

## Programs and Information for the Over 50 Population

The Margaret McDowell Lounge is located on the first floor of the West Sacramento Community Center. It is a daily focal point for senior activities, social gatherings and information. It includes amenities such as a fireplace, kitchenette, flat screen TV, card tables and more!

### Special Interest Activities

Monday-Friday 9:00 am to 10:00 am	<b>Low Impact with Richard Simmons Video</b> Exercise class set to classic swing tunes.	Fee: Donation requested Location: Community Center
Mondays 9:30 am to 12:00 noon	<b>Tai Chi</b> Low impact exercise. Helps improve balance and reduce risk of falls. May improve sleep and ease pain and stiffness.	Fee: Donation requested Location: Community Center
Mondays 9:00 am to 12 noon	<b>Ceramics</b> Learn about or just experience making ceramics. Paint your creations and enjoy the social atmosphere.	Fee: Donation requested Location: Riverbend Senior Manor 664 Cummins Way
Tuesday 1:00 pm to 2:00 pm	<b>Exercise with Rose</b> Low impact exercise using bands and resistance.	Fee: Donation requested Location: Community Center
Tuesday 2:00 pm to 3:30 pm	<b>Line Dancing</b> Learn how to line dance with this low impact exercise.	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	<b>Wii Games</b> Join the fun. Games include bowling, tennis golf and more	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	<b>Knitting and Crocheting</b> All skills welcome. Learn new techniques or come and socialize. Bring your own supplies.	Fee: Donation requested Location: Community Center
Thursday 1:00 pm to 3:00 pm	<b>Bingo</b> Play Bingo. Bring a friend and double the fun.	Fee: \$2.00 plus 10 cents per card per game Location: Community Center
2nd and 4th Thursday each month 12:30 pm to 2:30 pm	<b>Bunko Bonanza</b> A dice game where you change tables at every round. Meet new people and have fun. Space is limited. Must register in advance.	Fee: \$3.35 Location: Community Center
Friday's 10:00 am	<b>Scrapbooking &amp; Card Making</b> Join others, socialize and create cards and pages displaying your personal pictures. Paper, glue and scissors provided.	Fee: \$2.00 per class Location: Community Center
Saturday 10:00 am to 12:00 pm	<b>Wii Gaming, Cards, Puzzles</b> Stop by the Lounge at the Community Center and enjoy the activities.	Fee: None Location: Community Center Lounge

**West Sacramento Community Center**  
**1075 West Capitol Avenue**  
**(916) 617-4620**  
**Office Hours :**

**Monday through Thursday: 8:00 am to 8:00 pm, Fridays: 8:00 am to 5:00 pm and Saturdays: 9:00 am to 3:00 pm**

**Lounge Hours:**

**Monday through Friday: 8:00 am to 3:00 pm and Saturdays 9:00 am to 3:00 pm**

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### Information and Support Services

Monday-Friday 9am to 2pm	<b>Information and Assistance</b> Our Senior information Specialist will help you find the services you need to make your life more comfortable and healthy. Information is available for a wide array of opportunities and assistance.	Fee: none Location: Community Center
Tuesday 9 am to 12 noon	<b>Experience Works</b> Employment referral services and job search assistance for Seniors	Fee: none Location: Community Center
Referrals Only	<b>Veterans Services</b> Information about services and shuttle to Mather field for medical appointments.	Fee: none Location: Community Center
1st and 3rd Wednesday 1:00 pm	<b>HICAP</b> Information and help for Medicare issues and paperwork.	Fee: none Location: Community Center
Wednesday & Thursday	<b>AARP Tax Aide through April 14th</b> Free help with your taxes. By appointment only. Call Irene to schedule.	Fee: none Location: Community Center
2 <sup>nd</sup> Thursday 9 am to 11 am	<b>Legal Clinic</b> Assistance and advice with civil matters such as consumer laws, housing, education, and benefits. By appointment only. Call Irene to schedule.	Fee: none Location: Community Center

### Nutrition and Meals

Note: Please contact (916) 373-5805 for location, times, more information or to reserve a meal 24 hours in advance.

Monday-Friday 11:30 am to 1:00 pm	<b>Elderly Nutrition Program</b> Provides a nutritious meal and opportunity to eat with friends in a social environment.	Fee: \$3.00 (over 60); \$7.00 others Location: Riverbend Senior Manor 664 Cummins Way
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### Transportation

Note: the Shuttle will pick you up from your home for a limited amount of time. Extra stops are at the driver's discretion. Space is limited. Drivers cannot lift heavy items. Reservations necessary. 617-4620.

2nd Monday of month 8:00 am to 11:00 am	<b>Shuttle to Wal Mart</b>	Fee: \$3.00 roundtrip Location: Round trip from your home
2nd Friday of month 1:00 pm to 4:00 pm	<b>Shuttle to Wal Mart</b>	Fee: \$3.00 roundtrip Location: Round trip from your home
Friday 8:00 am to 10:00 am	<b>Shuttle to Raley's and Safeway</b>	Fee: \$3.00 roundtrip Location: Round trip from your home
Monday-Friday 9am to 1 pm	<b>Shuttle to Community Center</b>	Fee: \$3.00 roundtrip Location: Round trip from your home