

Language Classes

Conversational English

Conversational English is back! Learn conversational skills to give you the confidence to greet people while speaking English. Don't miss out on this beneficial class!



Health & Fitness

Walking Group

Come join our walking group and get your blood pumping! This group meets inside the HSC on Tuesdays and Thursdays. Join other participants as we walk around the complex. Many individuals stay for the Sit 'N Be Fit class which follows.

Sit 'N Be Fit (Basic)

Seated exercise classes that follow video routines consisting of a warm-up, strength exercises, stretching, balance training, and a cool down period. These exercises are specifically geared towards those 50+. Join Phyllis as she guides you through the class.

Sit 'N Be Fit (Intermediate)

This fitness class allows you to work out at the intensity that best meets your needs while following video routines that consist of a combination of flexibility, strength, and balance training exercises with your instructor Delia. miles!

Line Dancing

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills and strengthen your bones without hurting your joints. Bring your moves and join us!

Bailo Ejercicio

Come have some fun with the Patterson Promotores. This new dance fitness class is sure to get your blood pumping!

Zumba Gold

Feel the music run through your body as you dance to international rhythms with your instructor Jana. Learn basic moves from Salsa, Cumbia, Belly Dance, Merengue, Flamenco and the Tango. You won't be disappointed!

Arts & Crafts

Crafts with Cathie

Join us twice a month as Cathie picks out a new craft and shows you exactly how to create amazing crafts from simple items. Supply costs may vary, but the class is free! Come get crafty with Cathie!

Painting Class

Join us and express your inner artist as we create the beautiful painting, "Sunset in the Woods." Class is open to all levels of artists!

Social Sewing

Come and sew! Whether you are a beginner, refresher, or an avid sewer, come and enjoy visiting with others. Phyllis, the instructor will be there to help answer questions and provide a helping hand. This class is for HSC members.



Games

Loteria

Loteria means lottery in Spanish and is a game similar to bingo but has pictures on the cards. Come learn some Spanish, make new friends and win prizes! Loteria card purchase starts at 12:30pm. 50 cents per card.

BINGO

Come join our lively group of bingo players! Bingo is one of our most well-attended activities and is lots of fun. Come make new friends and win various prizes. Card purchase begins at 8:00am. 50 cents per card.

Bocce Ball

Although we don't have a Bocce court, we still have players who enjoy the game of bocce ball! Come learn the game and challenge our local players.

Wii Bowling

We're looking for strike throwers and spare fillers. Join our active group as we get back into the swing of things! Who knows, maybe we'll challenge one of the teams from another senior center.

Billiards

All levels welcome. No matter what your experience level, you will fit right in with our dedicated group of pool players. Whether you enjoy eight ball, nine ball or cutthroat, you will find competition to match your skills.

Social Activities

Lunch Served Daily

Join us for a nutritious meal, games, music and make new friends! Congregate meals are provided by Stanislaus County to qualifying members 60+. Please see back page for more information.

Monthly Birthday Celebration

Come celebrate monthly birthdays with cake & ice cream. This event takes place every fourth Thursday of the month.



Resources

Commodities

The Commodity Supplemental Food Program (CSFP) is dedicated to the overall health of qualifying seniors. Must apply in person and meet requirements for assistance.

Green Bag

This program provides 10 pounds of fruits and vegetables on a monthly basis through the Healthy Aging Association.

HICAP

Medicare counseling through the Health Insurance and Advocacy Program.

Educational

Newcomer's Orientation

Join our orientation to learn about the history of the senior center, volunteer opportunities, and new programs and activities. Meet old friends, make new ones and be introduced to the staff!



Hammon Senior Center Daily Activities/Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Sit 'N Be Fit (Intermediate) 8:30-9:30 am	Walking Group 9:00 - 9:30 am		Walking Group 9:00 - 9:30 am	Sit 'N Be Fit (Intermediate) 8:30-9:30 am
	Sit 'N Be Fit (Basic) 9:30-10:30 am	Conversational English 9:30-11:00 am	Bocce Ball (Outside) 9:00-10:00 am	Bingo 8:30-10:30 am
		Bailo Ejercicio 10:30-11:30 am	Sit 'N Be Fit (Basic) 9:30-10:30 am	
Senior Lunch 11:30-12:30 pm	Senior Lunch 11:30-12:30 pm	Senior Lunch 11:30-12:30 pm	Senior Lunch 11:30-12:30 pm	Senior Lunch 11:30-12:30 pm
	Social Sewing 12:30-2:30 pm	Wii Bowling 12:30-2:30 pm		
	Zumba Gold 1:00-2:00 pm	Line Dancing 1:00-2:00 pm	Loteria 1:00-2:30 pm	

Hammon Senior Center Monthly Activities/Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 1	Nov. 2	Nov. 3 	<i>First Thursday</i> Nov. 4 Commodities 9:30-11:00 am Crafts with Cathie 12:30-1:30 pm	Nov. 5
Nov. 8	<i>Second Tuesday</i> Nov. 9 Newcomer's Orientation 11:00-12:00 pm Stop the Scams 12:00 pm	Nov. 10	Nov. 11 CLOSED FOR VETERAN'S DAY	Nov. 12
Nov. 15 	<i>Third Tuesday</i> Nov. 16 Senior Board Meeting 10:00-11:00 am	<i>Third Wednesday</i> Nov. 17 Flu Shot Clinic 11:30-12:30 pm Green Bag 12:45-1:45 pm	<i>Third Thursday</i> Nov. 18 Crafts with Cathie 12:30-1:30 pm	Nov. 19
Nov. 22 Painting Class 9:30-10:30 am	<i>Fourth Tuesday</i> Nov. 23 HICAP 9:00-11:00 am Thanksgiving Party 3:00-4:00 pm	Nov. 24	CLOSED Nov. 25 	Nov. 26 CLOSED FOR THANKSGIVING WEEKEND
Nov. 29	Nov. 30			



Volunteers

We're looking for you! Do you want to make a difference and help out your Senior Center? Sign up and become a volunteer.

Some of the activities we need instructors for include:

- ◇ Bilingual Speaker for HSC lunch Program - With announcements being made daily we are in need of bilingual speakers to interpret updates on our programs.
- ◇ Spanish
- ◇ Crochet & Knitting
- ◇ Loteria



- ◇ Craft Classes
- ◇ Volunteer Drivers
- ◇ Kitchen Assistance
- ◇ Fitness Instructors
- ◇ Oil Painting
- ◇ Bingo Callers

Senior Center Meal Program

Meals served Monday through Friday. Reserve a meal by calling and leaving a message at (209) 480-6371.

- Leave your name and phone number.
- Reservations must be made prior to 12:00 pm the day before the requested meal.

Adults 60 or older: \$3.00 (Suggested Donation)

Adults under age 60: \$6.00 (Required)



Senior Board Meeting

Do you want to learn more about your senior center? Want to make a difference? Then plan on attending the monthly board meeting!

Day: Tuesday
 Date: November 16
 Time: 10:00 am
 Location: HSC Craft Room

Members:

Pat Maisetti, Lorin Buhler, Annette Randle, Joyce Buehner, Catherine Ferreira

Upcoming Events:

Some of our past classes will be coming back very soon! A few that you can look forward to include:

- ◇ Computer Classes
- ◇ AARP Driver Safety
- ◇ Alzheimer's/Healthy Body & Healthy Brain

Welcome New Senior Center Members

Eva Wadell	Janelle Kolding
Sai Nunes	Lucile Carreau
Carolyn Pringle	Luz Melendrez
Maria Ramos De Perez	Maria Rosales

Thank you to our sponsors!



Hammon Senior Center

November 2021



1033 W. Las Palmas Ave.
 (209) 895-8180
 Hours of Operation: Monday-Friday 8:00am-5:00pm
 Dedicated to Senior Citizens: 8:00am-3:00pm



Welcome Back!

Another month rolls around and we continue to plan activities for the seniors of the community. You will notice many familiar faces teaching classes as well as some new ones. Special events have returned with the Hammon Senior Board supporting these programs. Many sponsors throughout the community have assisted with our programs, please let them know you appreciate their help!

Flu Shot Clinic

Have you received your flu shot yet? Ali, from Patterson Family Pharmacy, will be here providing flu shots. Ali and her staff are doing us a big favor, so let's show our gratitude. Come on in and get your flu shot! If you have already received one, stop by and say hi!

Date: Wednesday, Nov. 17
 Time: 11:30-12:30 pm
 Location: HSC Craft Room
 Registration: HSC Front Desk

Stop the Scams

Kyle Ford, from the City of Patterson's I.T. (Information Technology) Department will be here to discuss scams. Please join us for this 20-minute insight of how scammers can scam YOU.

Date: Tuesday, Nov. 9
 Time: 12:00 pm
 Location: HSC Dining Room
 Cost: Free!

Line Dancing

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills and strengthen your bones without hurting your joints. Bring your moves and join us!

Days: Wednesdays
 Time: 1:00 - 2:00 pm
 Location: HSC Dining Room
 Cost: Free!

Thanksgiving Event

Join the Hammon Senior Board as we celebrate the season of being thankful. This pre-Thanksgiving party will surely put you in the right mood for the holidays ahead! Registration is limited, please register at the front desk.

Date: Tuesday, Nov. 23
 Time: 3:00-4:00 pm
 Location: HSC Dining Hall
 Cost: Free!
 Registration: HSC Front Desk

Painting Class

The Hammon Senior Center is providing a painting class hosted by your instructor, Xia Thoa, who will help guide you through the painting experience as you follow her every brush stroke. Join us and express your inner artist as we create the beautiful painting, "Sunset in the Woods." Class is open to all levels of artists!

Dates: Nov. 19 & 22
 Time: 9:30-10:30 am
 Location: HSC Craft Room
 Cost: \$5.00
 Registration: HSC Front Desk

Social Sewing

This class gives you the opportunity to come and sew whether you are a beginner, refresher, or an avid sewer, come and enjoy visiting with others. Phyllis Myers, the instructor will be there to help answer questions and provide a helping hand. This is for quilters and sewers alike who are HSC members.

Days: Tuesdays
 Time: 12:30-2:30 pm
 Location: HSC Craft Room
 Cost: \$6.00 (per 6 week session)
 Registration: HSC Front Desk