



THREE SCORE REPORTER

DECEMBER 2022

A Letter From Our Staff



A New Year, A New You

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A Letter From Our Staff

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You should become inspired to find the fountain of youth. The best New Year’s Resolution you can make is a “gift to yourself.” A gift of health through nutrition and exercise. Simply adding apple cider vinegar to your diet will fend off osteoporosis by enhancing your body’s ability to release calcium from both food and supplements and, more importantly, to absorb the freed-up minerals. Modern science has re-discovered that olive oil can help enhance the health and appearance of your skin, support brain function, and may even cut your risk for chronic disease. Adding 2 or 3 helpings of fruits and vegetables every day plus taking a multiple vitamin will improve your health.

Foothill Fitness - Fit After 50 is an exercise program for adults 50 years of age and older. The program was established in 2004 and is sponsored by the Amador Senior Center and overseen by a trained physical therapist. The Active Aging Program provides mobility and strength-training exercises to help reduce your risk of falling. Performing exercises that improve strength, balance, and flexibility are the single most important activities that adults can do to stay active and independent. There are seven sites located throughout Amador County. These sites are in: Lone, Sutter Creek, Plymouth, Pine Grove, Volcano, Pioneer, and Jackson. We can’t help getting older, but we can age successfully. Please call the Senior Center for additional information on the Foothill Fitness Active Aging Training Program.

*Written by Skip & Laura Schaufel
Lone Foothill Fitness Trainers*

General Information

Our Staff

EXECUTIVE DIRECTOR

Chris Kalton

ASSISTANT EXE. DIRECTOR

Nettie Fox

PROGRAM COORDINATOR

Alyssa Vargas

PROGRAM COORDINATOR

Rob Cable

DELIVERY DRIVERS

Bob Duzdevich

Jeff Fausett

EXECUTIVE CHEF

Bobbie Laughton

Laughton Ranch Catering

MAINTENANCE

Robert Saracino

CUSTODIAL

Alex Stewart

Center Holidays 2022/23

The center will be closed
on the following days

CHRISTMAS EVE

Closing early at 2pm
Friday, December 23rd, 2022

CHRISTMAS DAY

Observed on
Monday, December 26th, 2022

NEW YEAR'S EVE

Closing early at 2pm
Friday, December 30th, 2022

NEW YEAR'S DAY

Observed on
Monday, January 2nd, 2023

MARTIN LUTHER KING JR.

Observed on
Monday, January 17th, 2023

PRESIDENTS DAY

Observed on
Monday, February 21st, 2023

"Aging is not
lost youth but
a new
stage of
opportunity
and strength."

BETTY FRIEDAN



Volunteers

Each and every one of our **VOLUNTEERS** makes our mission of serving the seniors of our community possible.

THANK YOU FOR VOLUNTEERING YOUR TIME!

Congregate Dining (Jackson)

Tracey Spitler
Rita Dunker
Linda Cole
Debbie Tilley
Jean Bell
Annalicia Spannaus
Carol Galinski
Derek Maruri
Paula Osborne
Sandy Honnold

Congregate Dining (Ione)

Phil Karnitz
Mena Owen
Jennifer Lamb
Ann Olmstead
Denice Smith

Congregate Dining (Pioneer)

Ryan Lane
Mary Lou Stevens
Linda Davidge
Bruce Davidge
Susan Gibson
Cathy Trepanier

Front Office

Jeanne Adamson

Meals on Wheels

Lisa Heimeyer
Barbara Long
Andrew O'loan
Debbie Craddock
Jim Guidi
Joey Guidi
Jake Guidi
Kathy Hansch
Rick Sprenkel
Gail Holland
Susan Martinez
Doris Scott
Carol Galinski

Senior Peer Visitor

Sandy Honnold
Carol Galinski
Nancy O'loan
Andrew O'loan
Vivian Berry
Sally Norris
Colleen Daubenmire
Lynn Nightengale
Andy Rodriguez
Bob Clevenger
Julie Franke
Ruth LaKritz
Lila Grover
Flynn Schiro
Gilbert Gonsolis
Jackie Gonsolis

Senior Peer Visitor (cont.)

Pamela Ritchie
Kathleen Roberts
Cathleen Key
Sandra Thomas
Dianna Purdue

Foothill Fitness

Ann Beecroft
Lynda Burman
Debbie Cowan
Raymona Cunha
Charlene Evans
Barbara Hilbert
Tim Jelsch
Linda Johnson
Kathy Kelly
Dale Ketron
Renee Kirk
Bobbi Lee
Julia Mathis
Eileen McKinnon
Sylvia Meyer
Andrea Miller
Lois Moline
Mary O'Neal
Carla Sawyer
Laura Schaufel
Skip Schaufel
Stephanie Young
Paul Kovacik

Meal Program Information

The Amador Senior Center needs
VOLUNTEERS!



Jackson Congregate Indoor Dining Program

- The dining room is open for lunch from 11:30AM - 12:30PM
- No reservation for indoor dining required
- Meals are a suggested \$4 contribution with completed intake form
- Questions? Call (209) 223-0442
- No eligible senior will be denied a meal due to inability to contribute.

We are seeking volunteers for
our Jackson and Plymouth dining
sites, and Meals on Wheels
delivery drivers.

**WE NEED
HOSTS/HOSTESSES,
SERVERS, AND MEAL
DELIVERY DRIVERS**

Please call us at
(209) 223-0442 for more info.

Meals on Wheels Program

- Meals are a suggested \$4 contribution with completed intake form
- Pre-order your meals for the month (No minimum to order)
- Make contribution by check or cash
- Delivery will be made following week after assessment is completed
- Delivery coverage for all of Amador County
- No eligible senior will be denied a meal due to inability to contribute.

EMS & County Offices



Free Lunch Delivery

Same Guidelines as Private Delivery

Please call to schedule (209) 223-0442

Our Congregate Dining Sites

Pioneer

Tuesdays

12:00pm-1:00pm

NOW OPEN

SIERRA BAPTIST CHURCH
26355 BUCKHORN RIDGE RD

Ione

Thursdays

11:30am-12:30pm

NOW OPEN

IONE METHODIST
150 W MARLETTE ST

Reservations must be made a week prior due to limited seating at our offsite dining locations. No eligible senior will be denied a meal due to inability to contribute.

Support Resources

PLEASE CALL THE CENTER TO CONFIRM THE GROUP YOU ATTEND IS OPEN.

ACSC Senior Peer Visitors (209)223-0442

A program of Amador Senior Center providing trained senior volunteers who offer support, resourcing, and visitation to seniors in Amador County. At this time, please call the center to connect with a visitor.

Assist Care Alzheimer's/Dementia Support (209)223-4444

Meets on the 2nd Monday of each month from 4:30pm-6:00pm. Meeting held at Amador Residential Care, 155 Placer Dr, Jackson CA. For Caregivers as well as patients.

Computer Literacy Support Amador Adult Education (209)257-5110

Amador Adult Education has FREE digital literacy courses. Contact them today to start on your computer/internet journey.

Del Oro Caregiver Resource Center 1-800-635-0220

Services offered to family caregivers of adults with chronic and disabling conditions or diseases. Their team of highly-qualified, professional staff, Del Oro helps families through a full range of programs and services.

Gold Country Stroke Support Mike Hewitt (209)304-7212

This group supports survivors of strokes. It meets the first Thursday of each month from 3:00pm-4:30pm.

Meeting place subject to change, please call.

Alzheimer's Helpline 1-800-272-3900

24/7 support line for patients, caregivers, & family.

Mental Health Support

NAMI: (209) 256-1293

Amador County Behavioral Health: (209) 223-6412

Senior Friendship Line: 1-800-971-0016

Caregiver Support Group (209) 223-0442

4th Wednesday of each month from 10:30-11:30am.

Medicare/Insurance Help

HICAP / Area 12 Agency on Aging: (209) 532-6272

Hospice of Amador Grief Support (209)223-5500

This IN-PERSON group meets every TUESDAY from 10:00am-11:30am on the OUTSIDE patio. 1500 S. Hwy 49 Suite 205, Jackson. Call (209)223-5500 for more info.

Legal Advice in Estate Planning and Will Preparation- By Appointment ONLY (209) 223-0442

Make an appointment for a 30-minute free consultation with a local attorney to ask questions on estate planning, will preparation, probates, trusts and power of attorney.

Legal Services of Northern California (800)660-6107

Auburn Service Office (530)823-7560

Legal Assistance for Income Qualified clients in the areas of Housing (tenant/landlord disputes), rental discrimination, Health Care issues.

NAMI Connection Recovery (209)256-1293

Group support for adults coping with Mental Illness. Led by trained peers also navigating Mental Illness and health. Thursdays at the Senior Center 1:00pm-2:30pm 229 New York Ranch Rd Jackson, CA 95642

Parkinson's Support Group (209)223-0442

Parkinson's Support Group meets at the Senior Center on the 3rd Monday of each Month at 10am. This group is for caregivers as well as patients.

Raising Grandchildren?

The Resource Connection (209) 223-1624

Transportation Services

Amador Rides / Dial-a-Ride: (209) 267-9395

Common Ground Silver Streak: (209) 223-3015

Blue Mountain Transit (equipped for wheelchairs):

(209)-223-5300

S*T*A*R*S (cancer transportation): (209)-267-1246

24-Hour Friendship Line

Connect with a caring, compassionate voice ready to listen and provide emotional support. 1-888-670-1360

Senior Center Information

MOVIE MATINEES

2ND & 4TH MONDAYS @ 1PM
 REFRESHMENTS & POPCORN PROVIDED
 SUGGESTED \$2 DONATION

WINTER SCHEDULE

DEC. 12TH @ 1PM

A CHRISTMAS STORY
 RATED PG • 1983 • 1 HR 33 MIN

JAN. 9TH @ 1PM

MAMMA MIA!
 RATED PG-13 • 2008 • 1 HR 48 MIN

JAN. 23RD @ 1PM

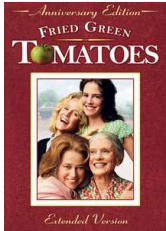
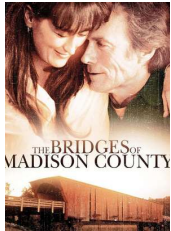
SINGIN' IN THE RAIN
 RATED G • 1952 • 1 HR 43 MIN

FEB. 13TH @ 1PM

FRIED GREEN TOMATOES
 RATED PG-13 • 1991 • 2 HR 10 MIN

FEB 27TH @1PM

THE BRIDGES OF MADISON COUNTY
 RATED PG-13 • 1995 • 2 HR 15 MIN



ALL AGES WELCOME. CHILDREN MUST BE ACCOMPANIED BY AN ADULT. LOCATED AT THE AMADOR SENIOR CENTER • 229 NEW YORK RANCH RD, JACKSON, CA 95642 • (209) 223-0442

MONDAYS • 1-3 PM

LIFE HISTORY WRITING

Facilitated by Charlotte Dodgson

Preserve the tales of your life for generations to come. Members write and share a story each week and get a chance to give and receive positive feedback that strengthens their work. No advance reservation required.

Free. Suggested \$2 donation.



LOCATED INSIDE THE AMADOR SENIOR CENTER
 229 New York Ranch Rd
 Jackson, CA 95642

This activity is supported in part by the California Arts Council, a State Agency. Find out more at: Arts.ca.gov

Questions: call/text 209-256-8166, email info@amadorarts.org



Let's Get Cooking With Suzy!

1ST THURSDAYS OF THE MONTH FROM 3-4PM

August: Grains

September: Beans

October: Soup

November: Recipe Makeover

LEARN WITH AMADOR'S REGISTERED DIETICIAN!

LOCATED AT THE



AMADOR SENIOR CENTER

229 New York Ranch Road
 Jackson, CA 95642

QUESTIONS? CONTACT



Call (209) 256-8166 or email info@amadorarts.org to register.

This activity is supported in part by the California Arts Council, a State Agency. Find out more at arts.ca.gov



Senior Center Information

Grab Bar/Safety Modification Program



Free to Amador County residents 60+ (or 50+ if disabled)

We provide grab bar installation, fire/carbon monoxide alarm battery change outs, and safety hazard checks in your home.

Call (209) 223-0442 today!

Join us for

Tai Chi Qigong

Tuesdays & Thursdays
8am - 9am

\$2 donation per class

Amador Senior Center
229 New York Ranch Rd.
Jackson, CA



AMADOR
SENIOR CENTER



Wags & Whiskers

Senior Pet Program

FREE pet food and supplies for seniors!

Take advantage of this service if you are 60+ and participate in our Meals on Wheels Home Delivery Program.

Call (209) 223-0442 today!

Community Garden

Seniors can now lease plots & plant in our Community Garden. Our garden is in a locked space and water is provided.



One year lease 2022 - 2023:

8 Ft. Bed @ \$70.00 (12 available)

9 ft. Bed @ \$80.00 (2 Available)

11 Ft. Bed @ 100.00 (1 Available)



Call the Amador Senior Center to lease a plot & for more information. (209) 223-0442

Senior Center Information

Vial of Life

YOUR VITAL HEALTH INFO ALL IN ONE CONVENIENT BOX. HELP MEDICAL PERSONNEL IN THE EVENT THAT YOU ARE UNABLE TO COMMUNICATE.



EACH BOX COST \$3 & INCLUDES SPECIAL FORMS / ALERT MAGNETS. VITAL FOR ANYONE LIVING ALONE OR EVEN PEOPLE WHO ARE ACTIVE BUT MAY HAVE A MEDICAL EMERGENCY.

CALL THE AMADOR SENIOR CENTER
209-223-0442 FOR MORE INFORMATION.

Reflective Address Sign

"If They Can't Find You, They Can't Help You!"

1 4 9 8 6

\$20 for Seniors 55 and older
\$25 for Under 55

1
4
9
8
6

You can find a form on our website at:
www.amadorseniorcenter.org

or call us at
(209) 223-0442

NEED CONFIDENTIAL INFORMATION SHREDDED?

The Senior Center offers Seniors in our community 55 and older a **FREE** Shredding Service. **For confidential documents ONLY. Absolutely NO everyday items.**

The bin is available **Mon-Fri, 8:30am-4:00pm** and we ask that you only deposit **1** grocery size shopping bag per week. Please call 209-223-0442 to make sure the room is free for you to enter.

The bin is locked by the company and shredded onsite by a licensed and bonded employee



AMADOR
SENIOR CENTER

Caregiver Support Group

FOR UNPAID FAMILY & FRIENDS

CONNECT, SHARE & FIND RESOURCES TO HELP YOU IN PROVIDING CARE FOR YOUR LOVED ONE.

4TH WEDNESDAYS

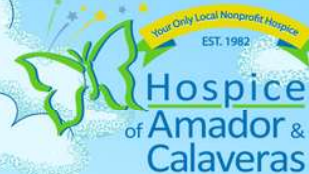
10:30AM-11:30AM

AMADOR SENIOR CENTER

229 NEW YORK RANCH RD.

(209) 223-0442

IN PARTNERSHIP WITH:



Klassy KICKERS

Looking for a low-impact, balance improving exercise? Enjoy the company of others with the same common goal!

\$1 donation per class

Mon, Wed, Fri 8:20AM - 9:30AM

WALKER & WHEELCHAIR FRIENDLY!



Amador Senior Center Auditorium
229 New York Ranch Road in Jackson
209-223-0442

Senior Center Information

Interfaith Food Bank Senior Distribution Dates

Pickup from 10am-12pm at the
Amador Senior Center
229 New York Ranch Rd
Jackson , CA 95642

You must be on the Food Bank List or have appropriate paperwork in order to receive food.

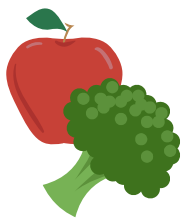
December 7th, 2022

January 4th, 2023

February 1st, 2023

March 1st, 2023

April 5th, 2023



Hula

**Tuesdays 2-3pm @ the
Amador Senior Center**

\$1 per class

LET'S PLAY BUNCO!

**1st and 3rd Mondays of the month at the
Amador Senior Center. No sign up required.**

1:30-3:00pm

\$3 to play

amazon smile

You shop. Amazon gives.

We are dedicated to serving seniors in Amador County and depend on the generosity of supporters just like you to continue and expand our services.

When you shop at AMAZON SMILE, a portion of your purchase price will be donated to the Amador Senior Center at no additional cost.

Go to

www.smile.amazon.com/ch/94-2761385

to get started!



**AMADOR
SENIOR CENTER**

LEGAL PROGRAM FOR SENIORS

The senior center offers a free, 30-minute consultation with an attorney. The attorney can help with:

Wills, Trusts, Probates, Estates & Conservatorships

**BY APPOINTMENT ONLY. Please call
209-223-0442 to schedule.**

*For other legal help, contact
Legal Services of Northern California: 530-823-7560*

Senior Center Information

FOOTHILL FITNESS



CLASS SCHEDULE

JACKSON

Amador Senior Center
229 New York Ranch Rd.
Tuesday & Thursday
9:30am-10:30am

PLYMOUTH

Lodge Hill
18595 Empire St.
Monday & Thursday
9am-10am

PINE GROVE

Mt. Zion Church
13891 Cedar Pine Ln.
Tuesday & Thursday
8am-9am

VOLCANO

Armory Hall
21349 Consolation St.
Tuesday & Thursday
9:30am-10:30am

SUTTER CREEK

Community Center
35 Church St.
Monday & Thursday
9:30am-10:30am

IONE

Ione Methodist Church
150 W. Marlette St.
Monday, Wednesday & Thursday
9am-10am

PIONEER

Community Veteran's Hall
25100 Buckhorn
Monday & Wednesday
9:30am-10:30am

ONLINE

Zoom Class
Call for Meeting Info
Monday & Wednesday
9:30am-10:30am

CLASSES ARE A \$2 DONATION

WALK-INS WELCOME! CALL 209-223-0442 FOR MORE INFO.



Need space for an event, group meeting, or class?

The Amador Senior Center offers room rentals! Call 209-223-0442 to schedule an appointment for viewing and usage agreements. Special rates available for classes, community groups & nonprofit organizations.

Price sheets can be viewed on our website:

www.amadorseniorcenter.org/programs-services/other-programs-and-services



Senior Center Information

Christmas Cookie Decorating Social

TUESDAY, DEC. 13th, 2022, 2-4PM

AMADOR SENIOR CENTER

229 NEW YORK RANCH RD. IN JACKSON

REGISTER BY CALLING 209-223-0442

\$1 PER PACK OF 2 COOKIES

ALL AGES WELCOME!

WINTER PAINT PARTY

AMADOR SENIOR CENTER FUNDRAISER
with Heart & Soul Studio



PROJECT COST: \$45
INCLUDES ALL SUPPLIES.

LOCATED AT THE
AMADOR SENIOR CENTER
229 NEW YORK RANCH RD
JACKSON, CA 95642
209-223-0442

FRIDAY, DEC. 9TH, 1-3PM

STOP BY OR CALL TO REGISTER. SPACE IS LIMITED.
RESERVATIONS CLOSE TUESDAY, DEC. 6TH. PAYMENT
DUE UPON SIGN UP. PAY BY CASH, CHECK, OR
CREDIT CARD. (\$2.50 CC TRANSACTION FEE.)

Get rid of your
**UNWANTED
OR EXPIRED
MEDICATIONS**



GET A FREE, PRE-PAID AND PRE-ADDRESSED
ENVELOPE TO DISPOSE OF YOUR UNWANTED
MEDICATIONS

Located at:
Amador Senior Center
229 New York Ranch Road
Jackson, CA 95642

Call (209) 223-0442 for more info.

PARKINSON'S SUPPORT GROUP

3rd Mondays, 10am-12pm
Amador Senior Center
229 New York Ranch Rd.
in Jackson



Community Information

Don't get caught without your American Legion Ambulance Ticket!

One trip to the hospital can cost as much as \$2800.00!

For only **\$100.00** a year, you're covered for medically necessary ambulance transports. With the membership program, you're covered whether you live at home, in a senior living facility, or nursing home.

Come by the Senior Center M-F between 1pm-3pm to pick up your \$100 PEACE OF MIND!

PROJECT LIFESAVER

Project Lifesaver International was established in 1999 to assist law enforcement in locating those who wander with Alzheimer's disease. It is a **FREE** service provided by the Amador County Sheriff's Department.

Clients must meet certain criteria to qualify for this program.

Email:

projectlifesaver@amadorgov.org

or call 209-223-6500
for more information



Wood Angels

The purpose of the Wood Angels is to provide and deliver free firewood to seniors, veterans, low income, disabled residents that are in need and struggle to stay warm in the winter.

The Wood Angels will be taking phone calls for the 2021/2022 winter beginning in October. Please call (209)257-9667 and leave a voice mail with your name and phone number. Someone will contact you to determine eligibility.

Community

Life happens. ATCAA helps.

ATCAA has been supporting the local community for 40 years with a variety of services:

ENERGY

Assistance with PG&E and propane bills. Free home weatherization. Call (209) 223-1485 x259 or x290

HOUSING

Support resources to help you stay in your home, find housing, or get into a temporary shelter. Call (209) 223-1485 x243 or x223 Homeless Shelter (209) 223-9215

LIFELINE

In-home medical alert system. Call (209) 223-1485 x232

TAX ASSISTANCE

Free income tax preparation and e-filing by IRS certified volunteers. Income and other restrictions apply. Call (209) 268-6232 or email tax@atcaa.org

HEAD START

Child enrichment, education, health, nutritional and developmental services as well as parent education and involvement opportunities. Call (209) 533-0361

FOSTER YOUTH ASSISTANCE

Financial and other resources for foster youth, ages 13-21. Call (209) 223-1485 x226

ATCAA's Amador Lifeline

The Amador Lifeline program has been serving Amador County for over 38 years. Lifeline offers medical alert technology to get you fast, easy help when you need it. With local staff and volunteers, Amador Lifeline can set you or your loved one up to feel independent, safe, and secure with in-home medical alert technology that is easy to use.

What are the benefits of this service?

- Local Office Staffed for Any Concern
- Local Installers with DMV & Background Checks
- Month-to-Month Billing - No contracts!
- Costs Less Than a Cup of Coffee Per Day - \$1.33 per day!
- Monthly Friendship Calls & 'Incident' Follow-up



To learn how to qualify and apply, give us a call today!

Contact Us

atcaa.org

(209) 223-1485



Learn More

atcaa.org/lifeline

(209) 223-1485 x232

PARADE of LIGHTS

We're back!

Saturday, December 10th
in Sutter Creek

NOTE: new start time -
6:00pm

Free Shuttles starting at 3:00, but only from the Italian Picnic Grounds. Entry forms will soon be on suttercreek.org or contact Toni Linde (209) 256-1750 tlinde1213@gmail.com

WINTER WONDERLAND

Family Holiday Activities

Saturday, December 17th
Amador County Fairgrounds
10:00-4:00

Family activities -- games for all, face painting, photos with Santa, arts and crafts booths, etc. Food trucks will be there as well. If interested in having a booth at this event, contact Toni Linde (209) 256-1750 tlinde1213@gmail.com

Cruisin' the Lights

Est. 2020

Saturday, December 17th
Amador County Fairgrounds
5:30-7:00.

This is a drive-through event to raise money for Amador Arts and the Fairgrounds.

Bring a carload of people to the Winter Wonderland event, and then come to Cruisin' the Lights for a day of holiday fun!

Contact Toni Linde for entry form (209) 256-1750 tlinde1213@gmail.com

The above is a paid advertisement. The Amador Senior Center does not endorse or evaluate the advertised product, service, or company, nor any of the claims made by the advertisement.



AMADOR GOURD ARTISTS

We are a fun group of people who like to learn new art techniques to apply to a hard-shelled gourd. You do NOT have to be an artist to have fun in this group! Many of us are learning new things each time we get together, and we have some really great teachers in our own group, as well as some that we bring from out of the area too. We meet on the 2nd Thursday of the month from 9:00-12:00. Come join us to learn something new, or to restart this fun hobby for anyone who has worked on gourds before! www.AmadorGourdArtists.com or contact Toni Linde for more info. (209) 256-1750 tlinde1213@gmail.com

This activity is supported in-part by the California Arts Council, a state agency. Find out more at arts.ca.gov.

Amador County Arts Council LOCAL PARTNER TO CALIFORNIA ARTS COUNCIL

Advancing standard-aligned
arts education

Expanding access to creative
experiences

Supporting rural artists
throughout their careers

(209)256-8166, INFO@AMADORARTS.ORG



NATIONAL ENDOWMENT FOR THE ARTS
AND POETRY FOUNDATION PRESENT

POETRY
OUT
LOUD



Amador County Competition

January 22,
2PM

Hein & Company
204 N Main St, Jackson, CA.

Find out more:
209-256-8166
info@amadorarts.org



www.PoetryOutLoud.org
[@PoetryOutLoud](https://twitter.com/PoetryOutLoud)
#POL23
#IAmPoetryOutLoud

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Community



Assisted Living

Oak Manor

223 New York Ranch Rd

(209) 223-3273

License #037002697

Gold Quartz Inn

15 Bryson Drive

(209) 267-9155

License #037001001

Amador Residential Care

155 Placer Drive

(209) 223-4444

License #030317773

Apartments

Gold Quartz Senior Apartments

35 Bryson Drive, Sutter Creek

(209)257-4281



In-Home Care

License #034700005



AssistCare at Home provides Home Care Aide services in your home. Our goal is to design a program of care specific to your individual needs.

Our Home Care Aides are extensively trained, background checked, professional, and genuinely compassionate.

We coordinate with Hospice Care.

For a free in-home consultation please contact **Fleta Herndon** at (209) 257-4281

The above is a paid advertisement. The Amador Senior Center does not endorse or evaluate the advertised product, service, or company, nor any of the claims made by the advertisement.

Community

**YOUR
AD
HERE!**

1/4

1/2 HORIZONTAL

FULL PAGE

1/2 VERTICAL

ADS MUST BE READY TO GO.

**1/4 PAGE AD
\$5**

***ONE MONTH
FULL PRICE**

**1/2 PAGE AD
\$10**

***6 MONTHS
10% DISCOUNT**

**FULL PAGE AD
\$20**

***12 MONTHS
25% DISCOUNT**