



GOLETA VALLEY SENIOR CENTER

AMY MALLET—Senior Director

5679 HOLLISTER AVENUE

GOLETA, CA 93117

Phone (805) 683-1124

amallett@thegvcc.org

MEMBERSHIP FORM & DUES

Dues are a \$10 donation per year.

All Seniors, who participate in any of the Senior programs, must complete a membership form and are asked to make a dues donation to the Senior Center of \$10 per year. The form is mandatory. Dues are not, but are greatly appreciated. All activities are free to members unless noted!

We have created a new membership form that helps us in the event that we need to contact help for you. If you have not updated your information please see the office so that you can fill out a new form.

Your \$10 dues donation is used for monthly expenses incurred by the Senior center. Monthly meetings are Quarterly on Tuesdays at 10:00 AM. Please call 683-1124 if you have any questions about this.1

THANKS TO ALL WHO HAVE GENEROUSLY DONATED THEIR MEMBERSHIP DUES!!

ZUMBA GOLD is a hit!!!

You can drop in anytime so give it a try!!

The lower impact, easy to follow, Latin inspired dance fitness craze that keeps you in the groove of life.

10:00AM—11:00AM

The aerobic activity you have been asking For!

Dates to Remember

I can't believe it is December already! The next three months will be busy, busy, busy! This year the senior center has adopted a family in need for Christmas. They have two little girls ages 3 and 5 and through everyone's generosity, we have been able to fulfill their Christmas wishes, as well as throw in a few extras! Thanks to everyone who donated!

The Senior Christmas party is on December 14th at 10:30AM. If you have not signed up, and intend to go, please sign up with Donna in the kitchen. We must know by Monday December 12th.

It is that time of year again, in which I make my yearly trek to New Orleans. If you are interested in going this year, the cost is \$950 and the dates are Jan 19th thru the 23rd.

Don't forget to mark your calendars for this years Mardi Gras Party!! Tuesday February 21st is the big day. Tickets will go on sale Monday January 16th. The price will again be a bargain at only \$10!! Make sure to get yours early because once we sell out that's it!!

The new year is almost here, and now is the best time to remember to pay your yearly membership dues. Stop by anytime!!

I hope everyone has a Merry Christmas and that 2012 brings new adventures!

Amy

PROGRAM HIGHLIGHTS

MUSIC & DANCE, DANCE, DANCE !!!

Every Tuesday & Thursday from 10:30 AM to 12:00 PM, the Swing Along Band performs in our dining room. Join the group to dance or just come to listen and sing along. You are sure to have an enjoyable time.



LINE & ROUND DANCE For fun & exercise

Every Friday morning, 10:00 AM—11:30 AM in the Auditorium.
 Every Tuesday afternoon, 1:30 PM—3:00 PM in the Dining Hall
 Every Sunday evening, 6:00 PM—8:00 PM in the Auditorium
 Come join these very active groups who have loads of fun. The gentlemen love lene, Lillian and other talented individuals are your instructors. They will demonstrate each dance, one step at a time.



this too. Arrange & teach

Thursday Adventure Day Trips

Make sure to check the Calendar to see what adventure trip is coming up. Some trips are limited in size. There usually will be an entrance/activity fee associated and lunches are on your own. **AA Active Adventure: Trips can include more extensive walking, standing, and outdoor activities, at a more challenging pace.**

HAWAIIAN DANCE

Every Thursday, 1:00 PM to 2:00 PM. Let yourself be wafted away to the tropics by the music and the swaying rhythms. No previous experience required. Helen, a senior center member, is the instructor. Come with your hula skirts, Hawaiian shirts, leis and, maybe, a flower behind your ear. Gentlemen welcome. You'll love it.



BINGO !!

Wednesdays & Fridays 1:00 PM to 3:30 PM, in the Dining Hall. Our bingo group is dedicated! They play, rain or shine. Bring a non-perishable food item to donate to the food bank and we will give you a free card. There are two sessions. Each includes 5 games where each card is 25 cents, followed by two games at 10 cents per card. The 10 cents cards include letter X games and cover all games. Why not come for lunch & stay for bingo?

TAI CHI

Mondays 10:45 AM to 11:30 AM in the Dining Hall. This class is for everyone who would like to improve their own personal health, flexibility and strength in a gentle, low impact movement class. This class is suitable for all levels of physical ability. Don't let physical limitations stop you from joining us. You can do this.



RUBBER BRIDGE

Tuesdays 1:00 PM to 3:00 PM, in the Senior Lounge. The Bridge Club consists of active, semi-active and substitute players. Previous bridge experience is necessary. All are welcome. Contact Jean at 687-1688 or Hal at 683-2035.

Zumba Gold

Saturdays 10AM to 11:00AM : **Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. (Small Fee per class \$)**





Do you tweet? Spend time on Facebook? Want your family to be able to see what's going on at the Goleta Senior Center?

Follow us on Twitter at: Goletaseniors

Follow us at: www.facebook.com/friendsofgoletavalleycommunitycenter



Important dates

December 9th — Comm Center tree lighting 5:30PM

December 14th — X-mas Party 10:30AM

January 5th — Ikea trip

January 12th — Wine Tasting

January 19th — New Orleans Trip

February 2nd - Getty Villa (tentative)

February 21st — Mardi Gras 10:00AM

February 23rd — Norton Simon Museum

Mardi Gras tickets go on sale January 16th! Our Mardi Gras Party is on Tuesday February 21st!! We are limited to 150 tickets so be sure to get yours as soon as they go on sale!

New Orleans trip
Jan 19th—23rd
\$950
See Amy

We have a good selection of books available to loan, to all Senior members. Come on into the senior center lounge and check out our selection. Take what you like & return them when you are done!

Last chance to drop off pennies for our Penny Drive!!

Come by Amy's office and drop your pennies in the basket and watch it rise!! Spread the word to all your friends and family!!

December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Don't Forget	To Bring in	Your Pennies!!	10:30 Music with Swing Along Band Lunch 12:00	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo 9:30AM
5	6	7	8	9
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:30 Line Dancing 1:00 Bridge	10:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band Lunch 12:00	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo 5:30PM Community Center Tree Lighting
12	13	14	15	16
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:30 Line Dancing 1:00 Bridge Amy out surgery.	10:30AM Senior Christmas Party 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
19	20	21	22	23
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:30 Line Dancing 1:00 Bridge	10:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
26	27	28	29	30
Closed for Holiday Sleep in!!	10:30 Music with Swing Along Band 12:00 Lunch 1:30 Line Dancing Bridge 1:00	10:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo

Jan 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Closed for Holiday</i> <i>Sleep in!!</i>	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	11:00 UNO 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch Ikea trip 6 seats \$7	10:00 Line Dancing 12:00 Lunch
9	10	11	12	13
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	11:00 UNO 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch Wine Tasting Santa Ynez \$10 Plus tasting fees	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
16	17	18	19	20
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	11:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
23	24	25	26	27
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	11:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
30	31			
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing			

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		11:00 UNO 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch Getty Villa 9:00AM \$15	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
6	7	8	9	10
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	8:30-11:30 11:00 UNO 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
13	14	15	16	17
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 Lunch 1:00 Bridge 1:30 Line Dancing	11:00 Uno 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
20	21	22	23	24
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	<h1>Mardi Gras!!</h1>	8:30-11:30 11:00 UNO 12:00 Lunch 1:00-3:00 Bingo	10:30 Music with Swing Along Band 12:00 Lunch Norton Simon Museum \$25 includes entry fee	10:00 Line Dancing 12:00 Lunch 1:00-3:00 Bingo
27	28	29		
10:45-11:45 Tai Chi 12:00 Lunch 1:00-3:30 Porcelain Artists	10:30 Music with Swing Along Band 12:00 lunch 1:00 Bridge 1:30 Line Dancing	8:30-11:30 11:00 UNO 12:00 Lunch 1:00-3:00 Bingo		