

# The Hart Cornerstone

915 27th Street between I & J Streets Sacramento, CA 95816 916 808-5462

**July  
2009**

## Free Support Services

Call 808-5462  
for  
appointments  
and  
information:

- Brown Bag Pharmacy
- HICAP—Health Insurance Counseling Advocacy Program
- Legal Consultations
- Educational seminars

## Stay Safe on the Road !

If you want to keep driving as long as you can, don't miss "The Road to Driving Wellness" on Tuesday, July 14th, 9:30 to 11:00 am. This free interactive workshop features classroom activities, light exercise, and tips on how to fit more comfortably in your car. You will also get to test physical and mental skills that affect your ability to drive safely.

If you are planning to take the AARP Mature Driver class, we encourage you to take this workshop first. The two courses complement each other very well. Sign up by July 7th at the reception desk.

## The Legal Facts of Life

On Monday, July 13th at 1:30 pm, a member of the State Bar Educating Seniors Program will be here discussing Wills, Living Trusts, Healthcare and other topics that affect the senior community. This free discussion is a benefit to seniors, as well as their families. Please register in advance at the reception desk for this seminar.

## Reverse Mortgages—

### Just the facts and no sales

Are they as good as the brokers offering them make them sound? How do reverse mortgages work? How can you determine if one may work for you? Join us on Thursday, July 23rd at 1pm. A legal advocate from Senior Legal Services will discuss these and any other issues you may want to bring up concerning this topic. Free!

All interested people are invited to attend the talk; you do not need to make an advance appointment.

## Talking to Your Doctor

Lisa Smith-Youngs from Senior Connection returns on Tuesday, July 14th from 1:30 to 3:00 pm. Learn how to get answers to your most important questions, how to keep notes and ways to prepare for effective appointments. Leave your next medical appointment feeling empowered and satisfied! Sign up in advance at the reception desk. Free!



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## Gas Prices Getting You Down?

Want to try another method of transportation? You may qualify for a discount fare. On Monday, July 20th at 1 pm., learn if you qualify for Paratransit door-to-door services and how to sign up for Paratransit services. Mobility training uses personalized lessons to show you - how to use RT buses and light rail to your regular destinations. Come out and learn not only how to navigate the RT bus system, but feel comfortable and confident while doing so.

## Cut The Paper, Not the Information!

Want to help reduce printing costs and paper waste? We are now able to send you the monthly Hart Cornerstone and special announcements by email. Simply visit the reception desk to add your email address to our listing and start reading all we have to offer when you check your email.

## Wanted: Your Favorite Family Story and Recipe

If you haven't given us your recipe yet, please do so! It is time to gather up all the recipes and put our fabulous Hart Senior Center cook book together! We're very excited about this cook book and know it will be a great one! Don't wait! We want your recipes to be a part of it!

## Internet Security

Learn how to protect yourself online! Class topics include: cookies, phishing, viruses, worms, Trojan horses, spam and more. Help keep your computer, and your identity, safe from online threats. The class runs for two sessions on Wednesdays, July 8th and 15th from 1:30 to 3:30 pm. No prerequisites required. Class fee is \$10. Sign up in advance at the reception desk.



## Bridge Lessons

Lorna Brink's new class begins Wednesday, July 15th from 9:00 am to 11:00 am. All study material will be furnished for the eight weekly lessons. Free, but you do need to sign up in advance.

## Fresh Fruit of the Season

Come and enjoy a breakfast of pancakes, bacon, fruit, and refreshments with family and friends. The second Saturday breakfast is at 9:30 am on Saturday, June 11th. Please purchase your tickets for just \$3, by Thursday, July 9th.

## Go Touring with City Safari Tours

You can pick up a schedule of tours at the reception desk or go online to [www.cityofsacramento.org/parksandrecreation/recreation/safari](http://www.cityofsacramento.org/parksandrecreation/recreation/safari)

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## Senior Nutrition Services Lunch

The Ethel Hart Center daily lunch program will possibly be reduced to fewer days beginning Wednesday, July 1st. Please call the SNS central office at 444-9533, if find out information on site schedules and locations.

## Don't Miss Out on Camp !

Perhaps you would like to revisit the days of your childhood. Come play at Camp Sacramento! Situated along the American River, among tall whispering pines and fir at an altitude of 6500 feet. The wood cabin lodging is located just off Highway 50, 18 miles west of Lake Tahoe.

Adventure Week August 24th to 28th is full of adventurous activities including day-long hikes, kayaking, bicycling, horseback riding, rafting, and more. Rates as low as \$288!

Senior Week August 25 - 29 is more for those wanting to stay in Camp and enjoy a myriad of craft, social, and workshop activities. Rates as low as \$266!

For information or to receive a brochure and application, call Kim at 808-1593.

## Brown Bag Pharmacy

Know your medications and be aware of possible interactions! Gather your current prescriptions (the brown bag is optional) and bring them in to discuss the effects with a pharmacist from Pucci's. Every first Monday of the month. Please call the Hart Center reception desk for an appointment. Free!

## Are You A Ringer ? ?

Check into the Wii Paradise Island Resort and explore the virtual horseshoe pit in a lush tropical environment. We'll load up the Wii and play this backyard favorite. Play against friends on Mondays 2:30 to 4:00 pm.

## Pastel Landscapes

Master-Artist Reif Erickson will teach pastel classes working with a different image each week, with a 'paint along' demonstration. The instructor will provide all the pastels and paper for your first class, then will provide you a supply list for subsequent classes. Tuesdays 1:00 to 3:30 pm. \$25 per lesson.

## Do You Like Computers?

Want to learn more about them and how you can use them? We can help! The next session of SeniorNet computer classes begins August 10th! We will be offering Basic computer classes as well as more advanced classes. Don't miss this great opportunity to put computer technology to work for you! Only \$40 for 8 weeks. Please join us for Computer Orientation and Registration, Friday, July 31st at 10:30am. Pick up a class schedule!

## It's a Short Walk to Better Health

Walking group meets here at 10 am on Mondays, Wednesdays, and Fridays. It's good for your body and mind, good for your environment, and good for your community.

## Two Thumbs Up!

Free Matinee Movies - Join us to view favorites on our large screen at 12:30 pm.

July 10th: *The Fortune Cookie* – After sports photographer Harry Hinkle is clobbered by a 220-pound halfback he meets Whiplash Willie, a legal scoundrel, who tries to drag Hinkle into a phony insurance claim. While Hinkle is feigning his phony injury he comes across a fortune cookie that reads: You can't fool all of the people all of the time. Starring Jack Lemon and Walter Matthau.

July 24th: *Forrest Gump* – This story of a lifetime follows Forrest Gump through three turbulent decades where he rides a tide of events that whisks him from physical disability to football stardom, from Vietnam hero to shrimp tycoon, from White House honors to the arms of his one true love. Starring Tom Hanks and Robin Wright.

## Legal Appointments

Want to make an appointment for an individual consultation on Thursday, July 23rd on any legal matter? Please call the Senior Legal Hotline at 551-2140, and press 3. Someone can help you decide if you need an in-person appointment, or if you can get your question answered over the phone. Age 60+.

## Till They All Come Home

Angels of Hart is sending Hero Packs to service personnel. You can help us by donating Fly Swatters, AA/AAA batteries, Fruit Snacks, Raisins, Peanuts, Sunflower Kernels, Sweet 'N Salty Mix, Beef Jerky, Granola/Cereal Bars, Cookies, Microwave Popcorn, Ritz Bits®, Chex Mix, Pringles® Potato Crisps, Chewing Gum, and Lifesavers® candies.

## Center Holidays

We will be closed Friday, Saturday, and Sunday July 3rd, 4th and 5th.

Happy Independence

Day! Our Saturday schedule will also change beginning July 1st due to

budget reductions. We will now be open Saturdays 9am to 1pm. All impacted group leaders have been notified.



## Take Time for Your Hearing

Free hearing tests will be provided by the Agency for Hearing on Wednesday, July 15th from 9 am to Noon. At the Hearing Class held at Noon we will discuss hearing loss and techniques for overcoming common hearing problems. Please sign up in advance for the class at the reception

## The Best Place for Your Next Family Event

Are you looking for the best place to have your next family reunion, birthday party, wedding, or any other celebration that is too large for your house? The Ethel Hart Center can make it happen. With rooms ranging from 670 to 4,000 square feet, our facility can accommodate meetings and gatherings up to 236 people. Call 808-5462 for information.