

CITY OF SANTA MARIA JUNE-DECEMBER 2019 RECREATION GUIDE

For more information or to register for classes visit www.cityofsantamaria.org/register

When two fees are quoted e.g., \$33.50(R)/\$41(NR), the first is the discounted rate for City of Santa Maria Residents and the second is the standard fee for non-residents.

ACTIVE SENIOR LIVING PROGRAMS

Active Senior Living Programs are intended for anyone over 50 years of age and does not require a membership. The Elwin Mussell Center features free and low cost classes, social events, and informational seminars designed to provide enrichment to both working and retired seniors. **For more information please call (805) 925-0951 ext. 2260.**

Build Your Own Body (BYOB): This popular class helps maintain cardiovascular health, strength and flexibility. This fast paced class uses music and handheld weights designed to increase muscular strength, and range of movement. Participants should bring water and a hand towel to class. Recommended for intermediate to advanced participants. **Tue. & Thu., 9:00-10:00 AM. Elwin Mussell Center.**

Instructor: Haldeman \$27(R)/\$33.50(NR)

8079	06/04-06/27	8148	10/01-10/31
8080	07/02-07/30	8149	11/05-11/29
8146	08/01-08/29	8150	12/03-12/31
8147	09/03-09/26		

Zumba Gold (30 yrs. & up): Join the Zumba Craze and have fun while you dance to energetic music. This class is easily adapted for all fitness levels and will ensure a calorie burning workout. See why everyone's having fun with Zumba Gold. **Mon. & Wed., 10:00-11:00 AM. Elwin Mussell Center.**

Instructor: Hill \$27(R)/\$33.50(NR)

8069	06/03-06/26	8143	10/02-10/30
8070	07/01-07/31	8144	11/04-11/27
8071	08/05-08/28	8145	12/02-12/18
8142	09/04-09/30		

Zumba Chair Workout (40 yrs. & up): This fun chair exercise class is a combination of low impact routines designed to increase bone and muscle strength and flexibility for everyday life. Class has both sitting and standing exercises. This beginning class is designed to help participants progress to an intermediate level. Recommended for those with medical or physical limitations with their activities of daily living. **Class is limited to 30 participants. Wed., 9:00-10:00 AM. Elwin Mussell Center.**

Instructor: Hill \$19(R)/\$23.50(NR)

8005	06/05-06/26	8084	10/02-10/30
8006	07/03-07/31	8085	11/06-11/27
8007	08/07-08/28	8086	12/04-12/18
8083	09/04-09/25		



Yoga for Active Living Adults: Yoga helps promote a sense of physical well-being and releases stress. Students are encouraged to wear loose clothing, bring a towel and yoga mat. **Tue. & Thu., 10:00-11:00 AM. Elwin Mussell Center.**

Instructor: Haldeman \$27(R)/\$33.50(NR)

8139	06/04-06/27	8153	10/01-10/29
8141	07/02-07/30	8154	11/05-11/26
8151	08/06-08/29	8155	12/03-12/31
8152	09/03-09/26		

Pottery: Learn hand-building, glazing, decorating, wheel-throwing, and firing techniques using clay, tools, supplies, and equipment. Finished products are safe to use with food. Personal instruction is guaranteed and everyone works at their own pace. No experience required. ***Materials not included. Clay may be purchased at cost from instructor on the first day of class. Wed. 6:30-9:30 PM. Grogan Park. 18 yrs. & up**

Instructor: Mulder \$47

7997	06/26-07/31	8075	09/25-10/30
8074	08/07-09/11	8344	11/06-12/18

Book Exchange: Paperback book enthusiasts gather to trade used paperbacks. Choose from several titles and enjoy light refreshments. **3rd Wed. of every month from 1:00-3:00 PM. Elwin Mussell Center. FREE**

Knit, Chat, & Crochet: If you enjoy needle work or coloring and meeting new people, this is a great way to pass the time and socialize with friends. Free instruction offered to beginners. Participants must provide their own supplies. **1st, 2nd and 4th Wed. of every month from 1:00-3:00 PM. Elwin Mussell Center. FREE**

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ACTIVE SENIOR LIVING PROGRAMS

Pool Room: Four top-notch tables are available in a large room with plenty of friendly players. Ladies and gentlemen are welcome regardless of their level of play. Informal lessons available. **Mon.-Fri. 9:00 AM-4:00 PM, and Sat. 9:00 AM-12:00 PM.** Elwin Mussell Center. FREE

Mah Jongg: Spend an enjoyable afternoon playing the ancient game of Mah Jongg. This is a tile game of skill, strategy, calculation and some degree of chance originating from Eastern culture. National Mah Jongg rules apply and all ability levels are welcome. **1st and 3rd Wed. of every month from 12:00-4:00 PM. Every Friday 12:00-4:00 PM.** Elwin Mussell Center. FREE

Bunco: Expect lots of fun and laughter when you join us for this popular game of dice. Beginner players are always welcome. **A \$3.00 donation is requested. 1st and 3rd Wed. of every month from 1:30-4:00 PM.** Elwin Mussell Center. FREE

Double Deck Pinochle: A four-player card game played in partnerships using two pinochle decks. All pinochle players are welcome. **2nd and 4th Tue. of every month from NOON-4:00 PM.** Elwin Mussell Center. FREE

Drop-in Pickleball: Be part of one of the hottest games around for fun and fitness. Newcomers are welcome and loaner equipment is available. **Mon., Wed., Fri. and Sat., 9:30 AM-NOON.** Atkinson Community Center. FREE

Drop-in Softball: Create your own "Field of Dreams" with the Swinging Seniors softball group. Batting practice and scrimmages take place every Mon. and Thu. at Hagerman Sports Complex for all abilities. The group also participates in several tournaments throughout the year. Newcomers are welcome. **Mon. & Wed. 11:00 AM-1:00 PM.** Hagerman Sports Complex. FREE

Santa Maria Lawn Bowling Club: Lawn bowling is a low-impact and fun outdoor sport for all ages. The game of bowls is similar to Bocce, but it is played with biased bowls. The object of the game is to place your bowl as close to the "jack" as possible. Lessons are available at your convenience. **Join us for a presentation, and introductory session on lawn bowling by calling the club at 349-9838.**

Senior Nutrition Program: To make a lunch order, call (805) 925-3010.



The Santa Maria Senior Citizens Club and the City of Santa Maria are looking for **Volunteer Receptionists**

for the Elwin Mussell Center located at 510 East Park Avenue, Santa Maria



- 3.5 hour shifts
- Weekday mornings or afternoons
- Training provided
- Flexible and fixed schedules available

A great way to meet new friends while helping the community!

Duties include greeting visitors, accepting payments for Senior Club events, light clerical tasks, and answering calls.

For more information about volunteering, visit or call the Elwin Mussell Center at (805) 925-0951 ext. 2207 Monday through Friday 9:00 a.m.-4:00 p.m.



Humana.

PRESENTS

INTERNATIONAL COUNCIL ON ACTIVE AGING

ACTIVE AGING WEEK

INSPIRE WELLNESS

SEPTEMBER 28 - OCTOBER 4

ELWIN MUSSELL CENTER

510 East Park Avenue, Santa Maria

This weeklong observance celebrates active aging adults as fully participating members of society and promotes the benefits of leading an active, healthier lifestyle.

Free activities will be held on each day of this week. Get ready for a week of adventure; choose what interests you!

For a complete listing of activities, please visit www.cityofsantamaria.org or call (805) 925-0951 ext. 2260 for more information.