

# Active Aging News

JANUARY 2010 – MARCH 2010

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The West Sacramento Senior Center is a designated focal point serving the West Sacramento **50 +** population. The center has provided information & referral services, and entertainment to older adults, for over 20 years. Opportunities in active aging include: fitness, Information and Assistance, and Leisure Activities. Trips and events provide a chance to visit and socialize. Our programs are designed to: increase cultural unity, provide recreation opportunities, promote active aging, promote health & wellness.

This guide contains information for programs that will take place in January, February and March of 2010. To learn about other upcoming activities, or for more specific information about programs included in this guide, call us at 373-5819 or visit us on our website at [www.cityofwestsacramento.org](http://www.cityofwestsacramento.org)

**GET SWICHERD  
TO E-MAIL!  
CALL  
916-373-5819**



# January 2010



## Thunder Valley

January 6, 2009

Cost \$20.00 w/ \$5.00 Bonus

Call Irene at 916-373-5819 to reserve your space.



## Florin Bingo

January 11, 2010

\$3.00 for ride.

Call Delia at 916-373-5819 to reserve your spot.

## Movie Night ~ A Knight's Tale

Friday, January 15th. Starts at 5:30 pm

\$1.50 for popcorn and drink. **Movie is free.**

Call Courtney at 916-373-5819 for more info.



## Birthday Celebration

Wednesday, January 20th

11:30 am @ Senior Center

**MUST RSVP @ 373-5805**



## Jelly Belly

January 25, 2010

Cost: \$5.00 for ride/ Entrance is **FREE**

Call Delia at 916-373-5819 to reserve your spot.

**NOTE: Senior Center Trips and Events have limited space. Please call in advance to reserve a space.**

**Spots are on a first come first serve basis.**



# February 2010



## Roseville Galleria Shopping

February 1, 2010

Cost: \$3.00 for ride

Call Delia 916-373-5819 to reserve your spot.



## Red Hawk

February 10, 2009

Cost \$20.00 w/ \$10.00 Bonus

Call Irene at 916-373-5819 to reserve your space.



## Spaghetti Fundraiser

February 11, 2010

Cost: \$3.00

Call Irene 916-373-5819 to reserve your spot.



## Birthday Celebration

Wednesday, February 17th

11:30 am @ Senior Center

**MUST RSVP @ 373-5805**



## Movie Night ~ Yes Man

Friday, February 19th. Starts at 5:30 pm

\$1.50 for popcorn and drink. **Movie is free.**

Call Courtney at 916-373-5819 for more info.



## Budweiser Factory

February 22, 2010

Cost: \$5.00/ **Admission: FREE**

Call Delia 916-373-5819 to reserve your spot.



# March 2010



## IMAX

March 1, 2010

Cost: \$3.00 for ride

Call Delia 916-373-5819 to reserve your spot.



## Feather Falls

March 10, 2009

Cost \$20.00 w/ \$10.00 Bonus

Call 916-373-5819 to reserve your space.



## Birthday Celebration

Wednesday, March 17th.

11:30 am @ Senior Center

**MUST RSVP @ 373-5805**



## Saint Patrick's Day Parade

March 17, 2010

Cost \$3.00 for ride

Call Delia at 916-373-5819 to reserve a seat.

## Movie Night ~ Australia

Friday, March 26th. Starts at 5:30 pm

\$1.50 for popcorn and drink. **Movie is free.**

Call Courtney at 916-373-5819 for more info.

**NOTE: Senior Center Trips and Events have limited space. Please call in advance to reserve a space.**

**Spots are on a first come first serve basis.**





# Leisure Interest



| Class  | Description  | Day/Time  |
|--|--|---|
| <b>Ceramics</b><br><br><i>Donation Suggested</i>                 | Ceramics class is for people who want to learn how or already enjoy making ceramics. Come and bring your green ware. We have 2 kilns and can bake it for you. Stop by and paint your ceramics in a fun social environment.   | Monday<br>9:00 am to 12:00 pm   |
| <b>Knitting and Crocheting</b><br><br><i>Donation Suggested</i>  | This is a social class where you can come learn to make hats, scarf's, blankets, ect. All skill levels are welcome. Yarn is provided but you are welcome to bring your own colors and patterns.  | Wednesday's<br>9:00 am to 12:00 pm  |
| <b>Doll Club</b><br><br><i>Donation Suggested</i>                | This class is for those who want to learn how to make dolls and doll clothes. Instructors are there to help with ideas and learning. Share authentic and rare collector antiques.  | 3rd Tuesday of each month<br>10:00 am   |
| <b>Singing Songsters</b><br><br><i>Donation Suggested</i>        | Our song club is here for anyone who likes to sing. Please join us and share your talents.   | Thursday's<br>1:00 pm   |
| <b>Bunko Bonanza</b>   | A dice game where you move tables and meet new people every round. Come join and have a fun and relaxing time.   | 2nd and 4th Thursday of each month<br>1:00 am to 3:00 pm                          |
| <b>Bingo and Potluck</b><br><br><i>10 cents a card per game.</i> | Come play bingo! Bring your favorite dish or desert to share and enjoy a nice night out. Bring a friend and double the fun.  | Tuesday's<br>3:45 pm to 5:45 pm   |
| <b>Card Making Class</b><br><br><i>Cost: \$2.50</i>              | Do you ever wonder how to make those fancy homemade cards. Well come check out our class. Once a month our instructor comes and helps give tips and ideas for any occasion of card. Come make something you and your family will love. A donation is requested.  | 1st Monday of the each month<br>1:00 pm   |
| <b>Scrapbooking</b><br><br><i>Cost: \$5.00</i>                   | Learn Scrapbooking basics and all of the latest and greatest techniques in our fun and creative "crops".<br><b>The class will provide:</b> Detailed & individualized guidance, instructions & handouts, equipment, a variety of embellishments and fun.<br><b>You will need to bring:</b> 12x12 Scrapbook paper in your choice of colors and patterns, your favorite adhesive & a pair of good scissors. | Join Liz on the 3rd Monday of each month.<br>Time: 12:15—3:00 pm in the Classroom |

## West Sacramento Aging Commission Up Coming Meetings:

All meetings are held at the City Hall in the Council Chambers at 3pm.

- Friday, Jan 22 at 3:00 pm
- Friday, Mar 26 at 3:00 pm



# Health and Wellness



| Class  | Description   | Day/Time                             |
|--|---|--------------------------------------|
| <b>Low Impact with Richard Simmons video.</b><br><i>Donation Suggested</i> | Low impact exercise class. Participate to Richard Simmons video "Silver Foxes", along with a group of peers.  | Monday—Friday<br>9:00 am to 10:00 am |
| <b>Tai Chi</b><br><br><i>Donation Suggested</i>                            | Class is held next door at Las Casitas. Tai chi is a low-impact form of exercise. It is a weight-bearing exercise and it is an aerobic exercise thought to improve physical condition, muscle strength, coordination, and flexibility. Tai Chi can improve balance and a reduce risk of falls, especially in elderly people. Other benefits include ease pain and stiffness and sleep improvement for overall wellness. | Monday's<br>10:30 am to 11:30 am     |
| <b>Exercise with Janis</b><br><i>Donation Suggested</i>                    | Low impact chair exercises with instructional video.  | Thursday's<br>10:00 am to 11:00 am   |
| <b>Exercise with Rose</b><br><i>Donation Suggested</i>                     | This is a low impact exercise with small free weights for strength  | Tuesday's<br>1:00 pm                 |
| <b>Line Dancing</b><br><i>Donation Suggested</i>                           | Learn how to do a new line dances. Low impact exercise.   | Tuesday's<br>2:00 pm to 3:30 pm      |



## Alternative Transportation Options



All the below listed agencies are options for residents who seek transportation. Please contact the agencies for the correct and most current information on services.

### **YOLOBUS (Yolo County Transportation District)**

**Phone:** (916) 371-2877

**Website:** [www.yolobus.com](http://www.yolobus.com)

### **Broderick Christian Center**

**Phone:** (916) 372-0200 ext. 101

### **Sacramento Region Travel Information System (511)**

**Phone:** 511

**Website:** [www.sacregion511.org](http://www.sacregion511.org)

### **California Co-op Cab Company**

**Phone:** (916) 444-7777

**Website:** [www.californiacoopcab.org](http://www.californiacoopcab.org)

### **Yolo County Veterans Transportation**

**Phone:** (530) 406-4850



# Do You Need Information and Assistance?

Finding the Services you need can be confusing. Our senior Information and Assistance Specialists can help you. The friendly staff will take time to listen and refer you to the services or programs you need.

**No one will be denied services for lack of a contribution.**

We can link you to the following services and more:

|                             |                              |                         |
|-----------------------------|------------------------------|-------------------------|
| Caregiver Support           | Education Programs           | Employment Programs     |
| Financial and Legal         | Fitness and recreation       | Food and Meals          |
| Health Insurance Counseling | Health and Wellness Services | Volunteer Services      |
| Housing/Minor Home Repairs  | In-Home Help                 | Veterans Services       |
| Mental Health Counseling    | Support Groups               | Tax & rebate Assistance |
| Transportation              |                              |                         |

| Information and Services   |  |
|--|--|
| <b>Information and Assistance:</b>   | Daily 9:00 am-3:00 pm  |
| <b>Veteran's Assistance:</b>   | 8:00 am-11:00 am on the 2nd & 3rd Wednesday  |
| <b>Experience Works:</b>   | 9:00 am-12:00 pm on Tuesday's  |
| <b>Legal Clinic: (Appointment Needed)</b>  | 9:00 am -11:00 am, 2 <sup>nd</sup> Monday of each month  |
| <b>HICAP (Medicare Assistance):</b>  | 1:00 pm on 1st and 3rd Wednesday of each Month   |
| Nutrition Programs   |  |
| <b>Elderly Nutrition Program</b>   | <b>Please contact (916) 373-5805 to reserve your meal a minimum of 24 hours in advance.</b> West Sacramento location is at the Senior Center, 664 Cummins Way. The Senior Center provides transportation to and from the meal site Tuesday through Friday. Space is limited. <b>For transportation to meal site please call 916-373-5819</b> |
| Provides a senior with a nutritious meal and the opportunity to eat with friends in a social environment. Available to seniors aged 60 and up.   |  |
| <b>We request a donation of \$3.00.</b>  |  |
| Shuttle Shopping   |  |
| <b>Shuttle to Raley's/Safeway:</b>   | <b>Shuttle to Wal-Mart:</b>  |
| <b>(Space is limited)</b>  | <b>(Space is limited)</b>  |
| This program is for seniors who are 50 plus. We pick you up and take you back home. Our drivers will help you get all of your bags into the house. Offered on Friday leaving at 8:00am | This program is for seniors who are 50 plus. We pick you up and take you back home. Our drivers will help you get all of your bags into the house. Second Monday of each month 8:00 pm 11:00 am. Second Friday of each month 1:00 pm 4:00 pm.  |

## C o l l a b o r a t i o n      a n d      P a r t n e r s h i p s

The West Sacramento Senior Center recognizes and deeply appreciates the many organizations and volunteers offering services to seniors. Yolo County Housing, Elderly Nutrition Program (ENP), Rebuilding together, Experience Works, Legal Services of Northern California, Yolo County Adult Protective Service, Partnership Healthcare, Yolo County DA's Elder, Protection Unit, Christians Reaching Out Serving Seniors (CROSS), AARP, Rotary Club, & HICAP, Sacramento State Nursing Program, Area 4 Agency on Aging.



January, February and March  
Active Aging Newsletter



Parks & Recreation  
West Sacramento Senior Center  
664 Cummins Way  
West Sacramento, CA 95605

Presorted Standard  
U S Postage  
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