



July 2011

IN THIS ISSUE

Upcoming Events

Fun trips with Dora

**Daily activities
schedule**

Lunch and calendar

Insert

July Birthdays

Office on the Aging.

The Mission Senior Center Program is partially funded by a grant through the Office on the Aging.

Everyone is welcome at the Mission YMCA, the most-trusted, longest-established community center in the neighborhood. Providing comprehensive services vital to working families and seniors, we connect our community with quality programs and resources that promote healthy spirit, mind, and body.

Senior Newsletter

**The Mission YMCA will be closed
Monday, July 4th in observance of 4th of July**

4th of July Celebration!

Friday, July 1st

Join the celebrities in the senior center and celebrate 4th of July. Goodies, lunch & Fun BINGO games. Make your lunch reservations in advance 452-7565. Entertainment to be determined.



Bread & Roses, Friday, July 8th

Join Carolyn Gauthier and Bread & Roses for another fun-filled performance at 11:00 am on Friday, July 8th. Carolyn will be accompanied by a group of musicians, who donate their time by performing for community groups. Sign up for lunch afterwards by calling (415) 452-7565.

Saturday Luncheon Party !!!.

Saturday, July 23rd, doors open at 9:00am. \$6.00, Come and enjoy a day full of fun activities. Special lunch prepared by the Senior Department. Reservations must be made in advance. Contact Wendy at 452-7569.



Menu: Meat or Vegetarian Lasagna !!!

Delicious Dessert.

Entertainment: 11:00am (To be determined)

Cherry Bells Special Raffle BINGO

Any one in before 10:30am will receive a complimentary raffle ticket.

Special Announcements

Please check your membership card, it may be time to renew.

BINGO players! for the month of July on Wednesdays ALL neighbors will be winners plus there will be a goodie basket raffle before blue cards!!! Check it OUT!

The Mission YMCA Senior Center is Open Monday through Friday from 8:30am to 3:30pm.

Fun TRIPS! & More!

Cache Creek, Thursday, July 7th

Trip Cost is \$20.00.members \$22.00 non-members. \$10.00 cash rebate upon arrival plus \$5.00 food coupon. Depart the YMCA at 8:00am and return at 6:00pm. Trip must be paid in advance. Sign up with Dora pay at the front desk.

Monterey Bay, Thursday, July 14th

Spend the day in Monterey CA! Thursday, July 14th. Enjoy lunch inside the Bay Aquarium. Go on a walking tour of old Monterey Historic Park and Gardens if you desire. Go shopping at the outlets if you wish!. Leave the Mission YMCA at 800am. Returning at about 5:00-5:30pm. Trip cost is \$15.00 includes transportation & entrance to Monterey Bay Aquarium. Trip limited to 18 participants. Sign up with Wendy or Dora and pay at the front office.

California Academy of Sciences, Monday, July 18th

Check out this summer's exhibit "Snakes & Lizards" wooooo!! Sounds scary but exciting, there will be over 38,000 live animals from around the world. Bring lunch or have lunch at the café. Trip cost is \$3.00 entrance fee included. Meet at YMCA at 9:30am.

Red Hawk, Thursday, July 21st

Trip Cost is \$20.00.members \$22.00 non-members. \$15.00 cash rebate upon arrival and \$5.00 food coupon. Depart the YMCA at 8:00am and return at 5:30pm. Sign up with Dora and pay at the front office. Trip must be paid in advance.

Dinner Date! Elephant Bar Restaurant in Burlingame, July 26th

Join our Seniors for a delicious dinner at the Elephant Bar in Burlingame. Enjoy a nice walk along the water shore afterwards. Meet at the restaurant at 4:45pm. Transportation will be provided if needed \$3.00. Meet at the YMCA at 4:00pm. Please sign up with Wendy at 415-452-7569.

RENO over night at Silver Legacy Hotel, July 28th & 29th

Trip Cost is \$72.00 (**per person**) double occupancy. \$87.00 for single rooms. Depart the YMCA on Thursday, July 28th at 8:00 am. Returning Friday, July 29th at about 7:00pm. Please sign up with Dora and pay at the front office.

(The Mission YMCA will cancel trips with Heat condition Alerts)

Special Request

Our raffle table is running out of prizes, if you have any unwanted items. Please donate to the raffle table.

Healthy Tips & Presentations

Free Health Screenings:

The Community Health Resource Center will be coming to the YMCA on the first Friday of every month to provide *Free Health Screenings at 10:00am*. The first five people to bring a friend will receive \$5!

July 8th,Cholesterol

HICAP

Call 861-4444 to make an appointment for assistance with Social Security and Medicare questions.

Self-Help For the Elderly

Available by appointment. For assistance call Henry Louie at 415-330-9108.

Lunch Reservations

Please call Ivania Baltodano at (415) 452-7565 before 9:00am or leave a message the night before with your name.

For Monday lunches please call 3 days in advance

Senior Council Meeting.

Friday, July 1st (*due to 4th of July Celebrations the meeting time has changed 9:30-10:30*)

Our Senior Council meets the first Friday of each month at 10:00am. **All meetings are open to the public.**

Birthdays Friday.

July 22!

Celebrate your Birthday! Free lunch, delicious birthday cake & a raffle ticket. Please make your lunch reservation early by calling (415) 452-7565.

Get Stronger! Become Fitter with our Senior Physical Activity Classes, FREE Exercise Month

FREE Trial on all Exercise classes for the month of July. New structure with more movement than ever! You can exercise at your own pace or follow the group until your body gets the desirable work out! Classes consist of:

dance aerobics, resistance, balance, stretching exercises, use of 1&2 pound weights.

Tuesday's Health & Nutrition class will be a chair exercise class for the month of July and until SFCC classes resume in August. 10:00-11:00am

Wednesday CARDIO VASCULAR class is designed for everyone in the social hall to engage at least for 15-20 minutes. 9:30 –10:15am

Weekly Schedule

Monday 9:30 — 11:30 OFF until 08-22-11
By SFCC Health (Tai Chi)
12:30 — 2:30 BINGO

Tuesday 8:30 — 9:30 Class
By SFCC 10:00 — 11:00 July only
Chair exercise
1:00 — 3:00 Jewelry
making class

Wednesday 9:30 — 10:15 Cardio
Vascular
11:00 — 12:00 Raffle
12:30 — 2:30 BINGO

Thursday 9:00 — 9:45 Dance Aerobics
10:00 — 11:00 Senior
Exercise

Friday 11:00 — 12:00 Raffle
12:30 — 2:30 BINGO

Contact us!

Senior Program Director

Wendy Ayala

452-7569

Nutrition Site Manager

Ivania Baltodano

452-7566

Trip Coordinator

Dora Elderkin

452-7567

Lunch Reservations

452-7565

For more information visit us on the
web:

www.ymca.org/Mission



Mission YMCA

4080 Mission Street

San Francisco, CA 94112

We build strong kids, strong families, strong communities.

Get our complete program guide online at:

www.ymca.org/Mission

Questions? Please call us at: 415.586.6900

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way.

Newsletter
Inside!

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