

RECREATION AND FITNESS

"If bread is the necessity of life, recreation is a close second."
—Edward Bellamy

Recreation and Fitness

On the north coast, recreational activities are happening daily. Join other people for art, music, dining, hobbies, sport and travel. Local newspapers list community events, senior center activities, and cultural opportunities. Colleges and Adult Education programs also schedule many interesting classes and are available to the community. See Education and Literacy, page 24.

Adorni Center

Multi-Purpose Recreation Headquarters

1011 Waterfront Drive, Eureka, CA 95501

(707) 441-4248

Senior exercise classes, weight room, stationary equipment; Aerobic Classes.

Arcata Community Pool

1150 16th Street, Arcata, CA 95521

(707) 822-6801

Arcata Parks and Recreation

736 F St., Arcata, CA 95521

(707) 822-7091

E-Mail: rec@arcatacityhall.org

Web Site: www.arcatacityhall.org

Recreation activities.

California Department of Forestry

118 Fortuna Blvd., Fortuna, CA 95540-0425

(707) 725-4413

Web Site: www.fire.ca.gov

Forestry and Fire Protection, campfire permits.

California Dept. of Fish and Game

619 2nd Street, Eureka, CA 95501

(707) 445-6493

Web Site: www.dfg.ca.gov

Seniors receive reduced fees on fishing licenses (limited income criteria).

California State Parks

(800) 777-0369

E-Mail: info@parks.ca.gov

Web Site: www.parks.ca.gov

California State Parks and reservations.

Eureka Adult School

674 Allard Avenue, Eureka, CA 95503

(707) 441-2448

Web Site: www.eurekaadultschool.org

Offers courses in Fitness and Enrichment; Computer and Career Advancement; 50+ courses; Adaptive Education; Multi-level English as a second language.

Fortuna Parks and Recreation

#5 Park Street, Fortuna, CA 95540

(707) 725-7620

E-Mail: park@ci.fortuna.ca.us

Web Site: www.sunnyfortuna.com

Variety of activities and guest speakers, senior exercise programs; craft projects; monthly activity calendar available. Will plan new activities and classes to meet interests. Bus service within Fortuna.

Fred Endert Municipal Swimming Pool

1000 Play Street, Crescent City, CA 95531

(707) 464-9503

Year round heated pool, lap swimming, easy water aerobics, and water walking.

Manila Dunes Community Center

1611 Peninsula Drive, Manila, CA 95521

(707) 445-3309

National Forest Service

Passport Program

1330 Bayshore Way, Eureka, CA 95501

(707) 442-1721

Golden Age Passports (one time cost of \$10) are issued to people 62 and older to waive entrance fees and provide 50% discount on recreation use fees at federal recreation sites. Golden Access Pass for blind and disabled: free lifetime entrance pass.

Redwood Coast Music Festivals

P. O. Box 314, Eureka, CA 95501

(707) 445-3378

Web Site: www.redwoodjazz.org

Produces music festivals as fund raisers for community programs. Jazz Festival in spring; Blues by the Bay in summer.

Senior and Community Centers

Senior and Community Centers are the hub of community spirit for seniors and families. Activities, services and programs are just some of the benefits you will find at your local center, such as language classes, exercise groups, transportation to services, art and support meetings. If you have an interest or special talent you would like to share or learn about, a senior center can be a central stage to arrange special requests. Get involved with your senior and community center today.

Arcata Senior Dining Center

321 Community Parkway, Arcata, CA 95521
(707) 825-2027

Senior lunches, exercise classes and various other activities. Call for more information.

Bridgeville Community Center

P.O. Box 3, Bridgeville, CA 95526
(707) 777-1775

Del Norte Senior Center

1765 Northcrest Dr., Crescent City, CA 95531
(707) 464-3069

Senior lunches, exercise and dance classes, transportation and various other activities. Call for more information.

Ferndale Senior Resource Agency

(707) 786-4141

Exercise classes, congregate meals, transportation and other services. Call for more information.

Fortuna Lunch Site-HSRC

2130 Smith Lane, Fortuna, CA 95540
(707) 725-6245

Fortuna Senior Services

(707) 726-9203

Web Site: www.fortunasenior.org

Various activities offered 5 days a week including, exercise classes, socialization, outings, walking groups, transportation, arts and crafts, dancing and much more. Call for locations and times or visit their web site.

Healy Senior Center of Southern Humboldt

456 Briceland Road, Redway, CA 95560
(707) 923-2399

Howonquet Senior Nutrition Center

12370 Highway 101 North, Smith River, CA
(707) 487-4463

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501
(707) 443-9747

E-Mail: hsrc@humsenior.org

Web Site: www.humsenior.org

Klamath Senior Center

Klamath Community Center, Klamath, CA
(707) 482-0470

McKinleyville Senior Center

1620 Pickett Road, McKinleyville, CA 95519
(707) 839-0191

The Friendliest Slots in Humboldt County.



Complimentary Coffee and Soda
Special Senior Menu, Monday – Thursday

Dine at the Rivers Edge Restaurant or
Thirsty Bear Sports Bar & Grill

Open 24 hours on weekends

707-733-9644 • www.bearrivercasino.com

Recreation and Fitness

Orick Community Resource Center

Orick School, Highway 101, Orick, CA
(707) 488-2403

Quilting group and other activities..

Panamnik Center (Karuk)

459 Asip Road, Orleans, CA 95556
(530) 627-3056

Rio Dell Senior Center

325 Second Avenue, Rio Dell, CA 95562
(707) 764-3989

St. Joe's Community Resource Ctr.

38883 Hwy. 299, Willow Creek, CA 95573
(707) 629-3141

Travel

Many public transportation companies offer trip packages. Trip destinations vary from those that may be completed in a day to those that include extended tours of far away places. Many bus, train, airline, and ship tickets can start right here in Del Norte and Humboldt Counties. Discounts and advance-purchase money savers are available for the keen-eyed traveler. Call the transportation companies directly or check with a travel agent. See also, Transportation section on page 84.

Amtrak

(800) 872-7245

(800) 523-6590 TTY

E-Mail: www.amtrak.com

Web Site: www.amtrak.com

National rail service across the United States. Discounts on most routes for persons 62 and over. Eureka, Arcata, McKinleyville, Fortuna, Garberville.

Helping Hand From Greyhound

925 E Street, Arcata, CA 95521

(707) 825-8934

(800) 454-2487

Web Site: www.greyhound.com

Bus transportation in United States and Canada; special fare for disabled persons and companions traveling together. Senior discount for persons 62 and over.

HAPPY TRAILS TO YOU...

These are just a few options when looking into travel/recreational opportunities on the web. Use your favorite search engine (Google, Yahoo, etc.) and type in keywords specific to your desired destination and travel needs.

ESPECIALLY FOR SENIORS

www.wiredseniors.com: A general website of interest to seniors.

www.adventuresabroad.com/category/goldenyears: Adventures abroad.

www.50plusexpeditions.com: 50+ expeditions.

www.elderhostel.org: Adventures in lifelong learning.

www.eldertreks.com: The world's first adventure travel company designed exclusively for people 50 and over.

www.smarterliving.com/senior: Encourages older Americans to travel creatively both domestically and abroad.

www.walkingtheworld.com: Adventure travel for people 50 and better.

ESPECIALLY FOR PEOPLE WITH DISABILITIES

www.makoa.org/travel: Extensive disability travel and recreation resources.

www.access-able.com: Website for access information and resources for travelers with special needs.

www.disabilitytravel.com: Accessible lifestyle vacations for slow walkers, wheelchair travelers, their families and their friends.

www.travelconsumer.com/disability.htm: Provides links to information on destinations around the world, that meet the needs of travelers with disabilities.





Strength Training Resources for Osteoporosis Northcoast Group

Strength Training, Flexibility and Balance Classes
for general health and osteoporosis/ fall prevention

STRONG and BETTER BALANCE CLASSES		
ARCATA COMMUNITY CENTER 321 Community Parkway, Arcata	825-2027	M,W 9:30 am. F 9 - 11:30 am
BRIDGEVILLE COMMUNITY CENTER 38717 Kneeland Road, Bridgeville	777-1775	T 10:30 am M,W,Th,F 10-11 am
DEL NORTE SENIOR CENTER 1765 Northcrest, Crescent City	464-3069	M,W,F 10 am
EUREKA ADULT EDUCATION Worthington School Campus 3400 Erie Street, Eureka	June Davis 442-5938	M,T,Th 1:40 pm M,T,W,Th 3pm T,Th 5:15 pm
FERNDALE COMMUNITY CENTER End of Main Street at Fireman's Park	786-4141	M,W, 9 am
FERNDALE- ST.MARK'S LUTHERAN CHURCH 795 Berding Street	786-4434 or 725-9248	T,TH 5 pm
FORTUNA UNITED METHODIST CHURCH 922 N Street, Fortuna	726-9203	M,W 5 pm
FORTUNA PRESBYTERIAN CHURCH 1431 Ross Hill Road, Fortuna	726-9203	T,Th 3 pm
GENERAL HOSPITAL CAMPUS 2200 Harrison Ave, Eureka	445-5111 ext 5649	T,Th 3 pm
GARBERVILLE VETERANS MEMORIAL 483 Conger Street, Garberville	986-7230	M,Th 10:30 am
HUMBOLDT SENIOR RESOURCE CENTER 1910 California Street, Eureka	443-9747	M,W,Th, F 1 pm T,Th 10:45 am
MCKINLEYVILLE SENIOR CENTER 1620 Pickett Road, McKinleyville	839-0191	T,Th 9:30 am
SILVERCREST 2141 Tydd Street, Eureka	445-3141	M,W,F 10:45 am
ST. JOE'S COMMUNITY RESOURCE CENTER 38883 Hwy. 299 Willow Creek	Holly (530) 629-3948	W, F 3:30 pm

Coordinated by the Area 1 Agency on Aging. For further information call (707) 442-3763.