



The Hart Cornerstone

DECEMBER 2011

Where people come together to try new activities, old favorites, find assistance and friends, and discover the joys of life after 50.

Holiday FULL - DAY Closure

Dates:

- Saturday, Dec 24
- Sunday, Dec 25
- Monday, Dec 26
- Saturday, Dec 30
- Sunday, Dec 31
- Monday, Dec 1



Holiday HALF - DAY Closure

Dates:

- Friday, Dec 23
8am - 12pm
- Friday, Dec 30
8am - 12pm

WINTER WONDERLAND HOLIDAY LUNCH PARTY

The Hart Center invites friends and family to celebrate the holidays at our luncheon on **Friday, December 16 at 11:30 am.**

The Hart elves have been busy gathering great raffle prizes! Come out and join your friends for lunch, laughter and holiday festivities. All are invited to participate in an old fashioned holiday sing-a-long.



Please RSVP for Lunch by noon on Monday, December 5.

\$2 donation for people ages 60+; \$5 fee for their guests.

COMPUTER CLASSES

Start your new year off right by learning a new skill! Joining one of our SeniorNet computer classes is a great way to improve your computer knowledge. So whether you are a novice or want to learn more, we have the class for you!

Most SeniorNet classes meet weekly for 8 weeks, while some meet twice a week for 4 weeks. All classes are 90 minutes in length. All class manuals and practice cd's are provided.

Beginners, as well as others who want to brush up on their skills or learn new ones, are encouraged to sign-up. All seniors are welcomed to join us **Tuesday, January 17 at 10:30am** for the SeniorNet orientation and registration. For more information please call 808-5462.

Don't miss this great opportunity to put computer technology to work for you!
\$40 fee for each 8-class session, \$20 for 4-class session.



HOLIDAY MOVIE MATINEE

After enjoying lunch at the Friendship Café, why not stay warm, get in the holiday mood and relax at Hart's Flick Friday movie matinee.

Friday, December 2

"The Santa Claus" Starring Tim Allen

Friday, December 16

"Scrooged" Starring Bill Murray

The popcorn and hot cocoa is on us!



Seasons Greetings



915 27th Street
Sacramento CA 95816
916-808-5462

www.cityofsacramento.org/hartcenter

Hours:
Monday-Friday 8-3:30pm
Saturday 9:30-1pm
Sunday 12:30-3:30pm

Helpful Information...

911 UPGRADE

The Sacramento Police Department has upgraded its *REVERSE 911* system to make it even easier to alert residents during emergency situations. The *REVERSE 911* system has proven to be a valuable tool when alerting residents during emergencies such as evacuations, missing persons, flooding etc. The system also features an interactive map for users to verify their location.

You can easily register by creating a password protected account which allows you to update or edit your information. You can register your wireless device at www.sacpd.org and click on the *REVERSE 911* link. If you need assistance registering your phone number, please visit the reception desk.

STOP ANNOYING PHONE CALLS

Tired of pesky telemarketing calls?

Afraid to answer the phone for fear of being caught by some smooth talking salesman?

Register your phone with the National Do Not Call Registry. The National Do Not Call Registry gives you an opportunity to limit the telemarketing calls you receive. Once you register your phone number, telemarketers covered by the National Do Not Call Registry have up to 31 days from the date you register to stop calling you.

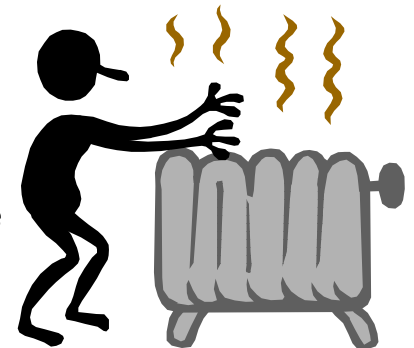
You may register up to three phone numbers, (home telephone and cell phone numbers) at a time. For more information or to register, go to the website www.donotcall.gov. If you need assistance registering your phone number, please visit the reception desk.



STAY SAFE WHILE KEEPING YOUR HOME WARM

Follow these tips to have a safe, healthy and warm winter:

- Make sure your heater has been tested for safety.
- Space heaters need to have plenty of space around them.
- Place space heaters at least three feet away from anything that can burn - including furniture, people, pets and curtains.
- Turn off space heaters before leaving a room or going to sleep.
- Never use space heaters to dry clothing or blankets.
- Keep gas appliances properly adjusted and serviced.
- Never use an oven or range to heat your home
- Never use a gas or charcoal grill inside your home or in a closed garage.
- Portable electric generators must be used outside only. Never use them indoors, in a garage or in any confined area that can allow *Carbon Monoxide* to collect. Follow usage directions closely.



Be “ready to go” or “ready to stay” if the power goes out:

- Stock up on batteries for flashlights and portable radios.
- Make sure you have canned foods, a manual can opener and bottled water.
- Keep a stock of extra blankets and warm clothing in case the temperature drops in your home.
- Use flashlights instead of candles to avoid a possible fire hazard.



DECEMBER



*** Preregistration & fee required for program**
****Check with club for fees**
*****Requires advance registration**

1
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1p Writing from the HART
 1:30p Ballroom Dance Practice

2
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
 12:30p Movie "The Santa Claus?"
 1p Chair Yoga *
 2:15p Hatha Yoga *

3
 9:30a Social Bridge
 10:45a Sitting QI Gong

4
 12:30p Pinochle
 12:30p Scrabble
 1p Senior Club Dance**

5
 8a Prime Time Fitness *
 9a Bridge Lessons***
 9:15a Balance & Strengthening
 10a OWL
 10:45a Tai Chi***
 11:30a Duplicate Bridge
 12p HICAP Appointments ***
 1p Chair Yoga*
 2:15p Hatha Yoga *

6
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 9:30a Hula Dance Class
 12:30p HICAP Appointments***
 12:30p Ping Pong Social
 12:45p Pastel Landscapes Art Class *
 1p Senior Club Bingo **

7
 8a Manitos
 8a Social for the Blind
 9a Social Bridge
 9:15a Balance & Strength
 12:00p **Brown Bag Pharmacy**
 1:00p Creative Writing & Poetry Class
 1:00p Chair Yoga *
 2:15p Hatha Yoga *
 6:00p Hands in Mud Ceramics *

8
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1:30p Ballroom Dance Practice

9
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *

50th Anniversary Gala*
Must purchase tickets in advance


10
 9:30a Social Bridge
 10:45a Sitting QI Gong


11
 12:30p Pinochle
 12:30p Scrabble
 1p Senior Club Dance**

12
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 10a **Resource Specialist**
 10:45a Tai Chi***
 11:30a Duplicate Bridge
 12p HICAP Appointments ***
 1p Chair Yoga*
 2:15p Hatha Yoga *

13
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 12:30p Social Ping Pong
 12:30p HICAP Appointments***
 12:45p Pastel Landscapes Art Class *
 1p Senior Club Bingo **

14
 8a Manitos
 8a Social for the Blind
 9a Social Bridge
 9:15a Balance & Strength
 1p Creative Writing & Poetry Class
 1p Chair Yoga *
 2:15p Hatha Yoga *
 6p Hands in Mud Ceramics *

15
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1:30p Ballroom Dance Practice

16
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
 11:30a **"Holiday Lunch Party"*****
 12:30p Movie "Scrooged"
 1p Chair Yoga *
 2:15p Hatha Yoga *


17
 9:30a OWL
 9:30a Social Bridge
 10:45a Sitting QI Gong

18
 12:30p Pinochle
 12:30p Scrabble
 1p Senior Club Dance**

19
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 10:45a Tai Chi***
 11:30a Duplicate Bridge
 12p HICAP Appointments ***
 1p Chair Yoga*
 2:15p Hatha Yoga *

20
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 9:30a Hula Dance Class
 12:30p Social Ping Pong
 12:30p HICAP Appointments***
 12:45p Pastel Landscapes Art Class *
 1p Senior Club Bingo **

21
 8a Manitos
 8a Social for the Blind
 9a Social Bridge
 9:15a Balance & Strength
 1p Creative Writing & Poetry Class
 1p Chair Yoga *
 2:15p Hatha Yoga *
 6p Hands in Mud Ceramics *

22
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1:30p Ballroom Dance Practice

23
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
11:30a Friendship Café Lunch
Must make advance reservation
Center Hours 8am - 12:30pm



27
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 12:30p Social Ping Pong
 12:45p Pastel Landscapes Art Class *
 1p Rotary Rooters
 1p Latino Dance

28
 8a Manitos
 8a Social for the Blind
 9a Social Bridge
 9:15a Balance & Strength
 1p Creative Writing & Poetry Class
 1p Chair Yoga *
 2:15p Hatha Yoga *
 6p Hands in Mud Ceramics *

29
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1:30p Ballroom Dance Practice

30
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
11:30a Friendship Café Lunch
Must make advance reservation
Center Hours 8am - 12:30pm

31

New Years Eve!
