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DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

## **Open House: *In tough economic times, Hart Senior Center continues to provide quality, low-cost services to Sacramento's older adults***

**Sacramento, California, November 10, 2008**—As the economic downturn continues, older adults will find it increasingly more difficult to meet their basic needs. The Hart Senior Center is helping older adults to meet these needs. On November 12<sup>th</sup>, the Department of Parks and Recreation will host an open house for local media to highlight the essential programs and services it provides to Sacramento's older adult population. The open house will take place on **Wednesday, November 12<sup>th</sup>**, from **9 a.m. – 12 p.m.**, at the **Hart Senior Center - 915 27th Street**.

The Hart Senior Center is at the forefront of the City of Sacramento's network of services for older adults. The center is named after Ethel Macleod Hart who left the majority of her assets to the City for the "use, enjoyment and comfort" of older adults.

On any given day, the center directly provides or partners with other agencies to provide a wide array of programs, services, and workshops. The majority of these programs are provided free of charge or require a small participation fee, which can be waived if someone cannot afford it. Below is just a small sampling of what the center offers:

### **Nutrition:**

Senior Nutritional Lunch (Weekdays, 11:30 a.m. – 1:00 p.m.)

### **Health and Wellness:**

Triple R Adult Day Care

Dance: Zumba, Ballroom, Line Dance, and more

Wii Virtual Sports

### **Educational Courses:**

Foreign Language Lesson

Skills: Life History Writing, Sewing, Jewelry Making, Copper Enameling, and more

Computer Competence: Internet and E-mail, Excel, PowerPoint, Photo Editing, and more

### **Awareness:**

Predatory Lending and Foreclosure Prevention

Legal Support and Advice

Residents wanting more information about the center's programs and services can call (916) 808-5462. Media-related inquiries can be forwarded to Hindolo Brima, Media and Communications Specialist, Department of Parks and Recreation, at (916) 808-5972.

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