



Active Aging Class Schedule and Locations

UPDATED 01/01/2014

Cameron Park

Traditional Style Exercise

Cameron Park Village Apartments
3433 Palmer Drive

Monday 8:45 a.m. to 9:45 a.m.

Thursday 8:45 a.m. to 9:45 a.m.

Instructor: Mary Kay Brancheau: 530-622-2935

Traditional Style Exercise

Diamond Springs

Diamond Sunrise Apartments
4015 Panther Lane

Monday 10:30 a.m. to 11:30 a.m.

Wednesday 10:30 a.m. to 11:30 a.m.

Instructor: Cess Wolary: 530-621-3638

Traditional Style Exercise

Diamond Springs

Lake Oaks Mobile Home Park
4280 Patterson Drive

Tuesday 9:00 a.m. to 10:00 a.m.

Thursday 9:00 a.m. to 10:00a.m.

Saturday 9:00 a.m. to 10:00a.m.

Instructor: Cess Wolary: 530-621-3638

Placerville

Traditional Style Exercise

Westside Church
4657 Missouri Flat Road

Tuesday 10:45 a.m. to 11:45 a.m.

Thursday 10:45 a.m. to 11:45 a.m.

Instructor: Mary Kay Brancheau: 530-622-2935

Placerville

NIA Technique

First Lutheran Church
1200 Pinecrest Court

Monday 8:15 a.m. to 9:15 a.m.

Wednesday 8:15 a.m. to 9:15 a.m.

Friday 8:15 a.m. to 9:15 a.m.

Instructor: Erin Davidson: 530-391-3669

Placerville

Tai-Chi Moving for Better Balance

Senior Center
937 Spring Street
Placerville, CA 95667

Monday 11:15 a.m. to 12:15 p.m.

Wednesday 11:15 a.m. to 12:15 p.m.

Instructor: Roy Imai at: roymimai@gmail.com (530) 409-1045

All classes are a suggested \$3.00 donation; no person will be refused participation regardless of donation.

For more information, please call El Dorado County Senior Health Education Program at:

530-621-6151 or 800-510-2020