



Golden Ticket PROGRAMS



GOLDEN ZUMBA

Wed Jan 18 - Apr 26 | 10:30 - 11:15 AM

Yountville Community Center | Instructor: Angie Ruiz

An invigorating, community-orientated dance fitness class that feels fresh and most of all exhilarating. Move at your own pace in a low impact format for older adults. Angie is a devoted instructor that will assist students with modifying steps to fit students needs. Please wear shoes with low tread to allow smooth movement. *NO CLASS on Mar. 1 & 15.

LIFE WRITING

Tue Jan 24 - Apr 25 | 3 - 4:30 PM

Yountville Community Center | Instructor: Leonore Wilson

Local Leonore Wilson brings over 20 years of college instruction, has a MA in English-Creative writing from UCD, is a board member for MFA in creative writing at St. Mary's. Leonore is a dedicated professional writer who has graciously chosen our community to share her talents to assist individuals through with their journey of life writing. Life writing is the recording of memories, and experiences, whether one's own or another's. This applies to many genres and practices, under which can be found autobiography, biography, memoir, diaries, letters, testimonies and personal essays. Leonore will also assist students with how to publish upon request.

LIVING COLLAGE

Tue Jan 24 - Apr 25 | 1 - 2:30 PM

Yountville Community Center | Instructor: Linda Young

"I began using this collaging technique in 2009. The technique was developed and copyrighted by a Seena Frost, a psychologist in private practice here in CA. Soul Collage is the official name. Seena's first purpose in using collage was to help her clients express themselves when words failed to do so. As time went on she came to believe the technique would be beneficial to anyone. I have found this to be true. Anyone can sit down with their imagination and intuition and create a beautiful, engaging, challenging, or inspirational collage card. No knowledge of art is needed. As the class continues you find that you have a collection of cards that touches your life or soul.

I have created cards that represent a family illness and grief. Others represent some not so nice personality traits. Cards can be inspirational such as making the impossible possible, the joy of life, and facing problems as a means to developing my life.

Collage cards are to be shared so I invite you to Living Collage class and I will share the wisdom I have documented from my own life and I will assist you in making your own cards.

SCRABBLE TIME

Mon Jan 23 - Apr 24 | 3:30 - 5:30 PM | Yountville Community Center

Playing scrabble is a great way to keep your mind active. Scrabble time is a great way to meet new friends, learn new words and enjoy an afternoon at the community center. *NO CLASS on Feb. 20.

TO REGISTER FOR THE GOLDEN TICKET PROGRAM, PLEASE FILL OUT THE REGISTRATION FORM ON THE LAST PAGE OF THIS PACKET AND RETURN TO THE YOUNTVILLE COMMUNITY CENTER AT 6516 WASHINGTON ST., YOUNTVILLE

FOR QUESTIONS, CALL 707 944 8712

16 CLASSES
ONE PRICE
\$75/\$40 RESIDENTS

PER QUARTER



“Resolutions? You can fulfill most of them by signing up for the “Golden Ticket Program” at the (Yountville) Community Center.

I learned so much about my iPad and phone from the wonderful Tech Savvy group. About my brain and expressing happiness and gratitude from the “Happiness” class.

Got a certificate for the Senior Driving class from the Highway Patrol that the Insurance Co. accepted for a discount on car insurance. And the “Life Writing” Class has me inspired to work on a book I started years ago and almost gave up on.

Meditate, do yoga and exercise, arrange flowers and more for \$40. For 4 months. And Scrabble! I am loving it!”

-Nancy Welty

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POETRY WORKSHOPS

Tue Jan 24 - Apr 25 | 11 AM - 12 PM

Yountville Community Center | Instructor: Leonore Wilson

Poetry is a gift, a unique conversation with ourselves, the soul, the heart; it is also a public conversation with all the other poems and poets the world over. What are the possibilities of poetry? We will explore if it is inspiration or perspiration. What is poetry? What is it not? Why is rhyme one of the most familiar aspects of poetry but not necessarily the easiest to do well? What are the brass tacks of metre and its complexities? Why does form make use of a pattern, some straightforward, some more complex. What is imagery and metaphor? How can symbols embellish a poem? What is the style, aesthetics, process and psychology of writing. Finally we will gain insight into the world of publication through research and share of information on all kinds of journals.

PULL UP A CHAIR FITNESS

Mon Jan 23 - Apr 24 | 10:30 - 11:30 AM

Yountville Community Center | Instructor: Linda Young

Linda is a personal trainer who is dedicated to the health a wellbeing of her students. Linda will share a wide variety of techniques and lesson plans that will support students to increase their balance and strength in their bodies.

Strength training, cardio-conditioning and flexibility are the three focal points of this seated exercise class. Dumbbells, and resistance bands will be incorporated based on each student's preferences. Come pull up a chair and have some fun while you practice the art of staying physically active.

CREATING HAPPINESS WITH NEW MINDFUL INTENTIONS

Thu Jan 19 - Apr 27 | 12:30 - 1:30 PM

Yountville Community Center | Instructor: Laura Masters

Laura Masters B. Ed has will continue her 20 + years of presenting with us in the new year. She will cover various topics such as neuroscience, social and emotional wellness, brain activity and many other areas of healthy living with us in 2017. Laura values practices of maintaining brain wellness, creating happiness, and cultivating life-long learning skills. She is dedicated to sharing tools with the community to support individuals with making and meeting their goals. Each month will cover topics such as Creating New Intentions, Deconstructing Fear and Anxiety, Breaking old Habits, Creating Happiness: It is a Choice, Learning and the Brain: Developing Life-Long Learning skills. *NO CLASS Mar. 16.

MEDITATION / FORGIVENESS

Wed Jan 18 - Mar 22 | 9:15 - 10:15 AM

Yountville Community Center | Instructor: Dr. Judith Caldwell

Local Dr. Judith Caldwell. EdD, MST MSS MSP is back by popular demand to continue offering a series of wellness sessions. Meditation sessions will provide an opportunity to RELAX by getting in touch with our breathing. Soft stretches to release tension and build strength will be incorporated into each class. Research show that daily practice of mediation, combined with regular exercise, can produce a more peaceful and heather lifestyle.

Forgiveness sessions offer modest techniques and strategies on Forgiveness. Forgiving can set us free when we understand that Healing is application of Loving to places inside that hurt. Forgiveness is accomplished by getting in touch with feeling, then surrendering, or letting go of judgments and right/wrong thinking. *No class Apr. 8, 16.



COLORING MEDITATION

Mon 9:30 - 10:30 AM / Wed 1 - 2 PM | Jan 25 - Apr 26
Yountville Community Center



Coloring Meditation is the perfect space for you to slow down and calm your mind. The practice of coloring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. Come join us in a stress free environment, where you can let your creative juices flow. You are welcome to bring your own pencils, however all supplies will be provided. *NO CLASS on Feb. 20 or Mar. 15.

FLOWER ARRANGING FOR BEGINNERS

Mon Jan 30, Feb 27, Mar 27, Apr 24 | 11 AM - 12 PM | Yountville Community Center
Instructor: Philip Greeson

Local Philip Greeson who grew up here in Yountville, has joined the Parks and Recreation Instructor staff to share one of his passions of art aka "Flower Arranging". Philp is professionally employed at local florist business Beau Flowers, and has many ideas to share. Philip will lead class in an enthusiastic way that will keep you wanting to come back for more. More class information will be available after January 12. Space is limited to 15.

GOLDEN OPEN GYM

Wed & Fri Jan 11 - Apr 28 | 2 - 3 PM | Yountville Community Center

Open Gym is a great way to meet new friends and play a game of "Pick Up Ball". Golden Open gym is designed for those who want to use the gym area to play basketball in a semi organized fashion. Closed toed tennis shoes must be worn at all times in the gym area and during play.

BALANCE & CORE

Thu Jan 26 - Apr 27 | 10:30 - 11:30 AM | Yountville Community Center
Instructor: Linda Young

Balance & Core Training = FUN! As we age our ability to balance decreases. It is possible to improve our balance through regular aerobics exercise, weight & resistance training and mastering balance exercises. This class covers it all. *NO CLASS on Feb. 20, Mar. 15.

SENIOR DRIVING

Thu Jan 12 & Mar 9 | 1 - 3 PM | Yountville Community Center
Instructor: CHP and Senior Volunteers

This is a Senior Citizen Driver Safety Class that helps keep Seniors driving safer and driving longer. This class MAY entitle you to a discount with your auto insurance provider.



TECH SAVVY

Mon 1/23, 2/6, 2/27, 3/13, 3/27, 4/10, 4/24 | 12 - 1:30 PM
Yountville Community Center

Napa County Students and Guidance Counselors are back by popular demand! Hands on instruction from teenagers Assisting Adult Population (TAAP). Learn basics of your phone, connect with friends on social media, send a photo and more! Stay connected with grandchildren and children. Practice making calls, saving phone numbers and adding to a contact list. Please bring your tablets or device to class. Laptops, tablets or phones welcome.

GOLDEN YOGA

Fri Jan 27 - Apr 28 | 8:30 - 9:30 AM | Yountville Community Centers
Instructor: Beth Bowlin

Please join master instructor Beth Bowlin for an hour of mediation, deep stretches using modifications for every level of practice. Infused with laughter, wisdom and fun. *NO CLASS on Mar. 15.



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Golden ticket

REGISTRATION FORM

WINTER / SPRING 2016/17

NAME: _____ **BIRTH DATE:** _____

ADDRESS: _____

PHONE: () _____ **EMAIL:** _____

EMERGENCY CONTACT NAME: _____ **PHONE NUMBER:** () _____

PLEASE CHECK WHICH SESSIONS YOU WOULD LIKE TO ENROLL IN:

			JAN /FEB	MAR /APR
Golden Zumba	Weds	10:30 - 11:15 AM		
Life Writing	Tues	3 - 4:30 PM		
Living Collage	Tues	1 - 2:30 PM		
Scrabble Time	Mon	3:30 - 5:30 PM		
Poetry Workshops	Tues	11 AM - 12 PM		
Pull Up a Chair Fitness	Mon	10:30 - 11:30 AM		
Meditation / Forgiveness	Weds	9:15 - 10:15 AM		
Creating Happiness	Thu	12:30 - 1:30 PM		
Coloring Meditation	Mon	9:30 - 10:30 AM		
	Weds	1 - 2 PM		
Golden Open Gym	Weds /Fri	2 - 3 PM		
Balance & Core	Thu	10:30 - 11:30 AM		
Coffee & Current Events	Thu	10 AM - 12 PM		
Golden Yoga	Fri	8:30 - 9:30 AM		

PLEASE CIRCLE WHICH CLASS DATE YOU WOULD LIKE TO ENROLL IN:

Tech Savvy **Mon 12 - 1:30 PM** 1/23, 2/6, 2/27, 3/13, 3/27, 4/10, 4/24
Flower Arranging **Mon 11AM - 12 PM** 1/30, 2/27, 3/27, 4/24
Senior Driving **Thu 1 - 3 PM** 1/12, 3/9

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I hereby give my consent to participate in the above Town of Yountville Parks and Recreation Department activity. He/She shall participate at his/her own risk and I assume full responsibility for all matters resulting from or that may occur by reason of such participation. I hereby waive and release all actions, claims, costs and expenses and demands against the Town of Yountville and any of its agents or employees, for whatever cause and however occurring arising out of or incident to the Participant's participation in the above named activity. I further agree to indemnify the Town of Yountville and any expenses and demands that may be made against the Town of Yountville or any of its employees for loss, death, damage, or injury to persons or property from whatever cause and however occurring arising out of or incident to the Participant's participation in the above named activity.

SIGNATURE: _____ **DATE:** _____