



# 50+ Wellness Newsletter

*We do best what we do most. Be well.*

WINTER 2009

A CITY OF SACRAMENTO PUBLICATION

VOLUME 11 ISSUE 1

## Stay Healthy at 50+, Checklists for Your Health



Use these checklists to help you stay healthy at 50+. The checklists help answer your questions about what daily steps you can take for good health, whether you need medicines to prevent disease, and which screening tests you need and when to get them.

### 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.

### Should You Take Preventive Medicines?

- √ Aspirin. Ask your doctor about taking aspirin to prevent heart disease.
- √ Immunizations. You need a flu shot every year. You can prevent other serious diseases, such as pneumonia, whooping cough, and shingles, by being vaccinated. Talk with your doctor or nurse about the vaccines you need and when to get them.

#### Women:

- √ Breast Cancer Drugs. If your mother, sister, or daughter has had breast cancer, talk to your doctor about whether you should take medicines to prevent breast cancer.
- √ Estrogen Use for Menopause (Hormone Replacement Therapy). Do not use estrogen for the prevention of cardiovascular disease or other diseases. If you need relief from the symptoms of menopause, talk with your doctor.

Continued on page 3...



## STRETCH & STRENGTHEN



### Your creativity

Creativity or “bringing something new of value into existence” is not just for children at play, artists or the aesthetically minded. Within each of us resides a creative being and it would do each of us well if we nurtured and continued to explore that side of ourselves, regardless of age. According to the Creativity Matters: Arts and Aging Toolkit, the arts “...enable us to communicate effectively within and between generations, making sense of and reconciling life experiences, understanding and celebrating the present, and creating a legacy for the future. They also allow us to experiment without fear of failing—to be challenged—and to succeed in learning new skills and discovering latent ones. Strengthening connections among older adults, family, friends, residents, and caregivers, the arts create a sense of community in which each person’s contribution is respected. In sum, the arts enhance quality of life.”

Beyond these conceptual benefits of creativity and aging, some very real research has shown that embraced creativity has very real, positive results for us as we age. In one of the first studies that sought to connect creativity and good health, participants who were part of a singing group had better health, fewer doctor visits, less medication usage (less money spent as well!) along with more positive assessments of their own mental health as well as remaining more socially involved. “Creative fitness” has since been documented as real contributor to overall health, and even more so as we age in life. It seems that the sense of control from mastering a creative pursuit and the accompanying interpersonal engagement boosts our immune systems, enabling us to lead longer, healthier lives.

You can continue to nurture your own creativity in a number of ways! If you enjoyed a creative pursuit, from dancing to sketching, try revisiting these activities again. Or maybe you are interested in a new creative arena. Either way, there are many options to explore your creative side. Go to an arts supply shop, pick up some supplies and ask questions. Take a class or participate in a group at your local Senior or Community Center. Enroll in a class or two at the local colleges this coming spring. Enter your art in local artist shows (we’ll announce any we know about!). Find like-minded individuals and start your own group to support and encourage one another in your pursuits. No matter how you go about it, using your imaginations to create something new is rewarding, enjoyable and good for you!

## 50+ Wellness Newsletter



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City of Sacramento  
50+ Wellness Program

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your programs!***

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**The DEADLINE for the  
Spring 2009  
Issue is 02/06/09**

*(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  
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CHECKLISTS: Contd. from p. 1

### Screening Tests: What You Need and When

Health experts from the U.S. Preventive Services Task Force have made these recommendations, based on scientific evidence, about which screening tests you need and when to get them.

√ Colorectal Cancer. Have a test for colorectal cancer. Your doctor can help you decide which test is right for you.

√ Depression. Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

√ Diabetes. Have a blood test for diabetes if you have high blood pressure.

√ High Blood Pressure. Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

√ High Cholesterol. Have your cholesterol checked regularly.

√ HIV. Talk with your doctor about HIV screening if you have ever been at risk due to sexual and lifestyle practices or received a blood transfusion from 1978 to 1985.

√ Obesity. Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.)

√ Sexually Transmitted Infections. Talk to your doctor about being tested for sexually transmitted infections.

#### For MEN

√ Abdominal Aortic Aneurysm. If you are between the ages of 65 and 75 and have ever been a smoker, talk with your doctor about being screened.

#### For WOMEN

√ Breast Cancer. Have a mammogram every 1 to 2 years.

√ Cervical Cancer. Have a Pap smear every 1 to 3 years if you have ever been sexually active. If

you are older than 65 and recent Pap smears before you turned 65 were normal, you do not need a Pap smear.

√ Osteoporosis (Bone Thinning). Have a bone density test at age 65 to screen for osteoporosis. If you are younger than 65, talk to your doctor about whether you should be tested. You may need to have this test again after 2 or more years.

#### A Note on Other Conditions.

Every body is different. Always feel free to ask your doctor or nurse about being checked for any condition, not just the ones above. If you are worried about diseases such as glaucoma or skin cancer, for example, ask your doctor about them. And always tell your doctor about any changes in your health, including your vision and hearing.

#### Screening Test Record

Take the checklist on page 4 to your doctor's office. You can use it to keep track of the date and results of your last screening tests, when you should have the test next, and questions you have for your next doctor visit.

Information, checklists and records are from The Agency for Healthcare Research & Quality (AHRQ) and AARP.



### A sweet home remedy

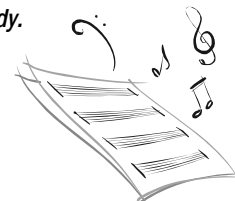
It's quite easy to go to our local pharmacy and find medications for the common cold or flu. While treating our symptoms for these viruses is important to making ourselves more comfortable, we don't have to only rely on what the pharmaceutical companies offer us. As we are making our way through flu season a well known home remedy can provide real relief for certain symptoms. For many years, honey has been used to soothe sore throats and with new research validating the suspected benefits of this sweet and

gooey substance, it's proving effective for coughs as well. The next time you suffer from a sore throat or can't sleep due to a cough, consider honey. Take a spoonful straight, mix it with tea or try it with a mug hot water and a little bit of lemon. (Note: children under a certain age should not be given honey due to botulism concerns. As with any remedy, check with your physician prior to using honey for symptom relief.)

### Soothe away stress with sound!

Between the holidays and the volatile economic times, our blood pressure may be heading up while it seems as if everything else is heading down. While we may not be

able to do much about the global economy, we may be able to help lower our blood pressure with one simple task - listening to music. A recent American Heart Association study found that older adults who listened to a 12 minute Mozart sonata just three times a week lowered their blood pressure and heart rate significantly. But not just any type of music or sound works, so no rag-time or jumpin' big bands! Try Mozart or a recording of ocean waves, as both were equally effective in the study.



**FOR MEN**

Test For	Last Test (Mo./Yr.)	Result	Next Test (Mo./Yr.)	Questions for Doctor
Abdominal Aortic Aneurysm(One-Time Test)				
Colorectal Cancer				
Diabetes				
High Blood Pressure				
High Cholesterol Total:				
HDL (Good)				
LDL (Bad)				
HIV Infection				
Obesity (BMI)				
Sexually Transmitted Infections				

**FOR WOMEN**

Test For	Last Test (Mo./Yr.)	Result	Next Test (Mo./Yr.)	Questions for Doctor
Breast Cancer (Mammogram)				
Cervical Cancer (Pap Smear)				
Colorectal Cancer				
Diabetes				
High Blood Pressure				
High Cholesterol Total:				
HDL (Good)				
LDL (Bad)				
HIV Infection				
Obesity (BMI)				
Osteoporosis (Bone Density)				
Sexually Transmitted Infections				



# EATING RIGHT



## Making Sense of Yogurt Choices

As you approach the yogurt section at your local grocery store, it's not unusual to see dazed shoppers staring in confusion at shelves filled with seemingly endless options. Today's shoppers can choose plain or flavored yogurt; varieties made with whole milk, low fat or nonfat milk; varieties made with soymilk; brands sweetened with sugar or artificial sweeteners; products with added probiotics, prebiotics, omega-3 fat, sterols and extra vitamins. How do you make sense of it all? Here's a quick tutorial:



**Probiotics.** All yogurts provide probiotics, live microorganisms (bacteria) that confer a wide range of potential health benefits. Research tentatively supports using probiotics to help resolve diarrhea and symptoms of irritable bowel syndrome, as well as to enhance immune system functions and reduce susceptibility to infections. But not all types of probiotic bacteria offer identical benefits. In the U.S., the starter bacteria for yogurt cultures (*L bulgaricus* and *S thermophilus*) have been shown to help with lactose intolerance, but research does not provide convincing evidence of the other proposed benefits.

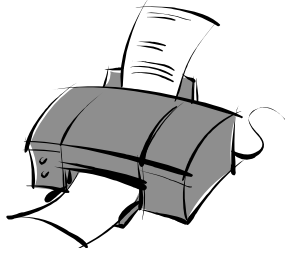
**Prebiotics.** Several yogurt manufacturers now go a step further by adding prebiotics to their products. Prebiotics are carbohydrates that feed probiotic bacteria, supporting their growth or activity. Some types of dietary fiber are classified as prebiotics, but it's not as simple as just looking for fiber on the Nutrition Facts panel. Prebiotics added to yogurt include inulin (made from chicory or table sugar), soy oligosaccharides and some types of maltodextrins and modified food starch. And don't assume that prebiotics are listed on all labels; some yogurts contain one or more prebiotics without identifying the ingredient to the consumer. Other yogurts correctly note that they contain prebiotics, but each serving may contain only a quarter to a half of the amount that research identifies as effective.

**Omega-3s and plant sterols.** Omega-3 fats and sterols that promote heart health are now added to some yogurts. Omega-3 fat, which has received much attention for its purported role in reducing heart disease, is naturally abundant in fatty fish like salmon and mackerel. While yogurts fortified with omega-3s may convey some benefit, they often contain less than 10 percent of the amount found in a standard serving of salmon. Alternatively, many yogurts contain the plant form of omega-3s (the type of essential fatty acid supplied by flax), which does not seem nearly as potent as the compound found in seafood.

Added sterols, which are naturally found in plant cell membranes and have been shown to lower blood cholesterol, are also associated with lower risk of heart disease. While eating yogurt that contains the amount of sterols recommended to help lower blood cholesterol (0.8 grams/day) will help those with elevated cholesterol, sterols don't benefit people with normal cholesterol values.

**Vitamins and minerals.** All yogurt varieties provide protein and calcium. Those labeled "live active cultures" provide a good supply of these nutrients in a form that even most lactose-intolerant people can handle. Choosing a product with vitamin D is a good move, as yogurt is not necessarily fortified with the vitamin, which is so important to bones and overall health. Be sure to avoid full-fat yogurt varieties, which provide just as much saturated fat as a similar serving of whole milk.

From the American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org).



## 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, CA 95816, 808-5462. The recycle program benefits the Ethel Hart Computer Center and the environment!

## 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](mailto: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.



## 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.

**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. Sign up 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. Sign up 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 Coolegge 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 Coolegge CC, 5699 South 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 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.



# 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](http://www.hillhealth.com) or email [gerry.sahagun@hpmg.com](mailto:gerry.sahagun@hpmg.com).

- Acupressure & Reflexology** 1/13 6pm
- Arthritis: Hot Joints Teleclass** 2/4, 11 6:30pm
- Cholesterol Highway Teleclass** 1/20, 6:30pm, 3/17 6:30pm
- Diabetes Basic Series** 1/14 1pm & 1/20 3pm, 2/17 2pm & 2/18 1pm, 3/17 4pm & 3/18 1pm
- Diabetes Eating Well** 1/28 1pm, 3/20 2pm
- Diabetes Getting Started** 2/5 3pm
- Eating Well with Diabetes Teleclass** 2/21 10am
- Healing Heartburn Teleclass** - 2/25 6pm
- Incontinence: Hold it! Three Weeks to Staying Dry Teleclass** - 2/18 6:30pm
- Insomnia: 12 Techniques to Sleep Through the Night Teleclass** 2/3 6:30pm
- Learning About Depression Teleclass** 1/13 6pm, 2/17 6:30pm, 3/7 10am
- Living in Balance: Weight Management Teleclass** 1/6, 13, 20, 27 7:30pm; 3/4, 11, 18, 25 6:30pm
- Living Well with Diabetes Teleclass** 1/20 & 27 7pm, 3/24 & 31 7pm
- Living Well with IBS Teleclass** 2/10 6pm
- Nutrition Teleclass Series** 1/27 6:30pm, 3/24 6:30pm
- Stress Management in 90 Minutes Teleclass** 1/27 6:30pm, 3/3 6:30pm

## MERCY GENERAL HOSPITAL

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

## 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](http://www.sacfoodcoop.com).

- Qigong for Immune Boosting** - 1/10, 3pm
- Post Holiday Detox** - 1/21, 6:30-8 pm
- Stretching for Seniors** - 1/22, 2/19, & 3/19, 10am
- Growing and Using Herbs and Spices** - 1/24, 11am
- Improve Your Balance** - 1/28, 1pm
- Yoga and Tai Chi for Back Care** - 1/28, 6:30pm
- Beyond Antibiotics** - 2/11, 6:30pm
- How to Beat Heart Disease and Improve Circulation** - 2/18, 6:30pm
- Introduction to 5-Rhythms Dance** - 3/7, 10am
- Introduction to Chair Yoga** - 3/18, 1pm
- Meditation Circle** - 3/18, 6:30pm
- Herbal Detox for Springtime Rejuvenation** - 3/25, 6:30pm

## THE SENIOR CONNECTION

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

- Amazing Phones for Free** 3/2 1pm, 3/30 1pm
- The Brain Workout series** begins 1/28 9am (W)
- Knowing When to Move** 1/28 12:30pm
- A Matter of Balance series** begins 1/12 1pm (MF)
- The Mediterranean Diet** 3/18 10:30am
- The Politics of Investing** 1/15 1:15pm, 1/20 11am, 2/11 10am
- Protecting Your Identity** 2/4 10am
- What Do I Do With All This Stuff?** 1/6 9:30am, 1/28 10am

## SUTTER MEDICAL CENTER

Reservations reqd. 733-7080.

- AIM: Asthma Information & Management** 1st Tues, 6pm
- Joint Replacement Educational Class** - every Tues, 1pm
- Obsessive-Compulsive Disorders** - ever Mon
- Pulmonary Rehabilitation** - every Tues/Thurs

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



# 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](http://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. 452-9622. 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](http://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](http://www.sacdance.com)

**Ballroom Dance** - every Sat.  
**Country Line Dancing** - 2<sup>nd</sup> Sun, 1pm.  
**Country Western Dance** - every Fri.  
**Dance for Life Senior Wellness Program 62+** - T/Th, 12-3pm.  
**East Coast Swing/Lindy Hop** - 3<sup>rd</sup> Sunday, 7pm.  
**Good Old Days Dance!** - 2<sup>nd</sup> 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](http://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 3<sup>rd</sup>  
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 27<sup>th</sup> St. 808-5462.  
**Ballroom Dance** Th 4-6pm.  
**Ceile Irish Dance** - 2<sup>nd</sup> & 4<sup>th</sup> W 7pm.  
**Latino Dance** - 1<sup>st</sup> & 3<sup>rd</sup> 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](http://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](http://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](http://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 17<sup>th</sup> St. 264-8080.  
**Contra Dance** - 2<sup>nd</sup> & 4<sup>th</sup> 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. Come audition or  
watch.

**Ohana Dance Group** - 2350 Fruitridge  
Rd. 369-7436 Hula for Health for  
Seniors (and other skill levels)  
[ohanadancegroup@yahoo.com](mailto: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](http://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/](http://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 27<sup>th</sup> 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](http://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 - 24<sup>th</sup> St. 491-6792. Offers various levels of yoga including Gentle Yoga for Seniors, Yoga and Meditation, and Beginner Series. [www.sacyoga.org](http://www.sacyoga.org)

### SIERRA 2 SENIOR CENTER

2791 - 24<sup>th</sup> 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](http://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 17<sup>th</sup> 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](http://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](http://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](http://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](mailto:tarastiles@sbcglobal.net).

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

**Yoga with Lydia Mendoza** - 558-0254. [www.greetthesun.com](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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 14<sup>th</sup> 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](http://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](http://www.barbaragoldberg.com)

## SUPPORT GROUPS

**Caregiver Support Group** – 1<sup>st</sup> & 3<sup>rd</sup> 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** - 2<sup>nd</sup> Th., 6pm. Eskaton Adult Day Health Center Carmichael, 5105 Manzanita Ave. 334-1072.

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

**Hearing Loss Support Group** – 2<sup>nd</sup> 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** - 1<sup>st</sup> 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** - 2<sup>nd</sup> 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](http://www.recovery-inc.org).

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

**Sunrise Macular Degeneration Support Group** – 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> 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** - 2<sup>nd</sup> W, 6:30pm at Church of the Cross (45th and H St). \$6/year. Carolyn 457-4044.

**Senior Center at Sierra 2** - 2791 24<sup>th</sup> 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 4<sup>th</sup> Mon. at VFW Post 67, 2784 Stockton Blvd. Call 929-0924.

**Sons In Retirement (SIRS) Branch 117** – Men's group that meets 2<sup>nd</sup> 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](http://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.

### Recipes: Apple Crisp

*Don't let a sweet tooth put a cramp in your healthy lifestyle. With this baked apple crisp, you can enjoy the potential cancer-fighting power of apples without sacrificing flavor. According to evidence from AICR's second expert report, a diet that features foods containing dietary fiber probably decrease your risk of developing colorectal cancer.*

*Canola oil cooking spray  
4 Granny Smith apples, cored and cut into thin slices or bite-size pieces  
1/2 cup raisins  
3 Tbsp. apple juice  
1/4 cup whole-wheat flour  
1/4 cup old-fashioned rolled oats  
1/4 cup brown sugar  
3/4 tsp. ground cinnamon  
3/4 tsp. ground nutmeg  
1 Tbsp. cold butter, cut into small pieces*

*Preheat oven to 375 degrees. Coat 8 inch square baking dish with cooking spray. Combine apples, raisins and apple juice in bowl; toss well. Transfer apple mixture to baking dish.*

*In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg.*

*With pastry blender or knife and fork, cut in butter until mixture resembles coarse meal. Sprinkle the mixture evenly over apples.*

*Lightly coat top with cooking spray. Cover and bake 30 minutes. Uncover and bake for 20 minutes more or until apples are tender. Let stand at least 20 minutes. Cut into squares and serve warm.*

*Makes 6 servings. Per serving: 170 calories, 2.5 g fat (1 g saturated fat), 39 g carbohydrate, 2 g protein, 4 g dietary fiber, 10 mg sodium. From the American Institute for Cancer Research.*

## WALKING

**California Volkssport Association** - 530-637-4048, Bruce McDevitt or [www.CaliforniaVolkssportAssociation.org](http://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](http://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](mailto:dpezl@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](http://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** - 2<sup>nd</sup> Th. SMUD Customer Service Center, 6301 S St. 7pm. 283.4650 or [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) Group volkswalks every TWR and weekend.

**WalkSacramento** - 446-9255 [www.walksacramento.org](http://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 10<sup>th</sup> 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 16<sup>th</sup> 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.

**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. 59<sup>th</sup> St. at 11<sup>th</sup> Ave. Meet at pool house. BP checks.



## BIKE & SKATE

### CYCLING

Visit [saccycle.com](http://saccycle.com) for all Sacramento Valley Cycling information.

**Bike Hikers** - [www.bikehikers.com](http://www.bikehikers.com) or [bhmembership@bikehikers.com](mailto: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](http://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](mailto:saba@sacbike.org). Visit their web site at [www.sacbike.org](http://www.sacbike.org)

**Sacramento Wheelmen** - Ralph Lubick, 355-8515.

[www.sacwheelmen.org](http://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](http://www.SacramentoAudubon.org)

**Bobelaine Audubon Sanctuary** 1/1, 8am. Brian Gilmore 451-9146

**River Bend Park** 1/5, 8am. Jack Hiehle 967-0777

**Sac National Wildlife Refuge** 1/10, 8am. Dan Williams 714-943-1266

**Salt Springs Valley** 1/11, 8am. Tim Fitzer 870-5207

**Point Reyes** 1/14, 7am. Jack Hiehle 967-0777.

**Gray Lodge Wildlife Area** 1/17, 8am. Dan Kopp 213-2791

**Sandhill Cranes** 1/18, 2pm. Mike Savino 446-1392

**Davis Wetlands** 1/19, 8am. Sami LaRocca 530-908-0288

**Yolo Basin Wildlife Area** 1/22, 8am. Dan Tankersley 359-2829

**Pleasants Valley Rd./Putah Creek**  
1/24, 8am. Gary Fregien 708-0636  
**Hansen Ranch Park Preserve** 1/25,  
8am. Jonilyn Okano 397-1295  
**Yolo Wildlife Area** 1/28, 8am.  
Marlene Ishihara 635-9758  
**Lincoln Grand Canyon** 1/31, 8am.  
Dave Pearson 408-4273  
**Rush and King Ranches** 2/1,  
7:30am. Maureen Geiger 444-0804  
**Sandhill Cranes** 2/7, 2pm. Mike  
Savino 446-1392  
**Yuba County Wetlands** 2/8,  
7:30am. Richard Barbieri 966-4603  
**American River Parkway** 2/11,  
8am. Jack Hiehle, 967-0777  
**Eureka/Arcata area** 2/14-16. Dan  
Brown 362-2458  
**Yolo Basin Wildlife Area** 2/13,  
8am. Dan Tankersley 359-2829  
**Riverbend Park** 2/13, 8am. Cathie  
LaZier 457-6882  
**Mather Regional Park** 2/15,  
8:30am. Wayne Blunk 876-0457

### **COSUMNES RIVER PRESERVE**

684-2816 or [info@cosumnes.org](mailto:info@cosumnes.org).  
Visit [www.cosumnes.org](http://www.cosumnes.org) for activities.

### **EFFIE YEAW NATURE CENTER**

Adjacent to Ancil Hoffman Golf Course  
in Carmichael. 489-4918. \$4 entrance  
fee per car. [www.effieyeaw.org](http://www.effieyeaw.org).

### **MOKULEMNE TRAIL BUSTERS**

209-772-8206 or email  
[moke-trail@earthlink.net](mailto:moke-trail@earthlink.net). Visit  
[www.mc2ct.org](http://www.mc2ct.org).

### **SACRAMENTO TREE FOUNDATION**

924-TREE (8733). [www.sactree.com](http://www.sactree.com)

### **SACTO. VALLEY CONSERVANCY**

Public hikes and docent program.  
216-2178 or  
[www.sacramentovalleyconservancy.org](http://www.sacramentovalleyconservancy.org)  
Docent-led tours on 4<sup>th</sup> Sat. at 9am  
Jan. through May. Docent equestrian  
rides 4th Sun. Feb. through May.

### **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](http://motherlode.sierraclub.org)

### **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.

**John Muir's Home** 1/3, 9:15am.  
Wayne Luney 383-9393

**American River Parkway** 1/5, 9am.  
Ingrid Bruckner 383-6457; Estelle  
Miller 925-0700

**Greenwood Creek** 1/7, 9:30am.  
Sheila Toner 530-886-0673

**Snowshoe Hike** 1/21, 9:30am. Sheila  
Toner 530-886-0673

**Sculpture Park/Miners Ravine Creek**  
1/22, 9am. Rich/Pat Jones 485-3580

**Delta Meadows State Park and  
Historic Locke** 1/24. Lin or Peter  
Lindert 530-758-6418

**Redwood Regional Park** 1/31,  
8:15am. Wayne Luney 383-9393

**American River Parkway** 2/2, 9am.  
Ingrid Bruckner 383-6457; Estelle  
Miller 925-0700

**Cronan Regional Trail Park** 2/4,  
9:30am. Sheila Toner 530-886-0673

**Potluck & Davis Hike** 2/5, 11:30am.  
Lin and Peter Lindert 530-758-6418

**Snowshoe Hike** 2/18, 9:30am. Sheila  
Toner 530-886-0673, Stephanie  
Williams 530-367-4905

**Cosumnes River Preserve** 2/19, 9am.  
Rich and Pat Jones 485-3580

### **OTHER LISTINGS:**

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

## **RESEARCH STUDIES**

### **Bone Health & Vitamin B-12 Study for Postmenopausal Women**

USDA, ARS Western Human Nutrition  
Research Center invites healthy, non-  
smoking, women, ages 50 - 65 and  
who are postmenopausal, to partici-  
pate 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 forma-  
tion. 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. For  
more information, call 530-752-5177  
and Press #6 or visit:  
[www.ars.usda.gov/pwa/davis/whnrc/  
nutrition](http://www.ars.usda.gov/pwa/davis/whnrc/nutrition)

**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 27<sup>th</sup> 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](http://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.

**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](mailto:chaconj@saccounty.net).

**Sacramento Hospice Consortium** - Hospice Volunteer Training. Experience the joy of becoming one of the caring men and women who, like good friends, 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. Training classes will begin again in January 2009 in Carmichael. There will be other trainings throughout the year. Cost: \$35. For information call the Sacramento Hospice Consortium Volunteer Response Line at 388-6288 or [www.sachospice.org](http://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](mailto:dmandel@lsnc.net). Visit [www.seniorlegalhotline.org](http://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.