

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	Low Impact with Richard Simmons video Exercise class set to classic swing tunes.	Fee: donation requested Location: Community Center
Monday 10:00 am to 11:30 am	Tai Chi 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
Monday 9:00 am to 12 noon	Ceramics Learn about or just experience making ceramics. Paint your creations and enjoy the social atmosphere.	Fee: Donation requested Location: River Bend Manor
Tuesday 1:30 pm to 2:30 pm	Exercise with Rose Low impact exercise using bands and resistance.	Fee: Donation requested Location:
Tuesday 2:00 pm to 3:30pm	Line Dancing Learn how to line dance with this low impact exercise.	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	Wii Games Join the fun. Games include bowling, tennis golf and more	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	Knitting and Crocheting All skills welcome. Learn new techniques or come and socialize. Bring your own supplies.	Fee: Donation requested Location: Community Center
Wednesday (1 st and 3 rd Wednesday each month) 11:00 am to 3:00 pm	Hand and Foot A card game- get rid of cards from your hand (11 cards), and then from your foot (11 cards), by melding them. Space is limited	Fee: Donation requested Location: Community Center
Thursday 1:00 pm to 3:00 pm	Bingo Play Bingo. Bring a friend and double the fun.	Fee: \$2.00 plus 10 cents per card per game Location: Community Center
Thursday (2nd and 4th Thursday each month) 12:30 pm to 2:30 pm	Bunko Bonanza A dice game where you change tables at every round. Meet new people and have fun	Fee: \$3.35 Location: Community Center
Friday 10 am	Scrapbooking and Card Making Join others, socialize, create pages displaying your personal pictures. Paper, glue and scissors provided.	Fee: \$2.00 per class Location: Community Center
Saturday 10:00 am to 12:00pm	Wii Games, Cards, Puzzles Stop by the Lounge at the Community Center and enjoy the activities	Fee: None Location: Community Center Lounge

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Information and Support Services		
Monday-Friday 9am to 2pm	Information and Assistance 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	Experience Works Employment referral services and job search assistance for Seniors	Fee: none Location: Community Center
Wednesday Referrals only	Veterans Services Information about services and shuttle to Mather field for medical appointments.	Fee: none Location: Community Center
Thursday 9 am to 11 am	Legal Clinic Assistance and advice with civil matters such as consumer laws, housing, education, and benefits. Appointment needed	Fee: none Location: Community Center
Referrals only	HICAP Information and help for Medicare issues and paperwork.	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 through Friday 11:30 am to 1:00 pm	Elderly Nutrition Program Provides a nutritious meal and opportunity to eat with friends in a social environment. Reservation required.	Fee: \$3.00 (over 60); \$7.00 others Location: River Bend Manor
Monday and Friday 11:30 am to 1:00 pm	Elderly Nutrition Program Provides a nutritious meal and opportunity to eat with friends in a social environment. Reservation required.	Fee: \$3.00 (over 60); \$7.00 others Location: Community Center