

Summer Mixer TRAVEL PARTY

Friday, July 23, 11am-1pm

Join your friends for the Summer Mixer, Travel Party. Plan those great fall get-a-ways. Our travel experts are back. Collette Vacations will have you dreaming of exciting vacation destinations while All West Tours shows how much fun their day trips can be. Plus, you'll learn all about our upcoming co-sponsored trips. We'll end with a rousing round of Travel Bingo for some great prizes and refreshments.

AGE: 50+

LOCATION: OCC Activity Building
FEE: FREE - Please preregister to ensure your seat.

SENIOR NUTRITION All Seasons Cafe

If you are 60 years of age or older, you're eligible to join us for a nutritious lunch at the All Seasons Cafe. Seniors can arrive as early as 10 am to socialize and have a cup of coffee. **Please call by 5pm on Monday, a week in advance, to make a reservation.** Monthly menus are available upon request. The All Seasons Cafe is run by the Sacramento County Senior Nutrition Services and facilitated by the Orangevale Recreation and Park District.

AGE: 60 years & up

DAY/TIME: Tues, Wed, Thur

Lunch served at 11:45am

*No meal service on holidays.

LOCATION: Orangevale Community Ctr.

DONATION: \$2 suggested, not required

Reservations must be made a week in advance. Call 988-6140 to make a reservation.

AARP DRIVER SAFETY

The AARP Driver Safety Program is an 8-hour classroom course that teaches you how to develop safe and defensive driving techniques. Participants also learn the effects of aging on driving and how to adjust their driving to counteract them. Seniors can SAVE on automobile insurance costs by completing the two, 4-hour classroom sessions. Upon completion, receive a 3-year DMV Certificate to obtain reduced auto insurance premiums.

AGE: 50+

LOCATION: OCC Activity Building

DAY/TIME: Tue & Thu, 8am-1pm

FEE: \$12 AARP members, \$14 nonmembers. Make checks payable to AARP. (Sorry, no cash!)

Session 1 May 11 & 13

Session 2 July 13 & 15

AARP DRIVER SAFETY 1 DAY REFRESHER COURSE

Renew your DMV Certificate with this 1 day Refresher Course. Must have taken the Driver Safety Course within the last 3 years to qualify for this class.

AGE: 50+

LOCATION: Youth Center

DAY/TIME: Tuesday only, 8am-1pm

FEE: \$12 AARP members, \$14 nonmembers. Make checks payable to AARP. (Sorry, no cash!)

Session 1 June 15

Session 2 Aug 10

KAYAKING FOR FOLKS 50+

We all know that adventure and exploration are not just for teenagers! Kayaking is great for fitness and easy on the body. Join us for your first time or your best time in these stress free paddles. Discover why kayaking is the new activity of choice for baby boomers and beyond. Professional guides and all equipment provided.

LOCATION: Lake Natoma

FEE: \$69 (\$72 NR)

Session 4 Sat May 29 10am-1pm

Session 5 Fri June 11 12-3pm

Session 6 Fri June 25 6:30-9:30*

Session 7 Sat July 10 5-8pm**

Session 8 Fri July 23 6-9pm*

Session 9 Sun Aug 1 11am-2pm

Session 10 Sat Aug 14 11am-2pm

*Full moon

**Sunset Paddle



BRIDGE FOR INTERMEDIATE & ADVANCED PLAYERS

Are you serious about your bridge? Then this is the place for you! An excellent opportunity for fun, interaction and great cards for intermediate and advanced players. This program is hosted by senior volunteers who schedule the players for each day. If you wish to play, please call at least two days in advance to the District office 988-6140 to be put in contact with the appropriate day's volunteer. Advance notice is needed to play.

AGE: 50+

LOCATION: Meeting Room

DAY/TIME: Mon & Thu, 10am-2pm

FEE: \$1/room fee per person (pay at site)