

CITY OF SANTA MARIA JANUARY-MAY 2020 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-advanced participants. **Space is limited. Tue. & Thu. Elwin Mussell Center. Instructor: Haldeman**

FREE
Sponsored by Dignity Health

8472	9-10 A	1/02-1/30
8473	9-10 A	2/04-2/27
8474	9-10 A	3/03-3/31
8475	9-10 A	4/02-4/30
8476	9-10 A	5/05-5/28

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. Elwin Mussell Center. Instructor: Hill**

\$27(R)/\$33.50(NR)

8533	10-11 A	1/06-1/29
8534	10-11 A	2/03-2/27
8535	10-11 A	3/02-3/30
8536	10-11 A	4/01-4/29
8537	10-11 A	5/04-5/25

CHAIROBICS (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. **Space is limited. Wednesdays. Elwin Mussell Center. Instructor: Hill**

\$19(R)/\$23.50(NR)

8478	9-10 A	1/08-1/29
8479	9-10 A	2/05-2/26
8480	9-10 A	3/04-3/25
8481	9-10 A	4/01-4/29
8482	9-10 A	5/06-5/27

YOGA FOR ACTIVE LIVING ADULTS (50 yrs. & up): 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. Elwin Mussell Center. Instructor: Haldeman**

FREE
Sponsored by Dignity Health

8528	10-11 A	1/02-1/30
8529	10-11 A	2/04-2/27
8530	10-11 A	3/03-3/31
8531	10-11 A	4/02-4/30
8532	10-11 A	5/05-5/28

ADULT POTTERY (18 yrs. & up): 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. Wednesdays. Grogan Park. Instructor: Mulder**

\$47 per session

8467	6:30-9:30 P	1/08-2/12
8468	6:30-9:30 P	2/19-3/25
8469	6:30-9:30 P	4/01-5/06
8470	6:30-9:30 P	5/13-6/17

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

KNIT, CHAT, & CROCHET: If you enjoy needle work 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 Wednesday of every month from 1-3 PM. Elwin Mussell Center. FREE**



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ACTIVE SENIOR LIVING PROGRAMS

FOREVER YOUNG BAND PRACTICE:

This new band program is for string instruments such as guitar, ukulele, banjo, mandolin and more. Enjoy playing a variety of different types of music. Beginners are welcome, but no lessons are offered. Visit or join us anytime. **Mondays 1:30-3 PM. Elwin Mussell Center. FREE**

UKULELE LESSONS:

In this class you will learn chords, melodies and how to play songs. Baritone ukuleles are provided or bring your own. No experience is necessary **Tuesday and Thursday 11 AM-12 PM. Elwin Mussell Center. FREE**

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. **Monday-Friday 9 AM-4 PM, & Saturday 9 AM-NOON. 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 Wednesday of every month from 12-4 PM. Every Friday 12-4 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 Tuesday of every month from 1:30-4 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 Tuesday of every month from NOON-4 PM. Elwin Mussell Center. FREE**

DROP-IN PICKLEBALL:

Be part of one of the hottest games around for fun and fitness. Newcomers are welcome & loaner equipment is available. **Mon., Wed., Fri.&Sat., 9:30AM-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 Monday and Thursday at Hagerman Sports Complex for all abilities. The group also participates in several tournaments throughout the year. Newcomers welcome. **Monday & Wednesday 11 AM-1 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 (805) 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,
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,
at the Elwin Mussell Center, call
(805) 925-0951 ext. 2260