

FALL/WINTER SCHEDULE 2023

FERNDALE COMMUNITY CENTER

End of Main Street at Fireman’s Park Community Hall

*Monday, Wednesday, and Friday at 8:30-10:00*

**Gaylene 786-4141 or 407-5342**

FRESHWATER GRANGE HALL

49 Grange Road

*Tuesday and Thursday 9:30-10:30*

**Nancy 443-5264 or 845-3084**

HUMBOLDT SENIOR RESOURCE CENTER

1910 California Street

*Tuesday and Thursday 9:30-10:30*

**Joan 599-1065**

McKINLEYVILLE SENIOR CENTER

Hewitt Room

1620 Pickett Road

*Tuesday and Thursday 9:00-10:00*

**Burl (831) 212-6351**

SILVERCREST RESIDENCE (Priority given to residents)

2141 Tydd Street Eureka

*Zoom Only MWF 10:00-please see Zoom SAIL schedule for more info*

**Eileen (707) 476-0342**

**For more information about the SAIL Program please email:** [**phoebesmithpt@gmail.com**](mailto:phoebesmithpt@gmail.com) **or call A1AA (707) 442-3763**