News

Find Support at the Community Center

Did you know the West Sacramento Community Center has Active Aging programs and services designed to meet the needs of residents who are at least 50 years old?

Friendly staff, such as Recreation Supervisor Christine Prater, will connect you to the resources you need to make life more comfortable and healthy. Christine has been working at the Community Center for nine years and loves "helping people and seeing them benefit from the social aspect of the Community Center."

There is something for everyone at the Community Center. The Center hosts fitness classes, leisure activities, trips, special events, and games that promote health and wellness. You can find meal and nutrition resources, learn about transportation services and volunteer opportunities, all in a safe and social environment.

A popular spot in the Community Center is the Margaret McDowell Senior Lounge. This is the daily focal point for social gatherings and includes a fireplace, kitchenette, cable TV, free WiFi, library, Wii gaming and more.

The Community Center is located at 1075 West Capitol Ave. You can walk, ride the bus, or take Via Rideshare. Christine states, "We have a plethora of seniors coming in and out, and they all give you joy no matter who it is. You end up having a big family."

The Community Center provides access to invaluable resources and opportunities to help you stay connected with the community. The Center is open Monday through Thursday 8:00 a.m. to 6:00 p.m. and Friday 8:00 a.m. to 5:00 p.m. Please call (916) 617-4620 or visit www.cityofwestsacramento.org/activeaging to learn how you can join in on the fun!

Stay Informed

Join our Mailing List!

To make the best use of the City's resources and avoid creating "junk mail," after this issue this newsletter will only be mailed to residents who request to receive it.

We'd love to include you! To sign up to continue receiving this quarterly newsletter, please call (916) 617-5044 and leave a message with your name, address and ZIP code.

If you've already left a message on the voicemail recording, you're on our list. There is no need to sign up again.

Your Guide to Staying Connected with the City

www.cityofwestsacramento.org/agefriendly | (916) 617-4500

Would you like to keep receiving this newsletter? See Page 4.
Volunteer Opportunities

West Sacramento’s Community Emergency Response Team (CERT) educates people about disaster preparedness for hazards that may impact the city and trains volunteers in basic disaster response skills such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the skills obtained through training, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

There will be a CERT Training Academy in May, please call (916) 617-4600 or visit www.wscert.org for specific dates and times once they are available.

An Easy Way to Get Around

If you need an affordable way to travel anywhere in town, use the City’s newest rideshare option! Via Rideshare costs $3.50 one-way, or $1.75 for seniors 62+ and people with qualifying disabilities who apply for the 50% discount. Set up an account and request a ride by either downloading the “Via Affordable Rideshare” app on your smartphone or calling (916) 318-5101 from any phone. A Mercedes Benz Via van will pick you up in minutes to take you to your destination.

Via Rideshare is offered on-demand Monday - Friday 7 a.m. to 10 p.m. and Saturdays from 9 a.m. to 10 p.m. To learn more, please call (916) 318-5101 or visit www.cityofwestsacramento.org/via.

Support Services

City of West Sacramento
As part of the services offered at the Community Center, the City has a Senior Information Specialist to help connect you to a wide array of opportunities and assistance.
Contact: (916) 617-4620

Senior Link
Senior Link is a free information and assistance program of the Legal Services of Northern California that helps seniors 60+ learn about resources for older adults and determine programs and services for which they may be eligible.
Contact: (530) 207-4250

Events

January

24 10 Year Celebration at the Recreation Center - 6 p.m. to 7:30 p.m.
25 English Conversation Group at Arthur F. Turner Library - 10 a.m. to 11 a.m.
26 Sacramento River Cats Job Fair at Raley Field - 9 a.m. to 12 p.m.
   Before attending, please submit an online application at wsac.city/RiverCatsJobFair
26 Winter Book Sale at AFT Library - 9 a.m. to 4 p.m.
27 Winter Book Sale at AFT Library - 10 a.m. to 3 p.m.

February

2 Income Tax Preparation Help at AFT Library - 9 a.m. to 3 p.m. (Every Saturday this month)
3 Income Tax Preparation Help at AFT Library - 1:30 p.m. to 5 p.m. (Every Sunday this month)
9 Sacramento River Cats Job Fair at Raley Field - 1 p.m. to 4 p.m.
15 Tai Chi & Qigong at AFT Library - 4 p.m. to 5 p.m.
18 Happy President’s Day! City Offices, Community Center and AFT Library are closed
20 Basic Computer Class at AFT Library - 9 a.m. to 11 a.m. (Call (916) 375-6465 to register)
20 What’s Happening Seniors Group Discussion at AFT Library - 12 p.m. to 1:30 p.m.

March

2 Income Tax Preparation Help at AFT Library - 9 a.m. to 1 p.m. (Every Saturday this month)
3 Income Tax Preparation Help at AFT Library - 1:30 p.m. to 5 p.m. (Every Sunday this month)
20 Basic Computer Class at AFT Library - 9 a.m. to 11 a.m. (Call (916) 375-6465 to register)
20 What’s Happening Seniors Group Discussion at AFT Library - 12 p.m. to 1:30 p.m.
20 Washington Unified School District Student Powered Tech Showcase at River City High School - 5 p.m. to 7 p.m.
29 Tai Chi & Qigong at AFT Library - 4 p.m. to 5 p.m.

View more community events at www.cityofwestsacramento.org/agefriendly.