

Hammon Senior Center



July 2021

Hammon Senior Center
1033 Las Palmas Ave
Patterson, CA 95363
209.895.8180

HSC UPDATE

Greetings! Another month rolls around and it is time for an update on the HSC opening. Currently, we have moved the outdoor classes inside, providing somewhat of a soft opening. These classes include various arts and craft classes, such as Landscape Adventure and Crafts with Cathie. Other classes, now indoors include the Master Gardening series (fourth Monday of every month), Sit 'N Be Fit (Tuesday and Thursdays) and bingo (Mondays). We are contacting instructors and working on bringing all our old favorite classes back on a regular basis. There may be some minor changes to the schedule, but we will try to keep things as similar as possible to the previous schedule. Stanislaus County has talked about bringing back the hot meals to the congregate mealsite in August. We will work with them to make this happen!

JULY BLOWOUT BLAST

It's a pre-Independence Day blowout. Join us for an afternoon of fun. This drive through event will be available to all HSC members. Please call (209) 895-8180 to request a registration packet.

Day: Thursday
Date: July 1
Time: 2:00 - 3:00 PM
Location: HSC Parking Lot
Cost: FREE (to HSC Members)
Registration: HSC Front Desk (209) 895-8180



Enhance Fitness

This program helps older adults of all levels of fitness become more active, energized and empowered to sustain independent lives. With registration, students will get to use weights as well as a Chromebook for class.

Day: Mondays and Wednesdays
Dates: July 7 - October 6
Time: 11:00 AM - 12:00 PM
Location: Zoom
Cost: \$8.00
Registration: HSC Front Desk (209) 895-8180

Sustainable Landscaping

Join us as our Gardening series, through the Stanislaus Master Gardening program, continues for another month. Sustainable landscapes can be beautiful places that generate minimal waste and use less resources.

Day: Monday
Date: July 26
Time: 10:00 - 11:30 AM
Location: HSC Craft Room
Cost: \$5.00 (supply cost)
Registration: HSC Front Desk (209) 895-8180



Senior Water Aerobics

For those 50 years and up looking to work out in a low impact environment. Our lively and fun instructors are here for you and your work out needs!

Days: Monday - Thursday
Dates: Session 2: 7/5 - 7/15
Session 3: 7/19 - 7/29
Session 4: 8/2 - 8/12
Time: 9:00 - 10:00 AM
Cost: FREE sessions in July for HSC members!
Registration: Recreation Dept. (209) 895-8080

BINGO PARTY!

Everyone is invited to join us inside in the exercise room. The HSC is now doing a soft reopening and because of this we are able to come indoors. CDC guidelines will be followed at all times. Prizes will be awarded. Please come early so we can get started on time!



Dates: July 12, 19, 26
Time: 9:00-10:00 AM
Location: Exercise Room
1033 W. Las Palmas Ave. Patterson
Cost: \$.25 / card - \$1.00 per sheet of 4

StanCOG Public Transit Human Services Coordination Workshops

There will be Community Wide Workshops in July to provide an opportunity for community members to learn more about the Coordination Plan and provide thoughts on current transit services, gaps in transportation services, and other needs and interests regarding the transportation needs of transit dependent populations.

Awareness materials are still being prepared, but the workshops are planned for:

- Tuesday: July 13th 5:00 pm - 6:30 pm (English language)
- Thursday: July 15th 10:30am - 12:00 pm (English language)
- Thursday: July 15th 5:00 pm - 6:30 pm (Spanish language)

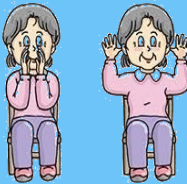
Emily Candray / Project Coordinator / ecandray@aimconsultingco.com
2523 J Street, Suite 202, Sacramento, California 95816



SIT 'N BE FIT

FREE classes that follow routines and consist of a warm-up, stretching, strength exercises, balance training and cool-down period. HSC is now doing a soft reopening so we can be in the exercise room. CDC Guidelines will still be followed.

- Days: Tuesdays & Thursdays
- Dates: July 6 - July 29
- Time: 9:30-10:30 AM
- Location: HSC Exercise Room
- Cost: Free



WALKING GROUP

Come join us for a walk around the complex to get the blood flowing in the mornings. It's great to be out in the sunshine and exercise and have a few laughs as well.

- Days: Tuesdays & Thursdays
- Dates: July 6 - July 29
- Time: 9:00-9:30 AM
- Location: Front HSC
- Cost: Free



HSC FOOD DISTRIBUTION PROGRAM

To sign up, please call (209) 558-8698.

Thursdays between 10:30 AM-12:00 PM
at the HSC parking lot.
Hammon Senior Center
1033 W Las Palmas Ave.

A box containing five frozen meals will be distributed.

Senior Board

Date: Tuesday, July 20
With COVID-19 restrictions in place, meetings are taking place via Zoom. If you would like to participate via Zoom, please call 209.895.8182 for more information.

Please thank our sponsors for their continued support of the programs at the Hammon Senior Center.



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