monday and Thursday, 8:00 am.

All are welcome to attend!

Group Leaders: Harry Hara, Les Yamane & Ruben Flamenco

(meet outside of Ruggieri Senior Center).

Watercolors Art Class

Every Monday 9:30-4:00 pm. Come and learn how to paint with watercolors! Must bring own supplies.

NHAS Instructor: Caryl Johnston

Yoga Lite for Seniors

Every Tuesday, 9:15-10:15 am.

Alternate Fridays, 9:00 am- 10:15 am.

Wear comfortable clothes and bring a towel.

Volunteer: Lali Maly

AARP Tax Assistance

** For Middle and Low Income Taxpayers**

Seniors 60+ FREE!

Appointment Required!

Time: 10:00 am- 3:00 pm

Dates: Feb 1, 8, 22

Mar 1,8,15,22,29

April 5, 12

Call (510) 324-2881

Provided by: AARP Tax Aide Foundation

Civil Marriage Ceremonies

Time: By appointment only.

Where: City Hall, 34009 Alvarado-Niles Rd.
Union City, CA 94587

* Please bring your marriage license and Picture IDs.

Cost: \$50, Check, Money order, or exact Cash.

Made payable to: The City of Union City

For more information please call:

Jill Stavosky at (510) 675-5265



Health Care

Senior Health Screening will be conducting the following services: blood pressure, foot care, hearing, diabetes screening, hemocult screening, urine testing and total cholesterol.

Please call to set up an appointment for foot care. Time: 9:30-1:30 pm (Senior Support Program of the Tri-Valley).
Feb 10, April 14, June 9.

Hearing Testing

A staff member of Summit Hearing Center of Fremont will be conducting free hearing tests. Cleaning and servicing hearing aids will also be performed as a complimentary service. Please call for an appointment.

Time: 10:00-12:30 pm
Dates: Feb 10, April 14, June 9

HICAP Insurance Counseling

The health insurance counseling and advocacy program provides free, objective, and individual counseling on Medicare, ways to supplement Medicare, Medicare HMOs, billings and claims, and other health insurance related issues.

Please call for an appointment.
1-800-393-0360.
Time: 9:30 am to 12:30 pm.
Dates: 2nd and 4th Wednesday of each month.

Information & Referral

If you are a resident of Union City and have questions regarding employment, finances, food, health services, housing, in-home help, legal services or any other services, you may call our office at (510) 675-5495.

Meal Program

Nutritional lunches are available at the Senior Center Monday-Friday excluding holidays. A \$3.25 donation per meal for seniors and \$4.50 for non seniors is requested. Reservations are necessary and must be made 24 hours in advance by calling 675-5497.

Meals are prepared daily by:
Spectrum Community Services, Inc.

Transportation

Union City Paratransit offers shared rides, curb to curb service throughout Union City for individuals who, because of a disability or health related condition, are unable to drive or ride buses. Sunday service is now available! Service is provided in accessible, lift equipped vehicles.

Call 675-5373 or 476-1500, for information and reservations.
Union City Transit 471-1411

Washington Hospital

Health insurance counseling
Linda Dawal, every 4th Thursday, call for an appointment.

Washington On Wheels (W.O.W.) Mobile Health Clinic

Health care services are provided for children and adults. Services include: Physical Exams, Flu Shots, Blood Pressure Screening, Nutrition Counseling, Diabetes Screening, Immunizations, Cholesterol Checks, Health Education & Health Insurance Counseling. Most services provided are FREE or at a reduced fee for the uninsured. 4th Monday of each month. 9:30-3:30 pm.

Vision Loss Support Group

Join the group for low vision information, discussion and speakers. Group meets the 3rd Wednesday of each month at 12:30 pm.

Remember:

This is a double issue Activity Guide. It covers Winter and Spring classes.

Check the website for more information and for more classes that may be added after the guide was released.



Senior Trips 2010

Jan 21	THUNDER VALLEY CASINO
Feb 17	FIDDLER ON THE ROOF – San Francisco 2:00 pm
Feb 18	CACHE CREEK CASINO
Feb 25	ROSE GARDEN (EARLY BIRD DINNER) Time: 4:00 pm Reservations Required
March 1-2	TACHI PALACE CASINO \$55 Overnight! Free Buffet!
March 3	EXPLORATORIUM TRIP-SF
April 15	RED HAWK CASINO
May 19	CALIFORNIA ACADEMY OF SCIENCES- San Francisco
May 20	THUNDER VALLEY CASINO
June 17	CACHE CREEK CASINO

Special Events

Jan 15	New Year's Luncheon & Dance
Feb 12	President's & Sweethearts Luncheon 11:30 am*
March 12	St. Patrick's Luncheon 11:30 am *
March 27	Annual Crafts Faire & Art Show
April 18	Spring Concert- East Bay Symphonic Band Time: 2:00 pm (Doors open at 1:30 pm)
April 23	Spring Bonnet Luncheon 11:30 am*
May 8	12th Annual Senior Walk & Health Faire
May 21	Fiesta Luncheon 11:30 am *
June 18	Summer Surfing Luncheon 11:30 am*

* Luncheons are \$3.25 p/p Gold Members

2010 Calendar Of Events (Dates and Times Subject to Change)

JANUARY

- Jan 1 New Year's Day- Holiday- Senior Center CLOSED!
- Jan 6 Dance- Len Rogers & Co. 1:00- 3:30 pm
\$3.00 per person.
- Jan 11/25 Acupressure Therapy, 9:15 am – 12:30 pm
Appointments Required!
- Jan 13/27 Ballroom Dance, 1 – 3:30 pm,
David Coffing & USS Hornet Band, \$3.00 p/p
- Jan 15 New Year's Luncheon & Dance, 11:30 am
\$3.25 p/p Gold Members
- Jan 18 Martin Luther King, Jr. - Holiday- Senior Center CLOSED!
- Jan 19 Senior Commission Meeting, 2:30 pm, Civic Center
- Jan 20 Big Band Ballroom Dancing, 1 – 3:30 pm,
USS Hornet Band, \$1.00 p/p
- Jan 25 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.

FEBRUARY

- Feb 1/3 AARP Mature Driver Class, 9:00 am- 1:00 pm.
- Feb 1/8/22** AARP Tax Preparation, Seniors 60+ FREE!
10:00 am- 3:00 pm (Appointments are needed)
- Feb 3 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- Feb 8/22 Acupressure Therapy, 9:15 am – 12:30 pm.
Appointments Required!
- Feb 10 Free Hearing Tests, 10:00 am – 12:30 pm.
(Call for an appointment)
- Feb 10/24 Ballroom Dance, 1 – 3:30 pm.,
David Coffing & USS Hornet Band, \$3.00 p/p
- Feb 15 President's Day- Holiday- Senior Center CLOSED!
- Feb 16 Senior Commission Meeting, 2:30 p.m., Civic Center
- Feb 17 Big Band Ballroom Dancing, 1 – 3:30 pm,
USS Hornet Band, \$1.00 p/p
- Feb 22 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.

MARCH

- 1/8/15 AARP Tax Preparation, Seniors 60+ FREE!
/22/29 10:00 am- 3:00 pm (Appointments are needed)
- Mar 1-2 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- Mar 3 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- Mar 8/22 Acupressure Therapy, 9:15 am– 12:30 pm.
Appointments Required!
- Mar 10/24 Ballroom Dance, 1 – 3:30 pm.,
David Coffing & USS Hornet Band, \$3.00 p/p
- Mar 15 Health Screening, 9:30 am- 1:30 pm
Senior Support Program, Tri-Valley
- Mar 16 Senior Commission Meeting, 2:30 pm, Civic Center
- Mar 17 Big Band Ballroom Dancing, 1 – 3:30 p.m.,
USS Hornet Band, \$1.00 p/p
- Mar 22 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.
- Mar 27 Annual Crafts Faire & Senior Art
Show, 9:00 am- 3:00 pm

APRIL

- Apr 5/12 AARP Tax Preparation, Seniors 60+ FREE!
10:00 am- 3:00 pm (Appointments are needed)
- Apr 7 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- Apr 12/26 Acupressure Therapy, 9:15 am– 12:30 pm.
Appointments Required!
- Apr 14 Free Hearing Tests, 10:00 am– 12:30 pm.
(Call for an appointment)
- Apr 14/28 Ballroom Dance, 1 – 3:30 pm,
David Coffing & USS Hornet Band, \$3.00 p/p
- Apr 20 Senior Commission Meeting, 2:30 pm, Civic Center
- Apr 21 Big Band Dancing, 1 – 3:30 pm,
David Coffing & USS Hornet Band, \$1.00 p/p
- Apr 26 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.

MAY

- May 3/5 AARP Mature Driver Class, 9:00 am- 1:00 pm.
- May 5 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- May 8 12th Annual Senior Walk & Health Faire, 9:00 am
- May 10/24 Acupressure Therapy, 9:15 am – 12:30 pm.
Appointments Required!
- May 12/26 Ballroom Dance, 1 – 3:30 pm.,
David Coffing & USS Hornet Band, \$3.00 p/p
- May 18 Senior Commission Meeting, 2:30 pm, Civic Center
- May 19 Big Band Dancing, 1 – 3:30 pm,
David Coffing & USS Hornet Band, \$1.00 p/p
- May 24 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.
- May 31 Memorial Day- Holiday- Senior Center CLOSED!

JUNE

- June 2 Dance- Len Rogers & Co. 1:00- 3:30 pm.
\$3.00 per person.
- June 9 Free Hearing Tests, 10:00 am– 12:30 pm.
(Call for an appointment)
- June 9/23 Ballroom Dance, 1 – 3:30 pm.,
David Coffing & USS Hornet Band, \$3.00 p/p
- June 14/28 Acupressure Therapy, 9:15 am – 12:30 pm.
Appointments Required!
- June 15 Senior Commission Meeting, 2:30 pm, Civic Center
- June 16 Big Band Dancing, 1 – 3:30 pm,
David Coffing & USS Hornet Band, \$1.00 p/p
- June 21 Health Screening, 9:30 am- 1:30 pm.
Senior Support Program, Tri-Valley
- June 28 Washington on Wheels- Mobile Health Clinic,
9:30- 3:30 pm.

