


# Senior Recreation Center June 2017 Newsletter

Contact the Senior Recreation Center at:

(352) 265-9040  
5701 NW 34<sup>th</sup> Blvd.  
Gainesville, FL 32653

## ❖ News/Upcoming Special Events

- **World Elder Abuse Awareness Day** - Join us on **Thursday, June 15<sup>th</sup> from 10:00 AM – 3:00 PM** at the **Senior Recreation Center** for a presentation on World Elder Abuse Awareness Day. Come learn how to protect yourself from financial abuse and promote victim advocacy! Sadie Darnell, Alachua County Sheriff, will be the keynote speaker. Food and prizes will be provided. Registration and breakfast starts at 9:00 AM. **Call Chrystal Holmes at (352) 692-5246 or Betty Flagg at (352) 692-5219 to RSVP by June 8.**
- **Farmers Market Coupons Distribution Day** – On **Monday, June 12<sup>th</sup> from 8:00 AM – 2:00 PM** at the **Senior Recreation Center**, we will be distributing free coupons to purchase fresh fruits and vegetables at designated farmers markets in Alachua County. To be eligible to receive these coupons, you must be 60 or older, living in Alachua County and the total income of all adults living in your household can not exceed designated income limits (call 352.265.9040 for more information on income limits). On Distribution Day, you must bring your photo id and proof of income for all adults living in your household. No appointment is necessary. This is on a first come, first serve basis. **Please call (352) 265-9040 with further questions.** 
- **CCOA (Community Coalition for Older Adults) Monthly Meeting** – Join us on **Friday, June 9<sup>th</sup> (the second Friday of every month) from 9:00 – 11:00 AM** for the monthly CCOA meeting!
  - Did you know that CCOA has a Facebook Page open to the community? Some of the topics discussed on the page so far are health, art, exercise, affordable housing, travel, livable communities, AARP articles, history, home and car sharing, retirement and community announcements. Join the community and stay connected! To join the CCOA Facebook Page, first create an account with Facebook by going to [www.facebook.com](http://www.facebook.com) and follow the sign-up instructions. Then search for “Community Coalition for Older Adults” in the search bar at the top. Select our page and click “Like.” You will then be a part of the CCOA Facebook Page.
- **Balance Screenings** - Students from the University of Florida Department of Physical Therapy will be offering free gait and balance screenings, recommendations for balance improvements, and fall prevention resources at the Senior Recreation Center on **Wednesday, June 14<sup>th</sup> from 3:00 – 5:00 PM**. No appointment is necessary; come in anytime between 3:00 – 5:00 PM.
- **Balanced Gator Fitness Classes**- Are you concerned about your balance? Have you ever had a fall? Come out to UF Doctor of Physical Therapy Program’s Balanced Gator balance class on **Thursday June 1<sup>st</sup> and Thursday June 29<sup>th</sup> from 1:00 -2:30 PM at the Senior Recreation Center!** Our Physical Therapists and Physical Therapist Students will work with you to increase your balance, strength, power, endurance and even a little bit of tai chi!
- **NICHE Program: “Diabetes, Type 2”** – Join us on **Thursday, June 8<sup>th</sup> from 9:30 – 10:45 AM** for a NICHE (*Nurses Improving Care for Healthsystem Elders*) program on “Diabetes, Type 2”. Join other seniors in reviewing problems related to Type 2 Diabetes. Snacks will be provided. NICHE programs are education and discussion sessions provided by registered nurses (Geriatric Resource Nurses) working at UF Health Shands. The focus of the sessions is on health issues and how they impact seniors, believing that identifying potential health problems and reviewing actual health problems improves the chance of a better outcome.



- **Senior Recreation Center Cookbook** – The Senior Recreation Center cookbook “Tried & True” is still for sale! Stop by the front desk at the Senior Center to pick up your copy of the cookbook, filled with tasty recipes from our very own Senior Center members. Cookbooks are only \$15.00. (*You may pay the suggested donation amount using exact cash, check or credit card.*)

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## ❖ Arts/Creative Programs

**Adult Coloring Program** – Let's get together for a fun hour of coloring! **Join us on Monday, June 19<sup>th</sup> from 1:00 – 3:00 PM for an Adult Coloring Program.** You will leave calm and refreshed because when you are focused on creating you are giving your busy mind a rest. Coloring lifts your spirits, enhances creativity and brings out the child in you. No artistic expertise is required, and supplies will be provided, though you are welcome to bring your own if you prefer. Let's make life more colorful! This program is brought to you by the Alachua County Library District.

**American Sewing Guild** – The American Sewing Guild is a specialty machine interest group. Anyone interested in Sergers Machine Felting and Sashiko is welcome to attend. **The American Sewing Guild will meet on Wednesday, June 21<sup>st</sup> from 9:30 AM – 12:30 PM.** For more information about the American Sewing Guild, please call Judy Kavanagh at (386) 518-6402.

**Craft Class** – Come enjoy a craft class with friends, led by Joy Flowers! All materials for the crafts will be provided, and each class you'll make something new! **Craft classes will be held on Thursday, June 1<sup>st</sup> and Thursday, June 15<sup>th</sup> (the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month) from 12:30 – 2:00 PM.**

**Four Seasons Garden Club** –The Four Seasons Garden Club will meet at **12:30 PM on Monday, June 5<sup>th</sup> at the Senior Recreation Center** for a planning meeting for the 2017-2018 year. **All officers and board members are requested to be present.** All other members are welcome to attend. Have a great summer and be prepared to tell of your travels and your gardening accomplishments when you return in September for our "Show and Tell" program on Monday, September 11, 2017. **For more information and directions, please call the Vice President for Programs, Peggy Jellema at (352) 372-4841.**

**Knit & Crochet** – If you are interested in learning how to knit or crochet or are experienced and would like to knit and crochet alongside friends, this is the group is for you! Bring your G hook and other supplies. All skill levels are welcome in this class, and we are willing to teach! **Knit & Crochet meets every Wednesday from 2:30 – 4:00 PM.**

**Needle Work Group** – Come enjoy some needle work fun while visiting friends! Bring your favorite needle work project, whether it is crochet, knitting, or embroidery. *Note: You will need to bring your own supplies. This group is for those who are experienced with needle work, but want to work alongside friends.* **The Needle Work Group meets every Tuesday from 9:00 – 11:00 AM at the Senior Recreation Center.**

**Quilters of Alachua County Day Guild (QACDG)** –The QACDG meet **every Monday and Thursday beginning at 9:00 AM at the Senior Recreation Center.** The QACDG also holds a general monthly meeting on the **first Thursday of each month from 9:30 AM – 12:00 PM** at the Senior Recreation Center. The Quilters of Alachua County Day Guild, Inc. is a non-profit, 501(c) (3) organization dedicated to preserving the heritage of quilting and related arts for individuals of North Central Florida through education, inspiration and information. **For more information on the Alachua County Day Guild, please contact Genie White at (352) 375-2427 or at [genie33@bellsouth.net](mailto:genie33@bellsouth.net), or visit the QACDG website at [www.qacdq.org](http://www.qacdq.org).**

**Stamping & Card Making** – In Stamping & Card Making, you'll create cards and learn stamping techniques. Bring you current project and supplies. Join this wonderful opportunity for creativity, friendship and sharing ideas while making beautiful handmade cards. **Stamping & Card Making will be held on Tuesday, June 13<sup>th</sup> from 1:00 – 4:00 PM.**



**Storysong: Making Your Memories into Music** – Have you always wanted to be able to write songs? Now's your chance! **StorySong: Making Your Memories into Music will meet on Monday, June 5<sup>th</sup>, Monday, June 12<sup>th</sup>, Monday, June 19<sup>th</sup>, and Monday, June 26<sup>th</sup> from 3:15 – 4:30 PM.** We'll take your stories, individually and as a community, turn them into poems or short prose, and then add music. Cathy DeWitt will lead you through this process, helping you choose the tempo, rhythm patterns, chord structures, major or minor key-- inspiring your creative expression and broadening your understanding of the songwriting process. We will sing the original creations together, sometimes adding movement or other arts. *This class is taught by Cathy DeWitt, International Award-winning Songwriter, Musician in Residence for UF Health/Shands Arts in Medicine. Former Radio Host: Across the Prairie and Healing Journeys Through Music.* Contact Cathy at [www.cathydewitt.com](http://www.cathydewitt.com).

**Woodcarving & Whittling** – Learn how to carve characters, dogs, cats, florals, human faces, walking sticks, pipes, and more. Woodcarving and whittling promotes social interaction, stimulates your brain, and refines your eye-hand coordination, while having fun and learning a new skill! **Woodcarving & Whittling will be every Thursday from 9:00 AM – 12:00 PM.**

**Tree City Quilters Guild** – The Tree City Quilters Guild will meet on **Monday, June 26<sup>th</sup> from 10:00 AM – 2:00 PM.** If you have questions about the Tree City Quilters Guild, please contact Ellen Mallette at (352) 378-2950 or at [flem32609@aol.com](mailto:flem32609@aol.com).

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## ❖ Exercise Programs

**Dance for Lifelong Health – Classes are held every Tuesday from 11:30 AM – 12:30 PM.** Join us for a free weekly dance classes that focus on fun, fitness, creativity and community and use easy dance techniques from jazz, modern, and various national styles that contribute to experiencing the joy of motion. By creating an original dance each week, participants have fun with others, develop a sense of accomplishment and help retain independence through maintaining and enhancing fitness, and general wellness. Dance for Lifelong health is facilitated by Rusti Brandman, UF dance faculty emerita and UF Shands Arts in Medicine dancer in residence. Drop-ins are welcome. Wear comfortable clothing and shoes. Dance for Lifelong Health is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

**Encore Dancers Workshop – Classes are held every Thursday from 4:00 – 5:00 PM.** Encore Dancers Workshop provides mature dancers with an opportunity to continue their practice in an adult- friendly environment. Rusti Brandman, UF dance faculty emerita and Shands Arts in Medicine dancer in residence, facilitates the classes with input from participants welcomed. These weekly sessions will consist of warm up, skills and conditioning, creative exercises, and dance phrase work using concepts primarily from ballet and modern dance. The classes will focus on fun, fitness, creativity and community, and goals important to the group. If you are dancing and/or have danced in your recent or even distant past, please join us and keep on dancing forever. Wear comfortable clothing. Flexible shoes or stockings or bare feet are suggested. Encore Dancers is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

### **Parkinson's Exercise Programs –**

- **Every Tuesday and Friday at 9:30 AM:** This program is specifically tailored to “Persons with Parkinson’s” (PWP). It is designed to help overcome physical limitations, improve mobility, flexibility and balance, restore confidence and develop camaraderie among participants. The program is 75-90 minutes in duration and includes both sitting and standing exercise routines. **Participants with limited mobility should be accompanied by their caregiver.** Please wear comfortable clothing (shorts, tee-shirt, and athletic shoes). **A medical waiver is required to participate in this Parkinson's Exercise Program. The medical waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**



- **Every Tuesday at 1:15 – 2:00 PM:** This is a 45-minute exercise class that is held each week for person's with Parkinson's Disease of all skill levels. The first 15 minutes of each class focuses on flexibility. The remaining 30 minutes of class focuses on various types of exercises. Each week the exercise will be different. The type of exercises provided include: balance, core strengthening, upper body resistance training, cardiovascular exercise, coordination, lower body strengthening, adaptive sport games, and cognitive challenges. Everyone is encouraged to participate at their own pace. Chairs are available for those who prefer to exercise sitting or for anyone needing a rest. We welcome people who are able to walk in unassisted, those who use walkers or canes and those who use wheelchairs. ***A medical waiver is required to participate in this Parkinson's Exercise Program. The medical waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.***
- **Dance for Life: for People with Movement Disorders: Held every Wednesday at 2:00 PM.** *Dance for Life* is a dance class for people with movement disorders and their significant others. The program is designed to help people with movement disorders improve their quality of life through enhanced overall physical well-being, social interaction, creative expression, and targeted improvements in balance, strength, and mobility. The program is led by professional and student dancers from the University of Florida School of Theatre and Dance and UF Health Shands Arts in Medicine, and combines elements of modern dance, ballet and social dance. No prior dance experience is necessary. Comfortable clothes and shoes are recommended. ***A medical waiver is required to participate in Dance for Life. The medical waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.***

#### Tai Chi Classes –

- **Tai Chi: Held every Friday at 11:30 AM.** Anyone is welcome! No registration is required. For more information, please visit <http://www.gainesvilletaichi.com/> or call at (352) 371-3718.
- **Tai Chi Sequel!:** "Tai Chi Sequel!", what is it? It's an opportunity for those students who have taken the *Tai Chi Quan* or *Tai Chi: Moving for Better Balance* classes to continue practicing the eight forms learned in those classes and to learn new variations. Practicing this art increases flexibility and balance. **Join us on Mondays and Wednesdays from 12:00 – 1:00 PM.**
- **Tai Chi: Moving for Better Balance!:** *Tai Chi: Moving for Better Balance!* is held at the Senior Recreation Center every **Monday and Wednesday from 1:00 – 2:00 PM beginning April 10<sup>th</sup> through July 3<sup>rd</sup>.** **For more information or if you wish to sign up, please call Betty Flagg with ElderOptions at (352) 692-5219.** Tai Chi: Moving for Better Balance! improves balance and overall health.



#### Yoga – Yoga class is held every:

- \* **Monday 10:30 – 11:45 AM:** *Gentle Kripalu Yoga Class* - This gentle yoga class is open to all levels and offers students the option of utilizing a chair when needed. Students will work at their own level, which creates a safe experience and allows for the fullest expression of each posture while receiving all of its benefits; taught by Elaine Sears, a certified Kripalu teacher with 20+ years of experience.
- \* **Tuesday 10:00 AM – 11:15 AM:** *Level 1 Yoga Class* - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry.
- \* **Tuesday 11:35 AM – 12:35 PM:** *Chair Yoga Class* - Intended to increase flexibility, decrease pain, relax, and enhance your sense of well-being. We will move from breathing and seated relaxation through gentle seated exercises and yoga poses for the upper and lower body, to carefully guided standing postures using the chair; taught by Susan Mickelberry.



- \* **Friday 10:00 AM – 11:15 AM:** Level 1 Yoga Class - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry or Lynn Lefebvre.
- \* **Friday 2:30 – 3:30 PM:** Chair Yoga Class - Chair Yoga makes the benefits of Yoga available to everyone! This class, done entirely seated on a chair, also includes mindful breathing practices and relaxation meditation. Great for managing chronic diseases and pain; taught by Elaine Sears, a certified Kripalu teacher with 20+ years of experience.

General Notes About Yoga: Yoga is rejuvenating, relaxing, and non-competitive. Yoga postures improve strength, balance, and flexibility, while yoga breathing promotes concentration, oxygenation, and better circulation. *You will need to wear comfortable clothing and bring a yoga mat. If you are just beginning, or have forgotten your yoga mat, loaner mats are available at the front desk of the Senior Center. No special shoes are required since yoga is done barefoot.* Please try to be on time so that you will hear all opening instructions and be properly warmed up for class. If you are a first-time student, please check in with the teacher before class. For further information, please contact Susan Mickelberry at [smickelb@att.net](mailto:smickelb@att.net). **A medical waiver is required to participate in yoga. This can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

**Zumba Gold** – Zumba is held every:



- **Monday @ 3:00 PM** – Sponsored by Forest Meadows Funeral Home & Cemeteries, Inc.
- **Wednesday @ 10:00 AM** – Sponsored by Fletcher Johnson Insurance
- **Friday @ 1:00 PM** – Sponsored by ElderCare of Alachua County

The Zumba Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult. The main difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. **A medical waiver is required to participate in Zumba. This can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

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## ❖ Games/Entertainment

**American Mah Jongg** -Train your brain while having fun! Keep your mind alert and focused via the fascinating game of American Mah Jongg. Experienced players please bring your 2017 National Mah Jongg League Rule Card and join us **every Tuesday from 1:00 - 4:00 PM**. New players, stop by to arrange for lessons or **contact Rose at 352.339.9528**. (There is a learning curve, so please be willing to commit to three consecutive lessons.)

**Bid Whist** – Bid Whist is a partnership trick-taking variant of the classic card game whist. Bid Whist adds a bidding element to the game that is not present in classic whist. Four people play in partnerships of two against two. Come play a friendly game of Bid Whist! All levels of card players are welcome. Games will be held **on Wednesdays and Fridays from 10:00 AM – 1:00 PM**. **If interested in Bid Whist, please contact Rosemary Christy at (352) 246-1776 or at [rchr233283@aol.com](mailto:rchr233283@aol.com) OR contact Jeanette Wilson at (352) 372-4296 or (352) 317-2389.**

**Bingo** – Join us at the Senior Recreation Center for Bingo, held every **Friday from 9:30 AM – 12:00 PM with a 15-minute break at 10:30 AM!** Play alongside friends and for a chance to yell B-I-N-G-O!  
*No pre-registration is required.*



**Book Club** – The Book Club will meet **on Tuesday, June 20<sup>th</sup> (the 3<sup>rd</sup> Tuesday of every month) at 12:30 PM.** For more information, please contact Billie Staff at (352) 338-8352.

**Bookmobile** – Come enjoy an air-conditioned, mini-library on wheels in the Senior Recreation Center Parking lot! The Bookmobile will be at the SRC on the **2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 2:00 – 5:00 PM.** The Alachua County Library District will provide assistance with learning to use eBook and digital devices on the bookmobile. A digital services librarian will be there to answer one-on-one questions concerning your Kindle, Nook, iPad, or any reading device you bring with you.

### **Bridge Groups –**

- **Duplicate Bridge Group** – Welcome to all Duplicate Bridge players! Just team up with your favorite duplicate bridge partner and join us on **Monday, June 5<sup>th</sup> from 9:30 AM – 1:30 PM.** For further information, please contact Linda Wendling at (352) 514-5502 or at [twendling49@aol.com](mailto:twendling49@aol.com).
- **Laura Stewart Bridge Club** - The Laura Stewart Bridge Group meets **every Tuesday 9:30 AM – 2:00 PM.** If you wish to attend please call Linda McKnew at (904) 305-8011.

**Chess Club** – Chess Club meets **every Wednesday. Chess instruction is from 9:30 – 10:45 AM & game play is from 10:45 AM – 12:00 PM.** “*Learn to Play Exceptional Chess*” Instructional time will be held for 1 hour followed by Chess play after. Learn chess principles, chess notion, chess ideas, pawn structure, opening strategies, middle game strategies, end game strategies, devastating moves & attacks, and chess traps, swindles and pitfalls (how to make *and* avoid them). Call Ken at (386) 266-2691 to reserve a seat.

**Chinese Mah Jong** – Everyone is welcome! We’ll teach you how to play. Experience fun and laughter with a congenial group. For more information, contact Meg Malanaphy at (352) 240-6504 or Anna Langford at (386) 462-5876. **We meet every Wednesday from 12:00 – 4:00 PM.**

**Game Room** – Join friends **every Wednesday from 9:00 AM – 5:00 PM** for a variety of fun games such as Rummikub (a tile based game ideal for 2 or more players), Hand and Foot (a variant of the card game Canasta ideal for 2-6 players), and more! The “Game Room” will occur in the *Dharma Room (Rm. 135)* at the Senior Recreation Center. Meet new friends, learn a new game and join the fun!

**Scrabble Club** – Come in Friday afternoons to enjoy a game of scrabble with some new friends! If you have a board please feel free to bring it with you (if you do not own one, there are some available for use at the SRC). **Scrabble Club meets every Friday from 1:00 – 4:00 PM.**

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## **❖ Informational Programs/Support Groups**

**AARP Monthly Chapter Meeting** – AARP Gainesville Chapter 363 will hold a potluck lunch meeting on **Monday, June 5<sup>th</sup>. Doors will open at 9:00 AM with lunch served at 11:30 AM.** Enjoy singing alongside the piano with friends of AARP! Guests are welcome to attend for a \$5.00 charge. **Call Lois Nevins at (386) 418- 0242 for reservations.**



**AARP Driving Safety Class** – This month’s AARP Driving Safety Class will be on **Wednesday, June 21<sup>st</sup> from 9:00 AM – 3:30 PM.** This class is open to all seniors 55 and over, the objectives of this course include: understanding the effects of aging on driving, learning defensive driving strategies aimed at reducing crash risks, updating knowledge of road rules, and increasing confidence and maintaining independence. The cost is \$15 for AARP members and \$20 for non-members. The Certificate of Completion from this course provides for a 3-year auto insurance discount. There are no tests included in the course. **Please contact (352) 333-3036 to register.**

## Apple iPhone & iPad and Smartphone Courses

Instructor: Sam Ulbing



Please call (352) 265-9040 or stop by the Senior Center front desk to register for all courses below.

### Apple iPhones & iPads PART 1 – The Fundamentals

If you have an Apple “iDevice” (iPad or iPhone) but you don't use it as much as you would like because it is too mystifying, this course can help you understand what's going on. This course is intended for users who want to get more familiar with the fundamentals. **Bring your iDevice and all your user names and passwords.** We will explore the basic operations and try to de-mystify them for you. **This is a *hands-on class*.**

- **Date: Thursday June 1<sup>st</sup>**
- **Date: Thursday June 15<sup>th</sup>**
- **Date: Thursday June 29<sup>th</sup>**
- **Time: 9:00 – 11:00 AM**
- Limit: 6 to a class- *Please call (352) 265-9040 or stop by the Senior Center front desk to register.*

### Apple Apps: Communicating with Your iDevice

**You have taken Part 1** and want to use more of the features of your iDevice.

iMessage, Reminders, Notes, eMail, FaceTime, etc are great ways to communicate. They can do lots more than most people realize. Learn all about them. Bring your iDevice and ***all your user names and passwords***. Please have your iOS up to date. This is a ***Hands on Class***.

- **Date: Friday June 9<sup>th</sup>**
- **Time: 9:00 – 11:00 AM**
- Limit: 6 to a class- *Please call (352) 265-9040 or stop by the Senior Center front desk to register.*

### Apple Apps: Typing is for the Birds

**You have taken Part 1** and want to use more of the features of your iDevice.

"Hunt and Peck" typing went out with typewriters so why are you still doing it on your iDevice? Smart devices have much better ways to input information. We will look at using SIRI, a swiping style keyboard and just plain script writing to make using your smart device so much easier. Bring your iDevice and ***all your user names and passwords***. Please have your iOS up to date. This is a ***Hands on Class***.

- **Date: Tuesday June 13<sup>th</sup>**
- **Time: 9:00 – 11:00 AM**
- Limit: 6 to a class- *Please call (352) 265-9040 or stop by the Senior Center front desk to register.*

### \*New Class\* A Potpourri of Apple Apps

Have a specific question or need a little extra help on a particular topic? There is a lot to learn so perhaps you didn't get all the details in our topical classes. In this class, there is no set material; your questions will establish what we discuss. This is the class to ask "Show me again how to do...". Bring your questions! We will also look at some other useful features not covered in the regular classes. Bring ***all your user names and passwords***. Please have your iOS up to date. This is a ***Hands on Class***.

- **Date: Tuesday June 20<sup>th</sup>**
- **Time: 9:00 – 11:00 AM**
- Limit: 6 to a class- *Please call (352) 265-9040 or stop by the Senior Center front desk to register.*

*More Apple classes listed on the next page.*

### **Apple iPhones & iPads – Apps Useful When Traveling**

**Have you taken PART 1** and want to use more of the features of your iDevice? Throw away your AAA Triptiks, guidebooks and paper maps. Toss your old GPS with outdated maps. Your iDevice does all that and does it better! I'll show you how to use these features. **Bring your iDevice and all your user names and passwords. This is a hands-on class.**

- **Date: Thursday, June 22<sup>nd</sup>**
- **Time: 9:00 – 11:00 AM**
- **Limit: 6 to a class - Please call (352) 265-9040 or stop by the Senior Center front desk to register.**

### **Apple iPhones & iPads – Basic Photos**

**Have you taken PART 1** and want to use more of the features on your iPhone or iPad? iDevices are great for taking photos, but are you making use of all their abilities? This class will cover all the aspects of the camera feature of your iDevice: take, save, share, improve subpar photos, add special effects, digitize and enhance your 40-year-old prints, get prints made. **Bring your iDevice and all your user names and passwords. Please have iOS up to date. This is a hands-on class.**

- **Date: Tuesday, June 27<sup>th</sup>**
- **Time: 9:00 – 11:00 AM**
- **Limit: 6 to a class - Please call (352) 265-9040 or stop by the Senior Center front desk to register.**

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**Chronic Pain Management Support Group** – Chronic pain is a pain that never goes away. If you have it, you know that often doctors and medicine can't fully help. But you can learn to help yourself. The American Chronic Pain Association can teach you how through small group meetings. Learn to deal with your pain in a positive way. Regain a sense of personal control. Improve function and enhance your quality of life. The Chronic Pain Management Support Group meets **every Friday from 1:30 – 4:30 PM**. No registration is required. *"We are not called to go where it is easy and love already exists. We are called to go where we are sent and bring love with us."* – Anon

**Family History & Genealogy Workshop** – Do you have a box of old family photos given to you by your parents or grandparents? Would you like a good way to preserve, organize, and share everything so it all will be meaningful? Do you have a verbal family history that you would like to get down on paper or audio to preserve it? Maybe you are just curious about what family history and genealogy is all about. Join us **every Friday from 2:00 – 4:00 PM for a free workshop at the Senior Recreation Center!** Tim Lawhorn, a Family History consultant, will host each workshop. For more information, email Tim at [ACSCCFAMHX@hotmail.com](mailto:ACSCCFAMHX@hotmail.com)

**Haven Hospice Healing Hearts - Grief Support Workshops** – After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference.

**Haven Hospice will be hosting a Healing Hearts Grief Support Workshop on Monday, June 19<sup>th</sup> (the second Monday of every month) at 10:00 AM at the Senior Recreation Center.** These workshops are nondenominational and are offered at no cost. For more information, please call Haven's Healing Hearts Department at 1-844-LIGHTEN.



**Life After Stroke Support Group** – Our Life After Stroke Support Group (LASSG) **will meet on the 2nd and the 4th Thursday of each month from 3:30 – 5:00 PM at the Senior Recreation Center.** The 2nd Thursday of the month we will socialize, share information and our stories. We will also plan outings once in a while and invite speakers to come. UF Health Shands Rehab will provide the education component on the 4<sup>th</sup> Thursday of each month. For more information, call Penny Goree at (352) 316-9169.

**New Member Orientation** – New Member Orientation is for all who are new to the Senior Recreation Center or those who are interested in learning more about the SRC, ElderCare of Alachua County, and our programs. Please join us for an informative look at the organization and its role in the Gainesville community. **This month's orientation will be held on Wednesday, June 14<sup>th</sup> at 9:00 AM. Registration is required; please call (352) 265-9040 prior to the orientation.**



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**Pulmonary Support Group** – The Pulmonary Support Group is for adults with chronic lung disease, their family members, and/or friends! The support group will be held **on Monday, June 12<sup>th</sup> from 12:30 – 1:30 PM (the 2<sup>nd</sup> Monday of every month)**. These meetings will feature educational presentations on a wide range of relevant topics including: COPD awareness, medication management, physical activity and nutrition while getting the support of others who share in the struggles surrounding. This support group gives participants the tools needed to live the best quality of life. The support group is free to the public. Drinks and a light snack will be provided. Come and be a part of our interactive and informative workshop gathering! Meet the team! Your knowledge and experience may be just the thing someone else needs. *If you have any questions, please call Wendy Carter at (352) 265-0111 ext. 50425 or email at [cartew@shands.ufl.edu](mailto:cartew@shands.ufl.edu).*

**SHINE – SHINE meets at the Senior Recreation Center on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 9:00 AM – 12:00 PM.** SHINE provides free, unbiased, and confidential health insurance counseling through a network of volunteer counselors. Walk-ins are welcome; no registration is necessary. SHINE Counselors empower Florida seniors and the disabled to make informed healthcare choices. Are you new to Medicare? Do you have questions, need information, and would like to speak to a SHINE counselor? For further information, call 1-800-96 ELDER (1-800-963-5337).



**Spanish Class** – Spanish class is held **every Wednesday from 1:00 – 2:30 PM**. Learn a new language and enjoy spending time with others! This is an ongoing class; jump in at any time. No registration is required.

**VIST (Visual Impairment Services Team) Support Group** – The VIST Support Group meeting will be held on **Friday, June 16<sup>th</sup> at 10:00 AM**. Please call Bruce W. Davis, LMSW Visual Impairment Services Team Coordinator, at 1-800-324-8387 ex. 5560 or at [Bruce.Davis2@va.gov](mailto:Bruce.Davis2@va.gov) for more information about the VIST Support Group.

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## ❖ General Information

- The Senior Recreation Center is located at 5701 NW 34<sup>th</sup> Blvd., Gainesville, FL 32653 and is **open Monday – Friday from 8:00 AM – 5:00 PM. All classes are FREE to any resident of Alachua County 60+**, unless otherwise noted. In addition to these classes, we have a pool room, computer room, and fitness center which are all open to members during regular business hours.
- The Fitness Center is offered to Alachua County Residents **55+ for \$63.90 annually [prorated from the time of registration]** which includes working with our Fitness Supervisor who is there to assist members from 8:00 AM – 12:00 PM daily. **A medical waiver is required to use the fitness center. This waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

*More SRC general information on the next page.*

➤ **We offer Subway To-Go lunches! You may choose:**

- A boxed meal for **\$5.00 (CASH ONLY)** consisting of a regular 6" cold sub, chips and a cookie. All are served individually with a mayo/mustard packet, napkin and a mint inside a stackable box. You may choose Black Forest Ham, Turkey, Roast Beef, Tuna or Veggie Delight, served on white or wheat bread with American cheese, lettuce, tomato, and pickles.

**OR**

- A salad for **\$6.00 (CASH ONLY)**. This salad meal does not include chips or a cookie.

**To place your Subway order and make payment, please visit the front desk of the Senior Center by 10:00 AM or call the Senior Center at (352) 265-9040 by 10:00 AM. (If you've ordered by phone, please bring your payment to the Senior Center front desk no later than 11:15 AM.) We accept cash only, and correct change is appreciated.** Lunches will be delivered to you between 11:30 AM – 12:00 PM. We ask that you eat in an available classroom, the multipurpose room or kitchen, not in the general seating carpeted areas.

- For more information regarding the Senior Recreation Center, you can contact us at **(352) 265-9040**. You can also find our calendar of events on our website at <http://alachuacountyactiveseniors.net>

