



The Hart Cornerstone

February 2006

Ethel MacLeod Hart Multipurpose Senior Center
Serving 50+ Adults

For a Healthy Heart, Do the Hula

Learn to do the Hula! Free classes begin Tues, Feb. 21. Class will meet weekly on Tuesdays at 3:30 pm for one hour. It's fun, and good exercise! Learn slow, rhythmic movements, choreographed by the instructor, Anuheia Toyama into specific steps and hand movements to familiar songs. Good for your heart and for your balance.

Hart Senior Salon

Be part of a stimulating conversation on Monday Feb. 6 at 1:45 pm about what we're doing in Sacramento. Previous guests were Councilmember Cohn, Daniel Dullum, Chef Spataro, and Sutter Middle School students. Who will be the next guests?

HOLIDAY NOTICE: Please note that the Hart Senior Center will be closed on Monday, Feb. 20, for Presidents' Day.

Be Prepared

The Sacramento Sierra Chapter of the American Red Cross urges local residents to be prepared. To help us do just that, Nicki and Karen from the Red Cross will be here on



Tuesday, Feb. 28, at 12:15 pm. They will talk to us about how to create a family disaster plan and be ready to

evacuate at a moment's notice, assemble a disaster supplies kit, know all possible routes in and out of your neighborhood, and more. Come for lunch, stay for the free seminar.

You Know...

...that we have lots of fitness classes, but do you know we have activities that are good for your mind? Backgammon, bridge, checkers, chess, crosswords, mahjong, pinochle, and scrabble! See pages 6-7 for our monthly calendar with older adult activities.

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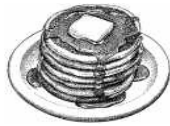


915 27th Street
Sacramento CA 95819
(916) 264-5462

FEBRUARY ACTIVITIES

Second Saturday Pancakes

Join us Saturday, Feb. 11, at 9:30 am for great pancakes, fresh fruit, and bacon. Tickets are only \$2.50. Reserve by Feb. 9.



Movie Matinee

Everyone loves love...right? Since this is the month that Cupid comes out to play, we will show the romantic comedy *The Bachelor* on Friday, Feb. 10, at 12:30 pm. It is rated PG-13 for language and stars Chris O'Donnell as a man who must get married and *fast* because there is a \$100 million inheritance on the line. This movie is sure to trigger amusing memories about past loves, so bring a friend or a spouse and get ready to laugh. Enjoy free popcorn.

Know Your Medications

Pat O'Neil from Pucci's Pharmacy will be at the Senior Center at noon on Wed. Feb 1, to discuss effects and possible interactions of your medications. Make an appointment at the reception desk, then bring your medications in a brown bag. It's free.

Donuts With the Director

At 9:30 am on Wednesday, Feb. 8, come and meet with Linda Hoschler. Share your ideas for a new program or activity, and get to know each other better.

Health Insurance Counseling

Do you understand your consumer rights with Medicare Part D? A HICAP counselor can answer your questions about Medicare and health insurance Mondays between 10 am and noon. Make an appointment.

Healthy Heart:

♥♥♥ What You Need to Know ♥♥♥

Heart disease kills more people in America than any other disease. Your blood vessels can get clogged by fat, causing disease, stroke, or a heart attack.

To prevent heart disease:

- ♥ Exercise regularly.
- ♥ Maintain a healthy weight.
- ♥ Quit or don't start smoking.
- ♥ Watch your blood pressure.
- ♥ Eat well: lots of vegetables, fruits, whole grains.
- ♥ Schedule an appointment with your doctor at least once a year for a test.

"Painting Etc."

Starting on Feb. 17, we'll meet every Friday from 9 to 11:30 am. Welcome, all painters, aspiring and seasoned artists alike! "Painting Etc." will be a non-structured multi media class with Carrie Claudia Iudice. She is an accomplished artist and experienced instructor and we are fortunate to have her teach here. The class is free, but does not include painting supplies. On Feb. 17 a list of supplies will be provided. Sign up at the reception desk.

Learn to e-mail & use the Internet

Come test-drive Generations onLine, a free, easy-to-use instructional program located in our lobby. The self-guided program uses on-screen, step-by-step directions in plain English to teach older adults to use the Internet and send and receive e-mail. Every Saturday morning in February, 9:30 am-12. Sign up in advance for your free chance to learn from a volunteer how to use Generations onLine.

HART ADVISORY COMMITTEE



**From Mr. Bill
Bill Swayne**

Valentine's Traditions

I thought it might be fun to research some Valentine's traditions. In support of that thought, I submit the following:

Hundreds of years ago in England, many children dressed up as adults on Valentine's Day. They went singing from home to home. One verse they sang was:

Good morning to you, valentine;
Curl your locks as I do mine---
Two before and three behind.
Good morning to you, Valentine.

In Wales, wooden love spoons were carved and given as gifts on February 14th. Hearts, keys, and keyholes were favorite decorations on the spoons. The decoration meant, "You unlock my heart!"

A love seat is a side chair. It was first made to seat one woman and her wide dress. Later, the love seat or courting seat had two sections, often in an S-shape. In this way, a couple could sit together – but not too closely!

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week.

My, have things changed, or what?

Have a wonderful Valentine's Day



About the HAC

The HAC members are:

Betty Ann Asbury Elizabeth Liondakis
Carolyn Negrete Mamie Woo
Roque Gonzales Lois Price
Margie Jackson Nic Shammas
Florence Fong, Chair-person
Bill Swayne, Vice-Chair
Lorene Hukill, Recording Secretary

Come join us at the next Hart Advisory Committee (HAC) meeting on Thursday, March 23, at 2 pm.

The HAC exists to help ensure that the Center meets its mission of "providing an environment which welcomes older adults, supports their independence, and affirms their dignity."

We meet every other month to discuss programs offered as well as facility usage issues. If you have an agenda item or printed material for the next Hart Advisory Committee meeting, please contact Florence Fong or Linda Hoschler by March 15.

Members of the HAC represent the various categories of programs offered at Hart Senior Center: Clubs & Groups, Leisure Activities, and Social Services & Health. In addition, several members simply represent the at-large senior community.

Embark on an exciting path—apply to join the Hart Advisory Committee. Pick up an application at the reception desk.

*The next
Hart Advisory Committee
meeting is
Thursday, March 23, at 2 pm*

TRY SOMETHING NEW

Stamp Club

We meet here the 4th Tues. every month, 9 to 11 am. No dues, just trade your duplicate stamps with other members.

Think About It!

In the language of flowers, the yellow rose means friendship, the red rose means love, and the orchid means business.

The biggest drawback to *budding* love these days is the *blooming* expense. Happy Valentine's Day!



Explore Alternative Healing

Explore your mood through Music, Meditation, Exercise, and Art. Gina leads the group on the 2nd & 4th Mondays 12:15 to 1:15 pm. Free!

French Group

Are your French language skills buried way down deep? Well, excavate them and come join us so we can get them in better shape by discussing current events, movies,

holidays and other topics of interest—ALL in French!

Parlons Francais group meets every Tuesday, from 2 to 4 pm.

Venez et inviter des amis qui veulent pratiquer le francais!



Breakfast Club

Do you work out on Friday mornings? Come enjoy breakfast with us after your workout class. Feb 3 the Breakfast Club will serve a delicious morning meal of eggs, toast, fruit, and a beverage. Breakfast will be available from 9:30 to 10:30 am. Hot, Fresh, Healthy, and FREE. Donations accepted, no reservation required, breakfast served while supplies last.

ACTIVE LEISURE

Light & Lively: Low-impact stretching designed to get your heart pumping! Increase your flexibility, improve balance, increase your strength and stamina. Wednesdays, 8 to 9 am. Free!

Tai Chi: A form of Chinese exercise that combines specific movements & relaxation. Improve your balance, breathing, mind, and coordination. Wed. 1 to 2 pm. \$15/month.

Feldenkrais: Improve posture, balance, and breathing, learn to reduce stress, tension, fatigue, and ease pain. \$30/month. Try it once for free! Wed. 2:30 to 3:30 pm.

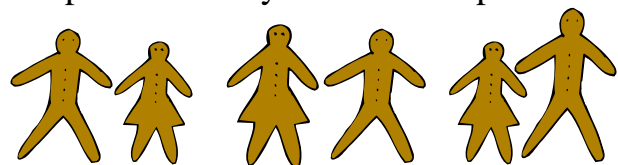
Healing Qi Gong: A form of eastern exercise that combines specific movements, meditation, and relaxation. It's free. In February-the class meets Saturdays at 10:30 am. In March-Tuesdays at 12:45 (new time) and Saturdays at 10:30 am.

Balance & Strengthening: Improve your health and fitness while having a great time: flexibility and movement, correct breathing, strength training, regaining your balance abilities, relaxation and meditation. Mon., Wed., & Fri., 9:15 to 10 am. Free!

Head-to-Toe Fitness: Stretching, aerobics, dyna-bands, strength & muscle-toning, flexibility & balance. Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter. Mon. & Fri. 8 to 9 am. Free!

Line Dancing: Every Thursday 9 to 10:30 am. Free. Fun and great exercise too!

Ballroom Dance Practice: Every Thursday at 4 pm. Practice your dance steps!

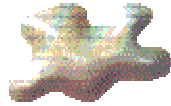


WHAT'S HAPPENING AT HART?

Bits and Pieces

Has someone has done a kindness to you lately?

Tell Lorene about it. A small wallet of hearing aid batteries was dropped in the hall and turned in to Reception. A few days later, the grateful owner responded with a "Yea!" A purse was also found and turned in. The owner retrieved it the same day with an excited "Hooray!" Hooray for the good in human nature.



We Need Cards & Letters!

We send monthly care packages to two soldiers, Luke and Alan, who are both from the Sacramento area. Our packages are appreciated by our men and women in the service of their country. Show support for our troops by wearing something red on Fridays.



New! Social Security & Medicare Questions Answered

Beginning March 24 at 1pm and every 4th Friday thereafter, we will offer a new Social Security Informational service. Lupe Rea, who is bi-lingual, has been with Social Security for 20 years, the last 5 of those years as a Claim Rep. Supervisor in the S.S.I. unit. She will answer your questions on Social Security, including Retirement, Disability and Survivors benefit, Medicare and Medicare Part D, Supplemental Security Income (S.S.I), and general information on Medicare & Security. Please call 264-5462 for an appointment.

Legal Assistance

For free legal advice, contact the Senior Legal Hotline at 551-2140, for seniors age 60+. An attorney will be here for referral appointments on the 3rd Thurs. each month from 1 to 4 pm. Make an appointment in advance at the reception desk.

Scanning and Restoration

Learn to scan and restore those old photos and slides using Photoshop Elements software— capture, storage, fixing colors, dust and scratches with printing and displaying to your TV set. Must be comfortable with Windows operating system. Begins Thurs. Feb. 16, 3:30 to 5 pm. Register today. 4 Thursdays, \$20.

Hart Healthy Hearts

February 14, that annual day of love, is fast approaching and we refuse to be left out! This Valentine's Day, we will be promoting "Hart Healthy Hearts." It will be a festive and informative day with speakers from , decorations, and entertainment.

Wear Red on February 14! Everyone attending lunch and prominently wearing red to promote love and healthy hearts will be given a small gift from our "Hart" to your "Heart."

It's a Party! Make your reservations for the S.N.S Valentine's Day lunch by Thurs. February 9. There will be entertainment and treats! Heart Health speaker from Kaiser at 1pm. *We will ♥♥♥♥ seeing you there!*

Laryngectomy Support Group

A friendly and informative group meets here the first Sunday each month, 1-3 pm.

WHAT'S GOING ON?

Warning! * Humor may be Hazardous to Your Frown!



Dead ahead, through the pitch-black night, the captain sees a light on a collision course with his ship. He sends a signal, "Change your course ten degrees to the east." "*Change your course ten degrees to the west,*" comes the reply. The captain responds, "I'm a United States Navy captain! Change your course, sir!" "*I'm a seaman second class,*" the next message reads. "*Change your course, sir.*" The captain is furious. "I'm a battleship! I'm not changing course!" "*I'm a lighthouse. Your call, sir.*"

Great Books Discussion Group

Tues. Feb. 7, from 1 to 3 pm, Share your thoughts about the issues raised in "Habit" by William James. Make thought and intellectual stimulation a habit of life! Make Education a Habit. On March 7 the book is "The Overcoat," by Nikolai Gogol.

Medicare Drug Plan Information

Call Maria Lueras at 264-7324 for information on Medicare Part D.

Triple R—Adult Day Program

- R respite for caregivers
- R recreation for older adults who are forgetful or frail
- R resources to support family members and educate the public.

Monday-Friday 7:30 am-6 pm

Call 264-8375 for information and fees

COMING UP IN MARCH

Make Your Lunch Reservations!

On Friday, March 3, the Friendship Café will celebrate International Day. Monday, March 17, will be a St. Patty's Day party. If you miss it, you'll be green with envy! Lunch reservations are due at least 3 days in advance for special events.

Free Healthy Lifestyle Class

This 4-week workshop sponsored by Univ. of California Cooperative Extension will meet Thursdays, 6:30 to 8:30 pm, March 9, 16, 23, and 30, here at Hart. Learn tips for healthy eating and avoiding weight gain. Pre-registration required, so please call 875-6722 by deadline Feb. 17.

Photo Editing

Using Photoshop Elements software, learn the basics of computer photo editing—cropping e-mail, fixing color cast, panorama, and collages. Course begins Mar. 30, 1:30 to 3 pm., 8 Thursdays. \$40 pays for course, book, and data CD. You must be comfortable with Windows operating system. Register today.

Unlock Your Potential

Orientation and Registration for SeniorNet computer courses will be held Friday, March 10 at 10:30 am. Courses begin the week of March 27. Fees are \$30 per 8 week course, plus SeniorNet annual membership of \$40. We have something for everyone, from learning to use the mouse, to buying on eBay.

Hire a Senior

Look through our job listing binder any time to check available jobs.

SACRAMENTO EVENTS

Grieve & Grow

Bereavement Network Resources, Inc. sponsors a weekly support program: Educational meetings, open to the public, are held the 1st & 3rd weeks of the month: Feb. 9 - "A Different World"; Feb. 23 - "Grief & Self Esteem." Sharing groups, *for grieving persons only*, are held the 2nd, 4th, & 5th weeks. Facilitated by volunteer community professionals. Thurs. 7:30-9 pm. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento. For information call 557-5882.

Digital Cameras Demystified

Bob Bruns teaches a fun class for people thinking about buying a digital camera. On Tues. Feb. 14, 3 to 5:30 pm, Bob can show you how to take the best pictures you ever have, by learning only 4 buttons that are on every digital camera! Learn how much to spend and how to unravel technical jargon (optical zoom, megapixels), and much more! Register in advance for this popular class! \$15 per person, manual included.

Investor Self-defense Tips

Before you invest, check them out first! Contact the Dept. of Corporations help line: (866) ASK CORP (866-275-2677) or web site at www.corp.ca.gov. Complete the "4 Cs": Consider your options; Compare it to others; Consult with someone you trust; Call the Dept. of Corp.

City Safari Tours

Join friends and enjoy an outing. Call 808-6006 for information or pick up a copy of the Recreation & Community Programs.

Helping Seniors Find Jobs

Area 4 Agency on Aging offers adults 60+ free assistance with Job placement and Resume development. Call Gloria Parker at 486-1876 ext 130.

Sacramento 2030:

Vibrant, Thriving, & Diverse

Did you know that the City of Sacramento is expected to grow by 200,000 over the next 25 years? That's a population of over 720,000 by the year 2030! We need the perspective of seniors to determine what issues they will face in the next 25 years and what they think should happen to make the City a great place to retire.

How will the City accommodate that growth? The General Plan will provide the answer. City staff is working on updating this Plan, a document providing policy and planning guidance on how and where the City will grow in the next 25 years. It addresses a broad range of such issues as Housing, Parks, and Transportation.

The City is also updating the South Area Community Plan, which provides policy and planning guidance but specifically for the South Area: south of 35th Ave/ Executive Airport/Fruitridge Rd, east of Freeport Blvd, west of Hwy 99 and north of the south City limits/Sheldon Rd.

To learn more about these two plans, get the schedule for upcoming events, leave questions for City staff, or to sign up for the newsletter, visit www.sacgp.org or call the GP Hotline at 808-7500. For the South Area Plan, call Susanne Cook at 808-5375.

Planning is under way for the second set of Town Hall Forums, scheduled for Spring.

DEVELOP YOUR BODY AND YOUR MIND

BRAIN AEROBICS

Chess, checkers, mah jong or backgammon: Come and play chess, checkers, mah jong or backgammon every Wednesday 9:30 am to 12. Free!

Pinochle: Play every Thursday & Sunday 11am to 3:30pm. We teach too!

Scrabble and Crosswords: Have fun every Sunday 11 am to 3:30 pm. Free.

Bridge: Why is Bridge so popular? It's fun! It includes people from all walks of life. You meet new people and make new friends. Bill Grant's Bridge 101 classes cover how to play the cards, win tricks, and foil your opponents. Students must attend first class. Classes start Monday, Feb. 27, 12:30 pm or Wednesday, March 1, 6:30 pm. Five-class series is being offered for only \$10. Register and pay at the reception desk in advance.

Driver Safety: Call Tracy at 452-7117 for information on this AARP 2-day classroom refresher course, for seniors age 55+.

MUSIC & DANCING

Karaoke: every Friday, 12 to 3 pm. Sing like a star, or just come and enjoy the music. Bring a friend!

Line Dancing: every Thursday, 9-10:30 am. Free. Lots of fun and great exercise too.

Ballroom Dance Practice: every Thursday at 4 pm. Practice your dance steps!

The Newsletter is on the Web!

You can see us at
<http://www.cityofsacramento.org/parksandrecreation/ohs/srcenter.htm>

CREATIVE ARTS

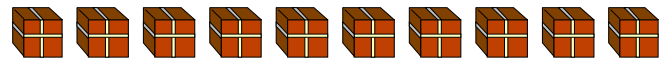
Stitchery Circle: Bring your project and join the stitching circle! Socialize as you knit, crochet, needlepoint, cross stitch and more! Meets Tuesdays between 9 am and 1 pm. Free!

Adult Education: Meets Thursdays between 9:30 am and 2:30 pm. Includes ceramics, sewing, quilting, tatting, stationery and more. Instruction is free. Cost is for your supplies only.

Tatting (Lacemaking): Free class meets on the first Thurs. of each month at 10:30 am.

Bicycling

On vacation for now. We'll keep you posted.



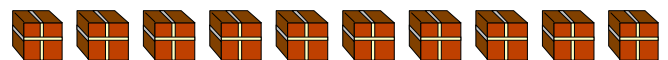
THE POETRY CORNER

Metamorphose

*Disconnected,
she retreats
to her private
garden
niche,
wrapping herself
in a chrysalis
to nurture
and repair
her heartstrings.*

Patricia A. Pashby

*Creative Writing & Poetry
meets on Wednesdays at 1 pm*



ABOUT THE HART SENIOR CENTER

Welcome to the Ethel MacLeod Hart Senior Center

Director: Linda Hoschler
Social Services Coordinator: Maria Lueras
Program Coordinator: Julie Ong
Activity Coordinator: Janna Fager
Receptionists: Andrea Bennett, Lorene Hukill, Bobby Stewart.
Custodians: Rey Policarpio, George Salyers
Weekend Monitor: Christopher Ponder

The Gift of Giving

The Hart Senior Center very much appreciates any financial contributions to the Center.

Thank you for supporting our programs, events and needs, and keeping our costs of special activities to a minimum.

The Hart Senior Center wishes to acknowledge those who made recent financial contributions to the Hart Senior Center: Fred & Bertha Lederer (in memory of Jerry Drobny), Roger Leonard, Older Women's League, Prime West Advertising, Saturday Qi Gong Practice Group, and Thursday Ballroom Dance Practice.

And Thank You to the Sacramento Area Woodworkers for repairing the wood bookcase.

Thank you very much for your thoughtfulness and generosity. Donations help us continue to provide a variety of free or low cost special activities.

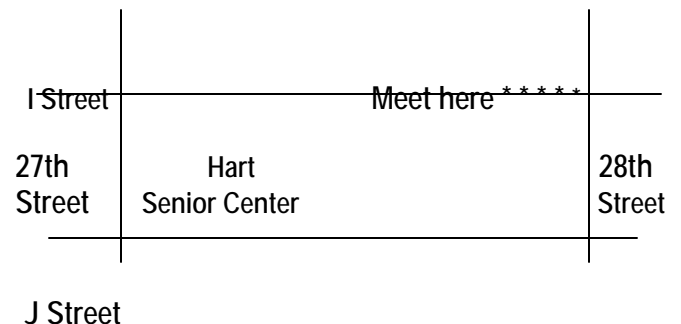
Forms Assistance: Need help filling out all those forms? On Tuesdays, 10 am to noon, Galen can meet with you here in our lobby.

From the Director

Thank you so very, very much to the 35 volunteers from Hands On Sacramento, AmeriCorps, and Highlands High School who volunteered together on Martin Luther King Holiday, Monday, January 16, 2006 to scrub the Senior Center. Volunteers deep cleaned inside and outside the center, . . . patio, park, windows, walls, and furniture. . . This was part of the Martin Luther King, Jr. Day 2006 – Community Restoration Project.

Upon completion of the service projects, the volunteers and other community members gathered at the Sacramento Convention Center to celebrate and reflect upon the life and contributions of Dr. Martin Luther King, Jr., and other leaders sharing his views about nonviolent change. We thank the volunteers for their “day on”.

Linda



In Case of Emergency

When you are at the Hart Senior Center, do you know where the exits are? Please check out the room's evacuation plan. The emergency gathering place is I Street at 28th Street.

Please make sure we have an Emergency

February 2006

SUGGESTED DONATION: \$2.00 PER MEAL

SENIOR NUTRITION SERVICES
"ALL SEASONS CAFE"
LOCAL: 444-9533
OUT OF AREA: 1- 877- 434- 8075

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EACH MEAL INCLUDES:

8 oz. Fortified 1% Low Fat Milk

Special Event Days require a 3-Day advance registration.

***CONTAINS PORK PRODUCTS**

Greek Brasied Beef w/Onions
 Rosemary Roasted Potatoes
 Harvard Beets
 Wheat Bread w/Margarine
 Citrus Salad

1

Baked BBQ Chicken
 Ranch Beans*
 California Blend Vegetables
 Wheat Bread w/Margarine
 Apple

2

Glazed Ham*
 Yam Patties
 Cut Green Beans
 Wheat Bread w/Margarine
 Fruited Gelatin

3



Crispy Fish Fillet w/Lemon & Tartar Sauce
 Potatoes Au Gratin
 Cauliflower w/Red Peppers
 Wheat Bread w/Margarine
 Cookie

6

Meatloaf w/Creole Sauce
 Mashed Potatoes
 Steamed Broccoli
 Cornbread w/Margarine
 Banana

7



Chicken Salad on a Bed of Mixed Greens
 Pea Salad*
 Dinner Roll w/Margarine
 Orange

8

"VALENTINE'S DAY" RESERVATION DEADLINE

Pork Curry*
 Brown Rice
 Mixed Vegetables
 Seasoned Spinach
 Pineapple Chunks

9

Chicken Tetrazini
 Buttered Pasta
 California Blend Vegetables
 Whole Kernel Corn
 Pudding

10

"Abraham Lincoln's Birthday"

13

NO MEAL SERVICE

"VALENTINE'S DAY"

Baked Chicken Caccitore
 Ever-Lovin Mashed Potatoes
 Hearty Broccoli w/Dijon Sauce
 Dinner Roll w/Margarine
 Valentine Holiday Cookie

14

RESERVATION DUE: 02/08/06

Salisbury Steak w/Gravy
 Diced Potatoes
 Stewed Tomatoes
 Wheat Bread w/Margarine
 Diced Peaches

15

Chicken a la King
 Buttered Pasta
 Italian Blend Vegetables
 Three Bean Salad
 Apple

16



Oven Baked Fish w/Lemon & Tartar Sauce
 Rice Pilaf
 Steamed Cabbage & Carrots
 Country Blend Vegetables
 Banana

17

"George Washington's Birthday"

20

NO MEAL SERVICE

Meatloaf w/Mushroom Gravy
 Mashed Potatoes
 Cut Green Beans
 Wheat Bread w/Margarine
 Banana

21

BBQ Pork Patty*
 Diced Potatoes
 Brussels Sprouts
 Wheat Bread w/Margarine
 Apricot Halves

22

B-DAY CAKE FRANKLIN

Hungarian Goulash
 Parslied Pasta
 California Blend Vegetables
 Steamed Spinach
 Birthday Cake

23

Chicken Fillet w/Red Pepper Sauce
 Brown Rice
 Glazed Carrots
 Romaine Salad w/Dressing
 Orange

24

B-DAY CAKE RIVERSIDE

Swedish Meatballs
 Mashed Potatoes
 Steamed Broccoli
 Wheat Bread w/Margarine
 Banana

27

Polish Sausage* w/Catsup & Mustard
 Lima Bean Stew*
 Steamed Cauliflower
 Hot Dog Bun
 Pudding

28

"INTERNATIONAL DAY" RESERVATION DUE

For more information about our program visit our website at www.mowsacramento.org

