



April Word Search

CITY OF ROCKLIN
...presents

Active Adults April Newsletter

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

B A P R S S G G E I L I S
 U A T S E P S R A R B O R
 T O A E H M I S S W O R G
 T E U X S E L D A I S Y T
 E N R A O H I A T R M A Y
 R I U T L I R S B O G N U
 F H S U A N P E D T I D M
 L S O Y G K A E H A N E B
 Y N P D N S A T R O J B R
 J U D F T N R R M L U K E
 C S R E O A U A I L X Z L
 P T R L E O I B B E R M L
 F F D G H D L S N F S X A

By Evelyn Johnson - www.qets.com

April	Diamond	Grow
Arbor	Earth	Rain
Aries	Easter	Sunshine
Bulbs	Eggs	Taurus
Bunny	Fool	Taxes
Butterfly	Galoshes	Umbrella
Daisy	Grass	

NEWS ALERT....

SENIORLIVING.ORG has put together a guide to inform Seniors about Common Elderly Scams. This guide aims to help the elderly people avoid becoming targets of scheme. It addresses the common tactics and schemes used against them and ways to be safe and aware on how they can protect themselves from scams. This guide also covers the various fraud tactics that scammers commonly use.

(www.seniorliving.org/research/common-elderly-scams/)



Its Tax Season, AARP is offering a Free In-Person Tax Preparation for seniors until **April 10th** at the Rocklin Library. For an appointment call (916-668-9829).



Spring is in the Air, get your walking or running shoes and join us for Rocklin's Annual **RUN ROCKLIN Event**. You can participate in the 5K, 12K and 1/2 Marathon on **April 7, 2019**. For more information and to register please visit : <http://www.runrocklin.com/>



It's Spring! Time to Clean! On April 27, 2019 Drop off your waste (including e-waste) at designated locations. Those who are 65 years and older with disabilities can call for a pickup. For more information or to schedule a pick-up. 916-625-5200

The deadline to request a pick up is 5 p.m. on Thursday, April 25.

April 2019 Active Adult Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		All Active Adult Activities, except Peer Counseling is held at the Rocklin Parks and Recreation Office, 5460 5th Street Rocklin, CA 95677. Peer Counseling is held at 2650 Sunset Blvd. Rooms 102				
	1 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	2	3 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	4 12-3:30 Duplicate Bridge 6:30-9:30 Men's Bridge 12:00-3:30 Sr. Peer	5 9-10 Aerobics 11-12 Stretch & Fitness 11:30 Movie Day	6 10-2 Bridge
7	8 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	9	10 9-10 Aerobics 11-12 Stretch & Fitness	11 9-12 HICAP 12-3:30 Duplicate Bridge 6:00-10:00 Couples Bridge 12:00-3:30 Sr. Peer	12 9-10 Aerobics 11-12 Stretch & Fitness 11:30 Movie Day	13 10-2 Bridge
14	15 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	16	17 9-10 Aerobics 11-12 Stretch & Fitness	18 12-3:30 Duplicate Bridge 6:00-10:00 Couples Bridge 12:00-3:30 Sr. Peer	19 9-10 Aerobics 11-12 Stretch & Fitness 11:30 Movie Day	20 10-2 Bridge
21	22 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	23 6:00-10:00 Couples Bridge	24 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	25 9-12 HICAP 12-3:30 Duplicate Bridge 12:00-3:30 Sr. Peer	26 9-10 Aerobics 11-12 Stretch & Fitness 11:30 Movie Day	27
28	29 9-10 Aerobics 9-1:30 Duplicate Bridge 11-12 Stretch & Fitness	30				