

Tai Chi

Taught by Diane Currier

This beginning Tai Chi program is designed for senior adults who can walk with ease or without assistive devices. This gentle form was developed to reduce risks of falling, improve balance and daily physical functioning, and to enhance physical health and mental well-being. Wear comfortable, loose clothing and bring water.

Location: Carmichael Park Vets Hall
 Day/Time: Tuesday & Thursday, 11am-Noon
 Date: 1/10-2/28
 Fee: \$60/8 weeks



Medicare Made Clear

Presented by Steve Kenyon, Licensed Insurance Agent

Whether you are new to Medicare or a long time beneficiary, this workshop will help clarify your options. Learn about Medicare Parts A, B, C and D and how they can work together to maximize your benefits.

Location: La Sierra Community Center, Room 800
 Date: 10/17 or 2/6
 Day/Time: Monday, 6-7:30pm
 Fee: FREE but you must pre-register by calling 483-7826

FUNDamentals of Fall Prevention

The Senior Connection presents certified FallProof™ balance and mobility specialist Kelly Ward in this dynamic one-hour workshop to help reduce your risk of falling. Kelly will share evidence-based balance and mobility training techniques to address fall risk factors. This session includes a variety of seated exercise movements – come dressed for comfort. Caregivers welcome too! Space limited. Reservations required.

Location: La Sierra Community Center, Gibbons Room
 Day/Time: Wednesday, 1:30-2:30pm
 Date: November 16
 Fee: Free but you must pre-register by calling 483-7826

Estate Planning Classes

Presented by Mike Bennett of Generations Law

Estate Planning 101: Wills, Trusts and Probate

Mike will discuss the documents that everyone should have for transferring wealth to the next generation. Even if you already have a will or trust, you can find out if it is up to date.

Location: La Sierra Community Center
 Day/Time: Thursday, 10-11am
 Date: 1/25
 Fee: FREE but you must pre-register by calling 483-7826

Estate Planning, Taxes and You

Mike will discuss the benefits of estate planning, discuss a number of options for people from all walks of life and also debunk many myths about estate planning, probate and taxes.

Location: La Sierra Community Center
 Day/Time: Thursday, 10-11am
 Date: 9/14 or 3/22
 Fee: FREE but you must pre-register by calling 483-7826

Tap Dance

Taught by Leonie Rapaport-Rannie

Beginning and Progressive Tap are taught in a fun and energetic environment. Benefits include mental and physical stress reduction, head to toe workout, making new friends and learning a new skill!

Location: La Sierra Community Center, Sierra Rooms 1-2
 Day/Time: Saturday, 11am-Noon
 Dates: 10/8-10/29 and 1/8-1/29
 Fee: \$30

Senior Softball League

Women Age 55+ or Men Age 65+
 Looking to play some ball? Carmichael has a Senior Softball League and is always looking for players. For more information call Ernie Kidwell at (916) 489-3701.

Carmichael Senior Citizens Club

This fun-loving group meets the 2nd and 4th Thursday of the month from 10am-2pm at the Carmichael Park Clubhouse located at 5750 Grant Avenue. Activities include potluck lunches, entertainment, bingo, rummage sales and more! Call Valerie at (916) 487-5525 for more information.

Mission Oaks Community Center

4701 Gibbons Drive
 (916) 972-0336
 Senior services include trips, special events, leisure enrichment classes, clubs, a lunch program and more!

The Senior Connection provides FREE information and assistance from professional staff that respond to questions regarding health care, housing, social, legal and financial services. It is available to all seniors, family members, caregivers and medical professionals. Call (916) 334-1072 or toll free 1-888-334-3490.