



50+ Wellness Newsletter

We do best what we do most. Be well.

SUMMER 2009

A CITY OF SACRAMENTO PUBLICATION

VOLUME 11 ISSUE 3

Driving safe this summer!

With more people on the road during the summer months, it's a good time for us to evaluate and then address our driving abilities. To continue being a good driver in our later years requires different attention than when we first started out behind the wheel. We can keep ourselves and others safe on the road by keeping up to date on new laws, rules of the road and vehicle technology as well as addressing the physical changes and limitations that affect our ability to drive safely.

There are great workshops offered in Sacramento that address all aspects of driving as an older adult. Check out the Area 4 Agency on Aging safe driving resources at



Camp Sacramento...Still lots of space available!

Set in the majestic Eldorado National Forest, Camp Sacramento is located just 85 miles east of our fair city! The two weeks prior to Labor Day are set aside just for the 50+ Wellness Program and offer a wide spectrum of experiences. August 24th through 28th is Adventure Week, where we hike, kayak, bike, ride horses, raft, fish and explore the South Lake Tahoe basin with other activities! August 31st through September 4th is Senior Week. With numerous workshops such as ceramics, pine needle basket weaving, painting, healthy lifestyles as well as short hikes, a variety show and special camp fire, you'll make great memories

Hike with 50+ Wellness

We meet one Saturday most months and typically hike 4 to 6 miles in and around Sacramento and Northern California. Our focus is on getting outdoors for some exercise and to enjoy the beauty of our surroundings in a comfortable and leisurely way. First timers to seasoned hikers welcome! If you are interested in receiving the monthly flier detailing the 50+ Wellness group hike, please email fiftypluswellness@cityofsacramento.org or call 808-1593 to get on the mailing list. Be sure to mention you are interested in the hiking and include your full name, telephone number and email address/ mailing address. Information for the upcoming hike is available near the beginning of each month and will be automatically sent to you.





STRETCH & STRENGTHEN



Your summer workout

Summer is a great time to mix up your fitness routine. With pleasant weather early in the day and warm days, try a different activity to keep your routine fresh and interesting. One great way to get outside and get moving without overheating is taking a water aerobics class. Like fitness classes on land, water aerobics are led by trained instructors who make moving in the water good for your heart and muscles, and FUN.

Water aerobics make for a wonderful workout for all because it's an easily tailored experience as you can adjust the speed and size of your movements so to have a comfortable yet challenging workout. As you move your body through the water, water aerobics is a total body workout. Water provides natural resistance so you build strength as you move. You stay cooler in the water than out and still get the heart healthy benefits without the sweat a land fitness regimen would offer. Because we tend to be buoyant (supported) in water, water aerobics is friendlier to our joints, less damaging to our bodies and more pleasant of an experience. Finally, and maybe most importantly for those of us who are over-weight or who have not exercised for a while, this is an easy way to get back and stay in an exercise program.

Are you a City of Sacramento resident over 50 and have wanted to participate in water aerobics? We have a scholarship program for you! Valid at City-operated swimming pools offering water aerobics, simply register for the class, letting the pool staff know you are a 50+ City resident (determined by city boundaries) and receive your 8 session punch card for free, a \$20 value! One card per person at a time, to be used by card holder only.

The City of Sacramento Parks and Recreation Department offers water aerobics at five City operated pools during the summer. Held in the shallow end of the pools and always under the supervision of a lifeguard, you do not need to know how to swim to participate. Come try one of the classes below and enjoy the company of other participants, stay healthy and fit, most of all, have fun this summer!

Find City Pools near you: www.cityofsacramento.org/parksandrecreation/pdf/aquatics-dir-09.pdf

Pools offering water aerobics: Clunie Pool in McKinley Park, Natomas HS Pool, Pannell Meadowview Pool, Southside Pool and Tahoe Park Pool.



50+ Wellness Newsletter



PRODUCED BY:

City of Sacramento
50+ Wellness Program

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**We welcome information on
your programs!**

E-mail information to:

fiftypluswellness@cityofsacramento.org

Fax to: 808-1595

or **Mail to:**

50+ Wellness Newsletter
2921 Truxel Road
Sacramento, CA 95833

**The DEADLINE for the
Fall 2009
Issue is 08/07/09**

*(Note: All telephone numbers in this
newsletter not otherwise indicated are
in the 916 area code)*

Visit Us Online!


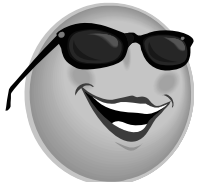



[www.cityofsacramento.org/
parksandrecreation/ohs/
50+.htm](http://www.cityofsacramento.org/parksandrecreation/ohs/50+.htm)

**Funded in part by
Kaiser Permanente**



City of Sacramento Safari Tours has a lot of fun planned for this summer and beyond! We design our tours for Active Adults like you. Safari Tours has a variety of day trips and overnight trips available at a reasonable cost.



<p>KING TUT at the DeYoung Museum Wednesday, August 26, 2009 - Course # 48752 Deadline: July 29, 2009. Trip Cost: \$86 per person</p> 	<p>Escape to Alcatraz Saturday, October 24, 2009 - Course #45102 Deadline: July, 20, 2009. Trip Cost: \$91</p>
<p>Kitchen Kut Ups, Santa Rosa Saturday, July 18, 3009 - Course #44303 KITCHEN KUT UPS - THE RAZZLE DAZZLE SHOW! Includes lunch at Willie Bird's Restaurant, as seen on Guy Fieri's "Diners, Drive-Ins and Dives". Deadline: June 5, 2009. Trip Cost \$86</p>	<p>A Day in Golden Gate Park Wednesday, July 29, 2009 - Course #44352 Deadline: July 10, 2009 Trip Cost: \$56</p> 
<p>The Treasures of Idaho & Montana July 30 - August 8, 2009 - Course #44406 Deadline: June 26, 2009 Trip Cost: \$2,350.00 pp dbl occ/\$2975 pp single occ \$150 deposit due upon booking</p> 	<p>Jet Boating in SF Bay & Tour the NEW Marine Mammal Center Thursday, August 6, 2009 - Course #44452 Deadline: June 19, 2009 Trip Cost \$91</p>
<p>Sculptures and Fountains of San Francisco Saturday, August 8, 2009 - Course #44453 Deadline: June 19, 2009 Trip Cost: \$91</p>	<p>Shopping in San Francisco Wednesday, August 19, 2009 - Course #44454 Deadline: July 17, 2009 Trip Cost: \$45</p> 
<p>???Mystery Trip??? Wednesday, September 9, 2009 - Course #44502 Enjoy visitng...hey, wait a minute! If we told you where we're going it wouldn't be a mystery! Don't miss it! Deadline: August 12, 2009 Trip Cost: \$87</p> 	<p>The Great Reno Balloon Race Fri.-Sun., September 11- 13, 2009 - Course #44621 Deadline: July 24, 2009 Trip Cost: \$254 pp dbl occ / \$334 pp single occ \$150 deposit upon booking.</p>

These are just some of our trips, more are available! For more information or to register please call: 916-808-TOUR (8687) or visit the Tour Desk at Coloma Community Center, 4623 T St., Auburn Room. Hours of operation 10 am to 4 pm. You may also view our tours on line at: www.cityofsacramento.org/safari





EATING RIGHT



Not Your Mother's Pasta Salad, from AICR

It seems like no potluck is complete without at least ten dishes of pasta salad. Set your dish apart from the masses by adding a beautiful assortment of vegetables to a healthful platter of whole-wheat pasta. Without the standard white-flour pasta, full-fat mayonnaise and heaps of salt, your dish will provide more than just great taste: it also provides fiber, B and C vitamins, beta-carotene and cancer-fighting phytochemicals.

Mixed-Vegetable Pasta Salad

- 12 oz. whole-wheat pasta
- 1 1/2 Tbsp. extra virgin olive oil
- 1/4 cup low fat, reduced-sodium chicken broth
- 2 cloves garlic, chopped
- 1 large onion, chopped
- 1 (28 oz.) can unsalted, diced tomatoes in juice
- 1 (16 oz.) package button mushrooms, sliced
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 2 medium zucchini, shredded
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried thyme
- Salt and freshly ground pepper, to taste
- 8 romaine lettuce leaves (may substitute any other large lettuce leaves)



- Bring large pot of water to a boil. Add pasta and cook per package directions until al dente (firm, not mushy).
- Thoroughly drain pasta. Place in large bowl, add oil, toss and set aside.

- Using large skillet over medium heat, heat chicken broth. Add garlic, onion and tomatoes. Cook until onion is softened, about 5 minutes. Add remaining vegetables and cook until tender crisp, about 5-6 minutes. Stir in oregano, basil, thyme, salt and pepper.

- Add vegetable mix to pasta. Toss to mix evenly. Cover and refrigerate until well chilled, about 1-2 hours.

- To serve, place lettuce leaves on plate. Top with pasta salad and serve immediately.

Makes 14 servings. Per serving: 140 calories, 2.5 g. total fat (0 g. saturated fat), 24 g. carbohydrate, 5 g. protein, 3 g. dietary fiber, 140 mg. sodium.

Get moving with 50+ Wellness



Exercise, Energize, Enjoy

Monday and Wednesday, 10:30 to 11:30 am, South Natomas CC, 2921 Truxel Road. Increase strength, flexibility and improve balance using a variety of techniques and equipment. \$20 for a 10 session punch card.

Stretching & Strengthening

Monday, Wednesday, and Friday, 7:30 to 8:30 am, 8:45 to 9:45 am or 10 to 11 am, East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Focusing on proper body mechanics, posture and balance, with a deep relaxation phase at the end of the class. All fitness levels welcome! \$55/month. Pay at Coloma CC, 4623 T Street.

Raja Yoga Mondays, 12:30 to 2 pm, East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Gentle yoga adapted to individual needs. The emphasis is on deep relaxation and proper breathing techniques. \$32 for a 4 session punch card. Sign up at Coloma CC, 4623 T Street

Chair Yoga/Yoga for All of Us Mondays, 11 am to noon. East Portal Park Clubhouse, Rodeo Way at L Street, East Sacramento. Yoga helps maintain or improve flexibility, balance, and mobility while improving coordination and strength. \$32 for a 4 session punch card. Sign up at Coloma CC, 4623 T Street

Head to Toe Fitness Monday, Wednesday 8:30 to 9:30 am. Belle Cooledge CC, 5966 South Land Park Drive. Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter! \$20 for a 10 session punch card.

Stretch N' Flex Tuesday and Thursday, 8 to 9 am, Belle Cooledge CC, 5699 South Land Park Drive. A full hour of intensive exercise, including floor work on mats, exercises standing and sitting, strenuous standing exercises and weight and balance training. Mats, weights, and personal emergency and health information is required. FREE!

50+ Wellness Newsletter Schedule

The 50+ Wellness Newsletter is printed biannually, in Spring and Fall. Summer and Winter issues are available via email or online, at www.cityofsacramento.org/parksandrecreation/ohs/50%2B.htm.

Typical 50+ Wellness Newsletter availability schedule:

*Spring
Summer
Fall
Winter*

*late March
late June (internet, email only)
late September
late January (internet, email only)*

Chi Gong for Special Populations Tuesday, 6:30 - 8:30 pm at Evelyn Moore CC, 1402 Dickson Street. Practice the ancient art of Chi Gong and benefit from a group healing session. FREE!

Fit over Fifty Monday, Wednesday, Friday, 10:30 to 11:30 am, Pannell CC, 2450 Meadowview Road. Includes stretching and strengthening exercises. \$10/5 sessions or \$20/11 sessions.

If you have any questions regarding the above classes, please call us at 808-1593.



Recycle your Empty Ink Cartridges at the Hart Senior Center!

Bring your empty printer ink cartridges to the Hart Center and we will recycle them for you. Hart Senior Center, 915 - 27th Street, Sacramento. 808-5462. This program benefits the Ethel Hart Computer Center and the environment!



COMMUNITY LECTURES & WORKSHOPS



HILL PHYSICIANS CLASSES

Open to the public. Some have a fee. Held at various locations. Pre-registration req. 877-493-5563. Visit www.hillphysicians.com

Arthritis: Hot Joints - 8/12 & 8/19
6:30pm

Blood Pressure Teleclass - 6/16
6:30pm, 8/18 7pm

Cholesterol Highway Teleclass - 9/15
6:30pm

Diabetes Basic Series - 6/16 3pm, 6/17 1pm, 7/21 1pm, 7/22 1pm, 8/14 1pm, 8/18 4pm

Diabetes Eating Well - 7/30 2pm, 9/17 1pm

Diabetes Getting Started - 7/11 2pm, 8/6 3pm

Eating Well with Diabetes Teleclass - 6/16 6:30pm

Healing Heartburn Teleclass - 9/2
6pm

Incontinence: Hold it! Three Weeks to Staying Dry Teleclass Series - 7/8, 7/15, & 7/22 6:30pm

Learning About Depression Teleclass - 7/21 6pm, 8/15 10am

Insomnia: 12 Techniques to Sleep Through the Night - 7/21 & 7/28
6:30pm

Living in Balance: Weight Management Teleclass Series - 7/1, 7/8, 7/15, & 7/22 6:30pm 9/8, 9/15, 9/22 & 9/29 6:30pm

Living Well With IBS Teleclass - 9/8
6pm

Managing Migraines Teleclass - 9/9, 9/16, 9/23, & 9/30 6:30pm

Nutrition Teleclass Series - 7/28
6:30pm, 9/22 6:30pm

Stress Management in 90 Minutes Teleclass - 7/7 6:30pm, 9/8 6:30pm

SAC NATURAL FOODS CO-OP

Offers a variety of workshops. Cost varies. In Sacramento - 1914 Alhambra Blvd., 455-2667. In Elk Grove - 8517 Bond Rd, 714-7100. Every 3rd Wed. is Senior Appreciation Day (10% off.) www.sacfoodcoop.com.

THE SENIOR CONNECTION

A free service of Eskaton. To register call 1-800-334-3490 M-F 8am-5pm.

SUTTER MEDICAL CENTER

Reservations reqd. 733-7080.

AIM: Asthma Information & Management 4th Tues 5:30pm

"Stayin' Alive" - Sex and the Search for Intimacy - 6/16 6:30pm

Weight-Loss Management Information Seminars - 6/8, 7/11, 8/10, 9/24, 10/12, 9/9 6pm.

You've Got Question - We've Got Answers - Get your health-related questions answered. 9/8 6:30pm.

Other classes include: cancer-related topics, cholesterol education, hospice volunteer training, pre-diabetes, diabetes care, smoking cessation, weight management, and yoga.

SPECIAL

ANNOUNCEMENTS

California State Fair - August 21-September 7, 12pm-10pm M-Th, 10am-10pm Fri-Sun. Cal Expo. \$10 Seniors (62+) or \$8 on Senior Fridays.

Croatian Extravaganza - June 13-14, 12pm-12am Sat, 12pm-9:30pm Sun. Croatian Center (3730 Auburn Blvd.) \$7. Celebrate the lively, festive traditions of the Croatian people with food, fun, and entertainment.

Folsom Pro Rodeo - July 2-4. Call 985-2698.

Healing Arts Festival - July 19, 10am-5pm. Doubletree Hotel (2001 Pt West Way). \$5 (seniors). Meet providers, practitioners and purveyors of holistic alternatives.

Northern California Blues Festival - September 12-13. Southside Park.

Senior Health Fair - Sept. 9, 9:30-11:30am. YMCA (21st and W St.) FREE!

63rd Annual Japanese Food & Cultural Bazaar - August 8. Sacramento Buddhist Church.

MERCY GENERAL HOSPITAL

3rd Fri., 11am-12pm. Mercy General Hospital (4001 J St., Sacramento.) Call 888-800-7688.



FITNESS CLASSES & ACTIVITIES

Note: Program information is subject to change.



WATER FITNESS

24 Hour Fitness - Howe Ave. Indoor pool, membership req. 925-7055.

24 Hour Fitness - Downtown. Indoor pool, membership req. 658-1629.

American River College - 484-8201.

Arden Manor Rec. & Park District - 487-7851.

Arthritis Foundation - Folsom. Indoor pool. Classes for arthritis (“Joints Jamboree”) & fibro-myalgia. T/Th 10am, 11am, 12pm, 4pm. 368-5599 or 983-5900.

Barbara M. Wackford Pool - Elk Grove. Year-round. 405-5600.

Broadstone Racquet Club - Folsom. 983-9180.

Burger Physical Therapy - 1201 East Bidwell St Suit 101, Folsom. A 40-ft. warm water pool for individuals with arthritic pain. Call 983-5900.

UC Davis Water Aerobics - UCD patients only. T-F various times. \$35/mo. 734-6700.

CA Family Fitness - Elk Grove. Aqua Aerobics. Outdoor pool. 685-3355.

CA Family Fitness - Fair Oaks. Aqua Aerobics MWF 9am, T/Th 6:15pm. 482-9100.

CA Family Fitness - Carm. Aqua Aerobics. Indoor/heated. 944-2900.

CA Muscle Club - Indoor pool. 334-2639.

Capitol Athletic Club - Outdoor/heated. Mem. req'd. 442-3927.

Carmichael Athletic - Outdoor pool. Water classes M-Sat, various times. Mem. req'd. 485-5355.

Comprehensive Physical Therapy - Indoor/heated. 929-9078.

Cosumnes River College - 688-7261.

Davis Aquatic Masters - Davis Civic Center. 530-757-7946.

Davis Athletic Club - Outdoor/heated. Mem. req'd. 530-753-5282.

Del Norte Club - Water Walking. 483-5111.

Easter Seals Pool - Outdoor pool. Aerobics, Arthritis, Back, Walking and Weightless Aerobics classes. Pool Pal

assistants available. M/T/Th/F 7am-7pm, W 10am-7pm, Sat 9am-12pm. Warm water therapy pool. 485-6711.

Elks Club - Indoor. Open only to women cancer survivors. 422-6666.

Gold River Racquet - Aqua Power and Aqua Fitness. Outdoor pool. Call Debbie 638-7001.

Johnson Ranch - Roseville. Outdoor heated pool. Aqua Fit classes MWF 10am. Mem. req'd. 782-2300.

Kangaroo Kourts - Roseville. Covered outdoor pool. Water classes. M-Sat 9:30-10:30am, M-Th 6-7pm. 782-7711.

Laguna Creek Racquet Club - Outdoor/heated. 684-8855.

Los Rios Community College District - Adapted Aquatics for individuals with special conditions. Call Raye Maero at American River College, 484-8281.

Mercy Arthritis - Indoor/heated pool. Physician referral req'd. 453-4553.

Methodist Hospital - Heated. Physical referral req'd. 423-6041.

Natomas High School - Open to public. 566-3644.

Natomas Racquet Club - Outdoor/heated. Mem. req'd. 649-0909.

North Area Physical Therapy - 4737 El Camino Ave. Indoor/heated pool. Independent program. 487-3473.

Rio Del Oro - 488-8100.

Riverside Athletic - Covered outdoor pool. M-Sat 9am, MW 6:30pm. Mem. req'd. 392-8300.

Rollingwood Racquet Club - Special arthritis classes. M-F various times. 988-1727.

Roseville Parks & Rec Aquatic Complex - Opens in April. 774-5242.

Sacramento City College - Indoor/heated. 558-2111.

Sacramento Masters Swimming - 923-5174 or www.sacmasters.org

Sam Pannell Meadowview Community Center Pool - Open March through October. Water Aerobics Call for times. 808-6622.

Signature Athletic Club - 485-0714.

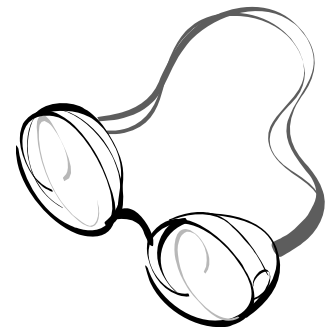
Membership required.

Southgate Aquatics - Two locations. Outdoors. Summer only. 422-7330.

Woodland Parks & Rec Adult Swim Programs - 661-5894.

YMCA - Indoor pool. Arthritis class MWF 10:30-11:15am. Water exercise class T/Th 10:30am, M-Sat 1pm, M-Th 7pm. 452-9622. 2021 W Street.

YWCA EncorePlus - For breast cancer patients and survivors. 264-8066.



Badminton is bodacious!

Want to have tons of fun, meet great people, all the while getting exercise without even really knowing it? Try out badminton! Whether it's been 4 years or 40 years since you last played, you're invited to join an established group of badminton players every Tuesday from 10 am to 12 pm at the Salvation Army at 2550 Alhambra Blvd in Sacramento. Playing on a rotating doubles format, it's a fantastic way to enjoy “play”, a concept many of us left in our childhood. Not that good or don't remember the rules? No worries! Alice and the gang will help you, without making you self conscious. Call Kim at 808-1593 for more information.

LET'S DANCE

ARCADE CREEK REC. & PARK

4855 Hamilton St. Call 482-8377.
www.arcadecreekrecreation.com
Offers **Ballroom Dancing, Country Line Dance**, Non-partner **recreational dance, Jacki's Dance Fitness**, and **Vintage Dance**.

THE BALLROOM OF SACRAMENTO

6009 Folsom Blvd. 737-7929. Visit
www.sacdance.com

Ballroom Dance - every Sat.
Country Line Dancing - 2nd Sun, 1pm.
Country Western Dance - every Fri.
Dance for Life Senior Wellness Program 62+ - T/Th, 12-3pm.
East Coast Swing/Lindy Hop - 3rd Sunday, 7pm.
Good Old Days Dance! - 2nd Sat.
Lessons at 7pm, Dance 8pm. \$6.
West Coast Swing - Th, 8:30pm.

AMERICAN RIVER COLLEGE

4700 College Oak Dr. 484-8643

CARMICHAEL ELKS LODGE

Capital Singles - Sun. Lessons 5-7pm,
Dancing 7pm. \$8. 366-6501 or
www.capitalsinglesclub.com.

CITY OF SACRAMENTO

Call 808-1593 for the City's seasonal
Recreation Guide or visit
[www.cityofsacramento.org/
parksandrecreation/](http://www.cityofsacramento.org/parksandrecreation/)

CORDOVA SENIOR CENTER

3480 Routier Road, RC. 366-3133.
Ballroom Dance - T 6pm.
Country Line Dance - M (Int.), 2:30pm.
T (Beg.), 6:15pm. Th (Adv), 2:30pm.

ELK GROVE SENIOR CENTER

Laguna Town Hall, 3020 Renwick Ave.
685-3160. Themed dances are the 3rd
SU, 2-5pm. \$7 per dance.

Line Dancing Wed 5:30 pm \$4

DAVIS SENIOR CENTER

646 A St, Davis. (530) 757-5696.
Square Dancing M 7pm.
Line Dancing W 3:30pm.
Tap Dancing M 3:30pm.

ETHEL HART CENTER

915 27th St. 808-5462.
Ballroom Dance Th 4-6pm.
Ceile Irish Dance - 2nd & 4th W 7pm.
Latino Dance - 1st & 3rd Th, 6pm.
Line Dancing Th 9am.
Senior Dance Club - Sun 1pm.

MAIDU COMMUNITY CENTER

1550 Maidu Drive. 774-5950.
Ballroom Dance - Th 6:30pm/8pm.
Beg. Country Line Dance - M
12:45pm. Also **Fox Trot** and **East
Coast Swing**, \$32/mo. each.

MISSION OAKS COM. CENTER

4701 Gibbons Dr., Carmichael.
972-0336.
Ballroom Dance Class - M 3:30pm,
\$13/mo.
Ballroom Dancing - T/F 1:15pm, \$5.
Folk Dance - W 3pm, \$11/mo. Call for
info on Beg. & Inter.
Square Dancing - F, 7:30pm.
**Tap Dance and Line Dance. Social
Dance** - T/F 1:15pm, \$5.

ORANGEVALE

Dancing with Cari. Private, Ballroom,
Latin & Swing lessons. Learn at your
own pace and in privacy. 988-6099 or
www.caribob.net.

SACRAMENTO CULTURAL ARTS CTR

6520 44th St. Call 428-3320. Offers
hula, folklorico, and salsa lessons.

SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Society of regional dance clubs.
Barbara Bevan 923-1555.
www.folkdance.com/sacramentocouncil

SOUTH NATOMAS COMM. CTR.

2921 Truxel Rd. 808-1571. Must
register with instructor. Shedding Fat
Aerobics (w/dance component).

ROSEVILLE VET. MEM. HALL

110 Park Dr. 783-4964 or 991-7990.
Mavericks Square Dance Club. W 7-
8:30pm, \$4. Beg Level 1-3 W 5:30-7
pm \$4.

SPOTLIGHT DANCE & FITNESS

2534 Industrial Blvd, #150, West Sac.
649-3269. Senior Discounts available!
www.spotlightdancesport.com.

Beg. Ballroom - T/Th 7:15pm
Beginner Party - 2nd & Last F 7:30pm
(w/free lesson)
Gentle Yoga - T 2pm

SUNRISE REC. & PARK

For a schedule call 725-1585.

Jazz - Th 7pm. \$30/4 wks.
Jazzercise - T/Th/F/Su 9:30am. M-Th
6pm. Rusch Gym. \$32/mo.
Tap - T 7:30pm. \$30/4 wks.

WEST SACRAMENTO SENIOR CTR.

664 Cummins Way. 373-5819. Offers
Line Dancing Tuesdays 2- 3:30.
Donation. Enroll W.S. Community
College for ballroom dancing on F/Sa.

WOODLAND SENIOR CENTER

630 Lincoln Ave. 530-661-5890.
Country Line Dancing - Call Sherri at
756-1235. T 3:30pm.
Irish Dance - Shirleigh 530-661-5880.
T 6:30pm.
Paws & Taws Square Dancing Group -
Call Bryce 530-613-0920. Th 7pm.

YOUNG LADIES' INSTITUTE HALL

1400 27th St. 371-4441.
Israeli Dance and Social Dances of the
World: 3rd & 4th Sun except July &
August, 2-6 pm. Sugg. donation: \$5.

YWCA

1122 17th St. 264-8080.
Contra Dance - 2nd & 4th Sat. 7-11pm.
Live band. \$7 donation requested.

VARIOUS LOCATIONS:

Square Dance - Community of Christ
Church, (corner of Norris and Pasa-
dena St). Tuesdays at 7:30pm. Couples
and singles of all ages. 727-3557

Israeli Performance Dance - M 10-
11:30am, May 5-Aug 25. Call 808-
6060 to register.

Ohana Dance Group - 2350 Fruitridge
Rd. 369-7436 Hula for Health for
Seniors (and other skill levels)
ohanadancegroup@yahoo.com

EXERCISE CLASSES

CARMICHAEL

MISSION OAKS COM. CENTER

4701 Gibbons Dr. Call 972-0336.

Movement - T 9:15-10:15am, F 1:15-2:15pm \$11/mo.

Tai Chi - T/Th 4-5pm \$30/month.

Senior Exercise - MWF 8am, 9am \$12/mo.

Yoga - T/Th 8am \$18/mo.

Yoga - Th 7pm \$20/mo.

SIGNATURE ATHLETIC CLUB

Senior Fit - 6001 Fair Oaks Blvd. MWF 1-4pm. Mem. required. 485-0714.

THE YMCA OF GREATER SACTO.

Northeast YMCA - 3127 Eastern Ave. Call 483-6426.

Yoga - W 8am, F 9am.

Active Adults - M-Th 9-10am.

Jazzercise - M-F 5:30pm, Sat. 9am.

VARIOUS LOCATIONS:

Curves for Women - 2648 Watt Ave #116 (near Marconi). 482-5925.

CITRUS HEIGHTS

SUNRISE REC. & PARK

For a schedule call 725-1585.

Beginning Exercise - MWF 8:15am and 11am.

Strengthening Yoga - M 9:30am, W 6pm.

Therapeutic Hath Yoga - W 10am, T 5:30pm.

Senior Beginning Exercise - MWF 11am.

Senior Fitness Program - T/Th 9am.

DAVIS

DAVIS SENIOR CENTER

646 A St., Davis. Chris at 530-757-5696. Classes ongoing. Call for fees and a schedule.

Chair Yoga - MTh 10:30am.

Dynabands - MWF 2 pm.

Feldenkrais - T 11:30am.

Intermediate Yoga - MTh 8:30am.

Senior Fitness for Life - MWF 7:30am

Slow and Easy - TTh 1:30pm.

Tai Chi/Chi Gung - T 9am.

DOWNTOWN,

MIDTOWN & EAST SAC

ARDEN MANOR REC & PARKS

Non-Impact Stretching & Strengthening - TTh 9:30am. \$7/day or \$35/mo.

1415 Rushden Dr. 487-7851.

BIKRAM YOGA COLLEGE

2400 16th St. Call 554-7687 for info.

www.bikramyogasac.com

THE CITY OF SACRAMENTO

The Dept. of Parks & Recreation offers many classes. Call 808-6060 for the City's Recreation Guide. Pre-registration reqd. www.cityofsacramento.org/parksandrecreation/

COLOMA COMMUNITY CENTER

4623 T St. 808-6060.

Senior Aerobics - MWF 9:30am. \$3.50/class.

Tai Chi - W, 6:30pm. \$40/mo.

EAST PORTAL CLUBHOUSE

1120 Rodeo Way. 808-1593, Register for classes at Coloma CC 4623 T St.

Chair Yoga - M 11 am \$32/4 sess.

Raja Yoga - M 12:30-2 \$32/4 sess.

Stretch & Strengthen - MWF 7:30am, K. Hovnanian Homes Community Health Fair April 25, 2009

Noon - 4 p.m. 4200 Hovnanian Drive, Sacramento, CA 95834 Local organizations will address aspects of health and wellness with short, health-specific presentations and complimentary health screenings. Open to the public. For more information on this free health fair, contact the neighborhood sales center at K. Hovnanian's Four Seasons at Westshore at (916) 263-9515. 8:45am, 10am \$55/mo.

ETHEL HART CENTER

915 27th St. Call 808-5462.

Balance & Strengthening - MWF 9:15am. All levels. Free.

Feldenkrais for Healthy Back, Neck, & Shoulders - W 2pm. \$30/4 classes.

Hatha Yoga - MW 3pm. \$30/8 classes.

Head-To-Toe Fitness - MF, 8am. Free.

Light & Lively - W, 8am. Free.

Qi Gong - Sat, 10:30am. Free.

Tai Chi - M 1:30pm. \$19/4 classes.

SAC NATURAL FOODS CO-OP

1914 Alhambra Blvd. 455-2667.

www.sacfoodcoop.com Offers Core Fitness, Intro to Yoga, Yoga and Tai Chi for Back Care, Tai Chi and Chi Kung for Seniors, Loosen, Lengthen, & Strengthen, Intro to Reiki, Making Yoga Personal, and Phoenix Rising Yoga.

SAC. YOGA CENTER AT SIERRA 2

2791 - 24th St. 491-6792. Offers various levels of yoga including Gentle Yoga for Seniors, Yoga and Meditation, and Beginner Series. www.sacyoga.org

SIERRA 2 SENIOR CENTER

2791 - 24th St. 455-6339.

Chair Yoga - Wed. 11:15 am

Gentle Yoga - Wed. 10 am

Tai Chi and Chi Kung - Fridays 10 am

For more information on Gentle Yoga and Tia Chi call Tara Stiles at 454-5526 or visit www.chiyoga.net.

THE YMCA OF GREATER SACRAMENTO

2021 W St. Sacramento Area YMCA offers yoga, tai chi, senior fitness, healthy back, water aerobics, personal training, nutrition and much more! Call 452-9622 for class times, membership, special rates, and scholarship information.

Healthy Back - T/Th 10:30am

Low-impact dance - MW 10:30am

On the Ball - T 9:15am

Senior Fitness - MWF 9:30am

Yoga - MWF 8am

Yoga Light - T 11:30am

THE YWCA

1122 17th St. Call 264-8080.

Tai Chi - at Muri Way Sat. 9-10am. \$25/month.

VARIOUS LOCATIONS:

Badminton - T 10am. Salvation Army gym on Broadway. Call 808-1593 or Alice 372-5127.

Bikram Yoga - Yoga Loka, 4820 Folsom Blvd (alley entrance). Call 454-4100 for fees and times.

Curves for Women - 5283 Folsom Blvd. 453-1500.

Gentle Kripalu Yoga - Th 2pm. Sacramento Yoga Center, 2791 24th St, Rm 6. \$30/4 classes. Mae 374-9704.

Golden Yoga - 780-6167.

www.balanceyogaonline.com

Healthy Habits Fitness and Yoga Studio - 2224 J St. 444-7729. Fitness workout; all levels of pilates, yoga, and piloga (combo pilates/yoga) classes. www.healthyhabitsstudio.com

Range & Motion - M, Th 11am. Free. Stanford Settlement Sr. Ctr. 927-1303.

The Renaissance Society offers **walkabouts** on Wed. mornings. Must be member to participate (\$60). Call 278-7834. www.csus.edu/org/rensoc

Tara Stiles is an excellent instructor for older adults, and offers classes both at Sierra 2 Complex and the Sac Natural Foods Co-Op. She is available for private instruction, massage treatments, and 1-on-1 yoga therapy sessions. Call 454-5526 or email tarastiles@sbcglobal.net.

Yoga (beg. and inter.) - 887 57th St, #B. Call Jennifer at 383-7933.

Yoga with Lydia Mendoza - 558-0254. www.greetthesun.com

ELK GROVE

ELK GROVE CMTY. SERVICES DIST.

Range of days, times, and fees. Must pre-register. 405-5600 ext. 1 www.egcsd.ca.gov

Muscle is Hungry! - W 6:45pm. \$105.

Feel Great...Try Yoga - Th 7pm. \$44.

Yoga For Your Back - M/T/or Th. Times vary. \$50.

Pilates/Yoga Evening Stretch - MW. Times vary. \$60.

Tai Chi - T/Th 9am. \$45.

Elk Grove Community Garden

Workshops - M 7-9pm. \$15.

Meditation Made Easy - Th 6pm. \$50.

Jazzercise - Ongoing. Morning and evening classes available. Fees vary. Call Julie at 689-2070.

ELK GROVE HIGH SCHOOL

Iyengar Yoga - T, 7-9pm. Beg. and Inter. 683-0556.

LAGUNA TOWN HALL, LAGUNA W.

Iyengar Yoga - Th. 6-7:15pm. Beg. and Inter. 683-0556.

LAPETITE DANCE ACADEMY

Iyengar Yoga - Sat, 9-10am. Beg. and Inter. 683-0556.

SENIOR CENTER OF ELK GROVE

8830 Sharkey Ave. 685-3160.

Chair Exercise - T/W/F, 9:30am. \$1.

Stretching - T, 6 pm \$4

Gentle Yoga - T/Th, 1pm.

Never-Too-Late Aerobics - M/Th 8:45am. 685-8997.

Tai Chi - M 8-9am.

Zumba - T, 5pm.

FAIR OAKS

FAIR OAKS REC. & PARK

Call 966-1036 for info.

Senior Exercise - M-Th 9:35am \$1.50.

Therapeutic Hatha Yoga - M 5:30-7mp at the Old Library. \$35/month.

Strengthening Yoga F 8:30-10am at the Clubhouse. \$35/month.

Tai Chi - Th 10am, \$25/mo.

VARIOUS LOCATIONS:

Young At Heart - MW 10:40am, F 9:35am. Low impact aerobics, classes at California Family Fitness (Fair Oaks & Manzanita). 944-2900.

NORTH AREA

ARCADE CREEK REC. & PARK

4855 Hamilton St. Call 482-8377. www.arcadecreekrecreation.com

Dance Fitness - T/Th, 5:30pm. \$37/mo.

T'ai Chi - W 9:30-10:30am \$18/mo.

DEL NORTE CLUB

3040 Becerra Way. 483-5111.

Better Half of Life - Low impact and non-impact classes to help with osteoporosis and rheumatoid arthritis,

back, knee and hip pain and cardiac rehabilitation. Classes self paced. Membership req. Includes Interval Water Walking, Yoga, Tai Chi, Pace Quick, Water Aerobics, Aerolite, Arthritis Tai Chi, and Strong & Stable.

HOWE COMMUNITY CENTER

2201 Cottage Way. 927-3802.

"Forever Young" Senior Aerobics - MW 11am.

SOUTH NATOMAS COM. CTR.

2921 Truxel Rd. 808-1571.

Active Yoga - M 6:45pm. Call for cost.

Exercise, Energize, Enjoy - MW 10:30-11:30am. \$20/10classes.

Gentle Yoga - MW 9am. Call for cost.

Yoga - MW 9am. \$50/10 class.

Yoga for Boomers & Beyond - R 2:30pm. Call for cost.

ORANGEVALE/ FOLSOM

ROLLINGWOOD RACQUET CLUB

9373 Winding Oak Dr. 988-1727.

Better Half of Life membership.

Seniors 60+. Incl. water aerobics, group exercises, tai chi, yoga, Pilates.

VARIOUS LOCATIONS:

Yoga - Call Living Grace Center at 987-9935. shakti@livinggrace.com

RANCHO CORDOVA

CORDOVA FITNESS CENTER

(9555 Folsom Blvd Ste. G) offers classes for older adults and instruction in the use of their weightlifting and other exercise equipment. Staff caters to older adults. Members receive personalized attention and instruction as requested. Membership not req. 363-6584.

CORDOVA REC. & PARK DISTRICT

Offers classes for older adults throughout the Rancho Cordova area. Call 362-1841 or visit www.crpdc.com

CORDOVA SENIOR CENTER

3480 Routier Rd. Call 366-3133.

Senior Exercise - MWF 8am. \$17/mo.

Yoga w/Strength Training - MWF 9-10am. \$20/mo.

VARIOUS LOCATIONS:

Ananda Center offers **yoga** classes and workshops. Call 361-0891.

www.anandasacramento.org

Curves for Women – 11050 Coloma Rd., Ste. 12 in Gold River. 635-8807.

ROSEVILLE

MAIDU COMMUNITY CENTER

1550 Maidu Dr. Call 774-5950 for info and monthly newsletter.

Chair Fitness Plus - MW 11:30am

Cardio Sculpt - T/Th 6pm.

Chair Fitness - MW 10:30am.

Chair Fitness Plus - MW 11:30am.

Low Impact Aerobics - MW 6:30pm.

Never Too Late - MWF 8:45am.

Nice & Easy Fitness - MTh 9am.

Pilates - T/Th 7:10pm

Tai Chi Arthritis - M 3:30am

Tai Chi & Chi Gung - MW 7pm.

ROSEVILLE HEALTH AND WELLNESS CENTER

1650 Lead Hill Blvd. 677-1200.

www.rosevillehwc.com. Roseville

Health and Wellness Center offers senior (55+) memberships. Indoor-warm water, salt water pool and State of the art Fitness Center. Arthritis classes, Tai Chi Gentle Yoga/ Pilates, Aqua Classes, Diabetes & Exercise Program, Cancer Well-Fit Program, Senior Strength & Stability Classes, Fit-ball classes, Obesity treatment center, Registered Dietician, Water Relaxation Class, Fibromyalgia Class.

ROSEVILLE SPORT CENTER

1545 Pleasant Grove Blvd. Offers basketball, volleyball, table tennis, badminton, swimming, cardiovascular and weight equipment, as well as beg. weight training, women on weights, easy-does-it aerobics, tone & stretch. Call 774-5990.

Active Adult Cycle - T/Th 10:30am. \$34/mo

Never Too Late - MWF 8:15am. \$33/mo

Nice & Easy Fitness - T/Th 8pm. \$24/mo

Piloga - MW 4:15-5pm.

SOUTH AREA

BELLE COOLEGE COM. CENTER

5699 South Land Park Dr. 808-5610.

Head to Toe Fitness - MW 8:30am. \$20/10 sessions.

Stretch 'n' Flex - T/Th 8-9am. Free.

JOSE RIZAL COMMUNITY CENTER

7320 Florin Mall Dr. 395-0601.

Jazzercise - Call Irene at 683-2479 or 616-5317.

Never-Too-Late Aerobics – M-F. 10:15-11am. \$2/session.

Strength & Tone - M-F 10:15am \$2/class.

PARKSIDE COMMUNITY CHURCH

5700 S. Land Park Dr. 421-0492.

Svaroopa Yoga - Beg. W 8:45-11am; Cont. T 8:45-11am \$45/4 classes or \$15 ea.

Tai Chi & Strength Training - M 6:30pm & Th 9:30am \$20/8 classes

SAM PANNELL MEADOWVIEW COMMUNITY CENTER

2450 Meadowview Rd. 808-6680.

Exercise Room - Members only. Call for days and times.

Fit Over Fifty – Low impact aerobics. MWF 10:30am. \$2/session.

Walking Program - MWF 8:30am. Meet in lobby.

VALLEY HI COVENANT CHURCH

8355 Arroyo Vista Dr. 529-9854 or 529-1067.

Praiseworks Dance Fitness - M 6pm

PraiseMoves - M 7pm

Step Aerobics - T 6:30pm

VARIOUS LOCATIONS:

Balance and Strengthening - United Lutheran (6000 Lemon Hill.) W, 11am. Free. 808-1593.

Chi Gong for Special Populations - T 6:30-8:30pm. Evelyn Moore CC, 1402 Dickson St. Free. 808-1593.

Curves for Women – 8876 Vintage Park Dr. #113. 688-7288.

Head To Toe Fitness - St. Anthony Parish. MWF 9:45am. \$2. 428-5678.

Yoga in the Iyengar Tradition - 3200 Riverside Blvd., Suite A. Call Mary Chan 731-4831.

WEST SACRAMENTO

WEST SAC SENIOR CENTER

664 Cummins Way. Call 373-5819.

Easy Exercise with Rose Madrid - T/Th 1pm. \$1 donation

Stretchercise Low impact aerobics to tape - M-F 9am, Free

Tai Chi - M 10am (Las Casitas next door to Senior Center) Free.

VARIOUS LOCATIONS:

Chair Yoga - MF 6 pm - Las Casitas, 685 Lighthouse Drive (clubhouse); T 9:30am - Margaret McDowell Manor, 1525 Merkeley Ave. Mae 374-9704.

Gentle Yoga - T 2pm, Spotlight Dance & Fitness, 2534 Industrial Blvd, Suite 150, Mae 374-9704.

WOODLAND

City of Woodland Parks, Recreation, & Community Services Dept. offers a variety of classes, services, and groups at the **Woodland Senior Multi-Purpose Center** (630 Lincoln Ave, Woodland). Call 530-661-5890. Call for class fees.

Low Impact Aerobics - MWF 8-8:30am & 10-10:30am.

Tai Chi - M 8:45am.

Ship Shape - T/Th 10-11am.

MISCELLANEOUS LISTINGS

The Better Half of Life – Adults age 60+. Water aerobics in heated indoor pool, group exercise, tai chi, yoga, Pilates, fitness centers and social events. Memb. req. 2 locations. Call Paradigm Sports, 888-484-8080.

Cordova Women's Golf Club - Join us for 18 holes. Wed. at Cordova Golf Course. \$10. All levels. Call Connie at 363-0363 or Betty at 369-8323.

Curves - 1223 J St., 447-4901. 5665 Power Inn Rd., #152, 381-7100. 2648 Watt Ave., #116, 482-5925. 8876 Vintage Park Dr., #113, 688-7288. 5900 14th Ave., 451-1400. 6250 Mack Rd., 391-7227. 3020 Freeport Blvd, 325-0099.

Jazzercise – Call 1-800-Fit-Is-It and give your zip code or jazzercise.com.
Los Rios Community College District - Offers Adapted Weights and Fitness, Adapted Lifetime Sports, Adapted Walk and Wheel, and Wheelchair Sports. Classes offered on a semester schedule. Raye Maero at 484-8281.

Tai Chi – Instr. Barbara Goldberg. Various locations. 972-9237.
www.barbaragoldberg.com

SUPPORT GROUPS

Caregiver Support Group – 1st & 3rd W, 3:30pm. Elk Grove Senior Ctr. 8830 Sharkey Ave. 685-3160.

Celiac Support Group - Monthly meetings. Call 483-8546.

Davis Senior Center - Call 530-757-5696 for list of groups.

Drop-in Respite/Support Group – offered by Jewish Family Service for caregivers of memory-impaired seniors. W 9am-2:30pm. Free. Near Howe and Fair Oaks. 484-4400.

Family and Friends of Older Adults Support Group - 2nd Th., 6pm. Eskaton Adult Day Health Center Carmichael, 5105 Manzanita Ave. 334-1072.

Folsom Stroke Survivor and Caregiver Support Group - 4th W, 11-1pm. Burger Rehabilitation 1301 East Bidwell St., Folsom. Kristy 983-5900.

Hearing Loss Support Group – 2nd Sat of month (except July, August). 10am-Noon. NorCal Center on Deafness (4708 Roseville Rd, Ste 111, North Highlands.) Carol 383-6428 or Jean 334-9406.

InfoLine Sacramento - comprehensive resource for seniors and those who provide care. 498-1000

Laryngectomy Support Group - 1st Sun 1:30pm. Ethel Hart (915 27th St.) 808-5462.

Maidu Community Center - Roseville. Hosts several community support groups. Call 774-5220 for more info.

Multiple Sclerosis Support Group - 2nd W, 2pm. Kaiser South Riverside Rm. Dan Moore Bldg. Edie Haps 688-2674.

Neuropathy Support Group – Tingling,

numbness, burning or icy cold, stabbing or electrical shock pains in hands, feet or both? Woodland: 1st M, 4:30pm, 2001 East St. Call Delia 530-661-3238. West Sac: 3rd Wed, 2pm, 1212 Merkley Ave. Call Sandra 372-6038. Davis: 2nd Wed, 2 pm, Senior Ctr, 646 A St. Call Martha, 371-1125.

Recovery, Inc. – for people struggling with depression, anxiety, anger, fears, or other emotion issues. Call 483-5616, or visit www.recovery-inc.org.

Stroke Support Group - 3rd W, 2pm. Kaiser South, Riverside Rm. in the Dan Moore Building. Edie Haps 688-2674.

Sunrise Macular Degeneration Support Group – 3rd F, 12-2pm at Elks Lodge in Carmichael. 491-5885.

T.O.P.S. CA 15 - Taking Off Pounds Sensibly. St. Philomena 2428 Bell St Th 7pm. Weigh-in 6:15pm. Call Bea at 487-7182.

SOCIAL CLUBS & ORGANIZATIONS

Arcade Creek Rec & Park – Drop-in program M 9am-1pm. 4855 Hamilton St. Various crafts projects and lively discussion. \$1/day. Call 482-8377.

Carmichael Seniors Club – Meets the 2nd & 4th Th, 10am-2pm. Carmichael Park Clubhouse (5750 Grant Ave). Tracy Kerth at 485-5322.

Davis Senior Center – 646 A Street. Includes Book Review, Senior Center Reads, Bridge, Current Events, Davis Stamp Club, Genealogy Club, Computer Club, Men's Group and Red Hat Society. Call 530-757-5696.

Get a Life Club - For more information contact Ed Martin 988-1727.

The Renaissance Society meets at CSUS. Weekly educational seminars. Membership required. 278-7834.

Sacramento Crochet Guild - 2nd W, 6:30pm at Church of the Cross (45th and H St). \$6/year. Karolyn 457-4044.

Senior Center at Sierra 2 - 2791 24th St. Offers many social programs such as: Life History, Book Club, Bridge, Crafters, etc. Call 455-6339 for info.

Sons In Retirement (SIRS) Branch 3 – Men's group that meets 4th Mon. at VFW Post 67, 2784 Stockton Blvd. Call 929-0924.

Sons In Retirement (SIRS) Branch 117 – Men's group that meets 2nd Wed. at The Dante Club. 2330 Fair Oaks Blvd. Call Bill Hale 929-0924.

Table Tennis, anyone? Meets W 7pm at Sutter Middle School, 3150 I St and F at Didion School, 6490 Harmon Dr. \$3 seniors 60+. Loaner paddles available. Round robin play. James Therriault at 308-3209. Visit www.sactabletennis.org

Mission Oaks Community Center - 4701 Gibbons Dr. Clubs: Internet Users, Shuffleboard Club, Singles Club, Book Group, and Golden Acorns RV. Call 972-0336.



COMPUTER CLASSES

DAVIS SENIOR CENTER

646 A St., Davis. (530) 757-5696.

ETHEL HART CENTER

915 27th St.. 808-5462.

MCCLASKEY ADULT CENTER

5241 J St. 277-6625.

Free classes for PC and Macintosh.

WALKING

California Volkssport Association - 530-637-4048, Bruce McDevitt or www.CaliforniaVolkssportAssociation.org
The California State Parks presents **City Walks in Downtown Sacramento!** 10 routes with mileage that take you past some of the rich history of Sacramento. Check out www.parks.ca.gov/takeahike to download and print a brochure.

Davis Dynamos - Joanne Pelz at 530-756-2315 or dpezl@dcn.davis.ca.us

Elk Grove - T/Th, 9am. Elk Grove Senior CC, 8830 Sharkey Ave. 685-3160 or Sheldon at 501-5442.

Inside Track Arden Fair Mall Walkers - sponsored by Sutter Heart Institute. 8-10am. *This is a program, not a group.* To participate, fill out a Mall Walker registration card at the Service Center located on lower level near JCPenney. Members will be placed on mailing list to receive fitness tips, healthy recipes, and updates on quarterly breakfast meetings held at Arden Fair Mall.

Maidu Walkers - Weekdays at 9am. Maidu Center in Roseville, meet on sidewalk near ballfields for a 2-3 mi. walk around the park. 774-5960.

Sunrise Mall - M-Sat. B.P. nurse on T.

Mission Oaks Hiking Club - W, 9am. Mission Oaks CC 4701 Gibbons Dr, Carm. Judy 487-8367.

North Natomas - Heritage Park has occasional organized walks and hikes. Call Ernie Dahl at 419-2679 for upcoming activities.

The Renaissance Society - Wed. Locations vary. "Turtles" walk leisurely, 2-mi. route; "Hares" scurry around a 4-mi. route, then group meets for lunch. Membership reqd. 278-7834 or www.csus.edu/org/rensoc

Sole Mates - Once weekly and Sat. Sat. walk more strenuous. Mem. fee is \$12/yr. Call Lee at 723-4735.

Sacramento Walking Sticks - 2nd Th. SMUD Customer Service Center, 6301 S St. 7pm. 283.4650 or www.SacramentoWalkingSticks.org
Group volkswalks every TWR and weekend.

WalkSacramento - 446-9255

www.walksacramento.org.

Walk'n'Talk - MF 9am at Davis Senior Ctr. (646 A St, Davis). Routes vary. 530-757-5696.

NEIGHBORHOOD WALK:

Groups meet at various times and days. Hours may change due to summer weather. Call 808-1593 for more info.

Campus Commons - Th 9 am. Meet in front of Campus Commons Clubhouse at 650 Commons Dr.

City Cemetery - T/Th 9am. Meet at 10th and Broadway inside cemetery.

Garcia Bend Park - MWF 7:30am. Windbridge Dr. at Pocket Rd. Meet in front of playground. Monthly BP checks.

Howe Park - T/Th 9am. Meet in front of Vintage Knolls Apts., 2340 Bell St. across from park.

Land Park - MWF 9am. Land Park Dr. at 16th Ave. Meet on the west side of William Land Golf Course parking lot.

North Highlands - MWF, 9am. Meet at North Highlands CC, 6040 Watt Ave.

Oak Park Community Center - T/Th 9am. 3425 Martin Luther King, Jr. Blvd 808-6151

Oki Park - MWF 6:30pm. Wissemann Dr. off Folsom. Meet at pool house.

Sam Pannell Com. Ctr. - MWF 8:30am. 2450 Meadowview Rd. Meet in lobby.

South Natomas Community Center - T/Th 9am. 808-1571.

Tahoe Park - MWF 9am. 59th St. at 11th Ave. Meet at pool house. BP checks.



BIKE & SKATE

CYCLING

Visit saccycle.com for all Sacramento Valley Cycling information.

Bike Hikers - www.bikehikers.com or bhmembership@bikehikers.com.

Davis Bike Club - 530-756-0186.

Ethel Hart Senior Center Bike Rides - W 10:30am. Call Joe 448-1323.

FATRAC - www.fatrac.org or Sue Fry 457-2132.

Mission Oaks Bike Club - 484-1585.

Sacramento Area Bicycle Advocates (SABA) - Promotes improved routes in Sacto and bicycling for transportation. 444-6600, or saba@sacbike.org. Visit their web site at www.sacbike.org

Sacramento Wheelmen - Ralph Lubick, 355-8515.

www.sacwheelmen.org

SKATING

Adult Roller Skating - T/Th, 10am.

Sunrise Roller Land, 6001 Sunrise Vista Dr. (behind Sunrise Mall) in CH.

\$4/sess., incl. coffee. 961-3333.

Iceland Skating Rink - 1430 Del Paso Blvd. near Arden. 925-3121. Lessons.



OUTINGS



AUDUBON SOCIETY

Memb. not required. Cathie LaZier at 457-6882. www.SacramentoAudubon.org

Mather Field - 6/14 7:30am. Wayne Blunk 876-0457

Sierra Valley/Antelope Valley/Yuba Pass - 6/20-21. Gary Fregien 708-0636 or Mark Martucci 833-6722.

Wright's Lake - 6/27 7am. Tim Fitzer 870-5207 or Phyllis Wilburn 530-642-9942.

Old Sacramento - 6/27 7:30am. Maureen Geiger 444-0804.

Swainson's Hawk - 6/28 8am. Mark Martucci 833-6722.

Point Pinole Regional Shoreline - 7/5 7:30am. Maureen Geiger 444-0804 or Ken Poerner 707-580-6277.

Loney Meadow - 7/11 6am. Scott Hoppe 835-8471.

Farallons Pelagic Trip - 7/12. Ken Hashagen 316-8596.

COSUMNES RIVER PRESERVE

684-2816 or info@cosumnes.org. Visit www.cosumnes.org for activities.

Workdays - 6/13, 6/27. 9:30am.

Guided Paddle - 6/20 8:30am.

Butterfly Count - 6/21 8am.

Naturalist Training - Starts 7/11. \$30.

EFFIE YEAW NATURE CENTER

Adjacent to Ancil Hoffman Golf Course in Carmichael. 489-4918. \$5 entrance fee per car. www.effieyeaw.org.

Habitat Improvement - 6/14, 7/19. 8am. Jack Hiehle 967-0777.

Evening Beaver Walk - 6/19, 6/29, 7/10, 7/21. Jack Hiehle 967-0777.

Father Time Nature Hike - 7/21 1:30pm.

Natural History Hike - 7/5 10:30am.

Nature Area Tour - 7/19 10:30am.

Maidu Summer Village Tour - 7/26 10:30am.

MOKULEMNE TRAIL BUSTERS

209-772-8206 or email moke-trail@earthlink.net. Visit www.mc2ct.org.

SACRAMENTO TREE FOUNDATION

924-TREE (8733). www.sactree.com

SACTO. VALLEY CONSERVANCY

216-2178 or www.sacramentovalleyconservancy.org
Hikes 4th Sat. at 9am Jan. - May.
Equestrian rides 4th Sun. Feb. - May.

Mountain Biking - 6/27, 7/25, 8/22, 9/26, 10/24. 7:30am.

Astronomy Night - 8/15 7pm.

SIERRA CLUB MOTHERLODE

Open to the public. Car pooling encouraged. 557-1100, ext. 119.

motherlode.sierraclub.org

Lake Paddle Lake Tahoe - 6/13, 7/18. Ted Lenzie 985-6144.

San Francisco Secret Stair-Step Hike - 6/13 8am. M. Carter mccarter@ucdavis.edu.

Walk & Stretch Tempo and Sundance Parks in Citrus Heights - 6/14 8:30am. Elaine 712-1941.

Tomales Point - 6/14 8:30am. Harold Elliot haroldelliott1946@att.net.

Martinez to Port Costa - 6/20 9am. Richard Crescitelli 530-758-2340.

Sculptured Beach in Pt Reyes - 6/21 8:30am. Harold Elliot haroldelliott1946@att.net.

Benicia and Wetlands - 6/27 7am. Harold Elliot

haroldelliott1946@att.net.

UCD Arboretum - 7/2 6:30pm.

Richard Crescitelli 530-758-2340.

SIERRA CLUB SENIORS

Part of Mother Lode Chapter of the Sierra Club. Mem. not required. Estelle Miller at 925-0700.

Grouse Ridge Area - 6/13. Wayne Luney 383-9393.

Day Hike Davis - 6/18. Lin or Peter Lindert 530-758-6418.

Twin Lakes, Desolation Wilderness - 7/11. Lin or Peter Lindert 530-758-6418.

Lone Grave - 7/15 9am. Stephanie Williams 530-367-4905 or Sheila Toner 530-886-0673

Carson Pass, Lake Winnemucca - 7/21. Sue Barnette 530-753-5855.

Point Reyes National Seashore - 7/25 8:15am. Wayne Luney 383-9393.

Flora Lake - 7/29 9am. Sheila Toner 530-886-0673.

Castle Pass Ridge - 8/5 9am. Sheila Toner 530-886-0673.

Little Bald Mt. Fire Look Out Loop - 8/12 9am. Sheila Toner 530-886-0673.

OTHER LISTINGS:

Mission Oaks Community Center

Hiking Club - Organized hikes every Wed. Call Mary 344-7713.

RESEARCH STUDIES

Vitamin B-12 and Bone Health Study for Postmenopausal Women

USDA, ARS Western Human Nutrition Research Center invites healthy, non-smoking women ages 50 - 65 who are postmenopausal to participate in a 9-month study with 10 study visits on the UC Davis campus. The study will test whether Vitamin B-12 changes the markers for bone formation. Women must not be taking HRT or bone-building medication. Study includes Vitamin B-12 injections and supplements, a DEXA bone scanning, nutritional information and financial compensation for participation. Call 530-752-5177 and Press #6 or visit: www.ars.usda.gov/pwa/davis/whnrc/nutrition

The Power Study: The purpose of this study is to test the effectiveness of an investigational drug in preventing broken bones in women who have osteoporosis. Must be at least 65 years old, had your last menstrual period five or more years ago, are not currently taking bone-support medication. Qualified participants will receive study-related medical evaluations and study drug at no charge. If you are interested in learning more about this study or would like to ask questions, please contact us at 734-5421 or email Denise Macias at denise.macias@ucdmc.ucdavis.edu. Contacting us does not mean that you are obligated to participate or that you will be eligible to participate. Eligibility depends on a range of criteria other than those listed above.

VOLUNTEER OPPORTUNITIES

Alzheimer's Association - 930-9080 or 800-660-1993.

American Cancer Society - 446-7933.

American Cancer Society's Road to Recovery - Provide cancer patients with rides to and from their life-saving treatments. 1-800-227-2345.

Breaking Barriers Community Services Center - assist clients with Breast Cancer and HIV/AIDS with transportation, household assistance, yard work, moving support and more. Call 447-2437.

Bristol Hospice - volunteers provide caring, support, non-medical services to individuals and families coping with dying and grief. Janice Hollowell 782-5511.

UC Davis Health Services Gift Shop - volunteer program. Call 734-7529.

City of Sacramento - 808-8317 or www.cityofsacramento.org.

Friendly Faces - Visit a lonely older adult regularly for conversation, companionship and relaxation. Call 855-5444. *FREE* training.

Health For All, Inc. is looking for senior volunteers to help out in our Adult Day Health Care Center in South Sac to assist with activities including arts & crafts, music, exercise, etc. No patient health care is required. A compassionate and caring nature in a multi-ethnic setting is a necessity. Call Liza King at 391-5591.

Historic City Cemetery - Tend gardens, prune roses, help with history tours and event planning. Sharon 455-8166.

HOSTS (Help One Student to Succeed) needs reading and math volunteers who can commit one hour a week to work with a student at Natomas High School. Hours are flexible, M- Th. Sondee Johnson at 641-4960 x1095.

Kaiser Permanente Hospice Program - Provide caregiver relief, companionship, run errands, and bereavement follow-up. 486-5300.



50+ Wellness

City of Sacramento
2921 Truxel Road
Sacramento, CA 95833

RETURN SERVICE REQUESTED

Long Term Care Ombudsmen Sought - Free training. Certified Ombudsmen get mileage paid. Call 376-8910.

Mercy Lifeline is a personal response service for the elderly and disabled. The Lifeline service offers subscribers peace of mind, independence, early intervention in an emergency and reassurance. Training provided. Call Debra at 281-3955

Meals On Wheels Program - Senior Nutrition Services needs drivers and substitute drivers for hot and frozen Home Delivered Meal routes. Need a valid driver's license, insurance and a vehicle. All volunteers are fingerprinted. Call Rebecca at 875-3668.

Rebuilding Together - Volunteers needed T/Th mornings to install safety modifications in the homes of seniors and those with disabilities. Training, tools, equipment provided. Experience not necessary. Call 455-1880, ext 3.

Retired & Senior Volunteer Program (RSVP) - Part of the National Senior Service Corps, sponsored by the Sac County Dept. of Human Assistance. Volunteer opportunities in over 150 public and non-profit agencies for those 55+. Call 875-3631.

Sac County Senior and Adult Services - Driver Escorts and Home Visitors for seniors and disabled adults. Car is provided for Driver Escorts. Jose G. Chacon, 874-9615, chaconj@saccounty.net.

Sacramento Hospice Consortium - Hospice Volunteer Training. Experience the joy of becoming one of the caring

men and women who respond to the needs of terminally ill patients and their families by providing respite care, companionship and support. Training is appropriate both for those wishing to become Hospice volunteers and for those coping with the care and support of a terminally ill person. 388-6288 or www.sachospice.org.

Sacramento Society for the Prevention of Cruelty to Animals (SSPCA) - Volunteer needs from clerical assistance to staffing events to socializing animals at the shelter. 383-7387.

Senior Gleaners Inc. welcomes anyone interested in helping. Call 925-3240 mornings.

Senior Legal Hotline - Seeking attorneys and paralegals to give legal advice to seniors by phone. Also need skilled help from non-legal professionals to assist w/PR and outreach. Also, people fluent in a foreign language to serve on short notice as interpreters for phone assistance or brief conference calls. Orientation and training are available. Call David Mandel at 551-2145 or e-mail dmandel@lsnc.net. Visit www.seniorlegalhotline.org.

Talking, Listening and Caring (TLC) - A Community Service of Eskaton. Call or visit seniors. 334-1072.

VITAS - Hospice Volunteers. Spend time with patients at the end of their life by providing a listening ear and a caring presence. Training required. Call Susan at 566-2235.

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