

Fillmore Active Adult Center Activities

533 Santa Clara Street, Fillmore CA 93015, (805) 524-3030 Monday thru Friday

Start your day with a cup of coffee & breakfast 9:00 a.m.

Walking – Monday 8:00 a.m. to 9:00 a.m.

Reiki - Monday 9:00 a.m. to 11:00 a.m. (By appointment)

Zumba - New Nightly Class starting Monday 7:00 p.m. Day class Wednesday, Friday 9:15 a.m. to 10:15 a.m. \$3,00. Free to

seniors that are currently active at the Active Adult Center. Please come in and learn how to qualify.

First Tuesday of the month

Food Share Senior Food Kits - 9:00 a.m. to 11:00 a.m. Drive thru will no longer be available. Please remember to bring a cart for your convenience.

Oasis Catholic Charities – Caregiver class – 10:00 a.m. to 11:00 a.m.

Clinicas Camino Real – First Tuesday of the month 8:00 a.m. to 11:00 a.m. starting in May to November (May Screening)

New exciting class starting Zen Tangle May 1, 2018 - 1:00 p.m. to 2:00 p.m.

If you like to draw, and create art. This is the class for you. Cost of material.

Promotoras’ – Meditation, chair exercise, crafts - 4th Tuesday of the month

9:00 a.m. to 10:30 a.m.

Line Dancing - Wednesday 10:30 to 11:30 \$3.00

Arts & Crafts – Thursday 11:00 to 1:00 cost of material

Brail – 4th Thursday 10:00 a.m. to 12:30 p.m.

Lunch served daily Monday thru Friday 11:30 Entrée: Salad bar, Meal, fruit, bread or tortilla, yogurt or string cheese, salad bar served daily. Entrée: 12:00 - Suggested Donation for Daily meal is \$3.00 This valuable service is sustained with the help of your contributions. We are grateful for any contribution you make. No eligible individual (60 years and over) shall be denied participation because of failure or inability to contribute. Those under 60 are required to pay \$6.75 per meal.

Promotoras – 9:00 a.m. to 10:45 a.m. Last Tuesday of the month Meditation, learn relaxation technics, breathing technics, arts and crafts

Legal Information For Elders (L.I.F.E.), April 9, 2018 9:00 a.m. to 11:00 a.m.

is designed to provide valuable legal information to individuals 60 and older.

The work- shop allows participants to engage with Michael Williams, attorney