

SERVING OUR SENIORS WITH HEART

Since 1970



*MERRY CHRISTMAS,
HAPPY HANUKKAH,
AND A HAPPY NEW YEAR!!!*

Greetings From Your Center President:



HAPPY HOLIDAYS EVERYONE!

My name is Julie Hudec, and I am President of Redding Senior Center. Taking on this role has been extremely rewarding, as well as, challenging. We are working diligently to update our operating systems, building, and protocols. What this means for the Center is that we will be able to more effectively communicate, via email, with our members. Each update can be slow, as we are starting from scratch, so we appreciate your patience. I encourage feedback from members, as this will ensure that we are meeting your needs, and/or addressing issues or concerns that you may have.

We are looking for volunteers for the Senior Center; it will not require a lot of time commitments. My goal is to have enough volunteers so that we are covered in all areas of the center as needed. “Many hands make light work.” If you are interested in volunteering, please ask the front office for an application; it will ask for name, contact information and what areas you are interested in volunteering for; we have lots of small jobs.

Winter is hard on our seniors, so please stay healthy throughout this holiday season; get plenty of rest and don’t forget to take your vitamins.

From our family to yours, we wish you big joy!

Julie



MEMBERSHIP

We are continuing to grow and prosper, which is the reason for our center. It is wonderful to see so many of you participating in our various classes and activities.

It is our desire to continue to bring in folks that want to get active, play cards, craft, dance, exercise, play pool, meet new friends, play Bingo, etc. So, if you know of anyone that may be interested in joining us, please direct them to our front office for a tour.

Our office hours are as follows:

Monday – Thursday 9:00 a.m. to 3:00 p.m.

Friday 9:00 a.m. to 12:00 p.m.

If you would like to call our office for more information, the number is: (530) 246-3042

Our website is: reddingseniorcenter.com



CLASS/ACTIVITY OF THE MONTH

Each month we hope to highlight one of our classes or activities. We are so fortunate to have many wonderful teachers/leaders, who, might I add, are volunteers.

This month, I would like to highlight our amazing Yoga class. The instructor, Tamlyn, is wonderfully talented and kind; she has given us a look at how yoga benefits us below.



YOGA

Yoga is a practice to cultivate a mind-body connection, combining stretching and strengthening postures with focused breathing and relaxation. These practices help us to reconnect with our bodies, improving balance, mobility and stability. Paying attention to how we breath improves oxygen flow and reduces stress.

Our class at the Senior Center is safe and inviting. We move the body through gentle poses, at a slower pace, focusing on posture and pure range of motion; meaning that we practice using the primary muscle movers to build strength and reduce stress on the joints.

Yoga poses can easily be modified or adapted to suit an individual's needs. Participants are encouraged to listen to their own body and decide what works best for them. We start and finish on the floor because it is so important to know how to get up. Although this is not a chair yoga class, some members do practice in chairs. Yoga is great for seniors; it can be an excellent way to keep your body, breath, and mind strong and healthy. Practicing yoga helps us to keep doing the things we love to do.

Starting in January, the class focus will be the domains of wellbeing. If you are curious about how yoga works, this is an in-depth exploration. The primary areas of focus are moving well and breathing well.

If you would like to try yoga, classes are every Wednesday and Friday, from 9:30 a.m. to 10:45 a.m.

It's never too late to begin; you can start yoga at any age!

We hope to see you soon,
Tamlyn

General Meeting

Our Annual General Meeting was held on Nov 6th, 2024, to certify our 2025 Board of Directors. We had seventeen members in attendance; they were able to meet the officers and directors who make up the Board. We discussed past accomplishments and prospective ideas. Included was our partnership with the City of Redding Parks and Recreations Department, which will be updating and refreshing our 55-year-old building, starting in the Spring, they will paint inside and out, install new flooring, and begin bathroom renovations. Board Members unanimously approved a new Social Discussion Group forming to meet weekly in the Gebhardt Room; this group is called The Senior Social Group, which meets on Wednesdays 11:00 a.m. – 12:00 p.m, in the Gebhardt Room.

Attending members asked questions regarding: How to become a Board Member? (submit a resume, await an opening) How often do we meet? (1st Wednesday of each Month) Will we re-establish our website? (it is up and running!).

We are asking our members to help, through volunteering, to move the Center in a new, exciting direction. We will list all volunteer positions needed in each Newsletter. Thank you in advance for your participation!

Volunteer Positions Needed: Contact Front Office for info

✚ Office Staff

✚ Decorating

✚ Lots of small jobs

Thank You!





Redding's Senior Center is entering the digital world and leaving the horse-and-buggy behind! No more bulk-mailing of our Newsletter; however, we will continue to produce some paper copies of the newsletter every month, for those members that do not have access to email; these copies will be available in the Center.



Newsletter name

We need one!

If you have a suggestion, please submit your idea(s) to the Center, via email:

(seniorsredding@yahoo.com)

Yours could be chosen!

WEEKLY CALENDAR OF ACTIVITIES AT OUR SENIOR CENTER

The Senior Citizens Hall offers a variety of activities for men and women to enjoy.

OFFICE HOURS: Monday through Friday 9:00 a.m. to 3:00 p.m. (530) 246-3042

RENTAL AGENT HOURS: Monday, Wednesday & Friday- 9:00 a.m. through 12:00 p.m. (530) 241-9759

PLEASE NOTE THAT THERE WILL BE A \$1.00 APPRECIATION FEE COLLECTED AT THE BEGINNING OF EACH ACTIVITY

EMAIL ADDRESS: seniorsredding@yahoo.com **Website:** reddingseniorcenter.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS 8:00 A.M. - 4:00 P.M.	BILLIARDS 8:00 A.M. - 4:00 P.M.	BILLIARDS 8:00 A.M. - 4:00 P.M.	BILLIARDS 8:00 A.M. - 4:00 P.M.	BILLIARDS 8:00 A.M. - 4:00 P.M.
SENIOR FITNESS 8:00 A.M. - 9:00 A.M.	TAI CHI 8:30 A.M - 9:30 A.M.	SENIOR FITNESS 8:00 A.M. - 9:00 A.M.	TAI CHI 8:30 A.M - 9:30 A.M.	SENIOR FITNESS 8:00 A.M. - 9:00 A.M.
		Senior Social Group 11:00 a.m. – 12:00 p.m. Gebhardt Room	CONFERENCE ROOM QI GONG 9:30 AM-10 AM	
BRIDGE LESSONS CONFERENCE ROOM 9:30 A.M. - 11:30 A.M. VICKIE PUGH 547-4188	DISCUSSION GROUP GEBHARDT ROOM 10:00 A.M. - 11:30 A.M. RSVP 530 547-4907	HULA CONFERENCE ROOM 9:30 A.M - 1:00 P.M. UKULELE 1:00 P.M - 2:00 P.M.	BEGINNING LINE DANCING CONFERENCE ROOM SEPTEMBER TO JUNE 8:30 A.M. - 9:25 A.M.	RIVER CITY LINE DANCE PRACTICE CONFERENCE ROOM 9:00 A.M - 10:00 A.M.
CRAFTERS 9:30 A.M - 1:00 P.M.	QI GONG CONFERENCE ROOM 9:30 A.M. - 10:00 A.M.	YOGA 9:30 A.M - 10:45 A.M.	INTERMEDIATE LINE DANCING MAIN HALL 9:30 A.M. - 11:00 A.M.	YOGA 9:30 A.M - 10:45 A.M.
GAMES HAND & FOOT CANASTA 9:45 A.M. - NOON	BEGINNER HULA CLASS CONFERENCE ROOM 1ST 10:00 A.M. - 12:00 P.M. 2ND 12:00 P.M - 1:00 P.M. 3RD 1:00 P.M. - 1:45 P.M.	PINOCHLE DAY 12:00 P.M. - 2:30 PM. PINOCHELE LESSONS BY APPT ONLY JUDY SAMS (530) 275-5220	PINOCHLE DAY CONFERENCE ROOM 12:00 P.M. - 2:30 P.M. DUPLICATE BRIDGE 12:00 P.M. - 3:30 P.M. \$7.00	CRIBBAGE CONFERENCE ROOM 12:00 P.M. - 3:00 P.M.
CITY DANCE CLASS PRIVATE DANCE PRACTICE CONFERENCE ROOM 12:00 -1:30 P.M. DUPLICATE BRIDGE 12 NOON- 3:30 PM	SPEED BINGO OPEN TO THE PUBLIC AGE 18 AND ABOVE 11:00 A.M. - NOON Food Available	PING PONG 2:30 P.M. - 4:30 P.M.	BOARD MEETING FIRST THURSDAY OF THE MONTH CONFERENCE ROOM 2:30 P.M.	PING PONG 2:30 P.M. - 4:30 P.M.
PING PONG 3:30 PM - 5:30 PM	REGULAR BINGO OPEN TO THE PUBLIC AGE 18 & ABOVE 12:30 P.M. - 4:00 P.M. Buy In \$12.00 Food Available		PINOCHLE/DOUBLE DECK CONFERENCE ROOM 5:30 P.M. - 8:00 P.M.	SENIOR DANCE LIVE BAND OR JUKEBOX 7 :00 P.M. - 10:00 P.M.
BEGINNING LINE DANCE CLASS 6 P.M. - 7 P.M. \$28.00 LEVEL 2 LINE DANCE CLASS 7 P.M. - 8 P.M. \$28.00 BOTH CLASSES \$40.00	BALLROOM & COUNTRY DANCE CLASS OPEN TO THE PUBLIC 6:00 P.M. - 8:00 P.M. \$5.00	BALLROOM & COUNTRY DANCE CLASS OPEN TO THE PUBLIC 5:30 P.M. - 8:30 P.M. \$5.00 CLASS	REGULAR BINGO OPEN TO THE PUBLIC AGE 18 & ABOVE 5:30 P.M. - 9:00 P.M. Food Available Buy In \$12.00	REVISED BY AUDREY HAINES OFFICE MANAGER 10-09-24