



The Hart Cornerstone

FEBRUARY 2012



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

Trivia Question:

What group had a Top-10 hit called "One Bad Apple" in February 1962?

- A. The Jackson 5
- B. The Osmonds
- C. The Lettermen
- D. The Four Tops
- E. The Rolling Stones

Answer on bottom of back page.



Holiday Closure

Dates:
Saturday
Sunday
Monday

February 18 - 20

In observance of
President's Day



DO YOU NEED YOUR TAXES PREPARED?

Tax Assistance is again available to members of the community. Assistance is available for seniors 50+ with low to moderate incomes through AARP. The Americorps Vita Tax Program will be available with appointments for the general public. Please call the reception desk at 808-5462 to schedule your appointment.

Volunteers from Franchise Tax Board will hold appointments on Saturdays. For a **Saturday appointment, please call (916) 845-4516.**

For **ALL** tax appointments, please bring with you the following documents:

- *Valid Photo ID
- *W2 (for all jobs worked)
- *2011 Income Tax Return if available
- *1099-INT for any bank interest
- *Statement from a mortgage company
- *1099-G for unemployment

LIFE HISTORY WRITERS' CONFERENCE

The 5th annual Our Life Stories Writers' Conference will be held at Consumnes River College on Saturday, April 28. The conference, a special project of the Life History Writing program held weekly at the Hart Center, is a day-long event with individual workshops on memoir writing, autobiographical narrative, poetry and more. Keynote addresses will be given by experts in self-publishing and fiction writing.

The conference cost is \$35, which includes lunch.

In celebration of the conference's 5th anniversary, a special pre-conference Reading & Reception for conference attendees will be held at Hart Senior Center the evening of Friday, April 27. The evening will include readings by authors and light refreshments.

For more information about both events and how to register, please visit the front office at Hart Senior Center, call 808-5462 or go to www.hart-crcwritersconference.org.



HAVE A LEGAL QUESTION?

Senior Legal Hotline representatives will be here to help the senior community with an array of legal issues every 4th Thursday of the month. Representatives will meet with individuals by appointment only.

February's legal consultation appointments will be held on Thursday, February 24th. To schedule a personal meeting with a Senior Legal Hotline representative, call Hart Senior Center at 808-5462 or visit the front desk.





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

Hart Happenings!!

WANT TO LEARN TO PLAY BRIDGE?

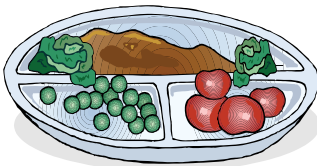
Have you ever wanted to learn how to play bridge? Want to learn at a pace you are comfortable with? Do you need to brush up on your skills? Well . . . the Hart Center is the place to learn or sharpen your skills. We will have 10-week session taught by Lorna Brink and Diane Balter on Mondays, March 5th - May 14th from 9 - 11am.

This class is Free and all are welcomed to join in the fun. Sign up in advance at the Hart Center reception desk. For questions about this class please contact Lorna Brink at 916-482-4860.

VALENTINE'S DAY LUNCH PARTY

Join your fellow Hart Center participants as we celebrate the day of "LOVE" with good friends, a delicious lunch and fun games on Tuesday, February 14th 11:00am to 12:15pm.

*Make your lunch reservation by Monday, February 6th. Cost: \$2 donation for diners 60+.



Lunch Menu:

Meatloaf with Brown Gravy
Parslied Potatoes and Peas
Whole Wheat Bread
Mixed Fruit



TAIKO DRUMMING CLASS

Have you experienced a Taiko performance before? If you have, then you've probably felt the power and spirit of the drums and drummers, and you've probably wondered if you could play. Well here is your chance to find out.

Join instructor Misa Takagi to enjoy the endless benefits of learning this Japanese art form: self confidence, physical and mental stimulation and the opportunity to express yourself.

Join in on this fun and invigorating class Wednesdays from 2:30 - 3:30pm. \$15 for 4 sessions.

HART LUNCH BUNCH

Come enjoy a great lunch and meet new friends Monday through Friday at 11:30am in the Friendship Café. The lunch program has holiday parties and a monthly lunch bunch Birthday Party. This month's Birthday Party is Wednesday, February 22nd. ***Make your lunch reservation by Tuesday, February 14th at noon for this event.**

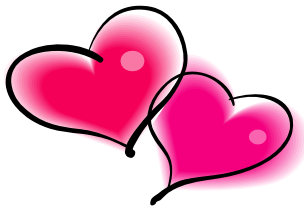
*Please note that reservations are due by noon on the Monday prior to the week you plan to attend. Monthly menus are available in the lunch room and at the reception desk.

Cost: \$2 donation for diners 60+. If you have any questions about the Friendship Café, please speak to supervisor Max Soucia.



Trivia answer: The Osmonds

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



5
 12:30p Pinochle
 12:30p Scrabble
 1p Senior Club Dance**

6
 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 *

7
 9:30a Life History Writing **
 12:30p Ping Pong Social
 12:45p Pastel Landscapes Art Class *
 1p Senior Club Bingo **

1
 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 *
 2:30p Taiko Drumming*

2
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 930a HICAP Appointments***
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1p Writing from the HART

3
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
 1p Chair Yoga *
 2:15p Hatha Yoga *

4
 9:30a Social Bridge
 10:45a Sitting Qi Gong

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

13
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 10a OWL
 10:45a Tai Chi***
 11:30a Duplicate Bridge
 12p HICAP Appointments ***
 1p Chair Yoga*
 2:15p Hatha Yoga *

14
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 11:30a Valentine's Day Lunch Party***
 12:30p Ping Pong Social
 12:45p Pastel Landscapes Art Class *
 1p Senior Club Bingo

15
 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 *
 2:30p Taiko Drumming*

16
 8a Taking Off Pounds Sensibly **
 8a Ceramics Open Studio *
 8a Crafting & Sewing Social
 8:30a Deaf/Hard of Hearing Social
 930a HICAP Appointments***
 9a Line Dancing
 10a Pinochle
 12:30p Social Ping Pong
 1:30p Ballroom Dance Practice

17
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
 1p Chair Yoga *
 2:15p Hatha Yoga *

18
 9:30a Social Bridge
 10:45a Sitting Qi Gong

CLOSED

19
CLOSED

20 PRESIDENT'S DAY

CLOSED

21
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 12:30p Social Ping Pong
 12:45p Pastel Landscapes Art Class*
 1p Senior Club Bingo**

22
 8a Manitos
 8a Social for the Blind
 9a HICAP Appointments***
 9a Social Bridge
 9:15a Balance & Strength
 11:30a Lunch Bunch Birthday Party***
 1p Latino Dance
 1p Creative Writing & Poetry Class
 1p Chair Yoga *
 2:15p Hatha Yoga *
 2:30p Taiko Drumming*

23
 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
 1p Senior Legal Hotline Appointments

24
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 9:30a Painting a New Language *
 1p Chair Yoga *
 2:15p Hatha Yoga *

25
 9:30a Social Bridge
 10:45a Sitting Qi Gong

26
 12:30p Pinochle
 12:30p Scrabble
 1p Senior Club Dance**

27
 8a Prime Time Fitness *
 9:15a Balance & Strengthening
 10a Great Books Discussion
 10:45a Tai Chi***
 11:30a Duplicate Bridge
 12p HICAP Appointments ***
 1p Chair Yoga*

28
 9:30a ARMS Appointments***
 9:30a Life History Writing **
 12:30p Social Ping Pong
 12:45p Pastel Landscapes Art Class *

29
 8a Manitos
 8a Social for the Blind
 9a HICAP Appointments***
 9a Social Bridge
 9:15a Balance & Strength
 1p Latino Dance
 1p Creative Writing & Poetry Class

