

# The Hart Cornerstone

**MARCH 2020**

## Location/Contact

915 27<sup>th</sup> St., Sacramento  
Phone (916) 808-5462

## Hours of Operation

Monday—Friday 8a – 5p  
Saturday 9:30a – 1p  
Sunday 12:30p – 3p

## HART CENTER STAFF

### Director

Sabrina Stewart

### Program Coordinators

Pat Goree-Richards  
*50+ Wellness*

Rhonda Moody  
*Social Services*

Quincia Burleson  
*TechConnections*

Linda Thao  
*Leisure Enrichment/  
Volunteers*

Chantell Albers  
*Triple-R Adult Day Care*

### Accounting

Tiffany Nguyen

### Customer Service Assistant

Laura Argueta

### Reception

Felicia Lee

### All Seasons Café

Max Soucia  
Charles “Don” May

### Custodial

Jorge Vasquez  
Wayde Wicker

## HOLIDAY CLOSURES

**CLOSED TUESDAY, MARCH 31ST**  
IN OBSERVANCE OF CESAR CHAVEZ DAY

## **SmaRT Ride Informational Booth**

**Monday, March 2nd from 11a to 12:30p**

There's a new and exciting way to get around Sacramento – Regional Transit's SmaRT Ride shuttle! SmaRT Ride is similar to other ride-share services where customers use a smartphone app to request a ride that will pick up and drop off passengers within the service boundaries. For seniors, a ride is only \$1.25!

Come to an information session at Hart Senior Center on this new On-Demand Microtransit shuttle service and learn how to download the app and request a ride. Lunch will be provided by AARP California. Please RSVP by Thursday, February 27th, if you plan on attending. Call Hart Senior Center at 916-808-5462 or sign-up in person at the center.

## **Listening Session: We want to hear from you!**

**Monday, March 9th from 10a to 11:30a**

Do you care about whether Sacramento will be a good place to live as you get older? Are you hoping that Sacramento will be a good place for your grandchildren and other kids to grow up in? We want to hear from you! Join representatives from the City of Sacramento and AARP at this “Listening Session” to share your ideas on improving the livability of our Sacramento community. Do your part in helping make Sacramento a great place for people of all ages! An added bonus: An AARP sponsored lunch at the end of the Listening Session! RSVP by calling 808-5462.

## **Wonders of Watercolor**

**Friday, March 20th from 11a to 1p**

Join us and explore the wonders of art! Play and experiment with vibrant watercolor paint and watch your artwork come to life! We are getting summer ready, so prepare to travel to the South Pacific Seas by painting gorgeous exotic tropical plants, fabulous sailboats with beautiful sunsets, and old Hawaiian villages. No need to have any experience to participate. Call 808-5462 for more information.

## **Strength and Balance**

**Mondays, Wednesdays, and Fridays, 9a to 9:45a**

Newcomers are welcome to join this lively, large fitness group led by volunteer Joe Miguel. Participants will improve their health and fitness while being encouraged to work within their own comfort zone and physical abilities: flexibility and movement, correct breathing, strength training, and regaining balance abilities.

*It is the mission of the staff and policies of the Ethel MacLeod Hart Senior Center to create an environment which welcomes older people, supports their independence, and affirms their dignity.*

## Sketching Landscapes

**Tuesday, March 3, 10, and 17 from 1p to 2:30p**

We're continuing our adventures in landscape sketching in March as we head for the hills and mountains! We'll be drawing crags and chasms, pinnacles and precipices. Mountains are popular subjects for sketching: they don't move around or talk while you're drawing them, they don't criticize your work, and they offer lots of opportunities for personal interpretation and artistic growth. Drawing from pictures, photographs and our imagination, we will use pencil and pen and focus on perspective, composition and tonal values. Please bring drawing pencils, pen and sketch book to class. Some drawing experience helpful but not required.

## Sing for Joy: "A Spring Choral Concert"

**Sunday, April 5th from 2p to 4p at the Sierra 2 Center**

Join us for the fourth annual "Sing for Joy: A Spring Choral Concert" at Sierra 2 Community Center on Sunday, April 5th. This special event will showcase the singing talents of the Hart Senior Center's very own choir, Singers with Hart. The concert will be led by professional music director Christiana Quick-Cleveland and accompanied by pianist Nancy Balenzano. Tickets will be available starting March 11th. Stop by the Hart Center's front desk to pick yours up! Free.

**COUNT  
ON  
CENSUS  
2020**

### Census Day is April 1, 2020

No, this is not a joke. Census Day, aka the day you can begin filling out the Census, is April 1, 2020.

Why is this important? Whoever is living in your house on April 1, 2020, will need to be included in your Census response. That could include:

- Members of your extended family (like a parent, child, grandchild, niece, or nephew) who are living at your address
- A friend who might be staying with you temporarily, even if they're from out-of-state
- A new born baby at your address (yes, even if they were just born on April 1!)

## HART LUNCH BUNCH

Come enjoy a hot lunch and meet new friends Monday through Friday at 10:30am in the All Seasons Café. Lunch is provided for people age 60+ for a contribution of \$3 with guest fee of \$6 per meal. *Voluntary and confidential contributions for the cost of the meal are welcomed.* Please note that the café opens at 10:30am with lunch being served at 11:30am. Reservations are no longer needed.

### Online?

Find information at [www.cityofsacramento.org/hartcenter](http://www.cityofsacramento.org/hartcenter)

—or—

"Like" us on Facebook [www.facebook.com/hartseniorcenter](http://www.facebook.com/hartseniorcenter)

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Noah's— 1901 J Street, (916) 444-5883

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