



50+ Wellness Newsletter

We do best what we do most. Be well.

FALL 2008

A CITY OF SACRAMENTO PUBLICATION

VOLUME 10 ISSUE 4

IMPORTANT CHANGES for the 50+ Wellness Newsletter

Beginning immediately, the 50+ Wellness Newsletter will be printed and mailed to subscribers on a biannual basis. While in past years we were able to print the newsletter quarterly, the budget will only allow for the newsletter to be printed and mailed in the Fall and Spring of each year. Since the majority of our costs come from printing and mailing the newsletter, Winter and Summer issues will be available online or via email only.

For those readers who subscribe to the physical copy of the 50+ Wellness Newsletter, you will receive your next issue in Spring 2009. Email subscribers and those who view the Newsletter online, the Winter 2009 issue will be emailed and posted to the web mid-to-late December 2008.

To receive an Adobe PDF version of the newsletter via email, please call 808-1593 or email fiftypluswellness@cityofsacramento.org with your full name and complete email address. Your email address will not be shared with other individuals, agencies or corporations.

Or go to www.cityofsacramento.org/parksandrecreation/ohs/senior.htm and click on 50+ Wellness to view current and back issues of the 50+ Wellness Newsletter.

Movement with Music

How often have you heard someone say "Well, I loved to dance when I was younger!" Well, with consideration taken for adjusting and adapting to you own body, you still CAN dance, even if you need to do it sitting down!

MOVEMENT WITH MUSIC is an adaptive dance class where participants are encouraged by the rhythms and melodies of a wide assortment of music ranging from the '30s to swing to primitive to the Beatles. The warm-up consists of gentle stretch and breathing, and gradually increases momentum, bringing rhythm and flow to the entire body. Above all, it is FUN – and beyond that, it revives your natural energy.

Patricia Ehnisz, the instructor, is a registered Dance/Movement Therapists with 30 years experience teaching and working with active and/or disabled people of all ages. Call Patricia at 765-0027 for more information or see page 3 for day and time!

Calling All Veterans

We want to tell your story:

- To be interviewed, interviewed and have your military experience archived at the Library of Congress for future generations.
- All participating veterans will receive a VHS copy of their interview.
- If you are a veteran of World War I, World War II, Korea, Vietnam or the Persian Gulf Wars, call to set up an appointment.

The Veterans History Project 875-4460

This may be the most important contribution we will give our future generations!

The Veterans History Project is locally sponsored by Sacramento County Department of Human Assistance, Retired Senior Volunteer Program.



STRETCH & STRENGTHEN



It's a Balancing Act

Balance exercises build leg muscles and help prevent falls. Each year, U.S. hospitals have 300,000 admissions for broken hips, and falling is often the cause of those fractures. Balance exercises can help you stay independent by helping you avoid disabilities that may result from falling. There is a lot of overlap between strength and balance exercises. Lower body exercises for strength also help balance.

Safety tips:

- Hold onto a table or chair for balance with only one hand. As you progress, try holding on with only one fingertip.
- Next, try the following exercises without holding on at all. Ask someone to watch you the first few times in case you lose your balance.
- If you are very steady on your feet, move on to doing the exercises using no hands, with your eyes closed. Have someone stand close by if you are unsteady.

Side Leg Raises: strengthen muscles at sides of hips and thighs. Strengthening these muscles is important for good balance.

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold table or chair for balance.
3. Slowly lift one leg to side, 6 to 12 inches out to the side. Keep your back and both legs straight. Don't point your toes downward -- keep them facing forward. Hold position.
4. Slowly lower leg. Repeat with other leg.
5. Keep back and knees straight throughout exercise.

Hip Flexion: strengthens thigh and hip muscles. Strengthening these muscles is important for good balance. Use ankle weights if you are ready.

1. Stand straight; hold onto a table or chair for balance.
2. Slowly bend one knee toward chest, without bending waist or hips.
3. Hold position for 1 second.
4. Slowly lower leg all the way down. Pause.

Hip Extension: strengthens buttock and lower-back muscles. Strengthening these muscles is important for good balance. Use ankle weights if you are ready.

1. Stand 12 to 18 inches from a table or chair, feet slightly apart.
2. Bend forward at hips at about 45-degree angle; hold onto a table or chair for balance.
3. Slowly lift one leg straight backwards without bending your knee, pointing your toes, or bending your upper body any farther forward.
4. Hold position for 1 second.
5. Slowly lower leg. Pause.

Alternate legs until you repeat exercise 8 to 15 times with each leg.

Rest. Do another set of 8 to 15 alternating repetitions

See additional exercise on page 3...

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
Winter 2008
Issue is 11/07/08**

*(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**



Anytime-Anywhere exercises improve your balance. You can do them almost anytime, anywhere, and as often as you like, as long as you have something sturdy nearby to hold onto if you become unsteady.

- Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.

- Stand on one foot (for example, while waiting in line at the grocery store or at the bus stop). Alternate feet.

- Stand up and sit down without using your hands.

From NIH Senior Health webpage, <http://nihseniorhealth.gov/exercise/balanceexercises>

Hike with 50+ Wellness

We meet one Saturday a month 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 California 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 call 808-1593 or email fiftypluswellness@cityofsacramento.org to get on the mailing list. Include your full name, complete address and telephone number or email address. Information for the upcoming hike is available near the beginning of each month and will be automatically sent to you. Note: No hike in December



Get moving with 50+ Wellness

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

Movement with Music - Fridays, 10:30 to 11:30 am. South Natomas CC, 2921 Truxel Road. A movement-dance

class for anyone who would like to move with more freedom and ease, regardless of personal limitations! \$12 for a 4 session punch card.

Stretching & Strengthening - Monday, Wednesday, and Friday, 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. Pay at Coloma CC, 4623 T Street.

Chair Yoga - 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. Pay at Coloma CC, 4623 T Street.

Head to Toe Fitness - Monday, Friday, 9:45 to 10:45 am, Wednesdays 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 S. Land Park Drive. Stretch and flex your way to better health. FREE!

Chi Gong for Special Populations - Tuesday, 6:30 - 8:30 pm at Evelyn Moore CC, 1402 Dickson St. 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 Rd. 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.



EATING RIGHT



When prices are on the rise

At a time with the cost of just about everything is heading upward, eating healthy on a fixed income can seem pretty challenging. And as many of us are no longer cooking for a family or others, the bulk discounts can end up wasted or just not worth the hassle any more. Here are a few tips for eating a well balanced diet without breaking the bank:

Before you shop

- Scan your fridge, freezer and pantry to take inventory of what items you have and items need to use before expiration.
- Prepare a weekly meal plan before shopping then make, and stick to, a list.
- Scan weekly ads and coupons for items that are on your list or that you regularly use and can be stored for future use.
- Clip coupons for items you use regularly and keep them handy and organized.

At the store

- When at the store, shop items mostly on the perimeter of the store, where the basic essentials usually are.
- Typically, higher priced items and brands will be stocked eye level, making it more likely for you to purchase. Look to lower and higher shelves for better priced items.
- Be careful of “deals” and do some math. Just because it’s “10 for \$10” doesn’t mean you are getting more bang for your buck.
- Be sure when purchasing deals based on bulk, such as “buy one, get one free”, you are able to use the entire product before it spoils.

At home

- Use canned meats, chicken, tuna, salmon, in pasta and salads. They taste fine when mixed and are usually cheaper than whole pieces of meat.
- Consider eating vegetarian a few nights a week by replacing meat with bean, legumes, nuts or eggs.
- When cooking for one, try to make meals that you would enjoy as leftovers, for lunch or dinner, or that can be incorporated with new ingredients to make whole new dishes.

Recipes: Black bean chili

This is a recipe I share with friends and family, bring to potlucks and make for myself when I know I’m going to have a busy week since it keeps well. Made mostly from canned products, it’s inexpensive and goes far. Plus, it’s low in calories, high in fiber, and most importantly, tasty!

Ingredients:

- 1 medium onion chopped
- 1 medium green bell pepper diced about ¼ inch pieces
- 1-1/2 cups + 1 TBS vegetable broth
- 6 medium cloves garlic, chopped
- 2 cans (15 oz each) black beans, drained
- 1 can (8 oz) tomato sauce
- 1 can (15 oz) diced tomatoes, (do not drain)
- 2 TBS ground cumin
- 2 TBS red chili powder
- 2 TBS dried oregano
- 1 cup corn kernels, fresh or frozen
- ¼ cup fresh chopped cilantro
- salt & black pepper to taste

Directions:

1. Heat 1 TBS broth in a medium size soup pot. Sauté onion and bell pepper in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, cumin, red chili powder and continue to sauté for another minute.
2. Add 1 ½ cups broth and rest of ingredients, except cilantro and corn. Simmer for another 20 minutes uncovered. Add corn and cook for another 2 minutes. Add chopped cilantro and season with salt & pepper to taste.

Serves 4. Calories per serving: 417.

Something's Afoot: Common Problems

Fungal Infections, such as athlete's foot, happen because our feet are in shoes most of the time. Shoes are warm, dark, and moist—the perfect place for fungus to grow. A fungus can cause dry skin, redness, blisters, itching, and peeling. It can be hard to cure. Over-the-counter anti-fungal powders or creams can help. If your foot does not get better within 2-4 weeks, talk to your doctor.

To prevent infections:

Keep your feet clean and dry. Be sure to dry the area between your toes.

Change your shoes and socks or stockings often to help keep your feet dry.

Don't buy tight shoes.

Try dusting your feet every day with foot powder.

Dry skin can cause itching and burning feet. Use mild soap and a cream or lotion on your legs and feet every day. Be careful about adding oils to bath water since they can make your feet and bathtub very slippery.

Corns and calluses are caused by pressure when the bony parts of your feet rub against your shoes. Wearing shoes that fit better or using special pads may help. You may feel better if you use some over-the-counter medicines, but they do not treat the cause of the problem. See your doctor, especially if you have diabetes or circulation problems.

Warts are skin growths caused by viruses. They are sometimes painful and may spread if not treated. Over-the-counter products rarely cure warts, so you may need to see your doctor.

Bunions develop when the joints in your big toe no longer fit together. They become swollen and tender. Bunions tend to run in families. If a bunion is not too painful, wearing shoes cut wide at the toes and instep (middle part of the foot), taping the foot, or wearing pads that cushion the bunion may help. Physical therapy and shoe inserts can bring relief. See your doctor. Medicines can help with pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

Ingrown toenails are caused by a piece of the nail breaking the skin. This can happen if you don't cut your toenails straight across so the corner of the nail can be seen above the skin. Use clippers made to cut toenails. Ingrown toenails are very common in the large toes. A doctor can remove the part of the nail that is cutting into the skin so the area can heal.

Hammertoe is caused by a shortening of the tendons that control toe movements. The toe knuckle grows and pulls the toe back. Over time, the joint gets bigger and stiffens as it rubs against shoes. This can affect your balance. More space in the shoe or stocking can help. In very serious cases, surgery may be needed.

Spurs are calcium bumps that grow on bones of your feet. They are caused by stress on the feet. Standing for long periods of time, wearing badly fitting shoes, or being overweight can make spurs worse. Sometimes spurs are painless. At other times, they can hurt. Treatments for spurs are foot supports, heel pads, and heel cups. Sometimes surgery is needed.

Swollen feet may be a sign of more serious health problems. If you continue to have swollen feet and ankles, see your doctor.

Stay on Your Toes

If you have diabetes or peripheral artery disease, good foot care is very important. Both diseases can cause poor blood flow to the feet. Scrapes or bruises can become infected. Make sure your doctor checks your feet.

Don't Get Off on the Wrong Foot

Good foot care and regular foot checks are an important part of your health care. Your doctor should look at your feet often. If you have foot problems, be sure to talk to your doctor.

From the National Institute on Aging U. S. Department of Health and Human Services National Institutes of Health
May 2007 Age Page: Foot Care

2008 SENIOR & HIGH-RISK FLU CLINICS

October 20 10:30 a.m. – 12:00 p.m.
Hagginwood Community Center
3271 Marysville Blvd Sacramento

October 20 1:30 p.m. – 3:00 p.m.
Rio Linda United Methodist Church
Corner of 6th & M Streets Rio Linda

October 21 10:30 a.m. – 1:00 p.m.
Ethel MacLeod Hart Senior Center
915 27th Street Sacramento

October 22 10:30 a.m. – 1:00 p.m.
Fruitridge Community Center
4000 Fruitridge Road Sacramento

October 23 10:30 a.m. – 12:30 p.m.
North Highlands Community Center
6040 Watt Avenue North Highlands

October 24 10:00 a.m. – 1:00 p.m.
Sears “Drive-Thru”
5901 Florin Road Sacramento

October 27 10:30 a.m. – 1:00 p.m.
Sacramento Association of Realtors
2003 Howe Avenue Sacramento

October 28 10:30 a.m. – 1:00 p.m.
Rusch Park Community Center
7801 Auburn Boulevard Citrus Heights

October 29 10:30 a.m. – 11:30 a.m.
Chabolla Community Center
600 Chabolla Avenue Galt

October 29 1:30 p.m. – 3:00 p.m.
St. Peter’s Lutheran Church
8701 Elk Grove-Florin Road Elk Grove

October 31 10:30 a.m. – 1:00 p.m.
Fair Oaks Library
11601 Fair Oaks Boulevard Fair Oaks

November 3 10:30 a.m. – 12:00 p.m.
Folsom Senior & Arts Center
48 Natoma Street Folsom

November 4 10:30 a.m. – 12:30 p.m.
Rancho Cordova City Hall
2729 Prospect Park Drive Rancho Cordova

November 5 10:30 a.m. – 12:30 p.m.
Carmichael Clubhouse
5750 Grant Avenue Carmichael

November 6 10:30 a.m. – 11:30 a.m.
Jean Harvie Community Center
14273 River Road Walnut Grove

November 6 1:30 p.m. – 3:00 p.m.
St. Theresa Church Hall
100 4th Street Isleton

November 7 10:00 a.m. – 1:00 p.m.
Sunrise Mall “Drive-Thru”
6041 Sunrise Mall (behind Sears) Citrus Heights

December 16 10:00 a.m. – 2:00 p.m.
“Community Flu Clinic” FREE
Pannell Center
2450 Meadowview Road Sacramento

December 18 10:00 a.m. – 2:00 p.m.
“Community Flu Clinic” FREE
Robertson Community Center
3525 Norwood Avenue Sacramento

There will be a \$10.00 charge for the flu shot. It will be provided to individuals 50 years and older, healthcare workers, pregnant women, persons who are chronically ill, caregivers or household contacts of high-risk individuals, and children 6 months - 18 years of age. Pneumonia shots will be offered for \$35.00, Tetanus and Tetanus with Pertussis shots will be offered for \$10.00. Persons with MediCare Part B without HMO coverage may qualify for MediCare billing. You must bring MediCare card to clinic. Some restrictions will apply. Please note: At the “Community Flu Clinics” the flu vaccine will be provided only and will be administered to any individual over 6 months of age.

FOR MORE INFORMATION CALL: (916) 875-7053

Sponsored By: County of Sacramento - Division of Public Health - Immunization Assistance Program



COMMUNITY LECTURES & WORKSHOPS



HILL PHYSICIANS SENIOR PROGRAMS

Classes open to the public. Some have a fee. Held at various locations. Pre-registration req. 877-493-5563. Visit www.hillhealth.com or email gerry.sahagun@hpmg.com.

Aromatherapy - 12/9

Arthritis Hot Joints - 9/17

Blood Pressure Teleclass - 10/21; 12/16

Cholesterol Highway Teleclass - 9/16; 11/18

Diabetes Basic Series - 9/19

Diabetes Eating Well - 9/9

Diabetes Getting Started - 9/11

Eating Well with Diabetes Teleclass - 10/7; 12/2

Healing Heartburn Teleclass - 11/12

Incontinence: Hold It! Three Weeks to Staying Dry Teleclass - 10/8

Learning About Depression Teleclass - 10/15; 11/18

Living in Balance: Weight Management Teleclass - 10/7

Living Well with Diabetes Teleclass - 9/23; 11/18

Living Well with IBS Teleclass - 11/11

Managing Migraines Teleclass - 11/5

Massage Therapy for Couples - 9/16

Nutrition Teleclass Series - 9/23; 11/25

Stress Management in 90 Minutes Teleclass - 10/7; 12/2

MERCY GENERAL HOSPITAL

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

The Joint Pain Class - This is a free class open to the public that explains joint pain, causes, and treatments including medication, nutrition, and exercise. Classes are taught by an

experienced nurse educator and rehab therapist from Mercy's Orthopedic Program.

Men's Prostate Informative Luncheon (open to public) September 30, 11-1pm. Speaker Iraj Nabi, M.D., F.A.C.S., Chief of Surgery at MGH.

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.

Cancer Fighting Foods - 9/17, 6:30-8 pm, Free.

Healthy Habits Workshop - 9/24, 6:30-8 pm, Free.

THE SENIOR CONNECTION

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

The Brain Workout series - 9/10-10/1, 10am Carmichael.

Positive Confrontation - 9/16, 1pm Carmichael.

Talking to Your Doctor - 9/11, 1pm Carmichael. 9/25 10:30am Placerville.

SUTTER MEDICAL CENTER

Reservations reqd. 733-7080.

Healthy Living - 10/14, 10am.

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems and help with health and long-term care insurance. HICAP does not sell, endorse or recommend insurance. Appointments every Tuesday with John Gallapaga. Call 376-8915.

SPECIAL

ANNOUNCEMENTS

Alzheimer's Association Memory Walk Saturday, October 4th State Capitol. 9 am registration, 10 am walk start. www.alz.org/norcal or 1-800-272-3900.

Senior Health Fair at Sacramento Family YMCA, Wednesday, September 10th 9:30-10:30 am 2021 W Street, 452-9622.

Hawaiian Slack Key Guitar Concert with Kevin and Ikaika Brown of Maui, September 27, 2:00 p.m., Buddhist Church of Sacramento, 2401 Riverside Blvd., \$17. 369-7436 or ohanadancegroup@yahoo.com

The **Kaiser Permanente Veggie Chase 5K and Kid's Runs** is Sacramento's newest, most fun and most bodacious community running/walking event yet featuring: 5K and Mile run/walks, Scenic course through The American River Parkway! Great food, t-shirts and awards! Special \$5 entry for first-time runner/walkers (who have never done any community run/walk before)! Join us Sunday October 12th 2008 at Hagan Park, Rancho Cordova. If you would like more information about the event or to register go to www.veggiechase.com.



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. 423-8041.

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 MW 10:30-11:30am. Water exercise class T/Th 10:30am, M-Sat 1pm, M-Th 7pm. 452-9266. 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 **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/](http://www.cityofsacramento.org/parksandrecreation/)

[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, 6:15pm.

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

646 N. Market Blvd. 649-3269.

www.spotlightdancesport.com

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 Friday, Saturday.

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 Pasadena 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. Come audition or

watch.

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.

Stretch, Flex and Strengthen - Atria El Camino Gardens Assisted Living. MWF 9:30-10:30 am Free. 808-1593

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 8:45am, 10am \$55/mo.

Yoga - M 12:30pm, T 9am, \$30/mo.

Yoga for Parkinson's - M 11am, \$30/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

Movement with Music - Th. 9:30 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.

Yoga - WF 9am & TTH 10am

On the Ball - TTH 9am

Senior Fitness - W 10am

Low-impact dance - MW 10:30am

THEYWCA

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.

Golden Yoga - 780-6167.

www.balanceyogaonline.com

Healthy Habits Fitness and Yoga

Studio - 2224 J St. 444-7729. Fitness workout and all levels of pilates, yoga, and piloga (combo pilates and 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 10am.

SOUTH NATOMAS COM. CTR.

2921 Truxel Rd. 808-1571.

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

Balance & Strength - MW 10:30-11:30am. \$20/10classes.

Gentle Yoga - MW 9am. Call for cost.

Movement with Music - F 10:30am. \$30/4 sessions.

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 - MWF 9:45am, W 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.

Svaroopaa 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 PANNEL 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.

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

Balance and Fitness - MWF, 3pm

Yoga for Seniors - F 10 AM

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 Freepoint 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.

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. Carolyn 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. For Computer Club, call 366-1687.

Daily Steps to Good Health

Be tobacco free. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.

Be physically active. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.

Eat a healthy diet. Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Stay at a healthy weight. Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.

If you drink alcohol, **drink only in moderation.** Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

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 dpelz@dcn.davis.ca.us

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

IKEA Walkers - T, 10AM (Indoor walking at Ikea in West Sac.)

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.

Mystery Walkers - Sat. 9am. Join our walking group as we discover Sacramento. Meet at a different site weekly to see local nature areas, neighborhoods, parks, while getting to know our community. Distance will start at one mile and will increase regularly. Call 482-8377 by Th. for meeting location and to make reservation. FREE.

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.

StepClub - meets last Sunday at Borders Natomas at 10am. Come for motivation, support and discussion of the *StepDiet: Count Steps, Not Calories, to Lose Weight and Keep it Off Forever.*

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 - T/Th 8:30 am. Meet at St. Paul's Baptist Church/Family Life Center at 4036 14th Avenue.

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

Pt. Reyes - 9/13, 7am. Chris Conard, 362-5942, conardc@gmail.com

Sailor Bar - 9/14, 7:30am. Mark Martucci, 833-6722, matuchbirdman@yahoo.com

Point Reyes - 9/20, 7am. Mark Cudney, 987-2422 Tim Steurer, 806-7071

Reichmuth Park - 9/21, 7:30am. Tim Manolis, 485-9009, Ylightfoot@aol.com

Bushy Lake - 10/4, 8am. Dan Brown, 362-2458, naturestoc@aol.com

River Bend (Goethe) Park - 10/5, 8am. Cathie LaZier, 457-6882, empid@earthlink.net

COSUMNES RIVER PRESERVE

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

Guided Paddle Tour - 9/12, 10/18.
9am depart. Provide own gear & PFD.

Guided Nature Walk - 10/4, 12/6.
9am.

Guided Photo Walk - 11/1, 9am.

EFFIE YEAW NATURE CENTER

Adjacent to Ancil Hoffman Golf Course
in Carmichael. 489-4918. \$4 entrance
fee per car. www.effieyeaw.org.

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

**North Natomas Regional Park Tree
Planting** - 10/18, 8:30am-12:30pm.

SACTO. VALLEY CONSERVANCY

Public hikes and docent program.
216-2178 or
www.sacramentovalleyconservancy.org
Docent-led tours on 4th Sat. at 9am
Jan. through May. Docent equestrian
rides 4th Sun. Feb. through May.

Deer Creek Hills Mountain Bike Ride -
9/20, 8am.

SIERRA CLUB

Open to the public. May be limited due
to group size and physical demands.
Car pooling encouraged. 557-1100,
ext. 119. motherlode.sierraclub.org

Wright's Lake - 9/11. Rich and Pat
Jones 485-3580
pat.jones1@comcast.net.

Paddle Lake Natoma - 9/26.
tklips353@aol.com or 716-4647.

Umpa Lake/Seven Sacred Pools -
10/4. Mike 966-0531 or
greatstuff959@hotmail.com.

American River Parkway - 10/6.
Ingrid Bruckner 383-6457 and Estelle
Miller 925-0700.

Upper Loch Leven Lake - 10/6, 8am.
Mike Brandt 933-0708
makbrandt@yahoo.com.

Nevada City - 10/23. Rich and Pat
Jones 485-3580 or
pat.jones1@comcast.net.

American River Parkway - 11/3, 9am.
Ingrid Bruckner 383-6457 and Estelle
Miller 925-0700.

SIERRA CLUB SENIORS HIKING CLUB

Part of Mother Lode Chapter of the
Sierra Club. Non-smoking seniors
interested in conservation and wish to
participate in our activities welcome.
Mem. not required. Estelle Miller at
925-0700. Heavy rain cancels.

Placer Big Trees Grove - 9/19, 9am.
Sheila Toner 530-886-0673.

Lake Margaret - 9/27. Lin and Peter
Lindert, 530-758-6418 or
llindert@sbcglobal.net

Quarry Trail to Murder's Bar - 10/1,
9:30am. Sheila Toner 530- 886-0673.

Olmstead Loop - 10/15, 9:30am.
Stephanie Williams, 530-367-4905
and Sheila Toner, 530- 886-0673.

Calaveras Big Trees - 10/18, 8am.
Wayne Luney, 383-9393 or
wluney@comcast.net.

Avery Pond - 11/5, 9:30am. Stephanie
Williams 530-367-4905 and Sheila
Toner 530-886-0673.

Point Reyes - 11/9, 8:15am. Wayne
Luney, 383-9393 or
wluney@comcast.net.

Davis Art Stroll - 11/13, 11:30am.
Lin and Peter Lindert, 530-758-6418
or llindert@sbcglobal.net

Lake Clementine - 11/24, 9:30am.
Sheila Toner 530- 886-0673.

OTHER LISTINGS:

**Mission Oaks Community Center
Hiking Club** - Organized hikes every
Wed. Call Mary 344-7713.

RESEARCH STUDIES

**Citrus Fruits Research Study for Men
and Women** USDA, ARS Western
Human Nutrition Research Center
invites healthy, non-smoking men and
women, ages 18 - 65. This is a 29-day
study involving five test visits to the
WHNRC located on the UC Davis
campus. Interested persons must not
be taking medications to lower
cholesterol or triglycerides, weight loss
products and must not be allergic to
citrus fruits. Women must not be
pregnant, planning a pregnancy or
nursing. Persons must be available for
5 test days on the UC Davis campus.
Call 530-752-5177, press #4 or visit
www.ars.usda.gov/pwa/davis/whnrc

Flu Clinical Trials Benchmark Re-
search needs healthy volunteers to
participate in an investigational flu
vaccine research study that we are
conducting in the fall. Call 1-800-369-
2875.

Overactive Bladder Trial If you
experience a frequent urge to urinate,
difficulty preventing leakage, or other
problems with urinating, or if you are
not satisfied with your current treat-
ment for overactive bladder you may
be able to participate in a clinical study
being conducted by Benchmark
Research. This is a clinical study of an
investigational drug designed to treat
overactive bladder. Call 1-800-369-
2875.

Sacramento Research Medical Group
- Call 929-4646 for studies.

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.

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 Sacramento to assist with various 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) is seeking 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

PRSRT. STD.
U.S. POSTAGE
PAID
PERMIT #338
SACRAMENTO, CA

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 where help is just a push of a button away. The Lifeline service offers subscribers peace of mind, independence, early intervention in an emergency and reassurance that they are protected. Volunteers needed to install and establish the services as well as follow up with phone calls. Training provided. Call Debra at 281-3955

Volunteers Needed for Meals On Wheels Program - Volunteers needed to deliver "Meals On Wheels" to frail homebound seniors. 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 David at 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 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.