

50 + Wellness Newsletter

We do best what we do most. Be well!

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A Good Night's Sleep

Ever since he retired, Edward dreads going to bed at night. He's afraid that when he turns off his light, he will just lie there with his eyes open and his mind racing. "How can I break this cycle?" he asks. "I'm so tired—I need to get some sleep."

Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But many older people don't sleep well. If you're always sleepy, it may be time to see a doctor. You shouldn't wake up every day feeling tired.

Sleep and Aging

Older adults need about the same amount of sleep as young adults—7 to 9 hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger. Older people may nap more during the day, which can sometimes make it hard to fall asleep at night.

There are two kinds of sleep—REM (rapid eye movement) sleep and non-REM sleep. We dream mostly during REM sleep and have the deepest sleep during non-REM sleep. As people get older, they spend less time in deep sleep, which may be why older people are often light sleepers.

Sleep Problems

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Napping during the day can disrupt sleep at night. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents
- Feel very sleepy during the day

Insomnia

Insomnia is the most common sleep problem in adults age 60 and older. People with insomnia have trouble falling and staying asleep. Insomnia can last for days, months, or even years. If you're having trouble sleeping, you may:

- Take a long time to fall asleep
- Wake up many times in the night
- Wake up early and be unable to get back to sleep
- Wake up tired
- Feel very sleepy during the day

There are many causes of insomnia. Some of them you can control, but others you can't. For example, if you are excited about a new activity or worrying over your bills, you may have trouble sleeping. Sometimes insomnia may be a sign of other problems. Or, it could be a side effect of a medication or an illness.

Continued on next page...

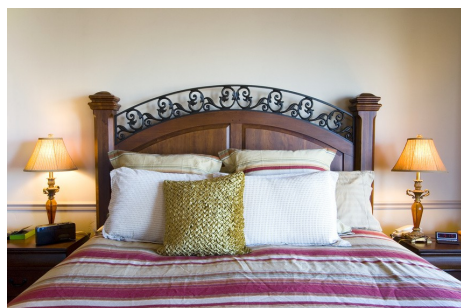
Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may even make insomnia worse.

Older adults who have trouble sleeping may use more over-the-counter sleep aids. Using prescription medicines for a short time might help. But remember, medicines aren't a cure for insomnia. Developing healthy habits at bedtime may help you get a good night's sleep.

Sleep Apnea

Sleep apnea is another serious sleep disorder. A person with sleep apnea has short pauses in breathing while sleeping. These pauses may happen many times during the night. If not treated, sleep apnea can lead to other problems such as high blood pressure, stroke, or memory loss. You can have sleep apnea and not even know it. But your loud snoring and gasping for air can keep other people awake. Feeling sleepy during the day and being told you are snoring loudly at night could be signs that you have sleep apnea.

If you think you have sleep apnea, see a doctor who knows about this sleep problem. You may need to learn to sleep in a position that keeps your airways open. Sometimes a medical device called Continuous Positive Air Pressure (CPAP), a dental device, or surgery can help.



For More Information, here are some helpful resources:

<p>National Heart, Lung, and Blood Institute P.O. Box 30105 Bethesda, MD 20824-0105 1-301-592-8573 1-240-629-3255 (TTY) www.nhlbi.nih.gov</p>	<p>American Sleep Apnea Association 6856 Eastern Avenue, NW Washington, DC 20012 1-202-293-3650 www.sleepapnea.org</p>
<p>National Institute on Neurological Disorders and Stroke P.O. Box 5801 Bethesda, MD 20824 1-800-352-9424 (toll-free) 1-301-468-5981 (TTY) www.ninds.nih.gov</p>	<p>Better Sleep Council 501 Wythe Street Alexandria, VA 22314-1917 1-703-683-8371 www.bettersleep.org</p>
<p>National Institute on Neurological Disorders and Stroke P.O. Box 5801 Bethesda, MD 20824 1-800-352-9424 (toll-free) 1-301-468-5981 (TTY) www.ninds.nih.gov</p>	<p>National Sleep Foundation 1522 K Street, NW Suite 500 Washington, DC 20005-1253 1-202-347-3471 www.sleepfoundation.org</p>
<p>American Academy of Sleep Medicine One Westbrook Corporate Center Suite 920 Westchester, IL 60154 1-708-492-0930 www.aasmnet.org</p>	<p>Restless Legs Syndrome Foundation 1610 14th Street, NW Suite 300 Rochester, MN 55901 1-877-463-6757 (toll-free) www.rls.org</p>

Movement Disorders

Restless legs syndrome, periodic limb movement disorder, and rapid eye movement sleep behavior disorder are common in older adults. These movement disorders can rob you of needed sleep. People with restless legs syndrome, or RLS, feel like there is tingling, crawling, or pins and needles in one or both legs. It's worse at night. Moving the legs brings some relief, at least for a short time. RLS tends to run in families. See your doctor for more information about medicines to treat RLS.

Periodic limb movement disorder, or PLMD, causes people to jerk and kick their legs every 20 to 40 seconds during sleep. Some people have hundreds of these movements each night, which may result in loss of sleep and feeling tired and sleepy the next day. Medication, warm baths, exercise, and learning ways to relax can help. Rapid eye movement sleep behavior disorder, also known as REM sleep behavior disorder, is another condition that may make it harder to get a good night's sleep. REM sleep, or rapid eye movement sleep, is the most active stage of sleep when dreaming often occurs. During normal REM sleep, your muscles cannot move, so your body stays still. But if you have REM sleep behavior disorder, your muscles can move, and your sleep is disrupted.

Alzheimer's Disease & Sleep, A Special Problem

Alzheimer's disease often changes a person's sleeping habits. For example, some people with Alzheimer's disease sleep too much; others don't sleep enough. Some people wake up many times during the night; others wander or yell at night. The person with Alzheimer's disease isn't the only one who loses sleep. Caregivers may have sleepless nights, leaving them tired for the challenges they face.

If you're caring for someone with Alzheimer's disease, there are steps you can take for his or her safety and that might help you sleep better at night. Try the following:

- Make sure the floor is clear of objects.
- Lock up any medicines.
- Attach grab bars in the bathroom.
- Place a gate across the stairs.

Getting a Good Night's Sleep

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help you get a good night's sleep. Here are some ideas:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music, or soak in a warm bath.
- Keep your bedroom dark, not too hot or too cold, and as quiet as possible.
- Have a comfortable mattress, a pillow you like, and enough blankets for the season.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Make an effort to get outside in the sunlight each day.
- Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and hot chocolate) can keep you awake.
- Drink fewer beverages in the evening. Waking up to go to the bathroom and turning on a bright light break up your sleep.

- Remember that alcohol won't help you sleep. Even small amounts make it harder to stay asleep. Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

Safe Sleeping

Try to set up a safe and restful place to sleep. Make sure you have smoke alarms on each floor of your house or apartment. Lock the outside doors before going to bed. Other ideas for a safe night's sleep are:

- Keep a telephone with emergency phone numbers by your bed.
- Have a good lamp within reach that turns on easily.
- Put a glass of water next to the bed in case you wake up thirsty.
- Use nightlights in the bathroom and hall.
- Don't smoke, especially in bed.
- Remove area rugs so you won't trip if you get out of bed in the middle of the night.
- Don't fall asleep with a heating pad on; it may burn.

Sweet Dreams

There are some tricks to help you fall asleep. You don't really have to count sheep—but you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it's 5 minutes before you have to get up, and you're just trying to get a few extra winks. Other people find that relaxing their body puts them to sleep. You might start by telling yourself that your toes feel light as feathers and then work your way up the rest of the body saying the same words. You may drift off to sleep before getting to the top of your head.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk to your doctor about changes you can make to get a better night's sleep.

NIHSeniorHealth (www.nihseniorhealth.gov), is a senior-friendly website from the National Institute on Aging and the National Library of Medicine, for health information for older adults. Special features make it simple to use. For example, you can click on a button to have the text read out loud or to make the type larger.

National Institutes of Health, USDHHS

Get moving with 50+ Wellness!



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

Stretching & Strengthening Monday, Wednesday, and Friday, 7:30 to 8:30 am, 8:45 to 9:45 am or 10 to 11 am, East Portal

Park Clubhouse, Rodeo Way at L Street, East Sacramento. Focusing on proper body mechanics, posture and balance, with a deep relaxation phase at the end of the class. All fitness levels welcome! \$55/month. Pay at Coloma CC, 4623 T Street.

Raja Yoga Mondays or Wednesdays 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.

Restorative Yoga Wednesdays, 5:30 pm to 6:45 pm. Release, relax and restore your body and mind. Using several yoga styles, the instructor will guide the body towards balance and health, including Hatha (Yang), Paul Grilley's Yin Yoga, and Restorative allowing you to truly let go. Please bring a mat and small pillow and wear loose clothing. \$30 for 8 sessions. Sign up at Coloma CC, 4623 T Street.

Head to Toe Fitness Monday, Wednesday 8:30 to 9:30 am. Evelyn Moore CC, 1402 Dickson Street. Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter! \$20 for a 10 session punch card.

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

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 Meadowview 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.

The summer night is
like a perfection of
thought.

~Wallace Stevens



THANK YOU!

**Thank you to these people for
their generous donation to the
50+ Wellness Newsletter!**

Dave & Lois Warren
Cecile Kaplan
Joyce Hathaway
Tressia Leiker
Marg Bartosek
Anonymous donor

**Thank you to these people for the
generous donation to the
Stand Up to Falls Program!**

Dixie Hall
Dave & Lois Warren

Exercise for weight loss: Calories burned in 1 hour

By [Mayo Clinic staff](#)

Being active is an important part of any weight-loss or weight-maintenance program. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight loss.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories). Exercise along with cutting calories helps boost your weight loss. Exercise is also important for maintaining your weight and not regaining weight.

For most healthy adults, the Department of Health and Human Services recommends:

- At least two hours and 30 minutes a week of moderate aerobic activity (think brisk walking or swimming) or one hour and 15 minutes a week of vigorous aerobic activity (such as running) — preferably spread throughout the week.
- Strength training exercises at least twice a week.

As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to increase your activity even more.

This chart shows the estimated number of calories burned while doing various exercises for one hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.

Activity (1-hour duration)	Weight of person & calories burned		
	160 lbs (73 kg)	200 lbs (91 kg)	240 lbs (109 kg)
Aerobics, low impact	365	455	545
Aerobics, water	292	364	436
Bicycling, < 10 mph	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Jogging, 5 mph	584	728	872
Racquetball, casual, gen	511	637	763
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Skiing, cross-country	511	637	763
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tai chi	292	364	436
Tennis, singles	584	728	872
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting, free weight, Nautilus or universal type	219	273	327

This article can be found at www.mayoclinic.com/health/exercise/SM00109

Eating Right: It's Backyard Barbecue Time

Four Tips for Healthy Grilling from the AICR Test Kitchen

Grab the tongs, put on the chef's apron and fire up the grill. Warm weather sets picnic fever in motion and according to the Hearth, Patio and Barbeque Association, 4 out of 5 American households will be polishing up the backyard grill for the season. Whether for a family gathering, a beach party or an informal backyard soiree, we love to grill and these are America's favorites: hamburgers, steak, chicken, hot dogs and ribs. And all that grilled meat, say AICR experts, may be a problem.

Flames and Meat: A Risky Combination

When meat, poultry and fish are cooked with high temperatures – especially when well-done or charred – two cancer-causing compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) form. These substances can damage DNA and may increase risk for colon cancer. Keep in mind that too much red meat (more than 18 oz. per week) and any amount of processed meat, such as hot dogs, are factors that increase colorectal cancer risk on their own, so grilling and eating big portions of these foods may mean added risk. The good news: there are ways to celebrate the backyard barbecue and with a few simple strategies, be a little healthier.



Steps to Safer Grilling

1. **Think Low and Slow** Slow down the cooking time with a low flame to limit burning and charring. Cooking meats at a lower temperature reduces the amount of the carcinogens, HCA and PAH. More tips: cut off any visible fat (to reduce flare-ups), cook food in the center of the grill and move coals to the side (prevents fat and juices from dripping on them) and cut off any charred portions of the meat.
2. **Marinate the Meat** Mix up a marinade with herbs and vinegar or lemon juice and keep the meat steeping in the fridge while you prepare the sides. Marinating meat has been shown to reduce formation of HCAs and although it's not clear why, some evidence points to the acids (vinegar and citrus) or the herbs' antioxidant content. Even just 30 minutes in the marinade can help. And the bonus — your guests will rave about the tenderness and added flavor from the marinade.
3. **Partially Precook** You can do this in the microwave, oven or stove to help reduce the amount of time the meat is exposed to high heat. Enjoy the aroma and flavor from grilling but minimize the risks. To ensure safe food handling, just be sure to put the food on the preheated grill immediately to complete cooking
4. **Sizzle with Veggies and Fruits** Boost cancer prevention with these foods on the menu and you can grill away without worry as the cancer-causing compounds related to grilled meat don't form on grilled veggies and fruits. Try the ideas suggested in the "Add Some Color" box to expand your grilling repertoire.



Add Some Color to Your Grill

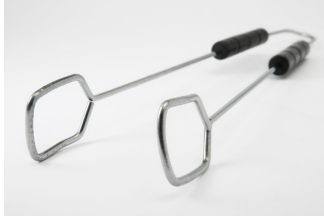
Vegetables

Asparagus, onions, mushrooms, zucchini, eggplant and corn on the cob are favorites – grilling brings out flavors that even picky eaters enjoy. Cut into chunks for kabobs or cook in a grill basket. Or toss with a small amount of olive oil and grill whole.

Fruits

Cut fruit before putting it on the grill: apples, peaches and pears can be halved and bananas split lengthwise. Use fruit that is about a day or two away from being completely ripe so it holds its texture better. If you brush fruit or the grill with a bit of oil, it won't stick, and remember to watch closely so it doesn't get overdone. Serve as is, with a sprinkle of cinnamon or a dollop of plain frozen yogurt.

Grilled Ginger Tuna (adapted from the New American Plate Cookbook)



- 1 lb. fresh tuna, boneless and skinless
- 1 tsp. canola oil
- 1 tsp. grated peeled fresh ginger
- 1 small jalapeno chile, seeded and minced or 1/4 tsp. dried red pepper flakes, to taste
- 1/4 tsp. salt
- Freshly ground black pepper
- 1 Tbsp. freshly squeezed lime juice

Prepare barbecue grill to medium-high.

Cut tuna into 16 equally-sized cubes and place them in a bowl. Add canola oil and toss fish to coat. Add ginger, jalapeno or red pepper flakes, salt, pepper to taste and lime juice. Toss and mix well. Cover and refrigerate 20 to 30 minutes.

Divide tuna cubes evenly among 4 skewers. Grill for 4 to 5 minutes, turning frequently, using tongs. Fish is done when it is just cooked through and no longer pink on inside.

Serve immediately, with fruit or salsa.

Makes 4 servings. Per serving: 134 calories, 2 g. total fat (<1 g. saturated fat), 0 g. carbohydrate, 27 g. protein, 0 g. dietary fiber, 187 mg. sodium.

From the American Institute for Cancer Research,
www.aicr.org



50+ Wellness is pleased to receive additional grant funding from the Area 4 Agency on Aging to continue to ***Stand Up to Falls!***

A variety of fall prevention related activities will be offered over the next year such as workshops, fitness and tai chi classes and educational materials.

Keep an eye out in the coming months for the details as we schedule workshops and open up registration.



Come play the table

We're not talking about gambling but table tennis! Also know as ping pong, table tennis is as serious as being an Olympic summer sport or as fun as taking part in a friendly game. This sport is so versatile - you can play a serious match and work up a sweat or play recreationally and still reap the benefits of a whole body physical activity, brain fitness coordinating your hand and eye movements and emotional well-being by having fun and engaging with others.

The Hart Senior Center, in Midtown Sacramento at 915 27th Street, offers Social Ping Pong Thursday afternoons at 12:30 pm. With a brand new, high end table and lots of friendly faces, it's a great way to spend a couple of hours. Call 808-5462 for more information or just come one down and join us on Thursdays!

Summer 2011 Farmers Markets

<p><u>Saturday</u> 8 am to Noon Sunrise Station Folsom and Sunrise Blvd - Rancho Cordova Open all year!</p>	<p><u>Saturday</u> 8 am to Noon Country Club Plaza Butano Drive Parking Lot - Sacramento Open all year!</p>
<p><u>Saturday</u> 8 am to Noon Laguna Gateway Center Laguna and Big Horn Blvd. - Elk Grove Open all year!</p>	<p><u>Saturday</u> 9 am to Noon Inderkum High School New Market Drive - North Natomas May through October</p>
<p><u>Sunday</u> 8 am to Noon State Parking Lot 8th and W Streets - Sacramento Open all year!</p>	<p><u>Tuesday</u> 10 am to 1:30 pm Rossevelt Park 9th and P Streets - Sacramento May through September</p>
<p><u>Tuesday</u> 10 am to 1:30 pm Fremont Park 16th and P Streets - Sacramento May through September</p>	<p><u>Wednesday</u> 10 am - 1:30 pm Chavez Plaza 10th and J Streets - Sacramento May through October</p>
<p><u>Wednesday</u> 4 pm to 7 pm Elk Grove Regional Park 9950 Elk Grove-Florin Road - Elk Grove Mid-May through August</p>	<p><u>Thursday</u> 8 am to noon Florin Sears Store Florin Road & 65th Street - Sacramento Open all year!</p>
<p><u>Thursday</u> 10 am to 1:30 pm Capitol Mall 6th Street and Captiol Mall - Sacramento May through September</p>	<p><u>Thursday</u> 10 am to 1:30 pm East End State Capitol Park 15th and L Streets - Sacramento June through September</p>
<p><u>Friday</u> 10 am to 1:30 pm St. Rose of Lima Park 7th and K Streets - Sacramento June through September</p>	<p><u>Pending New Market Site</u> American River College Saturday or Sunday morning Starting June or July 2011</p>

California-Grown Fruits and Vegetables Directly from the Farmers who Grow Them.

For more information: 916-688-0100 or www.marketlocations.com

Note: Program and classes are subject to change.

COMMUNITY EVENTS & WORKSHOPS

YMCA Senior Health Fair 9/14, 9:30am-11:30am. 2021 W Street, 95818. This event is FREE, open to all, housing, legal, safety, health & more info. Pat 452-9622 x101.

2011 Alzheimer's Association Walk to End Alzheimer's

9 AM on Sat, 10/1, CAState Capitol CHECK IN at 8 AM. Fundraiser for Alzheimer's Association, more info: www.alznorcal.org or 930-9080

Hill Physicians Classes Open to the public. Pre-registration req'd. 877-493-5563. www.hillphysicians.com

Mercy General Hospital 3rd Fri. 11am-12pm. Mercy General Hosp 4001 J St., Sac. 888-800-7688.

Sac Natural Food Co-Op Variety of wksp. 1914 Alhambra Blvd., 455-2667. 3rd Wed. Sr Appre (10% off.) www.sacfoodcoop.com.

The Senior Connection A free service of Eskaton. 888-334-3490 M-F 8am-5pm.

LET'S DANCE

Arcade Creek RPD

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

The Ballroom of Sacramento

6009 Folsom Blvd. 456-2616
www.theballroomofsacramento.com

Capital Ballroom Club

Every Sunday 7-10:30 pm with a free two hour dance lesson 5-7pm. Dance to the music of Daryl Robin, Carmichael Elks Lodge 5631 Cypress Avenue. \$8/door. 366-6501

Cordova Senior Center

3480 Routier Road. 366-3133
Ballroom - Tues 5-7 pm.
Country Line - Tues (Intro) 2:15-3:15pm, Tues (Beg) 3:30-4:45pm

Davis Senior Center

646 A St, 530-757-5696
Hula Dance - Th 1:30-2:30pm
Tap Dancing - M 3:30pm

Ethel Hart Senior Center

915 27th St. 808-5462
Ballroom - Th 1:30-3:15 pm Free
Hula - 1st & 3rd Tu 9:30 am Free
Latino - every 4th Tue, 1-3 pm

Maidu Community Center

1550 Maidu Drive, 774-5950
Beg. Country Line - W 12:30 pm
Call for other dance styles.

Mission Oaks Community Center

4701 Gibbons Dr., Carmichael 972-0336.
Ballroom Class - M 3:30pm, \$13/mo
Ballroom - TF 1:15 pm, \$5
Folk Dance - W 3 pm, \$11/mo
Square Dancing - F, 7:30 pm
Tap Dance, Line Dance, & Social Dance - TF 1:15 pm, \$5

Ohana Dance Group

Cultural Center
2831 Fruitridge Rd. #G 369-7436
Hula Classes - Tues, Wed, Sat
www.ohanadancegroup.com

Orangevale - Dancing with Cari.
Private Ballroom, Latin & Swing lessons. \$40/hour for single or couple. 988-6099 www.caribob.net

Roseville Vetern Memorial Hall

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

Sacramento Cultural Arts Center

6520 44th St. 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
Sacramento Square Dance Club
Community of Christ Church, 4044 Pasadena Ave, Sacramento First 2 lessons are free. No partner needed. Anyone 50+ (or younger) is welcome to join! 727-3557

Senior Center at Sierra 2

2791 24th St, Rm 12, 455-6339
Line dancing, Tue 2 pm, \$3 donation
spotlight Dance & fitness
2534 Industrial Blvd, #150, West Sac. 649-3269. Sr Discounts available! www.spotlightdancesport.com

Sunrise RPD

725-1585
Jazz - Th 7 pm \$30/4 wks
Jazzercise - TThFSu 9:30 am, M-Th 6 pm Rusch Gym. \$32/mo
Tap - T 7:30 pm \$30/4 wks

Mirror Ball Dance Studio

9806 Old Winery Place, Suite 6
Off Hwy 50 at Bradshaw & Folsom Blvd, right on Horn Rd.
Social dance include 1 hr lesson
2nd, 4th & 5th F Ballroom Lesson: 7:30 General dance: 8:30-10:30pm
West Sacramento Senior Center
664 Cummins Wy. 373-5819 Offers Line Dancing Tues 2-3:30. Donation.
Woodland Comm & Senior Center
2001 East Street 530-661-5880
Young Ladies Institue Hall
1400 27th St. 422-9251
Israeli & Social Dances of the World: 2nd & 4th Su Suggested donation \$5
YWCA 1122 17th St. 264-8066.

WATER FITNESS

American River College 484-8201

Arden Manor RPD 487-7851

Arthritis Foundation Folsom. Indoor pool. Arthritis & fibro-myalgia classes. 368-5599 or 983-5900

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

UC Davis Water Aerobics UCD patients only. 734-6700

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

Del Norte Club 483-5111

Easter Seals Pool Aerobics, Arthritis, Back, Walking and Weightless Aerobics classes. Pool Pal assistants available. Warm water therapy pool. 485-6711

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

Los Rios Community College Adapted Aquatics for special conditions. Raye Maero, ARC, 484-8281

Mercy Arthritis Indoor, heated pool. Dr. referral req. 453-4553

Methodist Hospital Heated. Dr. referral req. 423-6041

North Area Physical Therapy 4737 El Camino Ave. Indoor, heated pool. 487-3473

Roseville Parks & Rec Aquatic-Complex 774-5242
Sacramento City College Indoor, heated. 558-2111 **Sacramento Masters Swimming** 923-5174 or www.sacmasters.org
Pannell Meadowview Community Center Pool 808-6622
Southgate Aquatics Two locations. Summer only. 422-7330
Woodland Parks & Rec Adult Swim Programs. 530-661-5894
YMCA 21st & W St. Indoor pool, mem req. Financial Aid available. 452-9622

Many local gyms & other clubs have pools available to their members. Check your local listings near you.

FITNESS CLASSES

CARMICHAEL

Mission Oaks CC
 4701 Gibbons Dr. 972-0336
Movement TF 9:30 am, F 10:15 pm \$11/mo
Tai Chi TTh 4 pm \$30/mo
Jazzercise Lite call for info
Chair Yoga M 9am \$13/mo
Yoga TTh 8am \$18/mo
Yoga Th 7pm \$20/mo

CITRUS HEIGHTS

Sunrise Rec. & Park
 725-1585
Beginning Exercise MWF 8:15 am and 11 am
Strengthening Yoga M 9:30am, W 6pm
Therapeutic Hath Yoga W 10am, T 5:30pm
Exercise for Older Adults T/Th 9am

DAVIS

Davis Senior Center
 646 A St. 530-757-5696. Call for fees.
Senior Fitness for Life MWF 7:45 & 9 am
Feldenkrais T 11:30 am
Intermediate Yoga MTh 8:15 am
Chair Yoga MTh 10:30 am
Dynabands MWF 2 pm
Tai Chi/Chi Gung T 9 am
Balance Workshops & Bones for Life 530-753-6060 for details

DOWNTOWN, MIDTOWN & EAST SAC

Arden Manor Rec & Parks
 1415 Rushden Dr. 487-7851
The City of Sacramento
 www.cityofsacramento.org/parksandrecreation/
Coloma Community Center
 4623 T St. 808-6060
Senior Aerobics MWF 9:30am \$3.50/cl
Tai Chi W, 6:30pm. \$40/mo.
East Portal Clubhouse
 1120 Rodeo Way. 808-1593
 Register at Coloma CC 4623 T St.
Raja Yoga M or W 12:30-2 \$32/mo
Stretching & Strengthening MWF 7:30am, 8:45 or 10 am \$55/mo
Hart Senior Center
 915 27th St. 808-5462.
Balance & Strengthening MWF 9:15-10am. All levels. Free.
Chair Yoga WF 1-2 pm \$30/8 cls
Hatha Yoga MWF 2:15 pm \$30/8 cls
Prime Time Fitness MF 8 am \$8/8 cls
Qi Gong Sat, 10:45am. Free.
Sac Yoga Center at Sierra 2
 2791 24th St. 491-6792. Various levels of yoga. www.sacyoga.org
Senior Center at Sierra 2
 2791 24th St., Rm 12 455-6339
Chair Yoga W 11:15 am
Gentle Yoga W 10 am
Tai Chi/Chi Kung F 10 am
Fall Prevention: Bend, flex & stretch TTh 11:30, \$35/8 or \$5 drop-in
The YMCA of Greater Sacramento
 2021 W St. Sac 452-9622 for rates
Healthy Back TTh 10:30am
Low-impact dance MW 10:30am
On the Ball T 9:15am
Senior Fitness MWF 9:30am
Yoga MWF 8am
Yoga Light T 11:30am
Various locations
Badminton T 10am. Salvation Army gym on Broadway. Alice 372-5127.
Bikram Yoga Yoga Loka, 4820 Folsom Blvd (enter via alley). 454-4100
Gentle Kripalu Yoga Th 2pm. Sac Yoga Center, 2791 24th St, Rm 6. \$30/4 classes. Mae 374-9704
Golden Yoga 780-6167.
 www.balanceyogaonline.com

Healthy Habits Fitness and Yoga Studio 2224 J St. 444-7729. Fitness workout; all levels of Pilates, yoga, & piloga (Pilates/yoga) classes. www.healthyhabsstudio.com
Ping Pong (Social) Th, 12:30-2pm. Free. Hart Senior Center, 915 27th St. 808-5462.
Range & Motion M, Th 11am. Free. Stanford Settlement SC 927-1303.
The Renaissance Society offers misc activities Must be member. 278-7834. www.csus.edu/org/rensoc
New Dragon Tai Chi Studio 4641 Freeport Blvd. 730-1704 \$15.00
Tara Stiles offers classes at Sierra 2 Complex & Sac Natural Foods Co-Op. Also available: private instruction, massage, and 1-on-1 yoga therapy sessions. 454-5526 or tarastiles@sbcglobal.net.
Yoga Solution 887 57th St, #B. Jennifer 383-7933.

ELK GROVE

Cosumnes CSD
 405-5600 ext. 1 www.yourcsd.com
Zumba Gold Tue 6 pm \$20/mo
Tai Chi T/Th 9am. \$45.
Iyengar Yoga
 683-0556
Elk Grove HS T, 7pm. Beg. & Inter.
Laguna Town Hall Th. 6 pm. Beg. & Inter.
Lapetite Dance Academy Sat, 9 am. Beg. & Inter.
Senior Center of Elk Grove
 8830 Sharkey Ave, 685-3160
 Fee \$Mem/\$Non-mem
Chair Exercise TWF 9:30 am \$1/\$2
Gentle Yoga MTTh 1 pm \$1/\$2
Never-Too-Late Aerobics MTh 8:45 am & T 8:30 am \$2/\$3
Tai Chi M 8 a.m. \$20/4 sessions

FAIR OAKS

Fair Oaks Rec. & Park
 966-1036
Senior Exercise M-Th 9:35am \$1.50.
Therapeutic Hatha Yoga M 5:30 pm at Old Library. \$35/mo
Strengthening Yoga F 8:30-10am at the Clubhouse. \$35/mo
Tai Chi Th 10am, \$25/mo

NORTH AREA

Arcade Creek Rec & Park

4855 Hamilton St. 482-8377
www.arcadecreekrecreation.com
Dance Fitness TTh, 5:30pm. \$37/mo
T'ai Chi W 9:30-10:30am \$18/mo

Arden Park Community Center

1000 La Sierra Drive 483-6069
Stretchercize Chair Fitness WF 9:45 am \$35/mo or \$20/punch pass
Better Balance Class WF 11am \$20/mo Instructor: Ken Nelson LCMT, AMT

Del Norte Club

3040 Becerra Way. 483-5111
Membership req.

Howe Community Center

2201 Cottage Way. 927-3802
"Forever Young" Senior Aerobics MW 11am.

Tai Chi: Moving for Better Balance MW 9-10:30 am.

South Natomas CC

2921 Truxel Rd. 808-1571
Active Yoga M 6:45pm.
Exercise, Energize, Enjoy MW 10:30 am. \$20/10classes.
Yoga MW 9am. \$50/10 class.

Swanston Community Center

2350 Northrop Way 333-6464
Lifelong Fitness T/Th 9:30 am. \$5

RANCHO CORDOVA

Cordova Fitness Center

9555 Folsom Blvd Ste. G. Offers classes for older adults and instruction in the use of exercise equipment. Mem not req. 363-6584.

Cordova Rec & Park District

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

Cordova Senior Center

3480 Routier Rd. Call 366-3133.
Senior Exercise MWF 8 am \$25/mo
Senior Yoga MWF 9:15 am \$30/mo
Zumba Gold WF 2:15 pm \$25/8 class punch
Fall Risk Reduction Tues 11 am \$25/mo
Tai Chi/Qigong Thurs 9 am \$20/mo

Various Locations

Ananda Center offers yoga classes and workshops. 361-0891.
www.anandasacramento.org

ROSEVILLE

Maidu Community Center

1550 Maidu Dr. 774-5950
Chair Fitness MW 10:30am
Chair Fitness Plus MW 11:30am
Never Too Late MWF 8:45am
Nice & Easy Fitness MTh 9am

Roseville Health & Wellness Ctr

1650 Lead Hill Blvd. 677-1200
www.rosevillehwc.com.

Roseville Sports Center

1545 Pleasant Grove Blvd. 774-5990. Call for fees.
Active Adult Cycle T/Th 10:30am.
Never Too Late MWF 8:15am.
Nice & Easy Fitness T/Th 8pm.
Piloga MW 4:15-5pm.

SOUTH AREA

Belle Cooledge CC

5699 South Land Park Dr. 808-5610.
Stretch 'n' Flex T/Th 8-9am. Free.

Evelyn Moore CC

1402 Dickson Street. 808-5610.
Reg at Belle Cooledge.
Head to Toe Fitness MW 8:30am. \$20/10 sessions.

Chi Gong for Special Populations T 6:30-8:30pm. Free. 808-1593.

Jose Rizal CC

7320 Florin Mall Dr. 395-0601
Jazzercise Irene 683-2479 or 616-5317
Never-Too-Late Aerobics M-F. 10:15-11am. \$2/cl

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

Parkside Community Church

5700 S. Land Park Dr. 421-0492.
Svaroopaa Yoga Beg. W 9:15-11am; Cont. T 8:45-11am \$52/4 or \$15 ea.
Tai Chi & Strength Training M

6:30pm & Th 9:30am \$20/8 classes

Sam Pannell Meadowview CC

2450 Meadowview Rd. 808-6680
Exercise Room Must pre-register.
Fit Over Fifty Low impact aerobics. MWF 10:30am. \$2/session.
Walk group MWF 8:30am. Meet in lobby.

Valley Hi Covenant Church

8355 Arroyo Vista Dr. 529-9854 or 529-1067
Praiseworks Dance Fitness M 6pm
PraiseMoves M 7pm
Step Aerobics T 6:30pm

Various Locations

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

Head To Toe Fitness - St. Anthony Parish. MWF 9:45am. \$2. 428-5678.
Yoga in the Iyengar Tradition - 3200 Riverside Blvd., St A. Mary Chan731-4831.

WEST SACRAMENTO

West Sac Senior Center

664 Cummins Way 373-5819.
Easy Exercise w/ Rose Madrid T/Th 1pm. \$1 donation
Stretchercize Low impact aerobics to tape - M-F 9am, Free
Tai Chi - M 10am (Las Casitas next door to Senior Center) Free.

Various Locations

Chair Yoga MF 6 pm Las Casitas, 685 Lighthouse Dr (clbhs); T 9:30am - Margaret McDowell Manor, 1525 Merkeley Ave. Mae 374-9704.
Gentle Yoga T 2pm, Spotlight Dance & Fitness, 2534 Industrial Blvd, Suite 150, Mae 374-9704.

WOODLAND

Woodland Senior Center

630 Lincoln Ave, 530-661-5890.
Low Impact Aerobics MWF 8-8:30am & 10-10:30am.
Tai Chi M 8:45am.
Ship Shape T/Th 10-11am.

MISCELLANEOUS LISTINGS

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

Los Rios Community College Dist.

Offers Adapted Weights & Fitness, Adapted Lifetime Sports, Adapted Walk & Wheel, and Wheelchair Sports. On a semester schedule. Raye Maero at 484-8281.

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

Learn to Race Walk 1st Sat of mo, 8 am Maidu Park, Roseville. Learn basic techniques of race walking for fun, fitness, & athletic competition. Free. www.sierraracewalkers.org

SUPPORT GROUPS

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

[Celiac Support Group](#) Mo. 483-8546.

[Davis Senior Center](#) 530-757-5696 for list of groups.

[Family and Friends of Older Adults Support Group](#) 2nd Th., 6pm. Eskaton Carmichael, 5105 Manzanita Ave. 334-1072 or 334-0296.

[Folsom Stroke Survivor and Caregiver](#) 4th W, 11-1pm. Burger Rehab 1301 East Bidwell St. 983-5915

[Hearing Loss Support Group](#) 2nd Sat of month (July, Aug). 10 -Noon.

[NorCal Center on Deafness](#) 4708 Roseville Rd, Ste 111, N. Highlands. Carol 383-6428 or Jean 334-9406.

[211 Sacramento](#) Comprehensive resource for all. Dial 211.

[Maidu Community Center](#) Roseville, several groups. 774-5220

[Neuropathy Support Groups](#)

[Woodland](#): 3rd M, 3:30 pm, Woodland SC, 2001 East Street, Delia 530-881-3238. [West Sac](#), 2nd Th, 12:30 pm, Library, 1212 Merkley Ave., Sandra 372-6038. [Davis](#), 1st Tue., 3:30-5 pm, Davis SC, 646 A Street, Mary 530-756 5102. [Central Sac](#):

2nd Th. 2 pm, The Chateau, 2701 Capitol Ave., Bev 877-622-6298. [Sacramento](#): 3rd Tue., 1:30 pm, Northminster Presb. Church, 3235 Pope Street, Anne 391-3317

[Parkinson Association of Northern California](#) sponsors numerous Support Groups throughout the Region. 489-0226 for info on groups. [www.parkinsonsacramento.org](#)

[Recovery, Inc.](#) for people struggling with emotional issues. 483-5616, [www.recovery-inc.org](#).

[Sunrise Macular Degeneration Support Group](#) 3rd F, 12-2pm at Elks Lodge, Carmichael. 491-5885.

[T.O.P.S](#) Taking Off Pounds Sensibly Th 8am. Ethel Hart (915 27th St.) 808-5462.

[T.O.P.S CA 15](#) Taking Off Pounds Sensibly. St. Philomena 2428 Bell St. Th 7pm. Weigh-in 6:30pm. Bea 487-7182.

SOCIAL CLUBS & ORGANIZATIONS

[Arcade Creek Rec & Park](#) Drop-in program M 9am-1pm. 4855 Hamilton St. Various projects and lively discussion. \$1/day. 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 St. Senior Center Reads, Bridge, Current Events, Stamp Club, Genealogy Club, Computer Club, Men's Group & Red Hat Soc. 530-757-5696.

[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 & H St). \$6/year. Carolyn 457-4044.

[Senior Center at Sierra 2](#) 2791 24th St, RM 12. Open to all. Free & for-fee classes & activities such as Acting, Life Writing, Book Club, bridge, mah jong, fitness, crafters, singing & more. 455-6339 [www.sierra2.org](#).

[Sons In Retirement \(SIRS\) BR 3](#) Men's group, 4th Mon. at VFW Post 67, 2784 Stockton Blvd. 929-0924.

[Sons In Retirement \(SIRS\) BR 117](#) Men's group, 2nd Wed. at Dante Club. 2330 Fair Oaks Blvd. Bill Hale 929-0924.

[Table Tennis](#) Meets Fri 7pm at Didion School, 6490 Harmon Dr. \$3 seniors 60+. Loaner paddles available. Round robin play. James 308-3209. [www.sactabletennis.org](#)

[Mission Oaks CC](#) 4701 Gibbons Dr. Clubs: Internet Users, Shuffleboard Club, Singles Club, Book Group, and Golden Acorns RV. 972-0336.

COMPUTER CLASSES

[Davis Senior Center](#) 646 A St., Davis. (530) 757-5696

[Cordova Senior Center](#) 3480 Routier Rd. 366-3133.

[Hart Senior Center](#) 915 27th St. 808-5462

[McClaskey Adult Center](#) 5241 J St. 277-6625

50+ Wellness Newsletter

Produced by:

City of Sacramento

50+ Wellness Program

Editor: Kim Silva

Editorial Assistance:

Rosanne Bernardy,

Older Adult Services Supervisor

We welcome information on your programs!

E-mail:

fiftypluswellness@cityofsacramento.org

Mail:

50+ Wellness

2921 Truxel Road

Sacramento, CA 95833

Phone: 808-1593 **Fax:** 808-1595

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

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.

[Garcia Bend Park](#) MWF 7:30am. Windbridge Dr. at Pocket Rd. Meet in front of playground.

[Land Park](#) MWF 9am. Land Park Dr. at 16th Ave. Meet on the west side of William Land Golf Course parking lot.

[Oak Park CC](#) T/Th 9:30 am. 3425 Martin Luther King, Jr. Blvd 808-6151

[Oki Park](#) MWF 6:30pm. Wissemann Dr. off Folsom. Meet at pool house.

[Pannell Meadowview CC](#) MWF 8:30am. 2450 Meadowview Rd. Meet in lobby.

[South Natomas CC](#) T/Th 8am. 808-1571.

[Tahoe Park](#) MWF 9am. 59th St. at 11th Ave. Meet at pool house.

WALKING

[California Volkssport Association](#) 530-637-4048, Bruce McDevitt www.CaliforniaVolkssportAssociation.org

[City Walks in Downtown Sac](#) 10 rtes past some of the rich history of Sac. www.parks.ca.gov/takeahike

[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.

[Inside Track Arden Fair Mall Walkers](#) sponsored by Sutter Heart Institute. 8-10am. To join program, fill out a Mall Walker registration card at the Service Center located on lower lever 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 ball fields for a 2-3 mi. walk around park. 774-5960.

[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. Mem req. 278-7834 or www.csus.edu/org/rensoc

[Sacramento Walking Sticks](#) 2nd Th. SMUD Customer Service Center, 6301 S St. 7pm. 283.4650 or www.SacramentoWalkingSticks.org Group walks every TWR and wkend.

[Senior Center at Sierra 2](#) Pole Walking Clinics at the Senior Center at Sierra 2 (2791 24th St, Rm 12), 2nd & 4th Th/mo, 9 -10 am. Poles & instructors provided. \$5 donation. Reduces stress on knee, hip & ankle joints, while improving caloric burn.

[Sierra Race Walkers](#) Learn to Race Walk – First Sat of each month, 8 am at Maidu Park in Roseville. FREE. www.sierraracewalkers.org

[Sole Mates](#) Once weekly, Sat. walk more strenuous. Mem is \$12/yr. Lee 723-4735.

[WalkSacramento](#) 446-9255 www.walksacramento.org.

[Walk'n'Talk](#) MF 9am at Davis Senior Ctr. (646 A St). 530-757-5696.

BIKE & SKATE

Cycling

www.saccycle.com for all Sacramento Valley Cycling info.

[Bike Hikers](#) www.bikehikers.com or bhmembership@bikehikers.com.

[Davis Bike Club](#) 530-756-0186.

[Hart Senior Center Bike Rides](#) W 10:30am. Joe 448-1032.

[Fatrac](#) www.fatrac.org or Sue Fry 457-2132.

[Mission Oaks Bike Club](#) 484-1585.

[Sacramento Area Bicycle Advocates](#) (SABA) Promotes improved routes and bicycling for transportation. 444-6600, or saba@sacbike.org. www.sacbike.org

[Sacramento Wheelmen](#) Ralph 355-8515 www.sacwheelmen.org

Skating

[Adult Roller Skating](#) T/Th, 10am. Sunrise Roller Land, 6001 Sunrise Vista Dr. (behind Sunrise Mall) in CH. \$4.50/sess 961-3333.

OUTINGS

[Audubon Society](#) Cathie LaZier, 457-6882. www.SacramentoAudubon.org

[Cosumnes River Perseve](#) 684-2816 or info@cosumnes.org. Visit www.cosumnes.org for activities.

[Effie Yeaw Nature Center](#) Adjacent to Ancil Hoffman Golf Course in Carmichael. 489-4918. \$5 entrance fee per car. www.effieyeaw.org.

[Mokulemne Trail Busters](#) Visit www.mc2ct.org.

[Sacramento Tree Foudnation](#) 924-TREE (8733) www.sactree.com

[Sacramento Valley Conservancy](#) 216-2178 or www.sacramentovalleyconservancy.org

[Sierra Club Motherlode Chapter](#) Open to the public. -1100, ext. 119. motherlode.sierraclub.org

[Sierra Club Seniors](#) Part of Motherlode Chp of Sierra Club. Mem. not req. Ingrid Bruckner 383-6457. PO Box 942 Davis 95617

[Mission Oaks CC Hiking Club](#) Hikes Wed. Mary 344-7713.

RESEARCH STUDIES

[Dairy Foods \(Milk and Yogurt\) for Women's Bone Health](#) USDA, ARS Western Human Nutrition Research Center invites healthy postmenopausal women, ages 50 – 65, to participate in a Dairy Foods Study. The study will compare dairy products (both milk and yogurt) to calcium and Vitamin D supplements on maintaining bone metabolism in postmenopausal women. Women must be without osteoporosis, non-smokers, and not taking medications for hormone therapy, depression, anxiety, weight loss or other conditions. Also, women must have habitually low dairy consumption. Participants must be willing to consume the study's milk and yogurt products, calcium/vitamin D supplements for this 12 month study with 25 visits. Screening eligibility visits are at the WHNRC on UC Davis campus. Other study visits may occur at UCDMC or Mather VA Hospital. The study provides monetary compensation, a health status evaluation, calcium and vitamin D supplements, and milk and yogurt products. For more information, call (530) 752-5177 and Press # 6 or <http://www.ars.usda.gov/Main/docs.htm?docid=11240>

EMPLOYMENT

The Area 4 Agency on Aging (A4AA) [Senior Employment Program](#) provides free job search assistance to seniors age 55 and older who live in Sacramento & Placer Counties. The program offers a comprehensive job search orientation, assistance with resume and cover letter preparation, assistance with job application forms (including on-line forms), personalized job leads and internet job searches, training on effective interview techniques, and personalized job search support. Call 486-1876 to enroll in the next Job Readiness Orientation class.

VOLUNTEER OPPORTUNITIES

[Alzheimer's Association](#) 930-9080
[American Cancer Society](#) 446-7933

[American Cancer Society's Road to Recovery](#) provide cancer patients with rides to and from their life-saving treatments. 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. 447-2437.

[Breast & Prostate cancer survivors](#) Would you like to help newly diagnosed patients? Become a WeCare! Cancer Peer Navigator. Training will be held April 2nd from 9:30 -2pm UC Davis Facilities Support Services Bldg 4800 2nd Ave., Sac, 2 flr classroom. 734-0823 or email patricia.robinson@ucdmc.ucdavis.edu www.ucdmc.ucdavis.edu/cancer and click on "education programs"

[Bristol Hospice](#) Volunteers provide much needed and appreciated companionship to our hospice patients and families. Office volunteers also needed. 782-5511.

[City of Elk Grove Battery Program](#) Volunteers are needed to assist with battery-sorting. No driving required to sort. Activity is indoors. Kim Perry 478-2289.

[City of Sacramento](#) 808-8317 or www.cityofsacramento.org.

[Hart Senior Center Computer Instruction](#) Teach weekly classes of basic computer skills to older adults using SeniorNet curriculum. 808-5462. 915-27th Street.

[First Call Hospice](#) Volunteers provide companionship to hospice patients and caregiver relief to families. Free training and continuing education provided. Join the First Call team! Rachele 725-2580.

[Friendly Faces](#) Visit a lonely older adult regularly for conversation, companionship and relaxation. 855-5444. FREE training.

[Historic City Cemetery](#) Garden, prune roses, help with tours & event planning. Sharon 455-8166.

[HOSTS](#) (Help One Student to Succeed) needs reading and math volunteers who can commit one hour a week to work with a student at Natomas HS. Hours 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](#) Free training. Certified Ombudsmen get mileage paid. 376-8910.

[Meals on Wheels Program](#) Make new friends and feed people. Meals on Wheels by ACC needs drivers to deliver meals to homebound seniors, 2hrs one day per week. Need valid driver's license, insurance and vehicle. 444-9533.

[Mercy Hospice Volunteer Program](#) Volunteers provide companionship, caregiver relief, massage, Reiki, music therapy and comfort care, for our patient's and their families. We also have an animal assisted therapy program, SOUL (Source of Unconditional Love), where volunteers and their dogs visit our hospice patient's as well as our local Mercy hospitals. Debra Fujita 281-3955 or debra.fujita@chw.edu

[Ombudsman Services of Northern California](#) State Certified Volunteer training begins November 1, 2010. Donna, dwong@osnc.net.

[Paratransit](#) Help individuals stay independent by providing much needed transportation. 429-2009.

[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. 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+. 875-3631.

[Sac County Senior & Adult Services](#) Volunteers assist staff, who provide supportive services to seniors and dependent adults yearly. Staff Clerical Assistants, Driver Escorts & Home Visitors needed. Training provided. Flexible hours, M-F, 8 a.m. to 5 p.m. Judy Ludwick, 874-9533, ludwickj@saccounty.net

[Sacramento Hospice Consortium](#) The Sacramento Hospice Consortium is now offering training classes for people interested in becoming hospice volunteers. Volunteers participate in sessions such as History and Philosophy of Hospice Care, Concepts of Death and Dying, Grief and Bereavement, etc. Training is designed for both those wishing to become hospice volunteers and those caring for and supporting a dying family member or friend. Volunteer Response Line at 388-6288.

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. 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. People fluent in a foreign language to serve on short notice as interpreters for phone assistance or brief conference calls. Orientation & training are available. David Mandel 551-2145 or dmandel@lsnc.net www.seniorlegalhotline.org.

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

[UC Davis Health Services Gift Shop](#) volunteer program. 734-7529.

[VITAS](#) Hospice Volunteers. Spend time with patients at the end of their life by providing a listening ear and a caring presence. Training required. 925-7010.

50+ Wellness
City of Sacramento
2921 Truxel Road
Sacramento, CA 95833

Please help us stay current by contacting us with any updates or changes to your programs! Call 808-1593 or email fiftypluswellness@cityofsacramento.org

50+ Wellness Newsletter Schedule

The 50+ Wellness Newsletter covers a range of topics and is printed *biannually*, Spring and Fall. Summer and Winter issues are available via email and online only.

Issue	Available	Submission deadline
Spring	Late March	February 4, 2011
Summer (electronic only)	Late June	May 6, 2011
Fall	Late September	August 5, 2011
Winter (electronic only)	Late December	November 4, 2011



VIEW US ONLINE! www.cityofsacramento.org/fiftypluswellness