

THE SQUIRRELS TALE

Creating Community Through: People, Parks & Programs

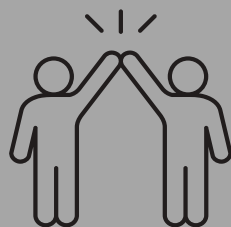
Those Serving the Sanger Senior Community

Meet the people behind Parks and Recreation and the Sanger Senior Center.

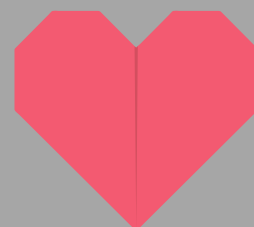
As new beginnings come, so do new people. Here at the Sanger Senior Center, there may be some new faces, but the goal will always continue to be the same: Aiming to provide an enriching experience for seniors within our community and keep them healthy.

The first person you will meet is Vianey Albarran-Perez – a Sanger native – who is now our new Senior Center Coordinator. As the person coordinating the senior center, any thoughts, questions, and concerns can be directed towards them. As a San Francisco Giants fan and huge soccer fan, you can always find a topic to talk about with Vianey. As a bilingual person, her goal is to service the community and all its senior citizens.

IN THIS
ISSUE



Volunteer,
Donate, Instruct
Page 2



Valentines Day
Page 5

Donations, Volunteers, and Instructors

As things start anew, there are things that the Senior Center needs to get back on its feet. In the recent years we have had various instructors; however, as the programs begin again post pandemic, many of our previous instructors have moved on or found new places to work. If you or anyone you may know has a special skill or certification in a type of exercise or class, please don't hesitate to reach out to the Sanger Senior Center or the Parks and Recreation office. Refer to the list below to see exactly what we are looking for. Even if it's not listed reach out to our offices to see if it is something we may be interested in. All ideas are welcome!

Donations

**Puzzles, Board Games, Coloring Books,
Water Color, Chess/Checkers, Yoga
Mats, Color Pencils and Pens**

Certified Instructors

**Dance, Exercise Classes, Tai Chi, Yoga
or Meditation, Aerobics**

Volunteers

**Sewing, Knitting, Crocheting, Painting,
Drawing, Gardening, Embroidering,
Photography etc...**

**Please reach out to Vianey at the Sanger Senior Center. The more interests we can meet,
the better it is for our seniors.**

Updated Half-Day Schedule

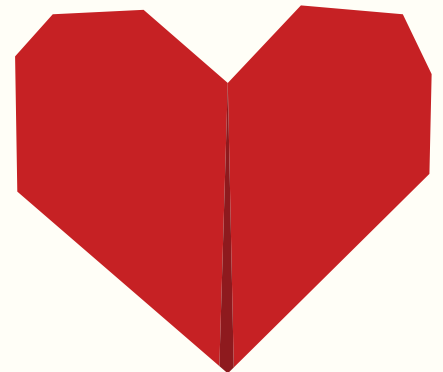
Senior Center Half-Day Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:00:00 AM					
8:00:00 AM	Morning Coffee	Morning Coffee	Morning Coffee	Morning Coffee	Morning Coffee
8:30:00 AM					
9:00:00 AM	Brain and Memory Activities	Brain and Memory Activities	Brain and Memory Activities	Brain and Memory Activities	Brain and Memory Activities
9:30:00 AM					
10:00:00 AM		Bingocize	Walking	Pickelball	Walking
10:30:00 AM					
11:00:00 AM	Boardgames		Boardgames		
11:30:00 AM					
12:00:00 PM	Book Club	Crafts	Card Games	Drawing	LOTERIA / BINGO
12:30:00 PM					
1:00:00 AM	Closed	Closed	Closed	Closed	Closed

Above is the schedule that will be in place for the near future. As we continue to be open for half-days we are looking to provide various activities that can suit all.

Disclaimer depending on attendance and weather, activities are up to change. Please call the Recreation Office or the Sanger Senior Center for updates.

Valentine's Day Senior Sweets and Tea

This year Valentines Day is on Tuesday the 14th of February. The Sanger Senior Center will be hosting a Sweetie Senior Event. Valentine's Day is a day to celebrate those in your life that you love, your significant other to your best friends. So come on down and drop by our Senior Center between the hours of 10am-12pm for a sweet time with friends. We will be learning how to make origami flowers. If you'd like a little taste of what origami is like turn to Page 6 and follow the instructions. Have a sweetheart in mind try writing a little note in the middle to surprise them. Hope to see you then!

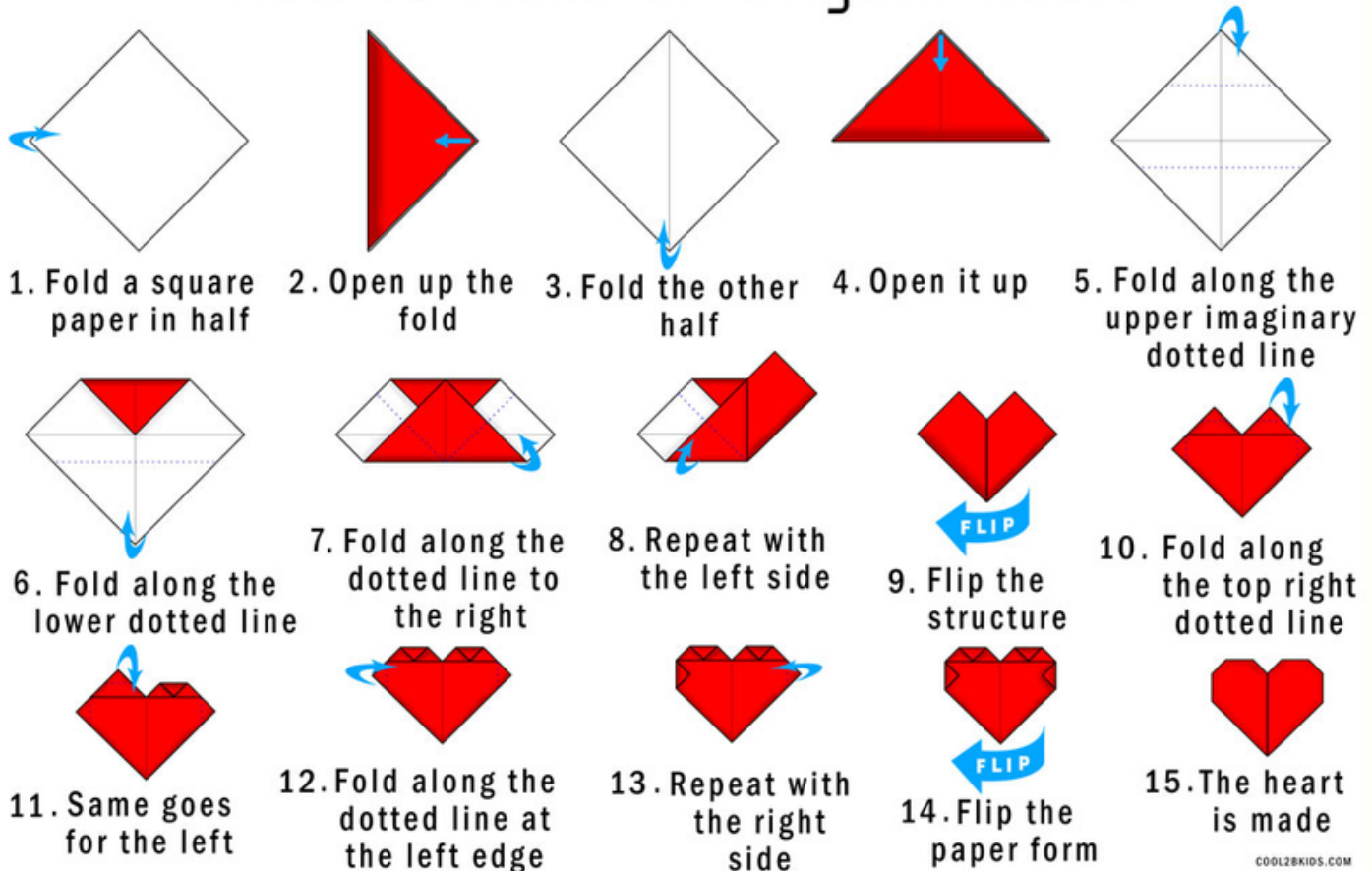


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[Continue from page 1](#)

Last, but certainly not least is our Recreation Supervisor – Joaquin Zamora. As the supervisor of the Parks and Recreation division, Joaquin is constantly overseeing and improving upon the current recreation programs that are offered to youth and adults alike. Whether you are 8 or 96, Joaquin is strives towards servicing all the community and their needs. Music, movies, or sports Joaquin has all the knowledge of pop culture and sports. Have a niche band no one ever heard of? Bring it up to him and he might surprise you.

How to Make an Origami Heart



The Sanger Parks and Recreation Department is providing a wide variety of activities, events, programs and services to the Sanger Community and surrounding areas.

The Sanger Parks and Recreation Division prides itself in being customer driven, outcome oriented and inclusive aggressive. It is our goal to improve the quality of life to the Sanger Community through recreation and leisure.

We are the essential connection to people and their leisure needs in the community and settings that we the parks and community service department enriches the lives of the Sanger Seniors by investing in parks and open spaces, and by providing diverse opportunities for human development and social interactions.