



City of Yucaipa  
Community Services Department

*For Release: Immediate*  
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## **Information, Opportunities, and Resources for Seniors**

**(October 2015)**

### **Yucaipa Senior Center Events**

**Seniors 55 plus are encouraged to visit the Yucaipa Senior Center located at 12202 First Street in Yucaipa. Exercise classes, nutrition, seminars, and programs are offered to keep the mind and the body healthy. Contact the Yucaipa Senior Center at (909) 797-1177 to sign up for your choice of activities and events.**

**Annual Health Fair and Flu Shot Clinic:** Get informed and plan for a healthy future! This year's Senior Health Fair will be held on Thursday, October 1<sup>st</sup> from 9am to 12pm and will feature local senior living facilities, senior care providers, medical groups, and health plan providers available to answer all your questions. Flu shots and health screenings including blood pressure, bone density, vision, skin damage, stroke, mouth cancer and cholesterol, will be offered free of charge. Come for the door prizes and refreshments, stay a while for your good health.

**New Genealogy Class:** How far back can you trace your ancestry? Seniors interested in learning how to research family history can sign up free of charge, for this class taught by Fred Hawkins. Class begins Thursday, October 15th through November 19th from 1pm to 2pm. Space is limited, so sign up early.

**Self-Defense Class:** Learn the art of Kung Fu San Soo with instructor Jerry Garcia. Class is held Monday and Wednesday afternoons from 3pm to 4pm and is designed especially for seniors. Cost is \$25 per month. Gain strength and flexibility through this wonderful source of exercise.

**Aerobics2Go®:** Lisbeth Prudholm is providing a low-impact, high-intensity class designed for seniors looking to improve their fitness level. This class incorporates cardio, balance, flexibility, and light weight lifting. Class is held every Monday, Wednesday, and Friday from 9am to 10am. Drop-in rate is \$5 per class.

**Chair Aerobics:** This class is designed for seniors who are looking to keep active even with limited mobility. Class improves strength and flexibility to help continue movement of the body. Class is held on Tuesday and Friday at 10:30 am to 11:30 am. Drop-in rate is \$4 per class.

**Beginning Line Dance:** Enjoy great exercise and develop new friendships. This class is designed as an easy and fun way to learn to line dance to varied styles of music. Class is offered every Wednesday at 11am to 12pm. Drop in rate is \$4 per class.

**Tai Chi:** This ancient Chinese form of exercise is designed to assist with individual movement and promote mental and physical relaxation. Dress comfortable (active wear) and join instructor Katsuko Shiomi on Tuesday and Friday at 10:30 am to 11:30 am. Drop-in rate is \$4 per class.

**Tap Dancing:** This free class is offered by instructor Jen Stegall for all seniors wanting to learn the art of tap dance while socializing with other seniors. Class is every Monday from 10am to 12pm.

**Hawaiian Dance Class:** On Mondays at 12 pm and Tuesdays at 6 pm, join instructor Jen Stegal for a free class to learn the graceful art of Polynesian dancing.

**Computer Class:** This class is perfect for the novice! You will learn the basics of Microsoft Office and the various forms of social media. The new class will be offered Mondays from 1pm to 2pm beginning October 5th through November 23rd for a cost of \$30.

**Granny's Corner:** This economical thrift store has many eye catching treasures and gently used clothing. Open from 9am to 1pm, Monday through Thursday (*Days open are subject to change*). Donations are accepted.

**Nutrition for Seniors:** Enjoy a delicious, hot meal and re-connect with old friends at the Yucaipa Senior Nutrition Center. Seniors 60+ may dine for a suggested donation of \$3. Menus are available at the Yucaipa Senior Center and in the Yucaipa Senior Kaleidoscope newsletter. Meals are served at 11:30 am Monday through Friday and must be reserved one day in advance.

**Trips and Tours:** Don't miss the opportunity to see "The Tournament of Roses Parade" in Historic Pasadena, celebrate the New Year with the sights and sounds of the Rose Parade. Experience marching bands, equestrian units, and elaborately decorated floral floats. Enjoy a continental breakfast on the way to the parade and lunch at the Hometown Buffet at the conclusion of the parade. Seating at the parade will be bleacher style, so bring a stadium seat or cushion if you have one. Dress in layers, it will be chilly. Tickets are \$119 per person. The bus will depart at 6am on Friday, January 1, 2016 from the Yucaipa Park and Ride at 31341 Hampton Road. Expected return time is 4pm.