



# 50+ Wellness Newsletter

*We do best what we do most. Be well.*

SPRING 2009

A CITY OF SACRAMENTO PUBLICATION

VOLUME 11 ISSUE 2

*REMINDER The 50+ Wellness Newsletter is now printed biannually, in Spring and Fall. Summer and Winter issues are available via email or online, at [www.cityofsacramento.org/parksandrecreation/ohs/50%2B.htm](http://www.cityofsacramento.org/parksandrecreation/ohs/50%2B.htm).*

*Typical 50+ Wellness Newsletter availability schedule:*

<i>Spring</i>	<i>late March</i>
<i>Summer</i>	<i>late June (internet, email only)</i>
<i>Fall</i>	<i>late September</i>
<i>Winter</i>	<i>late January (internet, email only)</i>



## **Ready for retirement?**

We may think retiring is just about our 401k, IRA, and our long term investments. However, planning for retirement includes not only making sure we have enough money to continue our lives in the way we want, but also making sure we will have sources of identity, fulfillment and purpose as well. While these difficult economic times may be impacting when we retire or how we are already spending our retirement, we can still do work to address these other, often overlooked, aspects.

There are three areas of change at retirement, beyond finances:

**Identity** For many of us, what we do becomes synonymous with who we are; when asked about ourselves, we may include our job and employer, among other work achievements. If no longer working, these histories are no longer part of our present, leaving a void in “who we are” and “what we do”.

**Relationships** We no longer interact with particular people or a variety of people each day as we once have, missing out on colleague camaraderie and social connections. Home life changes, our spouse, partner, or family suddenly have much more time with us. Routines are disrupted and turf issues may even surface.

**Purpose** Wondering what use we serve may occur, as we are no longer in need at the office, classroom, site or field. What may have got us out of bed and moving each day is no longer present.

Tips for planning and coping with these changes may be simple enough as just being aware of them, depending on how much of our self was defined by our work. For others, it may be more involved. Some recommendations include:

- Retire gradually, cutting back on hours or switching to consulting work, before retiring altogether.
- Be open with spouses, family, and loved ones about personal expectations as well as being receptive to theirs. Define after retirement roles. Are you going to work on home projects? How much are you willing to provide child care? Does your spouse have the same post retirement plans as you envision? Consider counseling if talks are unmanageable alone.
- Plan for free time. Are there activities you've always wanted to pursue? Dreams and hopes you have saved for? Volunteering, traveling, tutoring, self enrichment classes, hobbies, sports are just a few examples of activities to consider.

Continued on page 3...



## STRETCH & STRENGTHEN



### Chair Yoga to the Rescue!

By Pat Shaw, CYT

As we age, it seems like everyday heralds a new ache! I guess there is a lot of truth in the old saying - if you don't use it, you lose it. I know for me this rings loud and clear, as I myself embark on my "journey of the golden years". The older we get, it becomes even more apparent and important that we keep our joints flexible and our bodies healthy. Yes, it is crucial to our wellbeing to stay active and healthy by exercising daily and eating properly. However, it is equally important to incorporate moving you body to maintain joint and muscular strength and spinal flexibility.

Why Chair Yoga? The less mobile we are as we age, the more dependent we become, simple as that. This applies to any one, at any age, dealing with physical challenges whether it is from an accident, sport injury, disease, illness, age or weight. Remember, "You are as old as your spine," say 91 year old BKS Iyengar, one of the leading teachers of yoga.

People of all ages and fitness levels seeking to improve their quality of life are looking into Chair Yoga as their starting point. Many people come to Chair Yoga to assist in minimizing the rigors of dealing with back pain, weight gain, arthritis, chronic headaches, frozen shoulders, hip, knee and balance issues, to name a few. Some physical therapists and chiropractors encourage patients to yoga in addition to their treatment. A consistent practice of yoga will maintain and/or increase your current level of flexibility, balance, digestion, bone density, mobility, circulation, coordination, strength and mental clarity!

What is Chair Yoga? Chair Yoga is a gentle way of stretching our bodies. It's safe and low-impact. By stretching and lengthening muscles, the body is encouraged to properly align from head to toe, responding by releasing deep rooted tension, stress and toxins, leaving you feeling relaxed and rejuvenated.

What to expect in a Chair Yoga class? Wear loose clothing, bring a towel and most importantly, a sense of humor. Most classes begin with a period of deep breathing exercises to clear the mind and prepare the body for movement, a warm-up of light stretches moving into deeper stretches, and finally deep relaxation that allows the body and mind to release, replenish, and relax. All leaves you with a sense of general wellbeing throughout your day. Participants perform postures using their chair for support and a "sticky" mat for stability but also the walls, blocks, straps, blankets and even doorways to assist in stretching and lengthening the body! Remember, if you have difficulty executing a posture, ask you instructor is there is an alternative way to do it. On the whole, have fun learning how to feel better!

## 50+ Wellness Newsletter



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City of Sacramento  
50+ Wellness Program

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**The DEADLINE for the  
Summer 2009  
Issue is 05/08/09**

*(Note: All telephone numbers in this  
newsletter not otherwise indicated are  
in the 916 area code)*

### Visit Us Online!

[www.cityofsacramento.org/  
parksandrecreation/ohs/  
50+.htm](http://www.cityofsacramento.org/parksandrecreation/ohs/50+.htm)

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RETIREMENT: Contd. from p. 1

- Create a new routine. If you are accustomed to a clear schedule, draw one up. If it doesn't work for you, revise it and keep at it until you find a satisfying routine.

- Try out your plan. If you've planned on traveling, try an extended trip beforehand. You may find you're more of a homebody than you thought, for example. Take an introductory class before purchasing new equipment for a hobby you think you might enjoy.

- Use your old skills in a new setting. Were you a financial whiz at work? Think about volunteering your time at a non-profit as a bookkeeper or with an agency that assists the public with financial concerns. Worked on computers? Do free lance repair or tutor/teach at a community center, school or other program. Plenty of work based skills transfer outside of our immediate jobs!

- Be flexible in your plan and develop a number of interests. Something may happen and you are no longer able to travel the globe, play golf everyday, build that art studio, in which case, you'll want to have other opportunities to keep yourself feeling useful, fulfilled, and able to enjoy your retirement.

Possibly most important, keep a positive outlook. If you were good at your job, rather than think of retirement as a punishment, view it as an opportunity to develop yourself in other areas. With a plan in mind, picture yourself enjoying your retirement and it'll more likely happen. That's what you worked so hard for, isn't it?



## Hike with 50+ Wellness

We meet one Saturday most months and typically hike 4 to 6 miles in and around Sacramento and Northern California. Our focus is on getting outdoors for some exercise and enjoying the beauty of our surroundings in a comfortable and leisurely way. First timers to seasoned hikers welcome! To receive the monthly flier detailing the 50+ Wellness group hike, email [fiftypluswellness@cityofsacramento.org](mailto:fiftypluswellness@cityofsacramento.org) or call 808-1593 to get on the mailing list. Include your full name, telephone number and email address/ mailing address. Information for the upcoming hike is available near the beginning of each month and will be automatically sent to you.

## Camp Sacramento... Fun at any age!

Set in the majestic Eldorado National Forest, Camp Sacramento is located just 85 miles east of our fair city! The two weeks prior to Labor Day are set aside just for the 50+ Wellness Program and offer a wide spectrum of experiences. August 24-28 is Adventure Week, where we hike, kayak, bike, ride horses, raft, fish and explore the South Lake Tahoe basin! August 31-September 4 is Senior Week. With workshops such as ceramics, pine needle basket weaving, painting, healthy lifestyles as well as short hikes, a variety show and special camp fire, you'll make great memories and mementos. Both weeks are reasonably priced - as low as \$288 for Adventure Week, \$266 for Senior Week - and include wood cabin lodging, all meals, and more! Call 808-1593 or email [fiftypluswellness@cityofsacramento.org](mailto:fiftypluswellness@cityofsacramento.org) for a brochure and registration form.

## Attention Active Seniors!

If you enjoyed baseball or softball in your youth, then it is even more fun as seniors, with more cajoling and championship games at the season-ending annual picnic. Senior Softball provides the incentive to stay active and fit. Many seniors do it with two replacement knees, hips, pacemakers, etc. The Golden Senior Softball Club of Sacramento has seven leagues with uniforms for every age group: 50+, 60+, 65+, and 70+. Many players have a goal of making the 80+ team that goes to national tournaments. Come watch us play! Wives, encourage him to get out of the house for a men's social and recreational activity. To enroll, call 686-1654. [www.gsscs.org](http://www.gsscs.org)

Not sure if you're ready for softball play? The City of Sacramento is proud to announce "Drop-In Senior Softball" for men and women. We are offering drop-in senior softball from 10am-12pm for ages 50+ at local parks throughout Sacramento. We will begin with batting practice, and then divide up into teams of 4 to 12 players each, depending on how many drop-in at each location. Would you like a good reason to get back in better physical condition while having fun with a group of active seniors? Call 808-7805 or email [rhale@cityofsacramento.org](mailto:rhale@cityofsacramento.org).

The City of Sacramento Adult Sports section offers lots of other great leagues and venues for play, including **Basketball** (808-6173), **Natomas Basketball, Volleyball** or **Softball** (808-7805), **Twilight Softball** (808-2307), and the **Sacramento Softball Complex** (808-6087)! Give them a call today!

## Come on a Safari with us!

Psssssssst.....it's Sacramento's best kept secret, but not for long!

Are you looking for fun, adventure and good value? Then Safari Tours is for you!

The Department of Parks and Recreation Safari Tours program features one-day and overnight trips for active adults. Safari Tours is the perfect way to travel. Let us do the driving, while you enjoy the great activities and destinations featured on our trips.



### DAY TRIPS:

March 19 - San Francisco Flower and Garden Show, with lunch at the Beach Chalet, \$105 pp

April 9 - Filoli Gardens and Mansion, \$64 pp

April 24 - Asparagus Festival, Stockton, \$51 pp

April 29 - Wicked!, San Francisco, \$145 pp

May 3 - Alameda Point Antiques & Collectibles Faire, Alameda, \$51 pp

June 11 - Day at the Races, Golden Gate Fields, Emeryville, Price TBA

July 29 - A Day in Golden Gate Park, San Francisco, \$44 pp

August - Mystery Tour! Price TBA

Sept. - Draft Horse Classic, Grass Valley, Price TBA

October - Apple Hill Tour, Price TBA

November - Holiday Shopping in San Francisco, \$44 pp

December - Holiday Lights, Price TBA

### OVERNIGHT TRIPS:

July 30 - August 8 - The Treasures of Idaho and Montana, Price \$2,350 pp dbl occ

September 9 - 11 - Monterey, Price TBA

September 29 - October 7 - Classic Fall Foliage, Boston, Acadia National Park, Bar Harbor, Stockbridge, Newport and more! Price \$2,579 pp dbl occ

December - Santa Cruz - Holiday Lights Train, Price TBA

These are just some of our trips, more are in the planning stage! For more information or to register please call: 808-TOUR (8687) or visit the Tour Desk at Coloma Community Center, 4623 T St., Auburn Room. Hours of operation 10 am to 4 pm. You may also view our tours on line at: [www.cityofsacramento.org/safari](http://www.cityofsacramento.org/safari)



## Recycle your Empty Ink Cartridges at the Hart Senior Center!

Bring your empty printer ink cartridges to the Hart Center and we will recycle them for you. Hart Senior Center, 915 – 27th Street, Sacramento. 808-5462. This program benefits the Ethel Hart Computer Center and the environment!

## Stop snacking and sleep!

It seems that getting enough sleep is crucial to keeping off the pounds in more ways than one. A recent University of Chicago/University of Wisconsin-Madison study found on average people who slept 5.5 hours per night (compared to 8.5 hours) consumed 220 more calories the following day. Make it a regular habit and you could gain up to two pounds a month or almost 23 pounds a year. Yikes! Additionally, it seems the majority of those extra calories came at night - when they could have been sleeping - and in the form of carbohydrates. Those extra hours awake? They did not translate to more activity, thus providing a one-two punch of weight gain – extra calories without extra activity to burn off that “fuel”. So next time you head for the cabinets late at night, consider heading to bed instead!





# EATING RIGHT



## **Breakfast: A Good Health Opportunity**

Breakfast for many people is all or nothing: either all unhealthy stuff – pastries or eggs and fatty meats – or nothing if you’re charging out the door in a hurry. It can and should be so much more. First, eating a healthy breakfast really helps weight control, according to studies. Breakfast gets your metabolism going after a night’s sleep.

Although it might seem that skipping breakfast would make weight control easier, studies suggest that eating breakfast may help reduce overeating later in the day. People who skip or eat an inadequate breakfast may find mid-morning a time they are likely to eat high calorie foods. They may also get extremely hungry at lunch and eat too much. Studies consistently link a pattern of eating little in the morning to consuming large amounts near the end of the day.

But what you eat for breakfast is just as important as eating the meal itself. Breakfasts that balance whole grains, some lean protein, vegetables and fruits slowly release carbohydrate into the blood. Refined grains – bread, pastry or cereal – raise blood sugar levels quickly, only to cause an energy dive soon afterwards. Eating a nutritious breakfast can also help morning concentration and work performance.

Breakfast is an easy way to meet the goal of three or more servings of whole grains per day with whole-grain cereal, oatmeal or whole-grain toast. Breakfast is also a great time to get in at least one serving of vegetables – perhaps in an omelet or vegetable juice – or fruit with whole-grain cereal. It is far easier to get the recommended daily 5 to 10 servings of cancer-fighting vegetables and fruits when they are a part of a third meal.

For a long-lasting breakfast, combine a whole grain, a fruit or vegetable and a healthful source of protein like low fat milk, rich in calcium and vitamin D, or low fat yogurt. Or your protein source could be a small amount of peanut butter or walnuts, both of which contain healthy fats and important vitamins.

People who aren’t hungry in the morning often find that if they eat less at night, they wake up that way. For others, a piece of fruit to start the day and a healthful early morning snack may work best or help make a transition to a breakfast habit.

## **Breakfast Fruit Wrap**

For variety, you can substitute a tablespoon of peanut butter or vanilla low fat yogurt for the ricotta cheese in this recipe. Any sliced fruit may be substituted for the berries.

- 1 whole-wheat tortilla
- 2 tsp. all-fruit strawberry preserves
- 2 Tbsp. part skim ricotta or low fat cottage cheese
- ½ cup sliced strawberries (fresh or frozen, thawed and drained berries)
- 2 Tbsp. sliced almonds or walnuts



On flat surface, spread preserves on tortilla. Top with ricotta cheese then sliced fruit. Sprinkle with nuts. Starting from one end, roll tightly. Wrap in foil for neater eating.

Makes 1 fruit wrap. Per serving: 231 calories, 9 g fat (2 g saturated fat), 34 g carbohydrate, 9 g protein, 4 g dietary fiber, 213 g sodium.

Article and recipe provide by American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

## Get moving with 50+ Wellness

Exercise, Energize, Enjoy

Monday and Wednesday, 10:30-11:30am, South Natomas CC, 2921 Truxel Road. Increase strength, flexibility and improve balance using a variety of techniques and equipment. \$20 for a 10 session punch card.



**Stretching & Strengthening**  
Monday, Wednesday, and Friday, 7:30-8:30am, 8:45-9:45am or 10-11am, East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Focusing on proper body mechanics, posture and balance, with a deep relaxation phase at the end of the class. All fitness levels welcome! \$55/month. Pay at Coloma CC, 4623 T Street.

**Raja Yoga** Mondays, 12:30-2pm, East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Gentle yoga adapted to individual needs. The emphasis is on deep relaxation and proper breathing techniques. \$32 for a 4 session punch card. Sign up at Coloma CC, 4623 T Street

**Chair Yoga/Yoga for All of Us** Mondays, 11am to noon. East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Yoga helps maintain or improve flexibility, balance, and mobility while improving coordination and strength. \$32 for a 4 session punch card. Sign up at Coloma CC, 4623 T Street

**Head to Toe Fitness** Monday, Wednesday 8:30-9:30am. Belle Cooledge CC, 5966 South Land Park Drive. Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter! \$20 for a 10 session punch card.

**Stretch N' Flex** Tuesday and Thursday, 8-9am, Belle Cooledge CC, 5699 South Land Park Dr. A full hour of intensive exercise, including floor work on mats, exercises standing and sitting, strenuous standing exercises and weight and balance training. Mats, weights, and personal emergency and health information is required. FREE!

## Water Aerobics

Sacramento can be downright hot during the summer months. It can make continuing your fitness regimen outdoors unpleasant, if not dangerous. But don't despair! One great way to get outside and get moving without overheating is taking a water aerobics class. Like fitness classes on land, water aerobics are led by trained instructors who make moving in the water good for your heart and muscles, and FUN.

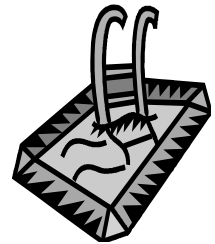
Water aerobics make for a wonderful workout for people our age (or any age!) for a variety of reasons. First, it's an easily tailored experience as you can adjust the speed and size of your movements so to have a comfortable yet challenging workout. Because you are moving your whole body in and through the water, water aerobics is a total body workout. Water provides natural resistance so you build strength as you move. You stay cooler in the water than out and still get the heart healthy benefits without the sweat a land fitness regimen would offer. Because we tend to be buoyant (supported) in water, water aerobics is friendly on our joints, making it more pleasant and less damaging to our bodies. Finally, and maybe most importantly for those of us who are over-weight or who have not exercised for a while, this is an easy way to get back and stay in an exercise program. Plus it's tons fun to be silly and active with others in the pool!

During the summer, the City of Sacramento Parks and Recreation Department offers water aerobics at select pools. Held in the shallow end of the pools and always under the supervision of a lifeguard, you do not need to know how to swim to participate. Come try one of the classes below and enjoy the company of other participants, stay healthy and fit, most of all, have fun this summer! Call 808-2306 in mid-May for more information about the City of Sacramento water aerobics program, including schedules and pricing, as well as other fabulous aquatics opportunities!

**Chi Gong for Special Populations** Tuesday, 6:30-8:30pm at Evelyn Moore CC, 1402 Dickson Street. Practice the ancient art of Chi Gong and benefit from a group healing session. FREE!

**Fit over Fifty** Monday, Wednesday, Friday, 10:30-11:30am, Pannell CC, 2450 Meadowview Road. Includes stretching and strengthening exercises. \$10/5 sessions or \$20/11 sessions.

If you have any questions regarding the above classes, please call us at 808-1593.





## COMMUNITY LECTURES & WORKSHOPS



### HILL PHYSICIANS CLASSES

Open to the public. Some have a fee. Held at various locations. Pre-registration req. 877-493-5563. Visit [www.hillphysicians.com](http://www.hillphysicians.com)

**Cholesterol Highway Teleclass** 3/17 6:30pm

**Diabetes Basic Series** 3/17 4pm, 3/18 1pm

**Diabetes Eating Well** 3/20 2pm

**Living Well with Diabetes Teleclass** 3/24 & 3/31 7pm

**Living Well with IBS Teleclass**

**Nutrition Teleclass Series** 3/24 6:30pm

Other regularly scheduled classes include:

- **Acupressure & Reflexology**
- **Arthritis: Hot Joints Teleclass**
- **Diabetes Getting Started**
- **Eating Well with Diabetes Teleclass**
- **Healing Heartburn Teleclass**
- **Incontinence: Hold it! Three Weeks to Staying Dry Teleclass**
- **Insomnia: 12 Techniques to Sleep**
- **Through the Night Teleclass**
- **Learning About Depression Teleclass**
- **Living in Balance: Weight Management Teleclass**
- **Stress Management in 90 Minutes Teleclass**

### MERCY GENERAL HOSPITAL

3rd Fri., 11am-12pm. Mercy General Hospital (4001 J St., Sacramento.) Call 888-800-7688.

### SAC NATURAL FOODS CO-OP

Offers a variety of workshops. Cost varies. In Sacramento - 1914 Alhambra Blvd., 455-2667. In Elk Grove - 8517 Bond Rd, 714-7100. Every 3rd Wed. is Senior Appreciation Day (10% off.) [www.sacfoodcoop.com](http://www.sacfoodcoop.com).

**Introduction to Chair Yoga** - 3/18 1pm

**Meditation Circle** - 3/18 6:30pm

**Herbal Detox for Springtime Rejuvenation** - 3/25 6:30pm

### THE SENIOR CONNECTION

A free service of Eskaton. To register call 1-800-334-3490 M-F 8am-5pm.

**Amazing Phones for Free** 3/2 1pm, 3/30 1pm

**Help Yourself to a Healthier Life** - 5/12 9:30am

**The Mediterranean Diet** 3/18 10:30am

### SUTTER MEDICAL CENTER

Reservations reqd. 733-7080.

**AIM: Asthma Information & Management** 4th Tues 5:30pm

**Overcoming Our Common Enemy - Pain** - 4/28 6:30pm

**"Stayin' Alive" - Sex and the Search for Intimacy** - 6/16 6:30pm

**Weight-Loss Management Information Seminars** - 3/9, 4/13, 5/11, 6/8, 7/11, 8/10, 9/24, 10/12, 9/9 6pm.

**You've Got Question - We've Got Answers** - Get your health-related questions answered. 9/8 6:30pm.

Other classes include: cancer-related topics, cholesterol education, hospice volunteer training, pre-diabetes, diabetes care, smoking cessation, weight management, and yoga.

## SPECIAL

## ANNOUNCEMENTS

**Healing Arts Festival** - Sun., March 15 10am-5pm at Doubletree Hotel. Meet providers, practitioners and purveyors of holistic alternatives. Admission is \$5 for seniors.

### Planning a Summer Vegetable

**Garden?** What should you plant?

Where? When? How? Whether your yard is small or large, learn how to maximize the use of your space to grow your own delicious and nutritious food. Class is held at Placer Nature Center, 3700 Christian Valley Road, Auburn, on Thurs., March 28, from 10 a.m. - noon. Free. 530-878-6053.

### Sacramento Earth Day

- Sun., April 26 11am-6pm at Southside Park. This year's theme is "Be the Solution."

### 18th Annual Festival de la Familia

- Sun., April 26 10am-6pm at Cal Expo. Enjoy artists, food, music, and activities from 22 Latin countries. Admission is \$6 for adults, FREE for seniors 59+.

### K. Hovnanian Homes Community

**Health Fair** - April 25 12-4pm. 4200 Hovnanian Drive, Sacramento. Local organizations will address aspects of health and wellness with short, health-specific presentations and complimentary health screenings. Open to the public. For more information on this free health fair, contact the neighborhood sales center at K. Hovnanian's Four Seasons at Westshore at 263-9515.

### Annual Pacific Rim Street Fest

- May 17 10am-5pm in Old Sacramento. Enjoy cultural programs, entertainment, art and food from Pacific Rim cultures.

### Sacramento County Fair

- May 21-25 at Cal Expo. Admission is FREE.



# FITNESS CLASSES & ACTIVITIES

Note: Program information is subject to change.



## WATER FITNESS

**24 Hour Fitness** - Howe Ave. Indoor pool, membership req. 925-7055.

**24 Hour Fitness** - Downtown. Indoor pool, membership req. 658-1629.

**American River College** - 484-8201, **Arden Manor Rec. & Park District** - 487-7851.

**Arthritis Foundation** - Folsom. Indoor pool. Classes for arthritis (“Joints Jamboree”) & fibro-myalgia. T/Th 10am, 11am, 12pm, 4pm. 368-5599 or 983-5900.

**Barbara M. Wackford Pool** - Elk Grove. Year-round. 405-5600.

**Broadstone Racquet Club** - Folsom. 983-9180.

**Burger Physical Therapy** - 1201 East Bidwell St Suit 101, Folsom. A 40-ft. warm water pool for individuals with arthritic pain. Call 983-5900.

**UC Davis Water Aerobics** - UCD patients only. T-F various times. \$35/mo. 734-6700.

**CA Family Fitness** - Elk Grove. Aqua Aerobics. Outdoor pool. 685-3355.

**CA Family Fitness** - Fair Oaks. Aqua Aerobics MWF 9am, T/Th 6:15pm. 482-9100.

**CA Family Fitness** - Carm. Aqua Aerobics. Indoor/heated. 944-2900.

**CA Muscle Club** - Indoor pool. 334-2639.

**Capitol Athletic Club** - Outdoor/heated. Mem. req'd. 442-3927.

**Carmichael Athletic** - Outdoor pool. Water classes M-Sat, various times. Mem. req'd. 485-5355.

**Comprehensive Physical Therapy** - Indoor/heated. 929-9078.

**Cosumnes River College** - 688-7261.

**Davis Aquatic Masters** - Davis Civic Center. 530-757-7946.

**Davis Athletic Club** - Outdoor/heated. Mem. req'd. 530-753-5282.

**Del Norte Club** - Water Walking. 483-5111.

**Easter Seals Pool** - Outdoor pool. Aerobics, Arthritis, Back, Walking and Weightless Aerobics classes. Pool Pal

assistants available. M/T/Th/F 7am-7pm, W 10am-7pm, Sat 9am-12pm. Warm water therapy pool. 485-6711.

**Elks Club** - Indoor. Open only to women cancer survivors. 422-6666.

**Gold River Racquet** - Aqua Power and Aqua Fitness. Outdoor pool. Call Debbie 638-7001.

**Johnson Ranch** - Roseville. Outdoor heated pool. Aqua Fit classes MWF 10am. Mem. req'd. 782-2300.

**Kangaroo Kourts** - Roseville. Covered outdoor pool. Water classes. M-Sat 9:30-10:30am, M-Th 6-7pm. 782-7711.

**Laguna Creek Racquet Club** - Outdoor/heated. 684-8855.

**Los Rios Community College District** - Adapted Aquatics for individuals with special conditions. Call Raye Maero at American River College, 484-8281.

**Mercy Arthritis** - Indoor/heated pool. Physician referral req'd. 453-4553.

**Methodist Hospital** - Heated. Physical referral req'd. 423-8041.

**Natomas High School** - Open to public. 566-3644.

**Natomas Racquet Club** - Outdoor/heated. Mem. req'd. 649-0909.

**North Area Physical Therapy** - 4737 El Camino Ave. Indoor/heated pool. Independent program. 487-3473.

**Rio Del Oro** - 488-8100.

**Riverside Athletic** - Covered outdoor pool. M-Sat 9am, MW 6:30pm. Mem. req'd. 392-8300.

**Rollingwood Racquet Club** - Special arthritis classes. M-F various times. 988-1727.

**Roseville Parks & Rec Aquatic Complex** - Opens in April. 774-5242.

**Sacramento City College** - Indoor/heated. 558-2111.

**Sacramento Masters Swimming** - 923-5174 or [www.sacmasters.org](http://www.sacmasters.org)

**Sam Pannell Meadowview Community Center Pool** - Open March through October. Water Aerobics Call for times. 808-6622.

**Signature Athletic Club** - 485-0714.

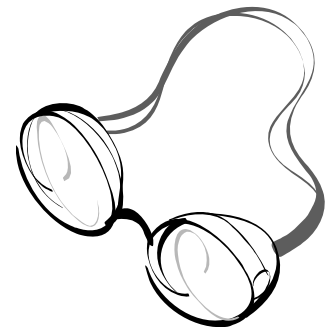
Membership required.

**Southgate Aquatics** - Two locations. Outdoors. Summer only. 422-7330.

**Woodland Parks & Rec Adult Swim Programs** - 661-5894.

**YMCA** - Indoor pool. Arthritis class MW 10:30-11:30am. Water exercise class T/Th 10:30am, M-Sat 1pm, M-Th 7pm. 452-9622. 2021 W Street.

**YWCA EncorePlus** - For breast cancer patients and survivors. 264-8066.



## Badminton is bodacious!

Want to have tons of fun, meet great people, all the while getting exercise without even really knowing it? Try out badminton! Whether it's been 4 years or 40 years since you last played, you're invited to join an established group of badminton players every Tuesday from 10 am to 12 pm at the Salvation Army at 2550 Alhambra Blvd in Sacramento. Playing on a rotating doubles format, it's a fantastic way to enjoy “play”, a concept many of us left in our childhood. Not that good or don't remember the rules? No worries! Alice and the gang will help you, without making you self conscious. Call Kim at 808-1593 for more information.



# LET'S DANCE

## ARCADE CREEK REC. & PARK

4855 Hamilton St. Call 482-8377.  
[www.arcadecreekrecreation.com](http://www.arcadecreekrecreation.com)  
Offers **Ballroom Dancing, Country Line Dance**, Non-partner **recreational dance, Jacki's Dance Fitness**, and **Vintage Dance**.

## THE BALLROOM OF SACRAMENTO

6009 Folsom Blvd. 737-7929. Visit  
[www.sacdance.com](http://www.sacdance.com)

**Ballroom Dance** - every Sat.  
**Country Line Dancing** - 2<sup>nd</sup> Sun, 1pm.  
**Country Western Dance** - every Fri.  
**Dance for Life Senior Wellness Program 62+** - T/Th, 12-3pm.  
**East Coast Swing/Lindy Hop** - 3<sup>rd</sup> Sunday, 7pm.  
**Good Old Days Dance!** - 2<sup>nd</sup> Sat.  
Lessons at 7pm, Dance 8pm. \$6.  
**West Coast Swing** - Th, 8:30pm.

## AMERICAN RIVER COLLEGE

4700 College Oak Dr. 484-8643

## CARMICHAEL ELKS LODGE

**Capital Singles** - Sun. Lessons 5-7pm,  
Dancing 7pm. \$8. 366-6501 or  
[www.capitalsinglesclub.com](http://www.capitalsinglesclub.com).

## CITY OF SACRAMENTO

Call 808-1593 for the City's seasonal  
Recreation Guide or visit  
[www.cityofsacramento.org/  
parksandrecreation/](http://www.cityofsacramento.org/parksandrecreation/)

## CORDOVA SENIOR CENTER

3480 Routier Road, RC. 366-3133.  
**Ballroom Dance** - T 6pm.  
**Country Line Dance** - M (Int.), 2:30pm.  
T (Beg.), 6:15pm. Th (Adv), 2:30pm.

## ELK GROVE SENIOR CENTER

Laguna Town Hall, 3020 Renwick Ave.  
685-3160. Themed dances are the 3<sup>rd</sup>  
SU, 2-5pm. \$7 per dance.

**Line Dancing** Wed 5:30 pm \$4

## DAVIS SENIOR CENTER

646 A St, Davis. (530) 757-5696.  
**Square Dancing** M 7pm.  
**Line Dancing** W 3:30pm.  
**Tap Dancing** M 3:30pm.

## ETHEL HART CENTER

915 27<sup>th</sup> St. 808-5462.  
**Ballroom Dance** Th 4-6pm.  
**Ceile Irish Dance** - 2<sup>nd</sup> & 4<sup>th</sup> W 7pm.  
**Latino Dance** - 1<sup>st</sup> & 3<sup>rd</sup> Th, 6:15pm.  
**Line Dancing** Th 9am.  
**Senior Dance Club** - Sun 1pm.

## MAIDU COMMUNITY CENTER

1550 Maidu Drive. 774-5950.  
**Ballroom Dance** - Th 6:30pm/8pm.  
**Beg. Country Line Dance** - M  
12:45pm. Also **Fox Trot** and **East  
Coast Swing**, \$32/mo. each.

## MISSION OAKS COM. CENTER

4701 Gibbons Dr., Carmichael.  
972-0336.  
**Ballroom Dance Class** - M 3:30pm,  
\$13/mo.  
**Ballroom Dancing** - T/F 1:15pm, \$5.  
**Folk Dance** - W 3pm, \$11/mo. Call for  
info on Beg. & Inter.  
**Square Dancing** - F, 7:30pm.  
**Tap Dance and Line Dance. Social  
Dance** - T/F 1:15pm, \$5.

## ORANGEVALE

**Dancing with Cari.** Private, Ballroom,  
Latin & Swing lessons. Learn at your  
own pace and in privacy. 988-6099 or  
[www.caribob.net](http://www.caribob.net).

## SACRAMENTO CULTURAL ARTS CTR

6520 44th St. Call 428-3320. Offers  
hula, folklorico, and salsa lessons.

## SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Society of regional dance clubs.  
Barbara Bevan 923-1555.  
[www.folkdance.com/sacramentocouncil](http://www.folkdance.com/sacramentocouncil)

## SOUTH NATOMAS COMM. CTR.

2921 Truxel Rd. 808-1571. Must  
register with instructor. Shedding Fat  
Aerobics (w/dance component).

## ROSEVILLE VET. MEM. HALL

110 Park Dr. 783-4964 or 991-7990.  
Mavericks Square Dance Club. W 7-  
8:30pm, \$4. Beg Level 1-3 W 5:30-7  
pm \$4.

## SPOTLIGHT DANCE & FITNESS

646 N. Market Blvd. 649-3269.  
[www.spotlightdancesport.com](http://www.spotlightdancesport.com)

## SUNRISE REC. & PARK

For a schedule call 725-1585.

**Jazz** - Th 7pm. \$30/4 wks.  
**Jazzercise** - T/Th/F/Su 9:30am. M-Th  
6pm. Rusch Gym. \$32/mo.  
**Tap** - T 7:30pm. \$30/4 wks.

## WEST SACRAMENTO SENIOR CTR.

664 Cummins Way. 373-5819. Offers  
Line Dancing Tuesdays 2- 3:30.  
Donation. Enroll W.S. Community  
College for ballroom dancing on Friday,  
Saturday.

## WOODLAND SENIOR CENTER

630 Lincoln Ave. 530-661-5890.  
**Country Line Dancing** - Call Sherri at  
756-1235. T 3:30pm.  
**Irish Dance** - Shirleigh 530-661-5880.  
T 6:30pm.  
**Paws & Taws Square Dancing Group** -  
Call Bryce 530-613-0920. Th 7pm.

## YOUNG LADIES' INSTITUTE HALL

1400 27th St. 371-4441.  
Israeli Dance and Social Dances of the  
World: 3rd & 4th Sun except July &  
August, 2-6 pm. Sugg. donation: \$5.

## YWCA

1122 17<sup>th</sup> St. 264-8080.  
**Contra Dance** - 2<sup>nd</sup> & 4<sup>th</sup> Sat. 7-11pm.  
Live band. \$7 donation requested.

## VARIOUS LOCATIONS:

**Square Dance** - Community of Christ  
Church, (corner of Norris and Pasa-  
dena St). Tuesdays at 7:30pm. Couples  
and singles of all ages. 727-3557

**Israeli Performance Dance** - M 10-  
11:30am, May 5-Aug 25. Call 808-  
6060 to register. Come audition or  
watch.

**Ohana Dance Group** - 2350 Fruitridge  
Rd. 369-7436 Hula for Health for  
Seniors (and other skill levels)  
[ohanadancegroup@yahoo.com](mailto:ohanadancegroup@yahoo.com)

**Please keep us updated  
with changes to your  
class schedule(s). Our  
contact info is on Page 2!**

# EXERCISE CLASSES

## CARMICHAEL

### MISSION OAKS COM. CENTER

4701 Gibbons Dr. Call 972-0336.

**Movement** - T 9:15-10:15am, F 1:15-2:15pm \$11/mo.

**Tai Chi** - T/Th 4-5pm \$30/month.

**Senior Exercise** - MWF 8am, 9am \$12/mo.

**Yoga** - T/Th 8am \$18/mo.

**Yoga** - Th 7pm \$20/mo.

### SIGNATURE ATHLETIC CLUB

**Senior Fit** - 6001 Fair Oaks Blvd. MWF 1-4pm. Mem. required. 485-0714.

### THE YMCA OF GREATER SACTO.

**Northeast YMCA** - 3127 Eastern Ave. Call 483-6426.

**Yoga** - W 8am, F 9am.

**Active Adults** - M-Th 9-10am.

**Jazzercise** - M-F 5:30pm, Sat. 9am.

### VARIOUS LOCATIONS:

**Curves for Women** - 2648 Watt Ave #116 (near Marconi). 482-5925.

**Stretch, Flex and Strengthen** - Atria El Camino Gardens Assisted Living. MWF 9:30-10:30 am Free. 808-1593

## CITRUS HEIGHTS

### SUNRISE REC. & PARK

For a schedule call 725-1585.

**Beginning Exercise** - MWF 8:15am and 11am.

**Strengthening Yoga** - M 9:30am, W 6pm.

**Therapeutic Hath Yoga** - W 10am, T 5:30pm.

**Senior Beginning Exercise** - MWF 11am.

**Senior Fitness Program** - T/Th 9am.

## DAVIS

### DAVIS SENIOR CENTER

646 A St., Davis. Chris at 530-757-5696. Classes ongoing. Call for fees and a schedule.

**Chair Yoga** - MTh 10:30am.

**Dynabands** - MWF 2 pm.

**Feldenkrais** - T 11:30am.

**Intermediate Yoga** - MTh 8:30am.

**Senior Fitness for Life** - MWF 7:30am

**Slow and Easy** - TTh 1:30pm.

**Tai Chi/Chi Gung** - T 9am.

## DOWNTOWN,

## MIDTOWN & EAST SAC

### ARDEN MANOR REC & PARKS

**Non-Impact Stretching & Strengthening** - TTh 9:30am. \$7/day or \$35/mo. 1415 Rushden Dr. 487-7851.

### BIKRAM YOGA COLLEGE

2400 16th St. Call 554-7687 for info. [www.bikramyogasac.com](http://www.bikramyogasac.com)

### THE CITY OF SACRAMENTO

The Dept. of Parks & Recreation offers many classes. Call 808-6060 for the City's Recreation Guide. Pre-registration reqd. [www.cityofsacramento.org/parksandrecreation/](http://www.cityofsacramento.org/parksandrecreation/)

### COLOMA COMMUNITY CENTER

4623 T St. 808-6060.

**Senior Aerobics** - MWF 9:30am. \$3.50/class.

**Tai Chi** - W, 6:30pm. \$40/mo.

### EAST PORTAL CLUBHOUSE

1120 Rodeo Way. 808-1593, Register for classes at Coloma CC 4623 T St.

**Chair Yoga** - M 11 am \$32/4 sess.

**Raja Yoga** - M 12:30-2 \$32/4 sess.

**Stretch & Strengthen** - MWF 7:30am, K. Hovnanian Homes Community Health Fair April 25, 2009

Noon - 4 p.m. 4200 Hovnanian Drive, Sacramento, CA 95834 Local organizations will address aspects of health and wellness with short, health-specific presentations and complimentary health screenings. Open to the public. For more information on this free health fair, contact the neighborhood sales center at K. Hovnanian's Four Seasons at Westshore at (916) 263-9515. 8:45am, 10am \$55/mo.

### ETHEL HART CENTER

915 27<sup>th</sup> St. Call 808-5462.

**Balance & Strengthening** - MWF 9:15am. All levels. Free.

**Feldenkrais for Healthy Back, Neck, & Shoulders** - W 2pm. \$30/4 classes.

**Hatha Yoga** - MW 3pm. \$30/8 classes.

**Head-To-Toe Fitness** - MF, 8am. Free.

**Light & Lively** - W, 8am. Free.

**Qi Gong** - Sat, 10:30am. Free.

**Tai Chi** - M 1:30pm. \$19/4 classes.

### SAC NATURAL FOODS CO-OP

1914 Alhambra Blvd. 455-2667. [www.sacfoodcoop.com](http://www.sacfoodcoop.com) Offers Core Fitness, Intro to Yoga, Yoga and Tai Chi for Back Care, Tai Chi and Chi Kung for Seniors, Loosen, Lengthen, & Strengthen, Intro to Reiki, Making Yoga Personal, and Phoenix Rising Yoga.

### SAC. YOGA CENTER AT SIERRA 2

2791 - 24<sup>th</sup> St. 491-6792. Offers various levels of yoga including Gentle Yoga for Seniors, Yoga and Meditation, and Beginner Series. [www.sacyoga.org](http://www.sacyoga.org)

### SIERRA 2 SENIOR CENTER

2791 - 24<sup>th</sup> St. 455-6339.

**Chair Yoga** - Wed. 11:15 am

**Gentle Yoga** - Wed. 10 am

**Movement with Music** - Th. 9:30 am

**Tai Chi and Chi Kung** - Fridays 10 am

For more information on Gentle Yoga and Tia Chi call Tara Stiles at 454-5526 or visit [www.chiyoga.net](http://www.chiyoga.net).

### THE YMCA OF GREATER SACRAMENTO

2021 W St. Sacramento Area YMCA offers yoga, tai chi, senior fitness, healthy back, water aerobics, personal training, nutrition and much more! Call 452-9622 for class times, membership, special rates, and scholarship information.

**Yoga** - WF 9am & TTH 10am

**On the Ball** - TTH 9am

**Senior Fitness** - W 10am

**Low-impact dance** - MW 10:30am

### THE YWCA

1122 17<sup>th</sup> St. Call 264-8080.

**Tai Chi** - at Muri Way Sat. 9-10am. \$25/month.

## VARIOUS LOCATIONS:

**Badminton** - T 10am. Salvation Army gym on Broadway. Call 808-1593 or Alice 372-5127.

**Bikram Yoga** - Yoga Loka, 4820 Folsom Blvd (alley entrance). Call 454-4100 for fees and times.

**Curves for Women** - 5283 Folsom Blvd. 453-1500.

**Golden Yoga** - 780-6167.

[www.balanceyogaonline.com](http://www.balanceyogaonline.com)

### Healthy Habits Fitness and Yoga

**Studio** - 2224 J St. 444-7729. Fitness workout and all levels of pilates, yoga, and piloga (combo pilates and yoga) classes.

[www.healthyhabitsstudio.com](http://www.healthyhabitsstudio.com)

**Range & Motion** - M, Th 11am. Free. Stanford Settlement Sr. Ctr. 927-1303.

**The Renaissance Society** offers **walkabouts** on Wed. mornings. Must be member to participate (\$60). Call 278-7834. [www.csus.edu/org/rensoc](http://www.csus.edu/org/rensoc)

**Tara Stiles** is an excellent instructor for older adults, and offers classes both at Sierra 2 Complex and the Sac Natural Foods Co-Op. She is available for private instruction, massage treatments, and 1-on-1 yoga therapy sessions. Call 454-5526 or email [tarastiles@sbcglobal.net](mailto:tarastiles@sbcglobal.net).

**Yoga** (beg. and inter.) - 887 57<sup>th</sup> St, #B. Call Jennifer at 383-7933.

**Yoga with Lydia Mendoza** - 558-0254. [www.greetthesun.com](http://www.greetthesun.com)

## ELK GROVE

### ELK GROVE CMTY. SERVICES DIST.

Range of days, times, and fees. Must pre-register. 405-5600 ext. 1  
[www.egcsd.ca.gov](http://www.egcsd.ca.gov)

**Muscle is Hungry!** - W 6:45pm. \$105.

**Feel Great...Try Yoga** - Th 7pm. \$44.

**Yoga For Your Back** - M/T/or Th.

Times vary. \$50.

**Pilates/Yoga Evening Stretch** - MW.

Times vary. \$60.

**Tai Chi** - T/Th 9am. \$45.

**Elk Grove Community Garden**

**Workshops** - M 7-9pm. \$15.

**Meditation Made Easy** - Th 6pm. \$50.

**Jazzercise** - Ongoing. Morning and evening classes available. Fees vary. Call Julie at 689-2070.

## ELK GROVE HIGH SCHOOL

**Iyengar Yoga** - T, 7-9pm. Beg. and Inter. 683-0556.

## LAGUNA TOWN HALL, LAGUNA W.

**Iyengar Yoga** - Th. 6-7:15pm. Beg. and Inter. 683-0556.

## LAPETITE DANCE ACADEMY

**Iyengar Yoga** - Sat, 9-10am. Beg. and Inter. 683-0556.

## SENIOR CENTER OF ELK GROVE

8830 Sharkey Ave. 685-3160.

**Chair Exercise** - T/W/F, 9:30am. \$1.

**Stretching** - T, 6 pm \$4

**Gentle Yoga** - T/Th, 1pm.

**Never-Too-Late Aerobics** - M/Th 8:45am. 685-8997.

**Tai Chi** - M 8-9am.

**Zumba** - T, 5pm.

## FAIR OAKS

### FAIR OAKS REC. & PARK

Call 966-1036 for info.

**Senior Exercise** - M-Th 9:35am \$1.50.

**Therapeutic Hatha Yoga** - M 5:30-7mp at the Old Library. \$35/month.

**Strengthening Yoga** F 8:30-10am at the Clubhouse. \$35/month.

**Tai Chi** - Th 10am, \$25/mo.

### VARIOUS LOCATIONS:

**Young At Heart** - MW 10:40am, F 9:35am. Low impact aerobics, classes at California Family Fitness (Fair Oaks & Manzanita). 944-2900.

## NORTH AREA

### ARCADE CREEK REC. & PARK

4855 Hamilton St. Call 482-8377.  
[www.arcadecreekrecreation.com](http://www.arcadecreekrecreation.com)

**Dance Fitness** - T/Th, 5:30pm. \$37/mo.

**T'ai Chi** - W 9:30-10:30am \$18/mo.

### DEL NORTE CLUB

3040 Becerra Way. 483-5111.

**Better Half of Life** - Low impact and non-impact classes to help with osteoporosis and rheumatoid arthritis, back, knee and hip pain and cardiac rehabilitation. Classes self paced. Membership req. Includes Interval

Water Walking, Yoga, Tai Chi, Pace Quick, Water Aerobics, Aerolite, Arthritis Tai Chi, and Strong & Stable.

## HOWE COMMUNITY CENTER

2201 Cottage Way. 927-3802.

**"Forever Young" Senior Aerobics** - MW 10am.

## SOUTH NATOMAS COM. CTR.

2921 Truxel Rd. 808-1571.

**Active Yoga** - M 6:45pm. Call for cost.

**Balance & Strength** - MW 10:30-11:30am. \$20/10classes.

**Gentle Yoga** - MW 9am. Call for cost.

**Yoga** - MW 9am. \$50/10 class.

**Yoga for Boomers & Beyond** - R 2:30pm. Call for cost.

## ORANGEVALE/ FOLSOM

### ROLLINGWOOD RACQUET CLUB

9373 Winding Oak Dr. 988-1727.

**Better Half of Life** membership.

Seniors 60+. Incl. water aerobics, group exercises, tai chi, yoga, Pilates.

### VARIOUS LOCATIONS:

**Yoga** - Call Living Grace Center at 987-9935. [shakti@livinggrace.com](mailto:shakti@livinggrace.com)

## RANCHO CORDOVA

### CORDOVA FITNESS CENTER

(9555 Folsom Blvd Ste. G) offers classes for older adults and instruction in the use of their weightlifting and other exercise equipment. Staff caters to older adults. Members receive personalized attention and instruction as requested. Membership not req. 363-6584.

### CORDOVA REC. & PARK DISTRICT

Offers classes for older adults throughout the Rancho Cordova area. Call 362-1841 or visit [www.crpdc.com](http://www.crpdc.com)

### CORDOVA SENIOR CENTER

3480 Routier Rd. Call 366-3133.

**Senior Exercise** - MWF 8am. \$17/mo.

**Yoga w/Strength Training** - MWF 9-10am. \$20/mo.

## VARIOUS LOCATIONS:

**Ananda Center** offers **yoga** classes and workshops. Call 361-0891.

[www.anandasacramento.org](http://www.anandasacramento.org)

**Curves for Women** – 11050 Coloma Rd., Ste. 12 in Gold River. 635-8807.

## ROSEVILLE

### MAIDU COMMUNITY CENTER

1550 Maidu Dr. Call 774-5950 for info and monthly newsletter.

**Chair Fitness Plus** - MW 11:30am

**Cardio Sculpt** - T/Th 6pm.

**Chair Fitness** - MW 10:30am.

**Chair Fitness Plus** - MW 11:30am.

**Low Impact Aerobics** - MW 6:30pm.

**Never Too Late** - MWF 8:45am.

**Nice & Easy Fitness** - MTh 9am.

**Pilates** - T/Th 7:10pm

**Tai Chi Arthritis** - M 3:30am

**Tai Chi & Chi Gung** - MW 7pm.

### ROSEVILLE HEALTH AND WELLNESS CENTER

1650 Lead Hill Blvd. 677-1200.

[www.rosevillehwc.com](http://www.rosevillehwc.com). Roseville

Health and Wellness Center offers senior (55+) memberships. Indoor-warm water, salt water pool and State of the art Fitness Center. Arthritis classes, Tai Chi Gentle Yoga/ Pilates, Aqua Classes, Diabetes & Exercise Program, Cancer Well-Fit Program, Senior Strength & Stability Classes, Fit-ball classes, Obesity treatment center, Registered Dietician, Water Relaxation Class, Fibromyalgia Class.

### ROSEVILLE SPORT CENTER

1545 Pleasant Grove Blvd. Offers basketball, volleyball, table tennis, badminton, swimming, cardiovascular and weight equipment, as well as beg. weight training, women on weights, easy-does-it aerobics, tone & stretch. Call 774-5990.

**Active Adult Cycle** - T/Th 10:30am. \$34/mo

**Never Too Late** - MWF 8:15am. \$33/mo

**Nice & Easy Fitness** - T/Th 8pm. \$24/mo

**Piloga** - MW 4:15-5pm.

## SOUTH AREA

### BELLE COOLEGE COM. CENTER

5699 South Land Park Dr. 808-5610.

**Head to Toe Fitness** - MWF 9:45am, W 8:30am. \$20/10 sessions.

**Stretch 'n' Flex** - T/Th 8-9am. Free.

### JOSE RIZAL COMMUNITY CENTER

7320 Florin Mall Dr. 395-0601.

**Jazzercise** - Call Irene at 683-2479 or 616-5317.

**Never-Too-Late Aerobics** - M-F.

10:15-11am. \$2/session.

**Strength & Tone** - M-F 10:15am \$2/class.

### PARKSIDE COMMUNITY CHURCH

5700 S. Land Park Dr. 421-0492.

**Svaroopaa Yoga** - Beg. W 8:45-11am;

Cont. T 8:45-11am \$45/4 classes or \$15 ea.

**Tai Chi & Strength Training** - M

6:30pm & Th 9:30am \$20/8 classes

### SAM PANNELL MEADOWVIEW COMMUNITY CENTER

2450 Meadowview Rd. 808-6680.

**Exercise Room** - Members only. Call for days and times.

**Fit Over Fifty** - Low impact aerobics. MWF 10:30am. \$2/session.

**Walking Program** - MWF 8:30am. Meet in lobby.

## VARIOUS LOCATIONS:

**Balance and Strengthening** - United Lutheran (6000 Lemon Hill.) W, 11am. Free. 808-1593.

**Chi Gong for Special Populations** - T 6:30-8:30pm. Evelyn Moore CC, 1402 Dickson St. Free. 808-1593.

**Curves for Women** - 8876 Vintage Park Dr. #113. 688-7288.

**Head To Toe Fitness** - St. Anthony Parish. MWF 9:45am. \$2. 428-5678.

**Yoga in the Iyengar Tradition** - 3200 Riverside Blvd., Suite A. Call Mary Chan 731-4831.

## WEST SACRAMENTO

### WEST SAC SENIOR CENTER

664 Cummins Way. Call 373-5819.

**Easy Exercise with Rose Madrid** - T/Th 1pm. \$1 donation

**Stretchercise Low impact aerobics to tape** - M-F 9am, Free

**Tai Chi** - M 10am (Las Casitas next door to Senior Center) Free

**Balance and Fitness** - MWF, 3pm

**Yoga for Seniors** - F 10 AM

## WOODLAND

City of Woodland Parks, Recreation, & Community Services Dept. offers a variety of classes, services, and groups at the **Woodland Senior Multi-Purpose Center** (630 Lincoln Ave, Woodland). Call 530-661-5890. Call for class fees.

**Low Impact Aerobics** - MWF 8-8:30am & 10-10:30am.

**Tai Chi** - M 8:45am.

**Ship Shape** - T/Th 10-11am.

## MISCELLANEOUS LISTINGS

**The Better Half of Life** - Adults age 60+. Water aerobics in heated indoor pool, group exercise, tai chi, yoga, Pilates, fitness centers and social events. Memb. req. 2 locations. Call Paradigm Sports, 888-484-8080.

**Cordova Women's Golf Club** - Join us for 18 holes. Wed. at Cordova Golf Course. \$10. All levels. Call Connie at 363-0363 or Betty at 369-8323.

**Curves** - 1223 J St., 447-4901. 5665 Power Inn Rd., #152, 381-7100. 2648 Watt Ave., #116, 482-5925. 8876 Vintage Park Dr., #113, 688-7288. 5900 14<sup>th</sup> Ave., 451-1400. 6250 Mack Rd., 391-7227. 3020 Freeport Blvd, 325-0099.

**Jazzercise** - Call 1-800-Fit-Is-It and give your zip code or [jazzercise.com](http://jazzercise.com).  
**Los Rios Community College District** - Offers Adapted Weights and Fitness, Adapted Lifetime Sports, Adapted Walk and Wheel, and Wheelchair Sports. Classes offered on a semester schedule. Raye Maero at 484-8281.

**Tai Chi** - Instr. Barbara Goldberg. Various locations. 972-9237. [www.barbaragoldberg.com](http://www.barbaragoldberg.com)

## SUPPORT GROUPS

**Caregiver Support Group** – 1<sup>st</sup> & 3<sup>rd</sup> W, 3:30pm. Elk Grove Senior Ctr. 8830 Sharkey Ave. 685-3160.

**Celiac Support Group** - Monthly meetings. Call 483-8546.

**Davis Senior Center** - Call 530-757-5696 for list of groups.

**Drop-in Respite/Support Group** – offered by Jewish Family Service for caregivers of memory-impaired seniors. W 9am-2:30pm. Free. Near Howe and Fair Oaks. 484-4400.

**Family and Friends of Older Adults Support Group** - 2<sup>nd</sup> Th., 6pm. Eskaton Adult Day Health Center Carmichael, 5105 Manzanita Ave. 334-1072.

**Folsom Stroke Survivor and Caregiver Support Group** - 4<sup>th</sup> W, 11-1pm. Burger Rehabilitation 1301 East Bidwell St., Folsom. Kristy 983-5900.

**Hearing Loss Support Group** – 2<sup>nd</sup> Sat of month (except July, August). 10am-Noon. NorCal Center on Deafness (4708 Roseville Rd, Ste 111, North Highlands.) Carol 383-6428 or Jean 334-9406.

**InfoLine Sacramento** - comprehensive resource for seniors and those who provide care. 498-1000

**Laryngectomy Support Group** - 1<sup>st</sup> Sun 1:30pm. Ethel Hart (915 27th St.) 808-5462.

**Maidu Community Center** - Roseville. Hosts several community support groups. Call 774-5220 for more info.

**Multiple Sclerosis Support Group** - 2<sup>nd</sup> W, 2pm. Kaiser South Riverside Rm. Dan Moore Bldg. Edie Haps 688-2674.

**Neuropathy Support Group** – Tingling, numbness, burning or icy cold, stabbing or electrical shock pains in hands, feet or both? Woodland: 1st M, 4:30pm, 2001 East St. Call Delia 530-661-3238. West Sac: 3rd Wed, 2pm, 1212 Merkley Ave. Call Sandra 372-6038. Davis: 2nd Wed, 2 pm, Senior Ctr, 646 A St. Call Martha, 371-1125.

**Recovery, Inc.** – for people struggling with depression, anxiety, anger, fears, or other emotion issues. Call 483-5616, or visit [www.recovery-inc.org](http://www.recovery-inc.org).

**Stroke Support Group** - 3<sup>rd</sup> W, 2pm. Kaiser South, Riverside Rm. in the Dan Moore Building. Edie Haps 688-2674.

**Sunrise Macular Degeneration Support Group** – 3<sup>rd</sup> F, 12-2pm at Elks Lodge in Carmichael. 491-5885.

**T.O.P.S. CA 15** - Taking Off Pounds Sensibly. St. Philomena 2428 Bell St Th 7pm. Weigh-in 6:15pm. Call Bea at 487-7182.

## SOCIAL CLUBS & ORGANIZATIONS

**Arcade Creek Rec & Park** – Drop-in program M 9am-1pm. 4855 Hamilton St. Various crafts projects and lively discussion. \$1/day. Call 482-8377.

**Carmichael Seniors Club** – Meets the 2<sup>nd</sup> & 4<sup>th</sup> Th, 10am-2pm. Carmichael Park Clubhouse (5750 Grant Ave). Tracy Kerth at 485-5322.

**Davis Senior Center** – 646 A Street. Includes Book Review, Senior Center Reads, Bridge, Current Events, Davis Stamp Club, Genealogy Club, Computer Club, Men's Group and Red Hat Society. Call 530-757-5696.

**Get a Life Club** - For more information contact Ed Martin 988-1727.

**The Renaissance Society** meets at CSUS. Weekly educational seminars. Membership required. 278-7834.

**Sacramento Crochet Guild** - 2<sup>nd</sup> W, 6:30pm at Church of the Cross (45th and H St). \$6/year. Carolyn 457-4044.

**Senior Center at Sierra 2** - 2791 24<sup>th</sup> St. Offers many social programs such as: Life History, Book Club, Bridge, Crafters, etc. Call 455-6339 for info.

**Sons In Retirement (SIRS) Branch 3** – Men's group that meets 4<sup>th</sup> Mon. at VFW Post 67, 2784 Stockton Blvd. Call 929-0924.

**Sons In Retirement (SIRS) Branch 117** – Men's group that meets 2<sup>nd</sup> Wed. at The Dante Club. 2330 Fair Oaks Blvd. Call Bill Hale 929-0924.

**Table Tennis, anyone?** Meets W 7pm at Sutter Middle School, 3150 I St and F at Didion School, 6490 Harmon Dr.

\$3 seniors 60+. Loaner paddles available. Round robin play. James Therriault at 308-3209. Visit [www.sactabletennis.org](http://www.sactabletennis.org)

**Mission Oaks Community Center** - 4701 Gibbons Dr. Clubs: Internet Users, Shuffleboard Club, Singles Club, Book Group, and Golden Acorns RV. Call 972-0336.

## Depression can be more than just a mental concern

*Recent research found that depressed individuals in their 70's were twice as likely to develop visceral fat as non-depressed counterparts. What is visceral fat? It is the fat that surrounds our internal organs, often located around the waist (read belly fat). This type of fat accumulation is connected to increased incidences of heart disease as well as diabetes. While the cause is still under speculation, the connection is real, leading to dangerous health consequences.*

*It's important to recognize and address symptoms of depression in our loved ones, and even ourselves. Depression has a variety of symptoms which may present in any combination, may be obvious or quite subtle:*

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches, pains, headaches, or digestive problems that do not ease with treatment

*Depression is not a helpless condition and both your health could be at risk if left untreated. Encourage any one in your life with depression symptoms to seek qualified medical treatment. And start being or remain active, walking, riding a bike, playing tennis, or some other form of activity. Not only will the exercise be good for your body, it'll be good for your mind as well.*

## WALKING

**California Volkssport Association** - 530-637-4048, Bruce McDevitt or [www.CaliforniaVolkssportAssociation.org](http://www.CaliforniaVolkssportAssociation.org)

The California State Parks presents **City Walks in Downtown Sacramento!** 10 routes with mileage that take you past some of the rich history of Sacramento. Check out [www.parks.ca.gov/takeahike](http://www.parks.ca.gov/takeahike) to download and print a brochure.

**Davis Dynamos** - Joanne Pelz at 530-756-2315 or [dpelz@dcn.davis.ca.us](mailto:dpelz@dcn.davis.ca.us)

**Elk Grove** - T/Th, 9am. Elk Grove Senior CC, 8830 Sharkey Ave. 685-3160 or Sheldon at 501-5442.

**IKEA Walkers** - T, 10AM (Indoor walking at Ikea in West Sac.)

**Inside Track Arden Fair Mall Walkers** - sponsored by Sutter Heart Institute. 8-10am. *This is a program, not a group.* To participate, fill out a Mall Walker registration card at the Service Center located on lower level near JCPenney. Members will be placed on mailing list to receive fitness tips, healthy recipes, and updates on quarterly breakfast meetings held at Arden Fair Mall.

**Maidu Walkers** - Weekdays at 9am. Maidu Center in Roseville, meet on sidewalk near ballfields for a 2-3 mi. walk around the park. 774-5960.

**Mystery Walkers** - Sat. 9am. Join our walking group as we discover Sacramento. Meet at a different site weekly to see local nature areas, neighborhoods, parks, while getting to know our community. Distance will start at one mile and will increase regularly. Call 482-8377 by Th. for meeting location and to make reservation. FREE.

**Sunrise Mall** - M-Sat. B.P. nurse on T.  
**Mission Oaks Hiking Club** - W, 9am. Mission Oaks CC 4701 Gibbons Dr, Carm. Judy 487-8367.

**North Natomas** - Heritage Park has occasional organized walks and hikes. Call Ernie Dahl at 419-2679 for upcoming activities.

**The Renaissance Society** - Wed. Locations vary. "Turtles" walk leisurely, 2-mi. route; "Hares" scurry around a 4-mi. route, then group meets for lunch. Membership reqd. 278-7834 or [www.csus.edu/org/rensoc](http://www.csus.edu/org/rensoc)

**Sole Mates** - Once weekly and Sat. Sat. walk more strenuous. Mem. fee is \$12/yr. Call Lee at 723-4735.

**Sacramento Walking Sticks** - 2<sup>nd</sup> Th. SMUD Customer Service Center, 6301 S St. 7pm. 283.4650 or [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) Group volkswalks every TWR and weekend.

**WalkSacramento** - 446-9255 [www.walksacramento.org](http://www.walksacramento.org).

**Walk'n'Talk** - MF 9am at Davis Senior Ctr. (646 A St, Davis). Routes vary. 530-757-5696.

## NEIGHBORHOOD WALK:

Groups meet at various times and days. Hours may change due to summer weather. Call 808-1593 for more info.

**Campus Commons** - Th 9 am. Meet in front of Campus Commons Clubhouse at 650 Commons Dr.

**City Cemetery** - T/Th 9am. Meet at 10<sup>th</sup> and Broadway inside cemetery.

**Garcia Bend Park** - MWF 7:30am. Windbridge Dr. at Pocket Rd. Meet in front of playground. Monthly BP checks.

**Howe Park** - T/Th 9am. Meet in front of Vintage Knolls Apts., 2340 Bell St. across from park.

**Land Park** - MWF 9am. Land Park Dr. at 16<sup>th</sup> Ave. Meet on the west side of William Land Golf Course parking lot.

**North Highlands** - MWF, 9am. Meet at North Highlands CC, 6040 Watt Ave.

**Oki Park** - MWF 6:30pm. Wissemann Dr. off Folsom. Meet at pool house.

**Sam Pannell Com. Ctr.** - MWF 8:30am. 2450 Meadowview Rd. Meet in lobby.

**South Natomas Community Center** - T/Th 9am. 808-1571.

**Tahoe Park** - MWF 9am. 59<sup>th</sup> St. at 11<sup>th</sup> Ave. Meet at pool house. BP checks.



## BIKE & SKATE

### CYCLING

Visit [saccycle.com](http://saccycle.com) for all Sacramento Valley Cycling information.

**Bike Hikers** - [www.bikehikers.com](http://www.bikehikers.com) or [bhmembership@bikehikers.com](mailto:bhmembership@bikehikers.com).

**Davis Bike Club** - 530-756-0186.

**Ethel Hart Senior Center Bike Rides** - W 10:30am. Call Joe 448-1323.

**FATRAC** - [www.fatrac.org](http://www.fatrac.org) or Sue Fry 457-2132.

**Mission Oaks Bike Club** - 484-1585.

**Sacramento Area Bicycle Advocates (SABA)** - Promotes improved routes in Sacto and bicycling for transportation. 444-6600, or [saba@sacbike.org](mailto:saba@sacbike.org). Visit their web site at [www.sacbike.org](http://www.sacbike.org)

**Sacramento Wheelmen** - Ralph Lubick, 355-8515.

[www.sacwheelmen.org](http://www.sacwheelmen.org)

### SKATING

**Adult Roller Skating** - T/Th, 10am.

Sunrise Roller Land, 6001 Sunrise Vista Dr. (behind Sunrise Mall) in CH.

\$4/sess., incl. coffee. 961-3333.

**Iceland Skating Rink** - 1430 Del Paso Blvd. near Arden. 925-3121. Lessons.



## OUTINGS



### AUDUBON SOCIETY

Memb. not required. Cathie LaZier at 457-6882. [www.SacramentoAudubon.org](http://www.SacramentoAudubon.org)

**Cosumnes River Preserve** 3/21 8am. Brian Gilmore 451-9146

**Lincoln Grasslands** 3/22 7:30am.

Mark Martucci 833-6722, [matuchbirdman@yahoo.com](mailto:matuchbirdman@yahoo.com)

**Sailor Bar Area** 3/24 8am. Jack Hiehle 67-0777

**Caswell Memorial State Park** 3/28 7am. Gary Fregien 708-0636, [calaveri@sbcglobal.net](mailto:calaveri@sbcglobal.net)

**Bobcat Ranch** 3/29 7:30am Maureen Geiger 444-0804, [mkgeiger@sbcglobal.net](mailto:mkgeiger@sbcglobal.net)

**Bannister Park** 4/3 8am. Jack Hiehle 967-0777

**Yolo Basin Wildlife Area & Davis**

**Wetlands** 4/4 8am. Richard Barbieri 966-4603, [offleash56@yahoo.com](mailto:offleash56@yahoo.com)

**Mather Field Park** 4/5 7:30am.  
Wayne Blunk 876-0457,  
[wayne.blunk@worldnet.att.net](mailto:wayne.blunk@worldnet.att.net)  
**Yolo Basin Wildlife Area** 4/9 8am.  
Marlene Ishihara 635-9758,  
[Ishim2000@comcast.net](mailto:Ishim2000@comcast.net)  
**Lake Solano/Putah Creek** 4/11  
7:30am. Dan Kopp 213-2791,  
[rey\\_ality@hotmail.com](mailto:rey_ality@hotmail.com)  
**Sailor Bar** 4/12 8am. Mark Martucci  
833-6722,  
[matuchbirdman@yahoo.com](mailto:matuchbirdman@yahoo.com)  
**Phoenix Field** 4/14 9am. Jack Hiehle  
967-0777

### **COSUMNES RIVER PRESERVE**

684-2816 or [info@cosumnes.org](mailto:info@cosumnes.org).  
Visit [www.cosumnes.org](http://www.cosumnes.org) for activities.

**Guided Paddle** 3/21, 4/19, 5/16, 6/  
20 8:30am. Must provide own gear  
and PFD.

**Vernal Pool Walk at Rancho Seco  
Howard Ranch Trail** 3/29, 4/11, 4/  
18, 5/3 8:30am.

**Guided Photo Walk** 3/28, 5/30 9am.  
Bring own camera.

**Guided Walk** 4/4, 5/2, 6/6 4pm.

**Annual Cosumnes Butterfly Count**  
6/21 8am.

**Habitat Restoration Workday** 3/14,  
3/28, 4/4, 4/25, 5/9, 5/30, 6/13,  
6/27 9:30am.

### **EFFIE YEAW NATURE CENTER**

Adjacent to Ancil Hoffman Golf Course  
in Carmichael. 489-4918. \$5 entrance  
fee per car. [www.affieyeaw.org](http://www.affieyeaw.org).

**Nature's Symphony** 3/14 1:30pm.

**Discovering Wildflowers** 3/28

1:30pm

**Basic Birding** 3/29 1:30pm

**Drawing Birds with Jack Laws** - 4/16  
9am. \$125/\$135. Pre-registration  
required.

### **MOKULEMNE TRAIL BUSTERS**

209-772-8206 or email  
[moke-trail@earthlink.net](mailto:moke-trail@earthlink.net). Visit  
[www.mc2ct.org](http://www.mc2ct.org).

### **SACRAMENTO TREE FOUNDATION**

924-TREE (8733). [www.sactree.com](http://www.sactree.com)

**Nature Planting** 3/21 9am.

### **SACTO. VALLEY CONSERVANCY**

216-2178 or  
[www.sacramentovalleyconservancy.org](http://www.sacramentovalleyconservancy.org)  
Hikes 4<sup>th</sup> Sat. at 9am Jan. - May.  
Equestrian rides 4<sup>th</sup> Sun. Feb. - May.

**Wildflower and Natural Wonders Hike**  
3/28 9am.

**Equestrian Ride** 3/29 9am.

**Birds and Wildflowers** 4/25 9am.

**Equestrian Ride** 4/26 9am.

**History/Archeological Interests** 5/23  
9am.

### **SIERRA CLUB MOTHERLODE**

Open to the public. Car pooling  
encouraged. 557-1100, ext. 119.  
[motherlode.sierraclub.org](http://motherlode.sierraclub.org)

### **SIERRA CLUB SENIORS**

Part of Mother Lode Chapter of the  
Sierra Club. Mem. not required. Estelle  
Miller at 925-0700.

**Delta Meadows State Park and  
Historic Locke** 3/14 Peter Lindert  
530-758-6418.

**Angel Island** 3/21 8:15am. Wayne  
Luney, 383-9393.

**American River Parkway** 4/6 9am.  
Ingrid Bruckner 383-6457 or Estelle  
Miller 925-0700.

**Windy Point Trail** 4/8. Sheila Toner  
530-886-0673.

**Independence Trail** 4/9 9am. Rich &  
Pat Jones, 485-3580.

**Lake Clementine Trail** 4/15 9:30am.  
Sheila Toner 530-886-0673

**Feather Falls** 4/18. Lin and Peter  
Lindert 530-758-6418.

**American River Parkway** 5/4 9am.  
Ingrid Bruckner 383-6457 or Estelle  
Miller 925-0700.

**Sterling Point** 5/20 9:30am.  
Stephanie Williams 530-367-4905  
and Sheila Toner 530-886-0673.

**Sugarloaf Ridge State Park** 5/23.  
Lin and Peter Lindert 530-758-6418.

**Foresthill Divide Loop** 5/27 9:30am.  
Sheila Toner 530-886-0673.

**Coffee and East Davis Greenbelt** 5/  
28. Lin and Peter Lindert 530-758-  
6418.

### **OTHER LISTINGS:**

**Mission Oaks Community Center  
Hiking Club** - Organized hikes every  
Wed. Call Mary 344-7713.

## **RESEARCH STUDIES**

**Nutrition and Women's Health Study**  
USDA, ARS Western Human Nutrition  
Research Center seeks healthy normal  
and overweight women, ages 42 - 52,  
to participate in a cross-sectional study  
examining the determinants of  
nutritional behavior and its relation-  
ship to body weight health. Women  
receive a health status evaluation and  
2 prepared lunches at no costs.  
Women must not be taking medica-  
tions for depression, anxiety, oral  
contraceptives, weight loss or other  
conditions. Also, women must be non-  
pregnant and non-lactating. Persons  
must be available to come to the  
Western Human Nutrition Research  
Center on the UC Davis campus for 2  
half-day study visits, in addition to 2  
shorter visits, and be able to refrain  
from smoking during the study visits.  
For more information, call 530-752-  
5177 and Press # 8 or visit  
[www.ars.usda.gov/pwa/davis/whnrc/  
nutrition](http://www.ars.usda.gov/pwa/davis/whnrc/nutrition)

**Sacramento Research Medical Group**  
- Call 929-4646 for studies.



## **COMPUTER CLASSES**

### **DAVIS SENIOR CENTER**

646 A St., Davis. (530) 757-5696.

### **ETHEL HART CENTER**

915 27<sup>th</sup> St.. 808-5462.

### **MCCLASKEY ADULT CENTER**

5241 J St. 277-6625.

Free classes for PC and Macintosh.

# VOLUNTEER OPPORTUNITIES

**Alzheimer's Association** - 930-9080 or 800-660-1993.

**American Cancer Society** - 446-7933.

**American Cancer Society's Road to Recovery** - Provide cancer patients with rides to and from their life-saving treatments. 1-800-227-2345.

**Breaking Barriers Community Services Center** - assist clients with Breast Cancer and HIV/AIDS with transportation, household assistance, yard work, moving support and more. Call 447-2437.

**Bristol Hospice** - volunteers provide caring, support, non-medical services to individuals and families coping with dying and grief. Janice Hollowell 782-5511.

**UC Davis Health Services Gift Shop** - volunteer program. Call 734-7529.

**City of Sacramento** - 808-8317 or [www.cityofsacramento.org](http://www.cityofsacramento.org).

**Friendly Faces** - Visit a lonely older adult regularly for conversation, companionship and relaxation. Call 855-5444. *FREE* training.

**Health For All, Inc.** is looking for senior volunteers to help out in our Adult Day Health Care Center in South Sac to assist with activities including arts & crafts, music, exercise, etc. No patient health care is required. A compassionate and caring nature in a multi-ethnic setting is a necessity. Call Liza King at 391-5591.

**Historic City Cemetery** - Tend gardens, prune roses, help with history tours and event planning. Sharon 455-8166.

**HOSTS** (Help One Student to Succeed) needs reading and math volunteers who can commit one hour a week to work with a student at Natomas High School. Hours are flexible, M- Th. Sondee Johnson at 641-4960 x1095.

**Kaiser Permanente Hospice Program** - Provide caregiver relief, companionship, run errands, and bereavement follow-up. 486-5300.



**50+ Wellness**

City of Sacramento  
2921 Truxel Road  
Sacramento, CA 95833

**RETURN SERVICE REQUESTED**

**Long Term Care Ombudsmen Sought** - Free training. Certified Ombudsmen get mileage paid. Call 376-8910.

**Mercy Lifeline** is a personal response service for the elderly and disabled. The Lifeline service offers subscribers peace of mind, independence, early intervention in an emergency and reassurance. Training provided. Call Debra at 281-3955

**Meals On Wheels Program** - Senior Nutrition Services needs drivers and substitute drivers for hot and frozen Home Delivered Meal routes. Need a valid driver's license, insurance and a vehicle. All volunteers are fingerprinted. Call Rebecca at 875-3668.

**Rebuilding Together** - Volunteers needed T/Th mornings to install safety modifications in the homes of seniors and those with disabilities. Training, tools, equipment provided. Experience not necessary. Call 455-1880, ext 3.

**Retired & Senior Volunteer Program (RSVP)** - Part of the National Senior Service Corps, sponsored by the Sac County Dept. of Human Assistance. Volunteer opportunities in over 150 public and non-profit agencies for those 55+. Call 875-3631.

**Sac County Senior and Adult Services** - Driver Escorts and Home Visitors for seniors and disabled adults. Car is provided for Driver Escorts. Jose G. Chacon, 874-9615, [chaconj@saccounty.net](mailto:chaconj@saccounty.net).

**Sacramento Hospice Consortium** - Hospice Volunteer Training. Experience the joy of becoming one of the caring

men and women who respond to the needs of terminally ill patients and their families by providing respite care, companionship and support. Training is appropriate both for those wishing to become Hospice volunteers and for those coping with the care and support of a terminally ill person. 388-6288 or [www.sachospice.org](http://www.sachospice.org).

**Sacramento Society for the Prevention of Cruelty to Animals (SSPCA)** - Volunteer needs from clerical assistance to staffing events to socializing animals at the shelter. 383-7387.

**Senior Gleaners Inc.** welcomes anyone interested in helping. Call 925-3240 mornings.

**Senior Legal Hotline** - Seeking attorneys and paralegals to give legal advice to seniors by phone. Also need skilled help from non-legal professionals to assist w/PR and outreach. Also, people fluent in a foreign language to serve on short notice as interpreters for phone assistance or brief conference calls. Orientation and training are available. Call David Mandel at 551-2145 or e-mail [dmandel@lsnc.net](mailto:dmandel@lsnc.net). Visit [www.seniorlegalhotline.org](http://www.seniorlegalhotline.org).

**Talking, Listening and Caring (TLC)** - A Community Service of Eskaton. Call or visit seniors. 334-1072.

**VITAS** - Hospice Volunteers. Spend time with patients at the end of their life by providing a listening ear and a caring presence. Training required. Call Susan at 566-2235.

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