

### Belle Coolegge Community Center



5699 S. Land Park Dr.  
808-5610

Belle Coolegge Community Center is located at the corner of South Land Park Drive and Fruitridge Road. The nearest freeway access is the Fruitridge/Seamas Avenue exit from Interstate 5. Two rooms are available for rental; one includes a kitchen. Both rooms are suitable for small parties, gatherings or meetings. Weekends available for rentals.

### East Portal Clubhouse



Rodeo Way and L Street  
808-6060

Located in East Portal Park the clubhouse is a quaint, wood paneled, one-room activity building suitable for small parties, gatherings or meetings. Kitchenette with sink and restrooms are included.

### Clunie Community Center



601 Alhambra Blvd.  
808-6060

Located in McKinley Park, and accessible from Capital City Freeway and H Street, Clunie Community Center is a three-story brick building that houses the McKinley Branch Library. Renovated in 1995, the center boasts a beautiful lobby with an art deco look, reminiscent of 1930s when it was originally built; an elevator to all floors, a beautiful auditorium with hardwood floor and three carpeted meeting rooms. Rooms range in capacity and shape to accommodate events of many types and sizes. A catering kitchen is available.

### Elmo Allen Slider Clubhouse



7815 35th Ave.  
808-1312

Located in Max Bear Park, the clubhouse is a one-room activity building.

### Coloma Community Center



4623 T Street  
808-6060

Located in Elmhurst Neighborhood, Coloma Community Center is nestled in a heavily-shaded and secluded residential area between Highway 50 and Stockton Blvd. The center is located near Regional Transit RT bus route 15, and the 48<sup>th</sup> St. Light Rail station is within walking distance. Coloma Center is a beautiful two-story, tile-roofed brick building that was converted from an elementary school into a visual and performing arts center. The building has five meeting rooms, one dance room, a full performance auditorium and stage for activities

*It's so easy*



**to register for our Programs, Classes and Trips or to check the availability of Fields and Picnic Areas, On-Line!**

***Our on-line service will allow you to view park availability or register in a secure environment using your credit card 24/7.***

**Go to**

**[www.parksandreconline.cityofsacramento.org](http://www.parksandreconline.cityofsacramento.org)  
to browse parks or to register.**

***It's fast, easy and free! Go Green!***

## Ethel Hart Senior Center



915 27th Street  
808-5462

Located at the corner of 27th St and I St, the Ethel Hart Center is a gathering place where adults and seniors 50 years+ can participate in an array of programs and activities with other active adults. Our newsletter is online at [www.cityofsacramento.org/hartcenter](http://www.cityofsacramento.org/hartcenter).

The Center has various rooms that range in capacity and shape to fit your event needs. Our rooms are booked for meetings, birthday parties, weddings, baby showers or any other special occasion. Visit the Center and see for yourself what a special place this community has created! Contact us at 808-5462 for room availability, reservations and for further information.

### SENIORNET COMPUTER CLASSES

A cost effective and convenient way for adults over age 50 to learn new computer skills. We have a new classroom and all the classes are taught by SeniorNet volunteers. It's a fun way to learn in a small class size. We have classes for all skill levels and interests! Call us at 808-5462 or go online to [www.hartcomputerclass.org](http://www.hartcomputerclass.org)

## ADULT/FAMILY PROGRAMS

### Triple R Adult Day Program

An adult day program for people with dementia. While your loved one is having fun in our program, you as the caregiver get a much deserved break. Specializing in dementia care, our trained and compassionate staff is uniquely prepared to face the challenges experienced by people with memory loss. For more information, call 808-1591, or visit [www.tripler.org](http://www.tripler.org)

## OLDER ADULT

### There's an Art to getting Older

Research shows that new brain cells keep developing throughout the lifespan when new skills are explored through artistic avenues. The center is a destination for engaging in creative activities such as visual arts, dance, literary arts and theater.

## CENTER EVENTS

### Senior Prom 2010

The Ethel Hart Senior Center is proud to invite older adults 50+ to "Senior Prom 2010 Winter Wonderland". Come dressed in your best semi – formal attire and be dazzled with great food, music and dancing.

Cost: \$5 per ticket, in advance.

Date: January 9, 2010

Time: 2-5pm

## COMMUNITY SUPPORT GROUPS

Older Women's League:

3rd Saturday 9:30am-12:30pm

Caregiver support group:

4th Friday 9am-11am

TOPS Taking Off Pounds Support group:

Every Thursday 7:45-9am

Manitos Spanish-speaking Culture Group

Every Wednesday 9am-1pm

## Evelyn Moore Community Center

1402 Dickson Street  
808-5610



Evelyn Moore Community Center is located near 35<sup>th</sup> Avenue and Freeport Boulevard.

The center has a large room suitable for small parties, gatherings or meetings. This charming facility also has a small activity room and kitchen available.



## George Sim Community Center



6207 Logan Street  
808-3761

The expansion of the George Sim Community Center incorporates the design and construction of a 10,500 square foot – addition to the existing facility. This facility includes new program rooms, an additional multi-purpose room and remodeling and upgrading the existing historic multi-purpose room and kitchen. The expanded facility is considered a regional facility, expected to meet the needs of the Greater Sacramento Region. This facility is closed on Mondays and Saturdays. Open Tuesday, Wednesday, Thursday and Fridays 12nn to 8pm.

You may reserve this facility for your private event, meetings, workshops, banquets, celebration, etc. Large rooms \$75 to \$95 per hour (additional fees for extra rooms, insurance and paperwork required in advance). The Historic Multi Purpose Room can accommodate 150 guests. Visit the facility for a tour and more information on hosting your special event here. [GSimCC@cityofsacramento.org](mailto:GSimCC@cityofsacramento.org)

### GEORGE SIM EVENT CENTER SPORTS, CLASSES AND RENTALS

The George Sim Event Center is a brand new 16,000 square foot facility with state of the art amenities. It is climate controlled with a college size court, fixed hoops and backboards, ample parking, wireless scoreboards and bleacher seating. Adult volleyball and basketball leagues are ongoing. Leisure enrichment classes such as table tennis, aerobics, dance and badminton are available as well. Look for our youth sports clinics and camps in the near future! We even have Open Gym nights! Special event rentals are available for up to 300 people. If you would like to rent George Sim Event Center, host a tournament or play in a City of Sacramento tournament or league, please call

(916) 808-6005 for more information or email [adultsports@cityofsacramento.org](mailto:adultsports@cityofsacramento.org).

You can also visit us online @ [www.cityofsacramento.org](http://www.cityofsacramento.org).

## YOUTH/TEEN PROGRAMS

### Teen Unity

Teens 10-17 years old can participate in a variety of sports, games, tournaments, pool, guest speakers, special events, homework assistance, community service projects, and many other recreational activities. Members have the opportunity to participate in TRO (Teens Reaching Out) a city-wide effort in allowing teens to convene and facilitate monthly meetings aimed at empowering teens, getting more involved in their communities, program development, planning and delivery. **Free**

T-F 9/25-6/14 4-7:30pm

## ADULT/FAMILY PROGRAMS

### Boys Scouts of America - River City District

Program offers Boys Scout & Cub Scout. Join the fun and exciting weekly Den meetings and monthly pack meetings. Participants earn badges, and meet new friends. Cub Scouts: boys ages 6-10½, Boys Scouts 10½-18. This program is recruiting Den Leaders also.

T 6-8pm

### Walk-n-Talk Group

Join our staff, volunteers and community residents in this fun stroll and chat while losing pounds by walking. Must sign up to be included in this community walking group. Meet in the lobby of community center.

W 6pm

### Fitness Room - “Pump It Up”!

This room has cardiovascular and weight lifting equipment that will provide participants a chance to tone, firm, stretches, flex, and lift to enhance and strengthen body muscles. Must register annually. For adults 18 & up.

**Fee: \$15 per month.**

T-F 12-8pm  
Sat 10am-2pm

### Computer Lab

The entire facility offers free WiFi. The Lab, equipped with laptops, is open daily. Tue-Fri 3-7:30pm.

### VITA Tax Program

AmeriCorps NCCC provide guidance or full service in preparing your annual tax returns moderate income individuals can receive assistance preparing their own taxes or have someone prepare them for you. Please contact our front desk at 808-1571 for further information.

**Fee: Free**

Jan - April

## OLDER ADULT PROGRAMS

### Active Senior Program

Come in and meet new friends, socialize and participate in various activities including Board games, cards, dominoes, special events, pot lucks, theme days, fitness and much more.

F 12:30-3pm.

## George Sim Community Center

### CENTER EVENTS

#### Canned Food Drive

The Teen Unity Program is looking for donations of non-perishable goods to donate to selected families in the Avondale/Glen Elder neighborhood. Donations accepted January 25 through March 26, 2010

#### Cultural Celebration of Color

Learn about history through a variety of entertainment, art, dance and more.  
Fri 2/26

#### Holiday Egg Hunt

Children 2-12 years old will enjoy hunting for eggs, finding prizes, and experiencing the joy of the holidays. For more information call 808-3761. Sponsored by the Avondale / Glen Elder Neighborhood Association

G Sim Park  
Saturday 04/03

#### Spring Fling Garage Sale

Clean out your garage and closets, and make some pocket change. Vendor information is available by contacting 808-3709.

**Fee: \$20 per booth**

G Sim Park  
Saturday 06/05

### COMMUNITY SUPPORT GROUPS

#### Neighborhood Association Meetings

**Get involved with community events and issues.**

A.G.E.N.A. (Avondale/ Glen Elder Neighborhood Association)  
Second Thursday of each month. 6-8pm  
Chairs: Jermain Gill 628-2549 Constance Slider 821-0047  
South East Village Neighborhood Association  
Sacramento, CA 95824-4238  
Phone # - (916)-384-5386  
Fax # - (916)-383-3388  
Website - [www.neighborhoodlink.com/sacramento/sena](http://www.neighborhoodlink.com/sacramento/sena)  
E-Mail - [SouthEastNA@hotmail.com](mailto:SouthEastNA@hotmail.com)



**Your local Community Center  
--So much to offer you!**

*A safe environment, lots of fun and activities too!*

**Kids • Teens • Adults • Seniors •  
Recreation • Sports • Arts & Crafts • Drama**

**Belle Coolegge Community Center**  
5699 South Land Park Drive • 808-5610

**Clunie Community Center**  
601 Alhambra Boulevard • 808-6060

**Coloma Community Center**  
4623 T Street • 808-6060

**East Portal Park Clubhouse**  
M Street and Rodeo Way • 808-6060

**Elmo Allen Slider Clubhouse at Max Baer Park**  
7815 35th Avenue • 808-3761

**Evelyn Moore Community Center**  
1402 Dickson Street • 808-5610

**George Sim Community Center**  
6207 Logan Street • 808-3761

**Joe Mims, Jr. Hagginwood Community Center**  
3271 Marysville Boulevard • 808-6439

**Johnston Community Center**  
231 Eleanor Avenue • 808-6419

**Oak Park Community Center**  
3425 Martin Luther King, Jr. Boulevard • 808-6151

**Pannell/Meadowview Community Center**  
2450 Meadowview Road • 808-6680

**Robertson Community Center**  
3525 Norwood Avenue • 808-6419

**South Natomas Community Center**  
2921 Truxel Road • 808-1571

**Southside Clubhouse**  
2051 6th Street • 808-5264

**Woodlake Community Center**  
500 Arden Way • 808-6439



**Learn it Live it Love it**

## Joe Mims Jr. Hagginwood Community Center



808-6439  
3271 Marysville Blvd.

Located at Hagginwood Park, our facility is available for private and business functions as well as cultural celebrations. We have an auditorium with a kitchen, a meeting room with a kitchenette and another meeting room that leads out to a cozy courtyard. Our center programs are visited daily by people of varying ages, cultures/backgrounds and are designed for you to socialize and play in a safe environment. The park has beautiful oak shade trees, a playground for children, a basketball court, large grassy areas, a lighted softball diamond and picnic areas. Come and see us! For additional information, please give us a call.

### SPECIAL FEATURES

#### Wellness Room

Come check out our newest addition to the community center! Our Wellness Room is equipped with the latest treadmills. This is a co-ed program for ages 18 and up in a friendly atmosphere. Enjoy a good workout at your own pace and meet new people. Proper workout attire and tennis shoes are a must. Please bring a towel.

**\$5 per month**  
T,W,Th Times vary

### YOUTH/TEEN PROGRAMS

#### Teen Unity

The Joe Mims Jr. Hagginwood Community Center is where teens want to be this fall! Hang out and play pool, dance, do arts and craft projects and meet new people. Nominal fees will be charged for field trips. The fun begins on Sept 21st! This is a structured teen program for boys and girls ages 13-17. Registration is required and spaces are limited. Join the fun! 9/21-12/19

**Free**  
T,Th 4-7pm

#### Break Dancing

Be a part of our popular Wednesday break dancing! Come learn new moves, hang out with your friends, watch or get involved. Free for participants enrolled AND participating in the Teen Unity program. Space is limited. A completed registration form must be filled out and on file before you may participate.

Ages 13-17. 9/21-12/19  
W 4-5pm



### OLDER ADULT PROGRAMS

#### Senior Nutrition All Season's Cafe

A nutritious lunch program for older adults 60+ years. Come enjoy festive seasonal special events and trips. For more information, please call 922-4770.  
Ongoing T-Th 9:30am-1pm

#### Senior Sharp Shooters

Our game room is open to all seniors to hang out, play pool, checkers or dominoes.  
**Free**  
Ongoing T,W,Th 1-4pm

### CENTER EVENTS

#### Food Giveaway

Join us on Thursdays for our free food giveaway. Items vary each week. Sponsored by Hillhaven Community Outreach. (no giveaway 1st Thursdays of month)  
Ongoing Thursdays 10am

### COMMUNITY SUPPORT GROUPS

Hagginwood Community Association:	1 <sup>st</sup> Mon	6-7:30pm
PGNA:	Mon	6:15-8pm
Grandparent Support Group:	2nd & 4th Wed	10am-1pm
Del Paso Heights RAC Meeting:	2 <sup>nd</sup> Thurs	5:30-8:30pm
RAC:	4th Thurs	5:30-8:30pm
Rebellion Dogs AA:	Thurs	6-8pm
	Sat	9:45-11:45am
American River Positive Recovery NA:	1st Fri	6pm-12am

For additional information regarding the community support groups, please call 808-6439.



## Oak Park Community Center



808-6151  
3425 MLK Jr Blvd.

Located in the beautiful historic Oak Park area

near Broadway and Stockton Blvd and is accessible from Highway 99 at the 12th Ave exit. This center is designed to accommodate meetings, banquets, trainings, workshops, fitness access and more. Our Oak Park Complex is home to the WCIC/Playmate Child Care Center, The Effort Clinic, Fire Station #6 and Keith B Kinny Elementary School.

You may reserve rooms for wedding receptions, meetings, trainings, private functions, banquets celebrations, etc. Large rooms \$75-95 per hr additional fees for additional rooms. Insurance and paperwork required prior to reserving rooms. Multi Purpose facility with stage holds up to 250 guests which is great for larger receptions and sporting events. Based on availability call for the details to make sure your next event at the Oak Park Community Center is a success. 808-6151

## YOUTH/TEEN PROGRAMS

### Tutor Time

K-12grades can receive tutoring from Healthy Families organization. Kids must register and be approved by the SCUSD to participate in this interactive learning program. Forms are available at OPCC front office. Limited computer use. Healthy snacks provided. For more info call 230-6754

T,W 3-5pm Sat 11-2pm

### Teen to Youth Mentoring

Enjoy a variety of diverse recreational challenges and experiences for children 6-12yrs offered by Recreation Staff and Teen Unity. Children are encouraged to participate in arts & crafts, sports, special events, computers, field trips, music, dancing, educational activities, cooking and many other fun activities. Participants will learn social skills, build self-esteem, and make new friends in a safe and positive atmosphere under the guidance of staff partnered with teens. A nominal fee for trips and some special events will be collected.

**Free**  
T,W,F 4-6pm

### Youth Jammin Gym

Youth grades 3rd through 6th can stop in and improve there basketball skills while being monitored by recreation staff. Shoot around, play pick up games, contests, tournaments and more.

**Cost is free for 3-6th graders.**  
W 4-6pm (and most Fridays)

### Fencing Fitness Fun

Looking for a way to run, jump and defend. Join the Fencing Program. You will learn the techniques of this fun and active Olympic sport. For more info call 399-1783 or 201 -7266

T 4-6pm F 6-8pm Sat 9-11am

### Self Defense

Keep it moving while learning self defense techniques. Participants 6 yrs and older (including adults) will learn a variety of self defense moves while having fun learning discipline from Robert "Fat Dragon" Dosty. For more details call 308-9047

Sat 11-2pm

### Teen Unity Mentoring Program

A structured program for teens 12-17yrs. Teens will be trained to provide a variety of recreational, educational and cultural activities including pool, ping pong, table games, speakers, field trips, dances, special events, life skills training, fund raising activities and many other special activities to the youth. Teens will have their time to socialize and just be a teen in a safe and positive environment. A nominal fee will be charged for some trips and activities.

**Free**  
T,W,F 4-7pm

### Weed N Seed Late Night

Teens looking for a safe place to hang out can stop and play pool, ping pong, learn music, basketball, video games, life skills guest speakers and more. February thru September.

Fri 7-10pm

### Teen IMPACT

Every Tuesday 3-5pm teens can get help for anger issues. Must pre register call 808-6151.

### Teen Jammin Gym

Teens grades 7th through 12th can stop in and improve their basketball skills while being monitored by recreation staff. Shoot around, play pick up games, contests, tournaments and more

**\$7 Player cards available now and good thru June 2010**  
W 6-8pm (and Most Fridays)



## Oak Park Community Center

### ADULT/FAMILY PROGRAMS

#### “Pump It Up” Exercise Room

Get up, got out and get fit. Let us help you to “Pump It Up” in our exercise room which has cardiovascular equipment and weight equipment that will provide participants a chance to tone, firm, stretch, flex and lift to enhance and strengthen body muscles and tone. A monitor may be available to provide assistance in meeting your goals. Adults 18+

**Fee: \$15 per month**

T,W,F 10-8pm Sat 10am-2pm

#### Adult Jammin Gym

Co-ed adults over 18 can stop in a play pick up basketball in a friendly and safe environment in the new multi purpose gymnasium. Fee: \$7 Player Cards Now thru June 2010

T 5-8pm

#### Adult Martial Arts- Defensive Tactics

Hoshin No Michi Dojo.

Adults can learn the techniques for self defense from experienced instructors. This class is sure to get you moving and shaking.

W 7-9pm F 6-8pm

#### Walk N Talk Group (50+ Wellness)

Join staff, volunteers and community residents on this exercise program geared to get you walking and talking in the streets of Oak Park. Please call in advance of joining routes change daily.

T, Th 9:30am.

#### Family Night Celebrates Black History

Families can learn about Black history through partners of OPCC. Performances, speeches, food samples and food bags to go while supplies last.

W Feb. 24 5-6:30pm

#### Cinco De Mayo Family Night

Participants will enjoy and learn the tradition and meaning of Cinco De Mayo. Food, games, music and art will be a part of this event. Dinner will be served and food bags to go while supplies last.

W May 26 5-6:30

### CENTER EVENTS

#### Martin Luther King Jr Event

Join supporters in this annual community march. Begins at Oak Park Community Center 8am to Sacramento City college ends at the Sacramento Convention Center. Monday Jan 18 8am

#### Egg Hunt Fun April 2

A big bunny hops by the community center dropping off candies and eggs to kids in the community. Please send your kids to be a part of this egg hopping fun hunt. Bring a basket or bag to collect eggs, candy and special eggs redeemable for special prizes.

Ages 0-5yrs 10:30-11am

Ages 6-8yrs 11-11:30am

Ages 9-12 yrs 11:30-12nn

Friday April 2

#### Food Family & Fun Nites

4th Wednesday of the month families can participate in activities while watching family style movies, games, music, challenges, and more. Slow down and get to know your kids again. Refreshments/dinner will be served. Open to all community residents. Get to know your neighbors. Food limited to the first 40 families. Suggestions will be taken for additional family events. Some Wednesdays we have food bags to go. Families must participate in family night activities in order to receive food bags to go while supplies last.

Every 4th Wed 5-6:30pm

#### Food Give Away

Sponsored by Food Bank & Family Service residents in 95817 and 20 can receive vegetables, canned foods and groceries. Also learn new cooking techniques from cooking demonstrations.

4th Tuesday of the month 4-6pm

### COMMUNITY SUPPORT GROUPS

Narcotics Anonymous	Tues	7-8:30pm
Narcotics Anonymous (Women Only)	Wed	6-7:30
Narcotics Anonymous Book Study	Fri	6-7:30pm
Narcotics Anonymous Mens Group	Sat	12-1:30pm
Teen IMPACT	Tues	3-5pm
Oak Park RAC	2nd Wed of Month	6:15-9pm
Veterans support Group	3rd Fri of Month	10-1:30
Family Nights	4th Wed of Month	5 – 6:30pm
Food Giveaway	4th Tues of Month	4pm

For more details on each support group call 808-6151.

## Robertson Community Center



808-6419  
3525 Norwood Avenue

Robertson Community

Center is nestled in an established neighborhood in the community called Del Paso Heights. It is visited by people from a variety of cultures and backgrounds. Robertson Community Center is considered a safe place where the community can learn new things, play and socialize in a safe environment. Our Community Center is geared to meet the needs of the surrounding community and is a proud supporter of the "Step Up to Health" Program of the National Recreation and Parks Association and is a firm believer in the prevention of Childhood Obesity, one of our nations growing epidemics. Our facility also has access to a wading pool which is available to young children and in the park behind us there are lighted basketball courts, a soccer field, a lighted softball diamond and picnic facilities. We are also available for rentals for various types of receptions and celebrations. Feel free to call and see what's going on at the center.

### ROBERTSON SKATE PARK

Robertson Skate Park is the latest addition to Sacramento's ramp-based neighborhood mini skate parks. All local skaters are invited to come check out this new facility. It is located in Robertson Park, adjacent to the Robertson Community Center at 3525 Norwood Avenue, 95838. The skatepark is open from dawn to dusk.

## Wellness Program

Get fit, eat better and exercise with your friends

**Fee: \$13 (Women) \$15 (Men)**

M/F: 12nn-8pm

Th: 12nn-5pm

T/W/Sa Closed

## YOUTH/TEEN PROGRAMS

### Teen Unity

Hang with your friends, get outside and get active, have fun at the Robertson Community Center. Learn some new things, meet new friends, demonstrate your talents (dancing, singing, crafts), laugh a lot, help plan the activities and discover something new about yourself and others.

**Free - nominal fee may be required for some field trips and special events.**

NOTE: Registration is required.

M/F 430-730pm 13-17 years

### The Spot

This is our "Teens only" drop in center. We have two plasma TV's with gaming access, internet access on 6 computers, tournaments, sports. A snack bar is also available onsite. This is a great place to relax and visit with friends in a non structured environment. Registration is required.

M-F 2:30-7:30pm Sa 12nn-4pm

## Friday Night Teen Open Gym at Grant Skill Center Gym

Open for all "Ballers" 13-17 years old. Come meet new friends and enjoy pick up games or bring your own friends over and have a safe place to run and practice your hoop skills.

Every Friday night 6-9pm

## Hip Hop/Step Dance

This class is open to everyone ages 6 to 18 years old. The class will focus on a combination of hip hop and step routines. The class is free. Participants in this class may choose to enter competitions and a fee will be necessary for uniforms and travel expenses.

M/F 5-7pm

## Dream Builders

Is a program designed to decrease youth incarceration and violence through programs that encourage personal achievement in all aspects of life. Kimberly Biggs is the director of the program.

M 5-7pm

## ADULT/FAMILY PROGRAMS

### Adult/Senior Ceramics

Come out and meet new friends in this enjoyable, rewarding class. Everyone is welcome.

M, Th, F 12nn-4pm Non instructional time

### Aztec Dance

Come dance with instructor Maribel Macias enjoy an excellent aerobic workout and gain knowledge of another culture. This program gives you an excellent cardiovascular workout plus is a great educational tour of the culture of another country. All ages

M 6-8pm

## COMMUNITY SUPPORT GROUPS

Narcotics Anonymous (NA) Th 6:30-8pm Ongoing  
Support group for substance abuse.

Lighthouse Feeding 4<sup>th</sup> Sat 1:30-3:30pm Ongoing  
This group serves hot meal to the community on the 4<sup>th</sup> Saturday of each month.

TLC Soup Kitchen 4<sup>th</sup> Friday 4-6pm Ongoing  
This group serves hot meal to the community on the 4<sup>th</sup> Friday of each month.

## Samuel C. Pannell Meadowview Community Center



808-6680  
2450 Meadowview Rd

Pannell Meadowview  
Community Center is

located on the southeast corner of 24th Street and Meadowview Road. There are three rooms available for rental: a multipurpose room, conference room and a meeting room. A large kitchen with plenty of counter space is also available when renting the multipurpose room. A monthly calendar of events and activities is available for pick-up in our lobby by the 3rd of each month. Be sure to stop by and get yours. The center is on a 12-acre site, which includes several large grass areas, two outdoor basketball courts, one baseball diamond, the Pannell Meadowview Recreational Pool and River Cats Independence Field, a fully accessible sports field. Call 808-2340 for information about the accessible sports field. Call the Pannell pool staff at 808-6622 for additional information about private rentals, swim lessons, classes and public swim hours and rates.

### YOUTH/TEEN PROGRAMS

#### Teen Unity

An early evening program for teens ages 13-17. Hang with your friends and with some cool adults at the Samuel C. Pannell CC. Master your skills with old and new games, demonstrate your talents (singing, dancing, crafts), laugh a lot, help plan the actual calendar of activities and discover something new about yourself and others. This after school program for teens will include a variety of fun recreational activities and special events. The fun begins on January 25th, with activities such as sports, tournaments, games, art, movie nights, guest speakers, special events and trips. Participation is the key to a fun program and we encourage our teens to get involved and help the staff plan some of the fun event. NOTE: Registration in the program is required and the cost is FREE. Nominal fees for trips and special events will be charged and spaces are limited. Call 808-6920 for more info.

M, W 01/25-05/12 4:00-7:30pm

#### The Basement

A state of the art Teen Lounge designed for teens. A place you can be yourself, meet others, hit the couch or the computers, watch a movie, chat with others or play video games. A supervised semi-structured environment where YOU have input on how it goes. Snacks, cooking and sewing projects are also a part of the fun. You've got to check this out! For more info call Dori at 808-6920

**Free – Ages 13-17**

Th, F 01/14-05/14 4:00-9:30pm



### ADULT/FAMILY PROGRAMS

#### All Seasons Café and Social Time

Come join in on dominoes, cards or just chatting with new friends. Lunch is served at noon. Reservations must be made for lunch, but you can call at 9:30am (the morning of) to find out if there are any openings for lunch. Guest speakers, entertainment, and special events occasionally occur. Blood pressure checks twice a month.

M, W, F 10:30am-1:15pm

#### Jammin' Gym

Recreational basketball for ages 16 years and up. Thursday nights from 6-9pm\*. It has been proven that regular physical activity is associated with better health and longer life; this program offers an avenue to thrive. The program offers full-court play with a time limit. A one time registration form is required before playing.

**Cost is \$15 Jan. – Dec 2010.**

\*Dates subject to change due to availability of Multi-purpose Room

Th 6-9pm

#### Exercise Room

This is a co-ed facility for ages 16 and up. Registration form, work out attire and a towel are required to participate in this program. Our equipment includes treadmills, stair steppers, stationary bicycles, many nautilus-type machines, bench press, squat rack and free weights. Just 30-minutes of moderate-intensity physical activity per day is enough to burn 200 calories and can help fight obesity and the effects of a sedentary lifestyle.

**\$15 per month**

M, W, Th, F 8:30am-1:30pm and 3-9:30pm

#### Walking Club

This is a free walking club open to the public. Come join us for 30-45 minute walk to benefit your health. The group meets in the Pannell Community Center lobby. See you there! Call 808-6680 for info.

M, W, F 8:30am

#### Nippon Kempo Karate

Studies have shown that children are exhibiting signs of "adult" diseases such as diabetes and obesity from lack of regular physical activity. This program keeps kids moving and active, and it is for all ages and levels. \$15 insurance fee is required before participation can occur and is valid for one year. Class is taught free of charge by a Karate Sensei from our community.

W 6-8:30pm

## Samuel C. Pannell Meadowview Community Center

### OLDER ADULT PROGRAMS

#### MANITOS (Spanish speaking)

"Manitos" invites Spanish-speaking members, age 50+, to participate in social, educational and recreational activities. "Manitos" is composed mainly of participants from Latino cultures but others are welcome to participate if they wish to practice their Spanish. Call 808-7324 for more information. Free  
F 9am-2pm

#### Duplicate Bridge

This group is always looking for new players, and they are very willing to teach you. Come in and play a few rounds.  
M 10:30am-3:30pm

#### Duplicate Bridge

This group is always looking for new players. They are willing to teach you. Come in and play a few rounds.  
M 11am-3:30pm

### CENTER EVENTS

#### Family Fun Nite

Come celebrate spring at the Pannell Meadowview CC. There will be arts and crafts, Dance-Dance revolution, Karaoke, computer games, family activities and food! Bring the whole family and be a part of the festivities. Cost is free. Call 808-6683 for more details.  
Mon, 2/1, 5:30-7:30pm

#### Sweet Potato Festival-National Council of Negro Women

A great day of entertainment, crafts and things to buy, plus delicious sweet potato treats. This annual event is great fun and you won't want to miss it. Mark your calendar now! Call 808-6680 for more information.  
Sa, 2/13 10am-4pm

#### Celebration of Color

A Black History Month event - Reflections of our culture. Music, food, poetry and dance combine for a great evening of entertainment. Call 808-6920 for more information.  
Mon, 2/22 6:30-9pm

### Family Fun Night

Happy May to you and your family! Get out with the kids and enjoy some fun activities, together as a family. There will be arts and crafts, Dance-Dance revolution, Karaoke, computer games, family activities and food! Bring the whole family and be a part of this fun festive night. Cost is free. Call 808-6683 for more details.

T, 5/3 5:30-7:30pm

### COMMUNITY SUPPORT GROUPS

Area 2 Partnership & NRT Meeting	Monthly
Meadowview Development Committee	1st Thursday of each month
Meadowview Neighborhood Association	3rd Wednesday of each month
Henrietta Neighborhood Association	2nd Thursday of each month
National Council of Negro Women	3rd Saturday of each month
Narcotics Anonymous	Th 7:30pm
Friends of Allensworth	1st Friday of every other month

### Shepard Garden & Art Center

808-8800  
3330 McKinley Blvd.



The Shepard Garden & Art Center is the home for more than 50 garden and arts clubs ranging from the African Violet Society to the Textile Arts Association. Clubs meet weekly or monthly for educational and demonstration sessions and sponsor shows annually. All activities at the center are open to the public. New garden and art clubs are welcome to join. The facility (with an outdoor garden) is available for meetings and private gatherings.

### CENTER EVENTS

January 9	Sacramento Potter's Club (2nd Sale)
February 13-14	Sacramento Weavers & Spinners Show & Sale
February 20-21	Sogetsu Ikebana
February 27	Sacramento Valley Cymbidium Show & Sale
March 20	Perennial Plant Sale
March 27-28	Shepard Garden Arts Spring Sale
April 3-4	Capitol City African Violet Show & Sale
April 17-18	Sacramento Iris Show & Sale
April 24-25	Sacramento Rose Show & Sale

The area code for all phone numbers is 916 unless otherwise indicated.

## South Natomas Community Center



808-1571  
2921 Truxel Rd.

The South Natomas Community Center was opened to the public in October of 2001. The facility, which was planned by the Natomas Community, includes rooms for meetings, leisure courses, exercise, arts and crafts, and computers to optimize the experience of living!

The Center has various rooms that range in capacity and shape to fit all of your event needs. Our rooms are booked for meetings, birthday parties, wedding and baby showers or any special occasion. Visit the Center and see for yourself what a special place this community has created! Please contact our front desk at 916-808-1571 for room availability, reservations and for further information.

### YOUTH/TEEN PROGRAMS

#### After-School Advantage Computer Lab

Our computer lab features 11 computers for the community's usage. Features include Microsoft Office, Internet Access, and many other programs. Our center staff can answer any questions you may have and they can assist with troubleshooting if needed. **Fee: Free**  
M-Th 2-6pm

#### SNCC Teen Program

The SNCC Teen program is an afterschool program intended to assist teens with academic support, enrichment and recreation activities. Cooking projects, teen outings, special events, field trips and dances are planned throughout the year to make it a memorable experience for any teen. Program is designed for participants in grades 5th – 9th. For more information please contact Julianna at 808-1574. **Fee: \$10**

T/Th 3-5pm

### ADULT/FAMILY PROGRAMS

#### SNCC Adult Program

Our Adult Program offers a variety of interesting activities for adults that wish to stay active. Our program calendar includes pot lucks, lunches, bus trips and many more recreational activities. Visit the "Hospitality Room" on Tuesday, Wednesday and Friday between 10am-4:30pm for self-directed activities, games, socializing, and refreshments or just to hang out. Among the many special events, our annual Apple Hill, wine-tasting, and Reno trips were a great success. For 2010, we have planned an exciting and engaging calendar with new destinations and potluck themes. We have a joyfully and welcoming group, so pick up our monthly newsletter, jot down the date of the activity that interests you and join us for a great time! You will meet your neighbors, get involved with your community, and experience the thrill of new friendships here at The South Natomas Community Center.

#### Coffee Social

Takes place the first Tuesday of the Month. Come and enjoy a warm cup of coffee and pastries while making new friends. You may also get a chance to be updated on upcoming events or enjoy a nice cards game with our fellow members. **Fee: Free**

1st Tuesday of each month 10am

#### Monthly Pot Lucks

Join your friends and neighbors for a great lunch, raffle prizes, and guest speakers. Please ask the front desk for a calendar of events. **Fee: Free**

2nd Tuesday of each month 11.30am

#### Special Trips

These activities are planned to keep our group engaged and active. Destinations range from Casino trips to regional Wineries. Trips are usually all-day events and extremely affordable. Be sure to pick up an Adult Program calendar and sign up by the due dates to reserve your seat!

#### Wellness Room

This room is equipped with the latest workout Nautilus-type machines. This is a co-ed program for ages 18 and up in a friendly atmosphere. Optimize the experience of living and come join our Wellness Room. Enjoy a good workout and meet new people, please be sure to wear proper workout attire and don't forget to bring a towel. Registration is only taken the first five (5) business day of the month. **Fee: \$15/mo**

M-Th 8am-12pm & 2-8pm Sat 10am-3pm

#### Stitching and Crafts

Everyone is welcomed to attend this free class! Bring your own knitting, crocheting or stitching supplies along with any questions to our experienced group. They can help you with techniques, or troubleshooting to help you complete your projects successfully! **Fee: Free**

Th 9am-12pm

#### English as a Second Language Classes (ESL)

The City of Sacramento and the Natomas Unified School District have created a partnership to offer this program to all Natomas residents!! This hybrid class offers a comprehensive curriculum that combines classroom teaching with computer-based programs to expand the learning experience. Childcare is provided at no additional charge. **Fee: Free**

M/W 9am-12pm



## South Natomas Community Center

### Basic Computer Classes

The City of Sacramento and the Natomas Unified School District have created a partnership to offer this program to all Natomas residents!! Learn basic computer skills in addition to basic Office applications. **Fee: Free**

T/Th 9am–12pm

### OLDER ADULT PROGRAMS

#### The Walking Club

The City of Sacramento 50+ Wellness Program sponsors this twice per week walk. The group gathers in the lobby of the South Natomas Community Center and walks for 45 minutes to one hour. There are fast walkers and those who go at a leisurely pace. It's a great way to start the day! **Fee: Free**

T/Th 8.30am

### CENTER EVENTS

#### Annual Rummage Sale

Please join the SNCC for its annual Community Rummage Sale! Clean up your closets and bring your items to this well-attended event. Make some pocket change or come see what hidden treasures you may find!

**Fee: \$20 per space / \$35 x two**

Saturday 05-01-10 8am-1:30pm

#### St. Patrick's Day Family Night

Families are invited to attend this annual celebration for the children in Natomas. Carnival games, face painting, arts and crafts projects and a jump house are the main features of this event. Food and beverages are sold at a nominal cost. **Fee: Free**

Friday 03-12-10 5.30–7.30pm

#### Summer Program Registration Day

Registration for our summer program begins on this date. Families interested in registering their children for any of SNCC's summer programs, are encouraged to attend this date. Space is limited and registration fills up quickly. For more information, please contact Julianna Iniguez at 808-1574.

Monday 05-03-10 8am–2pm

### COMMUNITY SUPPORT GROUPS

#### Alcoholics Anonymous

Support group to heal alcohol and other drug addictions **Fee: Free**

Th 6–8pm  
Sa 11-12pm



### Recovery Inc.

Support group for self-help and support for family members in need. **Fee: Free**

W 6-8pm

### VITA Tax Program

AmeriCorps NCCC provide guidance or full service in preparing your annual tax returns moderate income individuals can receive assistance preparing their own taxes or have someone prepare them for you. Please contact our front desk at 808-1571 for further information. **Fee: Free**

Dates: TBD

### Fraud/Identity Theft Seminar

California is the leading state in fraud/identity theft. Participants will learn about this practice, its effects on people's credit reports, how to prevent it and what to do if you are a victim. Workshop sponsored by USE Credit Union. **Fee: Free**

Saturday 01-16-10 11am- 12nn

### Understanding Credit Seminar

Participants will learn about credit reporting, its sources of information, and the actions that affect (positively/adversely) a FICO credit score. Workshop sponsored by USE Credit Union. **Fee: Free**

Saturday 03-20-10 11am- 12nn

### Economic Update Seminar

Participants will learn about the current state of the economy and what does that mean for investments and financial assets. Workshop sponsored by USE Credit Union. **Fee: Free**

Saturday 05-15-10 11am- 12nn

### Who Dun' It Club

Members meet to discuss books by a given author. Group also shares snacks and organizes special events and trips. For more information, please call Mary Lattimore at 552-6945 **Fee: Free**

1st Thursday of each month 7-8pm



**Southside Clubhouse**



808-7090  
2051 6th St.

Youth after-school program includes games, arts and crafts, tutoring and enrichment. Call for program dates and times.

**Woodlake Clubhouse**



566-6439  
500 Arden Way

Our facility may be rented for wedding receptions, meetings, banquets and birthday parties. This facility has a quaint clubhouse feel and is great for events with 55 or less individuals. Located at Woodlake Park it is easily accessible by Light Rail. For further information please call 808-6439.

**ADULT/FAMILY**

**Grupo Tonalteotl - Aztec Dance**

Come and learn Aztec dance, a traditional dance from Mexico! This class is open to all ages who would like to learn the art and heritage of the Azteka culture and dance. For more information, please call 281-5919. **Free.**

F 7-9:30pm ongoing



got healthcare?



1-866-850-4321

Sacramento's Children's Health Initiative



**FREE or low cost health coverage for your child or teen and expecting mothers!**  
**COVER THE KIDS** is dedicated to helping families fill out health coverage applications for their children and providing families with information on health related resources.

PROGRAMS INCLUDE: Medi-Cal, Healthy Families, Kaiser Permanente Child Health plan, Pregnancy Medi-Cal, Healthy Kids, and Aim. For more information or to set an appointment please call us toll-free at 1-866-850-4321.

Monday – Thursday 9am-8pm

Friday – Saturday 9am- 5pm

*Cove the Kids will help you complete your child's application in your language!*

Cover the Kids, Sacramento's Children's Health Initiative, is a collaborative effort funded by Blue Shield of California Foundation, California Healthcare Foundation, City of Sacramento, County of Sacramento, First 5 California, First 5 Sacramento, Kaiser Permanente, Mercy, Sierra Healthy Foundation, Sutter Medical Center, Sacramento, The California Endowment, The David and Lucile Packard Foundation, UC Davis Health System, and United Way.

**For more information please visit our website at [www.coverthekids.com](http://www.coverthekids.com).**