

Adults and Seniors

Scholze Park Center

The Scholze Park Center is open from 9:00am to 5:00pm, Monday through Friday. Located at the corner of Dickman and Lighthouse Avenues, behind Scholze Park, this center is devoted primarily to Adult and Senior activities, such as sewing, ceramics, needlepoint, line dance and a variety of art programs. There are other classes and activities for the general public to enjoy. Please call for further information: 646-3878.

Diabetic Support Group: Meets the second Thursday of each month at 10:00am

Alliance on Aging

The Alliance on Aging is a non-profit organization whose mission is to help older adults live securely, productively and independently. A multi-purpose agency, the Alliance on Aging sponsors programs that serve seniors and their caregivers. Many Alliance services are offered at the Scholze Park Center. For more information call 646-1458.

Alliance on Aging programs include:

Senior Peer Counseling	Health Insurance Counseling & Advocacy (HICAP)
Ombudsman for Long Term Care	Tax Counseling
Senior Employment Training	Senior Outreach Luncheons
Benefit Check-up	Spirals Consignment & Benefit Store: 383-5030

play! Monterey Travel Program

Join Monterey's most popular travel group—we offer a variety of tours throughout the year for adults of all ages. Traveling near and far on one-day outings, overnight excursions, and extended tours, we provide interesting and exciting adventures to satisfy travelers of all interests and all budgets. You can also give the gift of travel and adventure by purchasing a trip for a friend or family member. Reservations are taken on a first-come, first-served basis at the Scholze Park Center and must be pre-paid at the time of reservation. For a list of tours we are currently offering or to be added to our mailing list, please call (831) 646-3878 or visit us online at www.monterey.org/rec.

Please Note: Trips must be paid for when reservations are made; there is no smoking on buses; all seats on the bus are reserved on a first-come basis.

Refund policy: For all trips, no refunds after the registration deadline. Refund only if the space is resold. Space/tickets are non-transferable. There will be a \$5 service charge assessed on cancellations of one-day trips. A \$10 service charge will be assessed on tours longer than one day.

Senior Taxi Voucher Program

A limited number of free taxi vouchers are distributed to Monterey Resident Seniors for travel in Monterey, Seaside, Sand City, Del Rey Oaks, Pacific Grove, Marina, and Carmel. Seniors (65 and older) must provide proof of age and residency. Participants will pay a \$3 co-pay to the taxi driver. One voucher plus co-pay is payment for your trip up to a fare of \$17. Vouchers are distributed at Scholze Park Center, Casanova Oak Knoll Park Center and Monterey Recreation Administration Office. The number of vouchers distributed is subject to change

For Seniors (65 and older).

AARP Smart Driver Course

A special class designed to help seniors compensate for changes that take place with aging. Students will get a certificate and may receive insurance discounts. Pre-register at the Scholze Park Center.

For Seniors (50 and older).

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Call for information: 646-3878	Scholze Park	TBA	\$15 A.A.R.P. Members \$20 Non-Members

Family Market: Senior Produce Program

A nutritious program providing fresh fruits and vegetables for seniors and families. Sponsored by the Food Bank for Monterey County. Please call Scholze Park Center for updated schedule information at 646-3878.

For all ages.

DAY	TIME	SESSIONS	LOCATION	FEE
M	10:00am-12:00pm	Continuous	Scholze Park	None
(No Program Dec 26, Jan 2, 16, Feb 20 and May 29)				

Legal Services for Seniors

A special service to help seniors with a variety of needs such as healthcare or pension problems. Call for information: 646-3878.

For Seniors (60 and older).

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
For appointment call: 899-0492	Scholze Park	Legal Services for Seniors	None

The Meal Connection

A perfect way to enjoy a healthy meal and participate in the many activities of the Center. Lunch is served four days a week at 11:30am on Monday, Tuesday, Thursday and Friday. Reservations are appreciated; please call the Scholze Park Center, 646-3878. There is no lunch served on Wednesday.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
M,Tu,Th,F	11:30am	Continuous	Scholze Park	\$6 Adults (\$3 suggested donation for anyone 60 and over)
(No Lunch Dec 23, 26, 27, Jan 2, 16, Feb 20 and May 29)				

The Friday Social

Fun, food and friends are the magic ingredients for the Friday Social. This is a time for challenged adults to socialize while enjoying dinner and dancing. Register at Scholze Park Center.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
First Friday of each month	5:30-8:30pm	Continuous	Scholze Park	None
(No Social Jan 6)				

A to Z Adult Spelling Bee

NEW!

Put your skills to the test! Join us for an afternoon of spelling, snacks and fun. Show off your spelling abilities by participating in the bee or come cheer on friends. **Registration deadline is January 4.**

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	2:00-4:00pm	Jan 18	Scholze Park	Staff	None

Bingo

Stay for a lively game of Bingo, Black Out, Four Corners, Wild Card and much more! Enjoy refreshments and fun prizes too!

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M	12:30-2:30pm	Continuous (No Bingo Dec 26, Jan 2, 16, Feb 20 and May 29)	Scholze Park	Staff	\$.50 per card/10 card maximum

Bridge Instruction

Enjoy the mental stimulation and camaraderie of a game for fellowship and fun. The emphasis is on social bridge, not duplicate. Previous experience is not necessary. Register at first class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	12:00-2:00pm	Continuous (No Bridge Dec 27)	Scholze Park	J. Howell	None

Ceramics-Creating With Clay

Create original clay pieces through the hand modeling, glazing and firing process. This class offers basic pinch, slab and coil pottery techniques as well as advanced methods of sculpting and decorating. Register at first class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:00am-12:00pm	Continuous (No Class Dec 29)	Scholze Park	M. Jines/P. Cleveland	\$20 materials fee

Chi Gong

The practice of aligning breath, movement and awareness for health of mind, body and spirit. Guo Lin Chi Gong will stimulate your nerve system and strengthen your immune system resulting in more healing power. Register at each class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	1:30-2:45pm	Continuous (No Class Dec 27)	Scholze Park	T. Hill	None

Coffee and Conversation

Join your friends and neighbors on Friday mornings for fresh brewed coffee, pastries and other treats. Relax and enjoy a friendly chat, watch the news or morning shows, discuss current events, sew, play cards and other games or try out our Nintendo Wii Game system.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	9:30-11:00am	Continuous (No Program Dec 23)	Scholze Park	Staff	None

Computer Instruction

Individual training is available in Word, Excel, PowerPoint, Internet, E-mail set-up, file management and digital photos. Please call 646-3878 for an appointment.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	10:00am-1:00pm	See Staff for appointment	Scholze Park	D. Dahms	None

Ice Cream Social

NEW!

Come socialize over sundaes! Kick off summer the right way by enjoying an ice cream sundae while catching up with friends, playing games or trying out our Wii game system.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	1:00-3:00pm	May 25	Scholze Park	Staff	None

Ladies Afternoon Tea

NEW!

Ladies, please join us for a spot of tea! Enjoy a cup of fresh brewed tea, pastries and other treats while visiting with friends and making new ones.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Second Wednesday of each month	1:30-3:00pm	Continuous	Scholze Park		None

Movement to Music



Enjoy a fun, upbeat workout for strength, flexibility and a focus on balance and core work. Class includes warm-up, low-impact aerobics, muscle toning, cool-down and stretching to great music and laughter.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M,W,F	10:30-11:30am	Jan 6-Mar 3 (No Class Jan 16 and Feb 20)	Scholze Park	M. Schaupp-Rousseau	\$66	\$52	16080-1
M,W,F	10:30-11:30am	Mar 6-May 3 (No Class Apr 17, 19 and 21)	Scholze Park	M. Schaupp-Rousseau	\$66	\$52	16080-2
M,W,F	10:30-11:30am	May 8-Jul 7 (No Class May 29, Jun 12, 14 and 16)	Scholze Park	M. Schaupp-Rousseau	\$66	\$52	16080-3

Needlepoint

Join others who love to create beautiful needlepoint treasures. Produce art projects, pillows and "paintings" by using a variety of stitches and stitching techniques. Join the class anytime. All levels welcome. Register at first class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	9:00am-12:00pm	Continuous (No Program Dec 27)	Scholze Park	R. Flippo	Provide own materials.

New Years Eve Extravaganza

Enjoy a fun pre-New Years Eve party with your friends. There will be ample time for chatting, eating fabulous finger food and dancing to the oldies! **Pre-register at Scholze Park Center by December 16.**

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	3:00-5:00pm	Dec 30	Scholze Park	Staff	\$3

Nintendo: Wii Play

Challenge each other to a game of bowling, tennis or baseball. Utilize your game skills while getting exercise and increasing movement, body control and brain fitness.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	2:00-3:30pm	Continuous	Scholze Park	Staff	None

Pool Pals

Pool Pals is a free, drop-in billiards program. Bring a friend to share an afternoon enjoying a challenging game of pool.

For ages 18 and older (See inside front cover of this guide for building closure dates).

DAY	TIME	SESSIONS	LOCATION	FEE
M-F	1:00-3:00pm	Continuous	Casanova Oak Knoll	None

Public Access Computers

The Scholze Park Center has three personal use computers with Internet access available. Please call 646-3878 to check availability. Sign-in is required each time you use the computer.

For ages 18 and older.

DAY	SESSIONS	LOCATION	FEE
M-F	Continuous	Scholze Park	None

The Sewing Circle

Come enjoy a fun, energetic and friendly atmosphere. Spend your day sewing, knitting or quilting while enjoying time with friends and fellow sewing enthusiasts. Bring individual projects. All levels welcome. Register at first class.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	9:00am-2:00pm	Continuous	Scholze Park	Staff	None

Thursday Matinee

Current hits and favorite classics are featured weekly! Please call 646-3878 on Thursday morning for the exciting movie of the day.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	1:00-3:30pm	Continuous	Scholze Park	Staff	None

Walk the Bay: Walking for Fitness

Looking for a fun way to exercise and de-stress? Join friends and others for a walk along the scenic Recreation Trail. Get fit while enjoying the beauty of Monterey Bay.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	5:30-6:30pm	Mar 23-May 25	Scholze Park	Staff	None

Yoga for Everyone!

Join this Yoga Flow class where laughing and having fun is a must! Stay young in mind, body and spirit. Postures includes stretching, strengthening and breathing exercises. All levels welcome.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	12:00-1:00pm	Continuous	Scholze Park	R. Menezes	\$2 per person per class

