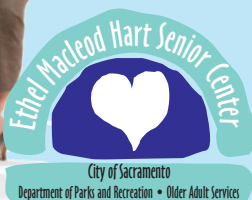




We've got something for everyone...

# Older Adult Services



## ETHEL HART CENTER

The Ethel Hart Senior Center is downtown Sacramento's premier location for Senior services, activities, enrichment classes and opportunities for socialization. Adults age 50 and over are welcome to enjoy the Center's art classes, exercise programs, workshops and more.

## FITNESS IS FUN!

We don't take fitness seriously at Hart Senior Center—we take it as FUN! Join us for yoga, Tai Chi, line dancing and more! Classes held most days of the week. Check the Special Interest Courses section for a fun class for you!

## COMPUTER CLASSES TOO!

We offer computer classes for the first-time beginner and the experienced user. Learn how to put computers to use for YOU! Classes are \$40 for 8 weeks. Classes meet once a week. Check out the 2-week and 4-week workshops Contact us at 808-5462 or go online to [www.hartcomputerclass.org](http://www.hartcomputerclass.org).

## A CREATIVE MIND IS A HAPPY MIND!

We offer many outlets for your creative energy! Poetry, creative writing, life history writing, painting (acrylics, watercolors and oil), pastels, foreign languages and more! Look in the Special Interest Courses section to find an opportunity to let your creative side thrive.

## BRAIN WORKOUT ON OUR WII

Wii is not just for the kids, we have it here! Learn as you compete in a new generation of fun. Try your hand at golf, bowling, ping pong, billiards, fishing, and more! Free, come and see what wii are playing!

## FREE ON-SITE SERVICES & INFORMATION

Brown Bag Pharmacy  
 Legal Services Consultations  
 Health Insurance Counseling and Advocacy Program (HICAP)

## VOLUNTEER WITH US!

Once you complete a volunteer application, we'll fit a task to your talents.

## TRIPLE "R" RESPITE PROGRAM

The Triple "R" Adult Day Program offers companionship and a safe, caring environment to family members with memory problems and frailty. The center is open Monday-Friday from 7:30 a.m. – 6 p.m. Contact Nina Moran at (916) 808-8375 for more information.

## ARMS

(ASSISTANCE, REFERRAL, & MORE FOR SENIORS)  
 If you need help filling out forms, have concerns with Social Security, Medicare or other benefits, or have any other questions about health, housing, or finances, contact our Information and Assistance Specialist for help. For more information call (916) 808-7324.

## WE ARE ONLINE

To receive our monthly newsletter by email, please send an email to: [hartnews@cityofsacramento.org](mailto:hartnews@cityofsacramento.org) with **subscribe** in the subject line.

To learn about our upcoming events and available classes, please visit us at 915 27th St, online at [www.cityofsacramento.org/hartcenter](http://www.cityofsacramento.org/hartcenter) or call us at (916) 808-5462.

## Triple 'R' Adult Day Program

**An adult day program for people with dementia.**

While your loved one is having fun in our program, you as the caregiver get a much deserved break. Specializing in dementia care, our trained and compassionate staff is uniquely prepared to face the challenges experienced by people with memory loss. For more information, call 808-1591, visit [www.tripler.org](http://www.tripler.org), stop by one of our sites:

### **Midtown Center—Hart Senior Center**

915 27th Street, Sacramento, CA 95816 808-8375

Open Monday–Friday, 7:30am–6pm

### **Greenhaven Center—Asian Community Center**

7375 Park City Drive, Sacramento, CA 95831 808-4003

Misa Takagi, Program Coordinator

Open Monday, Tuesday and Thursday, 7:30am–6pm

### **North Sacramento Center\*—Woodlake Elementary School**

700 Southgate Drive, Sacramento, CA 95815 808-6475

Open Wednesday and Friday, 7:30am–6:00pm

\*Our North Sacramento Center welcomes "Mi Ranchito," the newest addition of affordable adult day care programs offered by the Triple-R program. Mi Ranchito celebrates Latino culture through music, dance, food and other social activities designed especially for older adults. Enjoy the company of others while engaging in cultural activities and sharing stories about days gone by. The bilingual staff is trained to meet special age-related memory and personal care needs. If getting together with others for some fun and laughter would do you some good, "El Ranchito" may be perfect for you! Call project leader Vera Lifsher at (916) 808-6475 for more information.



**Most City facilities will be closed during City of Sacramento holidays on Jan. 1, 18, Feb. 15, March 29.**

## 50+ Wellness Program

Staying active and healthy is vital to enjoying the later years in our lives. The 50+ Wellness Program offers a variety of programs to help you do just that. From a biannual Wellness Newsletter, to exercises classes, a hiking group, week long annual camps and more, we have something for everyone! If you are new to exercise, have been out of it for some time or just want to exercise with people your own age, consider a 50+ Wellness program! Check out the Special Interest Courses for class schedules or look below for our FREE classes!

### Stretch n' Flex

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. Tuesday and Thursday, 8-9am. Belle Cooledge CC, 5699 South Land Park Drive 808-5610

### Chi Gong for Special Populations

A blending of Chi Gong exercise, a movement and breathing patterns similar to Tai Chi, and the therapeutic aspects of this traditional Chinese practice are brought in this class for people of all abilities. Tuesdays 6:30-8:30 pm. Evelyn Moore CC, 1402 Dickson Street 808-1593.

### Neighborhood WALK

Are you interested in joining or starting a walking program to improve your health, but don't want to walk alone? Sign up with NEIGHBORHOOD WALK and walk with people in your neighborhood! Currently there are active walk groups at Tahoe Park, Campus Commons near Sac State, Hart Senior Center in Midtown, Garcia Bend in the Pocket area, Meadowview from Pannell Meadowview Community Center, William Land Park, Howe Park off Bell, Oki Park in College Greens, Oak Park at the Oak Park Community Center, South Natomas from the South Natomas Community Center, and North Highlands. Join an existing group or to find out how to start a walk group in your own neighborhood!

### 50+ Wellness monthly hiking group

We meet one Saturday a month (except May, August, and December) to hike with other 50+ adults in and around Northern California and the greater Sacramento area. Hikes will typically be 4 to 6 miles in length and less than 1000 feet elevation gain. All skill levels welcome!

### 50+ and play sports?

In spring of 2010, we'll offer unique tournaments in archery, basketball and soccer for the 50+ athlete as part of our Sports for Life! Series. Whether you have played for years, just recently took up a sport, are serious about winning or just want to have a good time playing sports, we welcome them all! Call for information today – see number below. Free agents accepted.

For information on sports leagues, check out Adult Sports section.

### Get in touch today!

For more information about any 50+ Wellness program or to be placed on specific mailing lists, please call us at 808-1593 or send us an email at [fiftypluswellness@cityofsacramento.org](mailto:fiftypluswellness@cityofsacramento.org)!