

# The Hart Cornerstone

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

**June  
2009**

## **Free Support Services**

Call 808-5462  
for  
appointments  
and  
information:

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

## **Safe at Home**

To continue with our “Safety First” series, Rebuilding Together will be here discussing how to create a safe and healthy home. Learn how you can have your home assessed for potential fall hazards and how you can receive safety modifications for free (based on eligibility), Monday, June 15 at 1:30 pm..

## **Phone Bill Workshop**

Bring a copy of your phone bill on Friday, June 26th at 1:00 pm. Susan of ACC will visit the Hart Center to help you learn to spot unauthorized charges made by service providers. These charges are more common than you think! They can also help you review your personal bill for FREE. Please sign up in advance.

## **Computer Classes**

8-week classes begin the week of June 5th and run through Aug 1st. Pick up a class schedule and sign up in advance. We have a wonderful computer lab with small class sizes. It's a fun way to learn! \$40 class fee.

## **Assistance with Your Food Purchases**

Sacramento Senior Legal Services will give a free seminar on “The Supplemental Nutrition Assistance Program”, on Thursday, June 25th at 1:00 pm. Learn if you, or someone you know, are eligible to receive extra assistance with your food purchases. Many older adults and seniors qualify for the SNAP. Learn about how much can be received, what to know when applying, and more.

## **Legal Appointments**

Want to make an appointment for an individual consultation on Thursday, June 25th 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.

## **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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## Take Dad Out To Breakfast

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 13th. Please purchase your tickets for just \$3, by Thursday, June 11th.

## Congratulations Richard!

Congratulations to Richard Dunn, Vice Chairman of the Hart Advisory Committee and longtime computer class instructor. Richard was nominated for the Adult and Aging Commission's Older American's Month recognition. He was recognized by the Board of Supervisors and City Council. Let's give him a round of applause.

## Have You Shared Your Favorite Recipes With Us?

If you haven't given us your recipe yet, please do so! It is almost 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 you to be a part of it!

## 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. Please sign up in advance.

## Identity Theft Video Viewing

Want to learn how to protect your identity? Do you know what to do if someone takes your credit cards? Come join us for a video viewing of "Identity Theft". This video was produced by the US Postal Service and has valuable information that you can use to protect your identity. Join us on Tuesday, June 23rd at 12:30 pm in the Cypress Room.

## 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 Wednesday June 10th and Wednesday June 17th from 1:30 to 3:30 pm. No prerequisites required, class fee is \$10. Sign up in advance at the reception desk.



## Season's Treatings!

Want to eat seasonal farm fresh, locally grown food? Let's help welcome back our neighborhood certified farmers' markets!

- Tuesdays from 10am-2pm at Fremont Park on 16th & P Street
- Wednesdays, 10am -2pm at Cesar Chavez Park on 10th & J Street

Bonus - bring your own bag and do your part to help our environment! For a full list of seasonal and year round farmers' markets, check at the reception desk.

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## Check out Adventure Week and Senior Week at Camp Sacramento!

### Adventure Camp August 24th—28th

Wood cabin lodging, meals, camp socials, hiking, fishing, and other opportunities to enjoy the great outdoors! Adventures including kayaking, biking, horseback riding, rafting and others are available. Rates as low as \$288!

### Senior Camp August 31st - September 4th

Wood cabin lodging, meals, transportation to and from camp, camp socials, hiking, and workshops on basket weaving, painting, leatherwork, photography, healthy lifestyles and more! Rates as low as \$266!

Sign up between May 18 - June 12, 2009 and receive 10% off of the regular price. Already registered? Refer a friend and receive 15% off your 2009 balance! Discounts apply to full-week stay only. One discount per person, per referral.

Registrations must be received by 6/12/09, postmarks not accepted. For information, call Kim at 808-1593.

### Physical Activity Across the Lifespan

Dr. Kelly Cotter, a Psychology professor at CSUS, is conducting research on social relationships, personality, and physical activity. If you are interested in learning more about this research and would like to participate, please join us on June 4th at 10:00 am. Participation in the study involves answering questions about your social relationships, personal beliefs, and physical activity behavior and should take approximately one hour. We appreciate your time and look forward to sharing our results with you!

## Our Fabulous Parties

Senior Nutrition Lunch-Parties are served at 11:30 am with activities beginning approximately at Noon. Reservations are needed 3 working days prior to the event. \$2 donation, if over 60 years & \$5 fee if under 60 years.

### Picnic Day!

Come in and enjoy the lazy days of summer on Friday, June 5th. 'No Ants Allowed!' at Hart's Picnic Day SNS Lunch Party. Participate in Hart's Family Feud! Please register by Noon on Tuesday, June 2nd. Register in advance for Family Feud at the reception desk.

### Western Bingo Bonanza

Howdy partners! Let's rustle-up some grub on Friday, June 19th! There'll be line-dancing to watch, and later on, you can play Bingo! So wrangle-up some country & western clothes to wear as we celebrate at the Father's Day Western Bingo Bonanza! Register by Noon on Tuesday, June 16th.

### Patriotic Parade

Back by popular demand! The YMCA Teen Community Camp will entertain us with a parade of talent on Friday, June 26th. Register by noon on Tuesday, June 23rd.



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## Stay Safe on the Road at Any Age!

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 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 to reserve a seat.

## Two Thumbs Up!

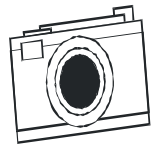
Matinee Movies - Join us to view favorites on our large screen at 12:30 pm.

June 12th: **On Moonlight Bay**—Musical romance in the mid west as a young couple court each other with the distant rumbles of World War I in the background. Starring Doris Day and Gordon MacRae.

June 26th: **G.I. Blues**—An American soldier, dreaming of opening a U.S. nightclub after WWII, entertains his fellow soldiers with his guitar and takes part in a wager to raise enough money to follow through with his dream. Starring Elvis Presley and Juliet Prowse.

## 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.



## Digital Camera Class

Do you like to take photographs? Do you have a digital camera? Our 8 session class is offered on Fridays, June 5th to July 24th from 9:30 to 11:00 am. Learn about close ups, action shots, and more. Hands-on class with a local field trip included! Bring your camera and instruction book. Be sure your camera batteries are charged! Register in advance. \$10 class fee.

## No Homeowner and Renter Assistance Program for 2009

The state budget approved for the 2008/2009 fiscal year deleted funding for the HRA Program. With no funding in the budget for this program, 2008 claims cannot be paid or processed. 2009 claim booklets will not be provided.

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## 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.

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