

The Hart Cornerstone

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

November
2009

Free Support Services

Call 808-5462
for
appointments
and
information:

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

Capturing Your Story!

Sacramento State students would enjoy the opportunity to meet with you from 1:30 to 2:30pm on Tuesday, November 17. They are eager to ask you questions and learn about your personal history. These students, enrolled in an Honors course on “Education, Self-Examination and Living” have been studying oral history. Please consider joining us for a short interview! Please sign up at the reception desk.

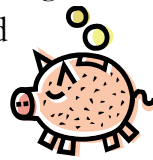
Hart Ping Pong Players

We are excited to announce yet another new way to have fun and get your heart pumping at the Ethel Hart Center: PING PONG! Joe McCormick has generously donated a  table for use by center participants. Also called table tennis, ping pong is FUN, competitive, and strengthens your hand-eye coordination. This Olympic sport features light balls and paddles and is easy to learn. Sessions will be held Thursdays from 10:30am to 12pm. Sign up!

“Every Second Counts”

Did you know that stroke is the third leading cause of death and the leading cause of disability for all Americans? On Friday, November 20 at 10am come learn about early prevention and how to recognize the signs of stroke in a family member or friend. Please sign up at the reception desk.

PG & E Energy Partners

You asked for it and we delivered! With the colder months quickly approaching, and the current social climate pushing for conservation of resources, we are pleased to welcome Kate Schulenberg on Monday, November 16 at 1:30pm. You will learn about maximizing home energy efficiency. The Energy Partners Program provides income-qualified customers free energy education, weatherization measures and energy-efficient appliances to reduce gas and electric usage. Please attend this free seminar to learn about keeping your home (and your pocketbook) warm and cozy this winter. 

Brain Workout on Our Wii

Wii is not just for the kids, we have it here! Learn as you compete in a new generation of fun. Try your hand at golf, bowling, horse shoes, boxing, billiards, fishing and more! Free, come and see what Wii are playing 11am to 1pm every Monday.

More Brain Fitness

Learn a new game or teach one. We have checkers, chess, Yahtzee, dominoes, backgammon, go, Chinese checkers, Scrabble, cards, and more. We have several games you can borrow. Join us Mondays and Wednesdays from 1 to 3pm. Free.

Cell Phone Assistance

Do you have cell phone questions? Learn how to raise the volume, switch to speaker phone, add contacts, or retrieve messages. Sign up at the reception desk and we'll set up an appointment with a volunteer. Free.

Great Books Discussion

We will discuss articles in the book **“Keeping Things Whole: Readings in Environmental Science”** at our 1st Tuesday of the month meetings at 1pm. For November 3: **Man and Nature** by George Perkins Marsh.

For December 1: **The Biosphere*** by Vladimir I. Vernadsky. Free. Please join us.

Creativity Matters

Research shows that new brain cells keep developing throughout the lifespan when new skills are explored through artistic avenues. You have the opportunity to enroll in free, professionally led workshops “Hidden Yet Revealed: Maskmaking”. Two Tuesdays, November 10 & 17, 9:30 to 11am. Pre-registration is required. Creativity Matters is offered through a partnership with Sacramento Metropolitan Arts and is funded by the E.M. Hart Trust Fund.

Straw Into Gold

The members of the Straw into Gold poetry workshop along with Sacramento Poet Laureate Julia Connor invite you to attend a free poetry reading on Thursday, November 12 at 7pm. Come and meet the poets, enjoy refreshments, and purchase books. This event is sponsored by the NEA, Poets & Writers Inc.

Greeting Cards

Join us to craft your own greeting cards! Friday, November 6 at 12:30pm and Thursday, November 12 at 2pm. Sign up for one or both. Free! No experience required.

Parking Reminder — There is no parking in the circular driveway or the spaces in front of the dumpster. Parking in either of these spots will not be permitted.

Current Events Coffee Klatch

Meet over coffee and cookies! Discuss current events, the newspaper, and talk about what's what! How do you feel about healthcare, the bail out, or the Kings? Fridays 2:30pm. Free.

Thanksgiving Lunch

On Friday, November 20 at 11:30am, we invite you to share in helping us give an early thanks. Join us as we celebrate Thanksgiving with a delicious lunch with all the trimmings. Sign up to play a friendly game of Hart Family Feud, or just come cheer your friends on. Free drawing tickets for the "Turkey Basket" will be given out. Reservations are due by Monday, November 16 at noon. Cost is a \$2 donation for those 60+ years and a \$5

If You Toss, It's Our Loss!

We are accepting empty printer ink cartridges of any size at the reception desk. Proceeds of this recycling program benefit our computer lab.



Online is easy!

Learn to search the Internet and send e-mail, in a free one-on-one session, on our lobby GoL (Generations online) computer. Mondays 1 to 2 pm. Sign up for an appointment with a volunteer buddy. Free.

Married For Over 30 Years !

Todd Migliaccio, a professor at CSUS (Sacramento State) is conducting a study about family and longevity in marriage. He is interested in videotaping interviews with couples or individuals who had or have been married for over 30 years. The topics will cover a range of experiences that are related to relationships, marriage and family over time, including dating, love, marriage, kids, as well as a host of other experiences couples encounter in a marriage. If you are interested in being interviewed at Hart, please contact Todd at tmigliac@csus.edu or (916) 278-7573.

Family Recipes

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

Politeness Counts!

A friendly reminder to our Hart family to work together in the upcoming months. Things to remember when you visit the Center so that we all enjoy our visit:

- ◆ Be patient with others.
- ◆ Conduct your cell phone calls away from others.
- ◆ Use appropriate language that is respectful and tolerant of all.

Thank You Generous Donors

We gratefully acknowledge the following individuals and groups for their generous contributions to the Ethel Hart Senior Center. Donations are very much appreciated with the City budget shortfall. Thank you for your continued support of our programs and services!

Mary Beth Hewitt James Soto
Ralph Orrell John Otero
Lederer Family Trust in memory of Fred
and Bertha Lederer
Anonymous donors in memory of Ida
Charles, Tom Dahl, and Donna Locke,
who was taken from us suddenly.

Take Everyday Actions to Stay Healthy

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Then wash your hands.
- ◆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread that way.
- ◆ Stay home if you get sick. The Center for Disease Control recommends that you stay home from and limit contact with others to keep from infecting them.
- ◆ Avoid contact with sick people. Stay six feet away from people who are coughing if you can.

Make Your Own Floral Arrangement

You can enjoy creating an individual floral arrangement each week, just bring your own vase so you can take home your creation. Fridays 1:15pm. Please sign up in advance.



Movie Madness

Movie buffs, join us Fridays at 12:30 pm.

Nov. 6 **Sweet Dreams** – Patsy Cline rises to the top the Country Music charts while dealing with the her turbulent marriage and the demands of touring. Starring Jessica Lange and Ed Harris.

Nov. 13 **Pocketful of Miracles** – Impoverished Broadway peddler Apple Annie has a problem, her daughter, Louise has believed all her life that Annie's a wealthy dowager and is bringing her wealthy fiance for a visit.

Nov. 20 **Penny Serenade** - An honest look at a happy, if not exactly peaceful period, in the domestic life of a newspaperman and a former salesgirl in a music shop. Starring Irene Dunne and Cary Grant.

November Dates

We will be closed Wednesday, November 11 for the Veteran's Day Holiday. We will also be closed November 26-29 for the Thanksgiving Holiday weekend.

Subscribe!

We are now able to send you the monthly Hart Cornerstone and special announcements by email. Simply visit the reception desk or send an email with “subscribe” in the subject line to hartnews@cityofsacramento.org.

Go to www.hartcomputerclass.org if you are interested in our computer class announcements. You have mail!



Mark Your Calendar to Sign Up for Computer Classes

Want to learn more about computers and how you can use them? We can help! Please join us Tuesday, January 12 at 10:30am for Orientation and Registration. Eight-week SeniorNet classes only \$40 begin the week of January 19. www.hartcomputerclass.org

Part D Days

Health Insurance Counseling and Advocacy Program (HICAP) volunteers will be here on two special days to help Medicare beneficiaries with Part D enrollment assistance. In these appointments, a volunteer will help you:

- ◆ review your current plan
- ◆ plan comparison- how does your plan compare with what else is available to you
- ◆ change your plan if needed
- ◆ learn if you qualify for savings on prescription drug costs

By appointment only. Mondays, November 23 and December 7, from 9-1pm. Call the reception desk at 808-5462 to schedule an appointment.

Change Your Clock, Change Your Battery!

The Sacramento Fire Department wishes to remind everyone that when you turn back your clock on 11-01-09, to replace the batteries in all of your smoke detectors with new, fresh batteries. Smoke detectors can save lives.

Insurance Changes with UCD Health systems

HICAP will present a free workshop specifically for Medicare health insurance information for UC Davis Health Systems. Join us Friday, November 13, at 11am. Space is limited, advance sign up is required.

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.



Weekly Ongoing Activities

Monday

8 am Prime Time Fitness
 9 am HICAP Part D Appointments*** 4th Mon
 9:15 am Balance & Strengthening
 9:30 am Conversational Spanish class
 10 am Singing Group
 11 am Wii (Virtual Sports & Games)
 11:30am Duplicate Bridge
 Noon HICAP appointments ***
 1 pm Board Games
 1:30 pm PG & E Home Weatherization - 3rd Mon
 1:30 pm Tai Chi & Chi Keung *
 3pm Hatha Yoga *

Tuesday

9:30 am Cell Phone Assistance
 9:30 am Life History Writing class
 9:30 am Maskmaking - 2nd & 3rd Tues
 11:30 am Capturing Your Story - 3rd Tues
 1pm Great Books Discussion
 1 pm Senior Club Bingo **- 1st, 2nd, 3rd Tues
 1 pm Stamp Collecting Club - 4th Tues
 1 pm Gray Panthers ** 2nd Tues
 1 pm Pastel Landscapes Art Class *

Wednesday

9 am Progressive Bridge
 9 am Manitos
 9 am Social for the Blind
 9:15 am Balance & Strengthening
 noon Brown Bag Pharmacy appts - 1st Wed ***
 1 pm Creative Writing & Poetry class
 1 pm Board Games
 1:45 pm Chair Yoga *
 2:30pm Feldenkrais *
 3pm Hatha Yoga*

Thursday

7:45 am Taking Off Pounds Sensibly **
 9 am Line Dancing
 9 am Crafts, Sewing and Ceramics
 9 am Deaf Seniors
 10:30 am Ping Pong
 11 am Pinochle
 1 pm Musical Theatre Dance Class 10/8-12/17
 2 pm Greeting Card Crafts - 2nd Thurs
 2 pm Hart Advisory Committee - 3rd Thurs alt mo.
 3pm Conversational French class
 3 pm Ballroom Dance Practice
 6:15 pm Latin Dance—1st & 3rd Thurs
 7 pm Straw Into Gold Poetry Reading - 2nd Thurs

Friday

8 am Prime Time Fitness
 9:15am Balance & Strengthening
 9:30 am Painting A New Language *
 10 am Stroke Prevention
 “Every Second Counts” - 3rd Fri
 12 pm Karaoke
 12:30 pm Greeting Card Crafts - 1st Fri
 12:30 pm Movie Matinee
 1:15 pm Floral Arranging
 1:45 pm Chair Yoga *
 2:30 pm Coffee Klatch - Current Events
 3 pm Hatha Yoga *

Saturday

9 am Progressive Bridge
 10 am Older Women’s League—3rd Sat

Sunday

11 am Pinochle
 11 am Scrabble Club
 1:30 pm Senior Club dance **

*Registration and registration fee required for Senior Center programming

** Check with club for fees

*** Appointments require advance registration

Monday—Friday 7:30am—5pm

Saturdays 9am—1pm Sundays 11am—3pm