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

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, and Carmel. Seniors (65 and older) must provide proof of age and residency. Vouchers are worth $14. Participants will pay a $3 co-pay to the taxi driver. Vouchers are distributed at Scholze Park Center, Casanova Oak Knoll Park Center and Monterey Recreation Administration Office.

For Seniors (65 and older).

Golden 55 Travelers

You don't have to be a senior to 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.

Blood Pressure Check

The first and third Tuesday of every month a volunteer nurse's aid will offer free blood pressure check-ups for seniors.

For Seniors (55 and older).

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	10:30-11:30am	Continuous	Scholze Park	D. Chartier	None

55-Alive Mature Driving Class

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	B. Lindberg	$15 A.A.R.P. Members $20 Non-Members

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

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

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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	FEE
M,Tu,Th,F	11:30am	Continuous *(No Lunch Jul 4, Sep 1, 9, 22, 23, 25, 26, Nov 11, 27 and 28)*	Scholze Park	$6 Adults ($3 suggested donation for anyone 60 and over)

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 the Scholze Park Center.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
First Friday of each month	5:30-8:30pm	Continuous *(No Social Jul 4 and Sep 5)*	Scholze Park	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M	12:30-2:30pm	Continuous *(No Bingo Sep 1 and 22)*	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	12:30-2:30pm	Continuous *(No Bridge Sep 9, 23 and Nov 11)*	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:00am-12:00pm	Continuous *(No Class Sep 25 and Nov 27)*	Scholze Park	J. Riley	$10 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
Th	1:30-2:45pm	Continuous *(No Class Sep 25 and Nov 27)*	Scholze Park	W. Mih	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	9:30-11:00am	Continuous *(No Program Jul 4, Sep 26 and Nov 28)*	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	B. Ludgate	None

Love My Literary Club

Join with fellow book lovers, poets and creative writers to indulge in your favorite passion. Share interesting ideas about techniques of writing and enjoy meeting new friends with similar literary interests.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	2:00-3:30pm	First Wednesday of each month	Scholze Park	Staff	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M,W,F	10:30-11:30am	Jun 9-Aug 1 *(No Class Jul 4)*	Scholze Park	M. Schaupp	$66	$52	26080-1
M,W,F	10:30-11:30am	Aug 4-Oct 3 *(No Class Sep 1, 22, 24 and 26)*	Scholze Park	M. Schaupp	$66	$52	26080-2
M,W,F	10:30-11:30am	Oct 6-Nov 26	Scholze Park	M. Schaupp	$66	$52	26080-3

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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	9:00am-12:00pm	Sep 2-Nov 25 *(No Class Sep 9, 23 and Nov 11)*	Scholze Park	R. Flippo	Provide own materials.

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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	2:00-3:30pm	Continuous *(No Wii Sep 24)*	Scholze Park	Staff	None

Open House and Information Fair NEW!

Join us for this FREE event to learn more about the activities and services available to Adults and Seniors in our community. Enjoy a fun afternoon of activities, entertainment, informational presentations and MORE! Refreshments will be provided.

For all ages.

DAY	TIME	SESSIONS	LOCATION	FEE
Sa	10:00am-2:00pm	Sep 20	Scholze Park	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	FEE
M-F	1:00-3:00pm	Continuous *(No Program Jul 4, Sep 1, 9, Nov 11, 27 and 28)*	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 Adults and Seniors.

DAY	SESSIONS	LOCATION	FEE
M-F	Continuous	Scholze Park	None

The Sewing Circle

Come and enjoy a fun, energetic and friendly atmosphere. Bring individual projects to enrich your skills for personal fulfillment. Support and instruction is available upon request. All levels welcome. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	10:00am-2:00pm	Continuous *(No Sewing Sep 24)*	Scholze Park	M. Hawthorne	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 Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	1:00-3:30pm	Continuous *(No Movie Sep 25 and Nov 27)*	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 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:30-10:30am	Continuous *(No Class Sep 25 and Nov 27)*	Scholze Park	R. Menezes	$2 per person per class