

Prime Time News

MOUNTAIN VIEW SENIOR CENTER

May
2019

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SENIOR CENTER HOURS

Monday - Thursday
8:30 a.m. - 9:00 p.m.

Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Manager
KRISTINE CROSBY

Recreation Supervisor
MICHELE PETERSEN

Senior Recreation Coordinator
ASHLEIGH BITTLE

Recreation Coordinator
ALEJANDRA HERNANDEZ

Office Assistant III
ROY DAY

Recreation Leader II
JOHN NICKELS

Nutrition Program
EARLENE MINNIS
(650) 964-6586

Evening Building Attendants
JASMINE LOPEZ
TYLER LOUIE
MIGUEL VALLE

Closed
Monday, May 27



WORKSHOPS: Please note that all workshops are free, but space is limited and **pre-registration is required**. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

eBooks

Do you have an iPad, Kindle, smart phone, or other device? Would you like to read books, magazines, and watch movies for FREE without having to leave your house? Then come join an eBook specialist librarian and learn about the digital resources available through the Mountain View Public Library. Bring your devices and questions and you will be connected in no time!

Thursday, May 2, 2019

Social Hall, 1:00 pm



Facebook (Current Users)

Do you know that the Senior Center has a Facebook page? It helps us keep the public informed about last minute programming. If you have a Facebook profile, learn how to use it, make friends, send messages, and even **LIKE** different organizations (including the Senior Center!) ***MUST** bring log in information in order to participate in this workshop.

Wednesday, May 15, 2019

Technology Room, 2:30 pm

Bay Area Older Adults

Trek on nature trails, learn about different cultures, explore historic sites, experience new culinary flavors, connect to people with shared interests, and stay healthy with Bay Area Older Adults. Join our experts to learn about fun and healthy activities for adults age 50+ in Santa Clara County and beyond!

Thursday, May 16, 2019

Social Hall, 1:00 pm



Frauds & Scams

How to protect yourself from frauds and scams in the Digital Age.

Thursday, May 23, 2019

Social Hall, 1:00 pm



Pool Safety

With Rengstorff Pool just a few steps away from the Senior Center, you can take advantage of this resource and receive fantastic full body exercise. There are safety tips you should know to keep yourself safe as a senior while swimming.

Tuesday, May 28, 2019

Meeting Room, 1:00 pm



Breathing Exercises

Learn the fundamentals of yoga breathing. From a seated position in chairs, participants will practice breathing awareness, belly breathing, chest breathing and alternate nostril breathing. Lessons are for beginners in relaxed 20 minutes sessions.

Thursday, May 30, 2019

Meeting Room, 1:00 pm



City of Mountain View, Community Services Department, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov/seniors

WORKSHOPS