

OLDER ADULTS

Carmichael Senior Citizens Club

This fun-loving group meets the 2nd and 4th Thursday of the month from 10am-2pm at the Carmichael Park Clubhouse located at 5750 Grant Avenue. Activities include potluck lunches, entertainment, bingo, rummage sales and more! Call Valerie at (916) 487-5525 for more information.

Mission Oaks Community Center

4701 Gibbons Drive • (916) 972-0336

Senior services include trips, special events, leisure enrichment classes, clubs, a lunch program and more!

The Senior Connection...

A FREE Community Service of Eskaton

The Senior Connection provides FREE information and assistance from professional staff that respond to questions regarding health care, housing, social, legal and financial services. It is available to all seniors, family members, caregivers and medical professionals. Call (916) 334-1072 or toll free 1-888-334-3490.

Memory Games: Get Your Silly On

Taught by Dr. James Senser

NEW!!

Looking for a way to improve your memory? Increase mental agility? This class combines improvisation and theatre games to help you concentrate, think quicker and strengthen your memory in a fun and safe environment. Learn to be more creative, spontaneous and confident – all while getting your silly on! The class focuses on fun, laughter and is full of grins and giggles. No previous experience required.

Location: La Sierra Community Center, Gibbons Room
Day/Time: Thursday, 4-5:50pm
Dates: 6/17-7/22, 7/29-9/2 or 9/16-10/21
Fee: \$30/6weeks

Writing & Scrapbooking Your Life Story

Taught by Autumn DeCosta, Certified Empowerment Life Coach

We are all amazing people with valuable stories to tell. Celebrate the life you have lived by recapturing those forgotten memories through the written word and the fun world of scrapbooking. Creatively capture your strengths, struggles, joys and pains. Remember them, honor them and share them with your family and friends.

Location: La Sierra Community Center, Room 800
Day/Time: Saturday, 9am-Noon
Dates: 6/26 or 8/21
Fee: \$20, \$10 each additional family member.
\$15 Material fee paid to instructor at first class

*Presented by Mike Bennett
with Generations Law*

Mike Bennett is an estate planning attorney at Generations, a firm specializing in estate planning and trust and probate administration. He assists clients in a variety of ways including developing wills and trusts, gifting strategies to transfer wealth and minimizing the headaches of the probate process.

Estate Planning 101: Wills, Trusts and Probate – 6/17

NEW!!

Mike Bennett will discuss the documents that everyone should have for transferring wealth to the next generation. Even if you already have a will or trust, you can find out if it is up to date.

Estate Planning, Taxes and You – 8/26

Mike will discuss the benefits of estate planning and what role Congress plays in establishing the estate and gift tax. He will discuss a number of estate planning options for people from all walks of life – giving them the control they desire while also minimizing taxes for themselves and succeeding generations. He will also debunk many myths about estate planning, probate and taxes.

Location: La Sierra Community Center, Room 800
Day/Time: Thursday, 10-11am
Fee: FREE but you must pre-register by calling 483-7826

What Do I Do With My Precious Treasures?

NEW!!

Taught by Lisa Smith-Youngs with Eskaton

Do you become paralyzed when it comes to parting with things of sentimental and financial value? As the third part of a class series on clearing household clutter, Lisa Smith-Youngs from The Senior Connection brings helpful information about how to approach the task with a lighter heart. If you have trouble parting with things around the house or find that younger family members aren't ready to receive family heirlooms, join us for this insightful class to help create clarity in your mind and home!

Location: Carmichael Park Clubhouse
Day/Time: Thursday, 10-11:30am
Date: 8/5
Fee: FREE but you must pre-register by calling 485-5322

Senior Softball League

Women Age 55+ or Men Age 65+

Looking to play some ball? Carmichael has a Senior Softball League and is always looking for players. For more information call Ernie Kidwell at (916) 489-3701.