

SUMMER 2010 CLASSES



ARTS & CULTURE

Registration and payment policies for Arts and Culture classes vary. Please see individual class descriptions for restrictions.

ARTS & CRAFTS

Instructor: Barbara Pattow-Vigil

Facilitates creativity in an informal, friendly, small group setting. Participants share ideas and tips on a variety of arts and crafts projects. Bring your unfinished project or learn something new! Some materials may be included or small fee will be required for materials. Sponsored by the Sacramento City Unified School District Adult Education. Tuesdays, 1:00-3:30p. **Free of charge.**

CHINESE BRUSH PAINTING

Instructor: Han Moy

Students will learn brush strokes, then gradually begin drawing simple pictures of bamboos, orchids, chrysanthemums, etc. Required materials (brush, paint, and paper) must be purchased by students. **Pre-registration and pre-payment required.**

10U001	F 1:00-3:00p	July 2-30	\$35
10U002	F 1:00-3:00p	Aug 6-27	\$28
10U003	F 1:00-3:00p	Sept 3-24	\$28

BEGINNING MANDARIN CHINESE

Instructor: May Cheung

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Students should be able to grasp the basics and have a better understanding of the forming of the sounds upon completion. Single and compound words are introduced through pronunciation drills. **Minimum of 4 students.**

10U004	W 9:00-10:00a	July 7-28	\$40
10U005	W 9:00-10:00a	Aug 4-25	\$40
10U006	W 9:00-10:00a	Sept 1-29	\$50

INTERMEDIATE MANDARIN CHINESE

Instructor: May Cheung

Continue pronunciation drills with more single and compound words. Grammar and development of sentences from simple to complex will be introduced. Students must have completed and passed *Beginning Mandarin Chinese* or have instructor's approval. **Minimum of 4 students.**

10U007	W 10:00-11:00a	July 7-28	\$40
10U008	W 10:00-11:00a	Aug 4-25	\$40
10U009	W 10:00-11:00a	Sept 1-29	\$50

MOLDED PORK with "MEI GAN TSAI"

Instructor: Palita Chung

Come join the fun in this hands-on cooking class! This is a very special Chinese main course. After making the dish, you will also enjoy a delicious lunch together. All cooking equipment and materials will be provided. Participants must bring their own apron. **Limited to the first 10 students.**

10U010	W 11:30a-1p	Aug 18	\$12
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COOKING DEMONSTRATION @ ACC GREENHAVEN TERRACE

1180 Corporate Way, Sacramento CA 95831

Learn the preparation of delicious Asian and other cuisines. Held once a month from 11:30a-1:00p. Includes featured dish, lunch, instructions, and recipe(s). Requires pre-registration and pre-payment (no later than one week before class starts) to reserve space and get an accurate count of lunch orders. An extra \$2 will be charged for late registration on the availability of space. **Limited to 40 students.**

10U012	Th July 1	Chinese Cold Noodle	\$10
10U013	Th Aug 5	TBA	\$10
10U014	F Sept 10	Mediterranean Cooking	\$10

GLOBAL TRAVELOGUE

Presenter: Setsuko Chiba

Ancient civilization of Inca culture is still living in Peru. You will see variety of photos from the lake villages where people are living at 12,400 ft. altitude, Sacred Valley full of Inca ruins, tropical farms in jungle as well as a rather modern city of Lima. **Free of charge.**

Date	Time	Topic
July 28	W 10:30-11:30a	Peru in South America

IKEBANA

Instructor: Molly Kimura

Covers orientation and history, philosophy, and explanation of the different styles and practices of *Ikebana* (Japanese floral art). *Moribana*, "free style"/modern, and classical *Shoka* styles will be explained. Make your own arrangement using fresh, seasonal, bleached, dried, and other spices to create interesting compositions. Materials included. **Pre-registration and pre-payment required.**

10U015	Th 1:00-3:00p	July 1, 15 Aug 5, 19 Sept 2, 16	\$75
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KIMEKOMI DOLL MAKING

Instructor: Masanori (Isako) Wasano

Isako graduated from Tokyo Mataro Doll Academy in 1967. Ever since, she has taught the Kimekomi doll making class to numerous men, women, and children. Students will select their own model and be taught individually by the instructor. Material fees vary by choice of dolls. **Classes are held every third Saturday of each month. New session starts September 18, 2010 through January 15, 2011. \$18/ single class (3 hours) or \$68/5 classes.**

10U016	AM Classes	9:00a-12:00p
	PM Classes	1:00-4:00p

ONE DAY DOLL MAKING WORKSHOP

Learn how to make Kamigamo Style Historic Japanese Mataro Kimekomi Dolls. There are five choices of doll kits ranging from \$40-\$49. Bring your small pointed scissors (embroidery scissors) and a hand towel for your work station. Kimekomi tools will be available on loan in the workshop with an option to purchase. Please register early by calling Lucy Chao at (916) 393-9026 ext. 322. **Nominal fee for lunch or bring your own lunch.**

10U017	Sa 9:00-4:00p	Aug 21	\$55 plus choice of doll kit
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BUDDHIST PHILOSOPHY INFLUENCING ORIGIN OF JAPANESE CULTURE

Presenters: Molly Kimura & Keiko Nishimoto

Most of Japanese arts and culture owes much of its background to Buddhism. Come join us as Keiko presents the origin of Calligraphy and Molly presents the beauty of art and the spiritual influence of philosophy.

10U018	Th 1-3p	Sept 30	\$5
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JAPANESE CONVERSATION

Instructor: Nora Bachus-Dressler

This class focuses on Japanese conversation and vocabulary building. Word order, particles, and grammar in simple sentences will be taught. Hiragana script is also included.

Level I			
10U020	M 1:00-2:00p	July 12-26	\$15
10U022	M 1:00-2:00p	Sept 13-27	\$15
Level II			
10U023	M 11:15a-12:30p	July 12-26	\$15
10U025	M 11:15a-12:30p	Sept 13-27	\$15

PASTEL PAINTING

Instructor: Alice Guo

Learn techniques and develop skills working with pastel. Bring flowers, animals, and landscapes to life! Students will compose a variety of paintings. Pre-registration and pre-payment is required. **Limited to 10 students.**

10U032	W 3:00-5:00p	July 7-28	\$28
10U033	W 3:00-5:00p	Aug 4-25	\$28
10U034	W 3:00-5:00p	Sept 1-29	\$35

COMPUTER TECHNOLOGY

Space is limited in all Computer Technology classes. Pre-registration and pre-payment is required in order to reserve space. No refunds are issued for missed classes. Make-up classes may be arranged during lab hours based on coach/instructor availability. Students will receive a manual and exercise CD/disk for all computer classes.

OPEN HOUSE: LIFELONG LEARNING COMPUTER CLASSES

ACC will be having an open house where instructors for the Lifelong Learning Computer Classes will be available to present and answer any questions about the class offerings. You may also ask about your capabilities and/or specific problems you might have. You can meet one-on-one to determine if the class you are thinking about is appropriate for you. You can visit the classroom and even try them out. **Wednesday, July 7, 2010; 10:00-11:00a.**

INTRODUCTION TO COMPUTERS

Instructor: Donna Tanaka

Especially designed for inexperienced students and those who may be fearful of information technology. Learn computers in simple terms covering system components, software and hardware, etc. Students must have their own computer with Windows XP and an eagerness to learn. **Limited to 10 students.**

10U200	M/W 10:45a-12:15p	July 19-28	\$10
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WINDOWS XP (BASIC)

Instructor: Donna Tanaka

Learn basic operation and features of Windows XP, including use of the floppy disk drive, opening programs, etc. Basic word processing will be covered. Students must know some basic computer operations: using the mouse, opening programs, etc. Students must have also taken *Introduction to Computers* or have instructor's approval. Touch typing ability is helpful. **Limited to 10 students.**

10U201	W 10:45a-12:15p	Aug 4-Sept 22	\$55
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WINDOWS XP (INTERMEDIATE)

Instructor: Art Imagire

Learn ways to modify the looks of Windows by changing the desktop, color scheme, and style. Create shortcuts, change margin settings, and change page orientation. Covers Windows Explorer, use of the recycle bin, capturing and printing images, and much more! Students must have taken *Windows I (XP)* or have working knowledge of Windows XP, be adept on the use of a mouse, or have instructor's approval. **Limited to 10 students.**

10U202	W 9:00-10:30a	Aug 4-Sept 22	\$55
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WINDOWS 7 (BASIC)

To be arranged

WINDOWS VISTA (BASIC)

Instructor: Heman Lee

For those who are competent with a mouse and have access to a computer, you will learn basic Windows techniques using the latest version of the Windows operating system. Start programs in a variety of ways, customize your desktop, understand Vista's new File Hierarchy (list of folders). Learn how to create icon shortcuts, customize your Windows environment, and basic computer maintenance. **Limited to 10 students.**

10U203	M 9:00-10:30a	Aug 2-Sept 27	\$55
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INTRODUCTION TO DIGITAL CAMERAS

Instructor: Leonard Lew

Learn about the features and settings of digital cameras before you buy. If you already have a camera, bring your manual, cable, and camera to learn how to transfer your photos. Also covers the use of USB memory devices and card readers. Students must have taken *Windows I (XP)* or have instructor's approval. **Limited to 10 students.**

10U210	T/Th 9:00-10:30a	July 20-29	\$25
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LEARN PHOTO EDITING USING ADOBE PHOTOSHOP ELEMENTS

Instructor: Leonard Lew

Learn how to eliminate red eyes, crop and remove unwanted objects, adjust colors, etc. Students must have completed *Windows XP (Basic)* and *Introduction to Digital Cameras* or have instructor's approval. Students must also purchase Adobe Photoshop Elements (approx. \$80). **Limited to 6 students.**

10U211	T 9:00-10:30a	Aug 3-Sept 21	\$55
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FUN WITH DIGITAL PHOTOGRAPHY

Instructor: Leonard Lew

Learn more in-depth use of editing tools; color and lighting corrections; scratch removal; and preparing images for printing. Students will be asked to bring photos of their own for special projects. Students must have completed *Digital Photo Editing*. **Limited to 6 students.**

10U212	Th 9:00-10:30a	Aug 5-Sept 23	\$55
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POWERPOINT

Instructor: Courtney Louie

Students will learn the basics of the PowerPoint program. They will begin by learning how to add text, music, photos, and videos to the slideshow. Then they will learn how to animate and time their PowerPoint. PowerPoint slideshows can be used for meetings, school, or just for fun. The only requirement is how to turn on/off the computer. **Limited to 6 students.**

10U213	W 1:30-3:30p	Aug 4-Sept 22	\$55
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USING BLOGGER TO CREATE PHOTO BLOGS

Instructor: Don Inamasu

You can use blogs for everything from updating your friends and family about your life, giving your own advice column, discussing your political views, or relating your experience in a topic of interest. This class will teach you how to create a Blogger Account, Choosing a Template, Name your Blog, Organizing Photos, Loading Photos and Manipulating, and Writing the Text using Google's free tool: Blogger. Prerequisites: 1) The ability to browse the web. 2) Having an email address that can be accessed using a web browser. 3) Having access to on line photos (or if you allow, a flash drive with photos).

10U214	W 10:00a-12:00p	July 14	\$10
10U215	F 10:00a-12:00p	Aug 6	\$10

INTERNET

Instructor: Art Imagire

Learn the use of Microsoft Internet Explorer and search engines. Browse, search, save from the Internet, use links and favorites, etc. Students must have taken *Windows I (XP)* or have instructor's approval. **Limited to 10 students.**

10U220	T 10:45a-12:15p	Aug 3-Sept 21	\$55
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SKYPE CLASS

Instructor: Leonard Lew

Use your computer to make free calls to other computers. Skype is a free software that will allow your computer to call telephones and other computers. Calls made to other computers with Skype are free and can be voice only or voice and video. Calls to telephones cost about 2.5 cents a minute. This class will include how to download and install Skype on your computer. You will learn what the computer and equipment requirements are to use Skype. To successfully run Skype, a computer must have speakers and a microphone, either built-in or connected. Video calls require a webcam. The class will cover how to make and receive calls, as well as how to create a contact list. Conference calls for up to 25 participants can also be made with Skype. **Limited to 8 students.**

10U222	M & Th 10:45a-12:15p	Aug 2 & 5	\$15
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HOW TO USE A CELL PHONE ONE-ON-ONE TUTORING

Instructor: Donna Tanaka

This class will assist in the understanding and use of a cell phone. Learn the basics of a cell phone and other features that are used daily. Find out the differences of cell phone services, plans, and the many available types of cell phones just for seniors. If you already own a cell phone, be sure to bring your cell phone manual and a notebook to take notes. One person per meeting date by appointment. **Pre-registration and pre-payment is required.**

10U223	W 2:00-3:00p	July 21 or 28	\$4/1 hr class
10U224	W 2:00-3:00p	Aug 4, 11, 18, or 25	\$4/1 hr class
10U225	W 2:00-3:00p	Sept 1, 8, 15, or 22	\$4/1 hr class

EXCEL (BASIC)

Instructor: Bill Fong

Learn the basics of Excel. Learn how to identify the components of a worksheet/workbook and inserting, editing, and formatting data. Learn how to use simple Excel formulas and calculations. Students must be proficient in Windows I (XP) or have instructor's approval.

10U231	Th 1:00-2:30p	Aug 5-Sept 23	\$55
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COMPUTER ONE-TO-ONE LESSON ON MAC

Instructor: Setsuko Chiba

Learner's choice in any topics, such as e-mailing in Japanese or English, iMovie making in Japanese or English, etc. Participants must have their own Mac with OSX (laptop preferred). **Time and hours:** By appointment within afternoons before 5:00 p.m. **Fee:** \$15/hour plus \$5 instructor travel time.

10U240	Meeting dates and time are by appointment only		
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COMPUTER TUTORING

If you are having problems making your computer do what you want it to do, try one-on-one tutoring. Work with an instructor to help you learn how to solve your problem using your computer or your software. **\$15 per first 1 1/2 hour plus \$5 instructor travel time; \$5 per each additional 1/2 hour.**

10U241	Meeting dates and time are by appointment only		
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DANCE

Drop-ins are welcome for most dance classes listed below. Drop-ins can pay per session and is payable on the day of class. Fees listed below are per month.



BALLROOM DANCE (BEGINNER)

Instructors: Eddie and Annie Nakashima

Learn basic steps and variations of the Fox Trot, Waltz, Rumba, etc. in a casual and friendly atmosphere! No experience necessary. Partners preferred but not required. **Pre-registration is required.**

10U400	F 6:00-7:30p	July 2-30	\$25
10U401	F 6:00-7:30p	Aug 6-27	\$20
10U402	F 6:00-7:30p	Sept 3-24	\$20

BALLROOM DANCE (INTERMEDIATE)

Instructors: Eddie and Annie Nakashima

Designed for people with previous ballroom dance experience. Join in on the fun and continue to improve your skills, as well as learn new routines. Includes the Fox Trot, Waltz, Cha-Cha, Rumba, Night Club 2-Step, and more! Partners preferred but not required.

10U403	W 6:00-7:30p	July 7-28	\$20
10U404	W 6:00-7:30p	Aug 4-25	\$20
10U405	W 6:00-7:30p	Sept 1-29	\$25

DANCE FITNESS FOR CHINESE SPEAKERS

Instructor: Le Min

Dancing for exercise and health benefits, increasing your social skills or just plain fun, Le Min has the dance knowledge and speaks both Cantonese and Mandarin to help you on your way. Don't wait! Join the class for only \$3/class.

10U406	M 3:00-4:00p	July 12-26	\$9
10U407	M 3:00-4:00p	Aug 2-30	\$15
10U408	M 3:00-4:00p	Sept 13-27	\$9

HULA DANCE (BEGINNER)

Instructor: Francine Kehaula'i Hutcheon

Learn basic hula steps and dance to choreographed music. Have fun learning about the Polynesian culture while you dance! Get a CD of music used in class (small fee; optional).

10U410	F 10:00-11:30a	July 2-30	\$25
10U411	F 10:00-11:30a	Aug 6-27	\$20
10U412	F 10:00-11:30a	Sept 3-24	\$20

HULA DANCE (ADVANCED)

Instructor: Francine Kehaula'i Hutcheon

Learn more hula steps and integrate learned skills in beautifully choreographed pieces. Gain appreciation of the Polynesian culture and each other. A great class to meet friends and socialize! Receive a CD of music used in class (small fee; optional).

July Classes			
10U413	M 10:15-11:45a	July 12-26	\$15
	Th 12:00-1:30p	July 1-29	\$25
	F 11:45a-12:45p	July 2-30	\$20
August Classes			
10U414	M 10:15-11:45a	Aug 2-30	\$25
	Th 12:00-1:30p	Aug 5-26	\$20
	F 11:45a-12:45p	Aug 6-27	\$16
September Classes			
10U415	M 10:15-11:45a	Sept 13-27	\$15
	Th 12:00-1:30p	Sept 2-30	\$25
	F 11:45a-12:45p	Sept 3-24	\$16

LINE DANCE (BEGINNER)

Instructor: Vickie Camblin

Learn the basic steps used in line dancing. Simple dances will be learned. No experience necessary. **Held at ACC Greenhaven Terrace (1180 Corporate Way, Sacramento).**

10U420	M 12:00-1:00p	July 12-26	\$12
10U421	M 12:00-1:00p	Aug 2-30	\$20
10U422	M 12:00-1:00p	Sept 13-27	\$12

LINE DANCE (INTERMEDIATE)

Instructor: Vickie Camblin

Dance to a variety of beats: Waltz, Cha-Cha, Western, Ballroom, etc. A fun class with great people and excellent music! **Held at ACC Greenhaven Terrace (1180 Corporate Way, Sacramento).**

July Classes			
10U423	M 1:00-2:30p	July 12-26	\$15
	W 12:00-1:30p	July 7-28	\$20
August Classes			
10U424	M 1:00-2:30p	Aug 2-30	\$25
	W 12:00-1:30p	Aug 4-25	\$20
September Classes			
10U425	M 1:00-2:30p	Sept 13-27	\$15
	W 12:00-1:30p	Sept 1-29	\$25

INTRODUCTION TO NIHON BUYOU (JAPANESE CLASSICAL DANCE)

Instructor: Susan Hashimoto

Learn the fundamentals of Japanese classical dance including: how to dress in a kimono; basic terms and etiquette; basic movements of hands, feet, body, neck, etc.; basic steps and expressive movements; use of *ougi* (dancing fans). Students must be dressed in *kimono/yukata* and bring *ougi*. Items can be borrowed from instructor with prior notice. **Pre-payment is required.**

Beginner Classes			
10U431	M 9:00-10:00a	July 12-26	\$24
10U433	M 9:00-10:00a	Sept 13-27	\$24
Intermediate Classes			
10U434	Th 9:30-10:30a	July 1-29	\$40
10U436	Th 9:30-10:30a	Sept 2-30	\$40

INTERMEDIATE SALSA DANCING

Instructors: George and Kim Befu

Enjoy the fun, trim your body, and dance confidently anywhere! Students must have taken *Basic Salsa Dancing* or have instructor's approval. Partners required.

10U440	M 6:30-7:30p	July 19	\$4
		Aug 16	\$4
		Sept 20	\$4



HEALTH & FITNESS

Health & Fitness classes listed below are on a drop-in basis, except where noted. Please see individual class descriptions for restrictions. **Drop-in is \$3/1hr class and \$4/1.5hr class, payable on the day of the class. Fees listed below are per month.**



BODHISATTVA YOGA

Instructor: Joaquin Ngarangad

Calm the mind, enhance concentration, improve flexibility, and cope with life's stresses. Bring your own mat, block, strap, etc. Pre-registration and pre-payment secures your space. Drop-ins are welcome if space is available and/or with instructor's approval. **Morning classes are held at ACC Greenhaven Terrace. Evening classes are held at ACC Park City. Limited to 12 students.**

July Classes			
10U600	M 10:00-11:30a	July 12-26	\$15
	F 10:00-11:30a	July 2-30	\$25
10U601	T 6:00-7:30p evening	July 6-27	\$20
	Th 6:00-7:30p evening	July 1-29	\$25
August Classes			
10U602	M 10:00-11:30a	Aug 2-30	\$25
	F 10:00-11:30a	Aug 6-27	\$20
10U603	T 6:00-7:30p evening	Aug 3-31	\$25
	Th 6:00-7:30p evening	Aug 5-26	\$20
September Classes			
10U604	M 10:00-11:30a	Sept 13-27	\$15
	F 10:00-11:30a	Sept 3-24	\$20
10U605	T 6:00-7:30p evening	Sept 7-28	\$20
	Th 6:00-7:30p evening	Sept 2-30	\$25

YOGA 101

Instructor: Kerry Kashiwagi

Learn the fundamentals of yoga poses to increase flexibility, balance, and endurance. Yoga mat is required. A large towel is also recommended.

10U610	M 6:00-7:00p	July 12-26	\$12
10U611	M 6:00-7:00p	Aug 2-30	\$20
10U612	M 6:00-7:00p	Sept 13-27	\$12

YOGA + PILATES

Instructor: Joanne Chew

Stretch, relax, improve balance, flexibility, and strength. Incorporates pilates moves to strengthen and flatten the abs and improve muscle tone. Pre-registration and pre-payment secures your space. Drop-ins welcome if space is available and/or with instructor's approval. **Limited to 12 students.**

10U614	W 10:00-11:00a	July 7-28	\$16
10U615	W 10:00-11:00a	Aug 4-25	\$16
10U616	W 10:00-11:00a	Sept 1-29	\$20

FITNESS FOR LIFE

Instructor: Joaquin Ngarangad

Fun, low-impact dance routines combined with yoga and tai chi movements. Highlights balance, flexibility, and weight training. Pre-registration and pre-payment is required to reserve space in the class. Drop-ins welcome if space is available and/or with instructor's approval. Limited space; class fills up fast. **Held at ACC Greenhaven Terrace.**

July Classes			
10U620	M 8:30-9:30a	July 12-26	\$12
	W 8:30-9:30p	July 7-28	\$16
	F 8:30-9:30p	July 2-30	\$20
August Classes			
10U621	M 8:30-9:30a	Aug 2-30	\$20
	W 8:30-9:30p	Aug 4-25	\$16
	F 8:30-9:30p	Aug 6-27	\$16
September Classes			
10U622	M 8:30-9:30a	Sept 13-27	\$12
	W 8:30-9:30p	Sept 1-29	\$20
	F 8:30-9:30p	Sept 3-24	\$16

AQUA AEROBICS

Instructor: Joaquin Ngarangad

Aqua aerobic exercises will enhance your cardiovascular fitness, improve your muscular endurance and overall strength. The water provides buoyancy and therefore less stress on your bones, joints and muscles. These exercises incorporate a variety of rhythmic body movements and dance steps along with toning and stretching segments for a fun and complete workout. **Held at ACC Greenhaven Terrace.**

10S670	T & Th 9:30-10:30a	June 1-29	\$36
10U623	T & Th 9:30-10:30a	July 1-29	\$36
10U624	T & Th 9:30-10:30a	Aug 3-31	\$36

ZUMBA FITNESS

Instructor: Pamela Wong

The Zumba fuses Latin dance rhythms, international steps and easy-to-follow moves to create a one-of-a-kind fitness program that will make you to love to work out and get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

MONDAY classes are held at ACC Greenhaven Terrace.

WEDNESDAY classes are held at ACC Park City.

10U625	M 5:30-6:30p	July 12-26	\$15
	W 7:00-8:00p	July 7-28	\$20
10U626	M 5:30-6:30p	Aug 2-30	\$25
	W 7:00-8:00p	Aug 4-25	\$20
10U627	M 5:30-6:30p	Sept 13-27	\$15
	W 7:00-8:00p	Sept 1-29	\$25

EASY TAI CHI

Instructor: George Hom

Learn 24-form Yang Style Tai Chi in a slower pace. Experience the gentle flowing of Tai Chi and treat your whole body to a gentle and relaxing workout. **Held at ACC Greenhaven Terrace.**

10U630	T 9:30-10:30a	July 6-27	\$16
10U631	T 9:30-10:30a	Aug 3-31	\$20
10U632	T 9:30-10:30a	Sept 7-28	\$16

TAI CHI/QI GONG

Instructor: Lu Xi Wong (Tuesdays), David Tam (Thursdays), and George Hom (Saturdays)

Teaches the simplified 24-forms of Tai Chi, plus Qi Gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi. **Tuesdays and Saturdays classes are held at ACC Park City. Thursday classes are held at ACC Greenhaven Terrace.**

July Classes			
10U640	T 8:30-9:30a	July 6-27	\$16
	T 9:30-10:30a	July 6-27	\$16
10U641	Th 9:00-10:00a	July 2-30	\$20
10U642	Sa 9:00-10:00a	July 3-31	\$20
August Classes			
10U643	T 8:30-9:30a	Aug 3-31	\$20
	T 9:30-10:30a	Aug 3-31	\$20
10U644	Th 9:00-10:00a	Aug 5-26	\$16
10U645	Sa 9:00-10:00a	Aug 7-28	\$16
September Classes			
10U646	T 8:30-9:30a	Sept 7-28	\$16
	T 9:30-10:30a	Sept 7-28	\$16
10U647	Th 9:00-10:00a	Sept 2-30	\$20
10U648	Sa 9:00-10:00a	Sept 4-25	\$16

TAI CHI GONG

Instructor: Janny Wu

These exercises use the principle of chi flowing properly throughout the body to maintain the equilibrium of yin and yang. Regular practice of these forms will develop better balance and flexibility, gain strength, promote deep relaxation, and improve health.

Beginning Tai Chi Classes			
10U650	T & Th 4:00-5:00p T 6:00-7:30p	July 1-29 July 6-27	\$36 \$20
10U651	T & Th 4:00-5:00p T 6:00-7:30p	Aug 3-31 Aug 3-31	\$36 \$25
10U652	T & Th 4:00-5:00p T 6:00-7:30 p	Sept 2-30 Sept 7-28	\$36 \$20
Intermediate Tai Chi Classes			
10U653	T & Th 11:00a-12:00p	July 1-29	\$36
10U654	T & Th 11:00a-12:00p	Aug 3-31	\$36
10U655	T & Th 11:00a-12:00p	Sept 2-30	\$36

TAI CHI SWORD

Instructor: Lu Xi Wong

Tai Chi sword is practiced in its health and exercise form, like tai chi as a series of slow fluidic moves. The Sword is an extension of the body, part of the fluidic movement and harmonization of meditation and action that forms the core of Tai chi. Chi energy is transferred from the arm through the sword to its tip, but it is done via the rest of the body so everything is involved. There is no doubt that tai Chi sword is an extraordinary and very rewarding practice and the benefits of mind and health are enormous.

10U656	Sa 3:00-4:00p	July 3-31	\$20
10U657	Sa 3:00-4:00p	Aug 7-28	\$16
10U658	Sa 3:00-4:00p	Sept 4-25	\$16

MOVEMENT THROUGH MUSIC

Instructor: Patricia Ehnisz, Dance/Movement Therapist

Our bodies are meant to move! A wide assortment of music energizes and brings joy to the moving experience. Beginning on chairs, we stretch and deepen the breath, gathering momentum until we are using the whole floor and space to bring about balance between the Physical and Mental. **\$28-\$32 monthly pre-payment required. No refund or credit on missed classes.**

ACC Greenhaven Terrace			
10U660	W 10:00-11:00a	July 7-28	\$28-\$32
10U661	W 10:00-11:00a	Aug 4-25	\$28-\$32
10U662	W 10:00-11:00a	Sept 1-29	\$28-\$32

STRENGTH & BALANCE TRAINING

Instructor: Fred Furukawa

Fee: \$2 per session

Held on Tuesdays and Thursdays at 9:00a at the Sacramento Buddhist Church on 2401 Riverside Boulevard and on Wednesdays at 10:30a at the United Methodist Church on 6929 Franklin Boulevard.

ACC SOCIAL CLUBS

MAHJONG CLUB

Gathers individuals with interests in learning, playing, and teaching others this game from China. Everyone is welcome! Club will be held on **Fridays, 1:00-4:00p. Free of charge.**

ACC CROCHET CLUB

Instructor: Nancy Wai-Watanabe

The ACC Crochet Club offers a place for you to relax and meet new friends. During these meetings, you will meet interesting people, practice crocheting, learn from each other, and work on different projects. **The club will meet on the first and third Friday of each month from 1:00-3:00p. July 2, 16; Aug 6, 20; Sept 3, 17. Free of charge.**

CHINESE SINGING CLUB

Instructor: Lei Min

Lei Min will lead a club for people with interest in learning Chinese folk and popular songs both in Cantonese and Mandarin. **Fridays, 2:00-3:30p. Free of charge.**

BRAIN HEALTH

BRAIN FITNESS & MEMORY CLASS

Instructors: Wayne Shimizu

We will talk about strategies to keep our brain fit and functioning as we age. We will practice strategies for remembering names, lists, and things you read. And we will take a holistic look at how nutrition, physical exercise, stress management, mental exercises and social activity all contribute to keeping our brains fit. **Minimum of 8 people to have a class.**

10S670	Th 9:00-11:00a	July 1, 8, 15	\$18
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ESPECIALLY FOR CAREGIVERS

DROP-IN RESPITE

Provides up to 5 hours of respite or "break" to family members who care for loved ones with functional or cognitive disabilities. Participants enjoy physical, recreational, and social activities. **Wednesdays & Fridays, 9:00a-2:00p.** For inquiries, call Judy Fong Hery at (916) 393-9026 ext. 323.

CAREGIVER FORUM SPONSORED BY TRIPLE R ADULT DAY CARE PROGRAM

A chance to get together and talk about pressing issues and concerns in aging, as well as share experiences. Learn from the experts in the field. Light refreshments will be served. **Held on July 15, Aug 19, and Sept 16. 3:30-5:00p. Free of charge.**

PARKINSON'S ASSOCIATION SUPPORT GROUP

Facilitator: Casey Jones

Provides resources, counseling, and support to family caregivers of individuals with Parkinson's. **July 8, Aug 12, and Sept 9. 1:00-2:30p. Free of charge.**

TRIPLE R ADULT DAY PROGRAM

Provides a full day of social and recreational activities to older adults with physical and cognitive impairment such as Alzheimer's, Parkinson's, and dementia. Provided by the City of Sacramento. Held every Monday, Tuesday, and Thursday from 7:00a-6:00p. For inquiries about the program and fee information, please call Misa Takagi at (916) 433-4003.

ALZHEIMER'S & DEMENTIA SUPPORT GROUP

Facilitators: Janice Tsai, Frances Choo, Volunteers for the Alzheimer's Association

Provides assistance to families and individuals living with Alzheimer's Disease or a related dementia. Learn how to live and cope with memory loss; meet with others in similar situations; work with compassionate professional facilitators. Facilitators speak fluent English, Mandarin, Cantonese and Taiwanese. For more information, please call Susan Sarinas at (916) 393-9026 ext. 339. Various special topics will be presented each month. **Meets every fourth Saturday (July 24, Aug 22, Sept 25) from 10:00-11:30a. Free of charge.**

WELLNESS WORKSHOPS

HEALTH AND HAPPINESS

Presenter: Mykim Tran, certified Nutrition and Wellness Consultant and Health and Happiness writer on Examiner.com.

This course will motivate and provide you with easy practical steps to increase your physical, mental, and spiritual wellness. In developing your wellness, you will be able to increase your self-confidence and energy level, lose weight, coping methods, and develop a balanced lifestyle in order to experience a true sense of happiness.

10U700	T 10:00-11:30a	July 13 and 20	\$10
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CLEANSE IMPURITIES OUT OF YOUR BODY

Facilitator: Mamie Woo

Excess body fluid and waste may cause skin and health problems. Improve your health by "cleaning house."

10U701	W 10:00-11:30a	July 14	\$16 / \$19 at door
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WEIGHT LOSS

Facilitator: Mamie Woo

Frustrated over weight loss programs? In Chinese medicine, there is more to just counting calories. Everyone's body is different. Find out what is your cause of weight gain.

10U702	W 10:00-11:30a	Aug 11	\$16 / \$19 at door
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PERICARDIUM MERIDIAN

Facilitator: Mamie Woo

If you experienced heart palpitation, angina, chest pain, vomiting, sun stroke, depression, stomach pain and stomach fullness, and muscle aches along the meridian line, this class is for you.

10U703	W 10:00-11:30a	Sept 8	\$16 / \$19 at door
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SPECIAL EVENTS

Presenter: Derek T. Seo, Certified Financial Planner™

Financial planning today is much more than just managing investments. Taxes, long term care, family relationships, and our own fears and greed are powerful factors that must be addressed to have true peace of mind. Learn what you need to know to be more confident and organized with your finances. **Tuesday, July 13, 1:00 - 2:00p. Free of charge.**

ELDER OPTIONS, INC. WORKSHOPS

Presenter: Geriatric Care Managers

The following workshops will be held at 10:00-11:00a. **Pre-registration required. Free of charge.**

Th July 15	What to Look for When Hiring In-Home Help
Th Aug 19	How to be a Caregiver and Have Time for Yourself
Th Sept 16	Aging Well

PROTECT YOUR ASSETS...SAVE TIME, MONEY & ELMINATE STRESS

Speaker: Tacye Vogel Ca Insurance License #0747585, Director of Advanced Planning from East Lawn

Informational discussion about Pre Planning of guaranteed funeral & cemetery arrangements. Learn about protecting your family from rising costs and assure your family that services will be provided when needed. Information provided on group discounts, no interest financing. A pre planning guide and a general information folder will be provided for everyone who attends. **Tuesday, July 27, 10-11am. Free of charge.**

ACC TEAM/PG&E WORKSHOP

Presenter: Va Mee Vang

Do you know how to spot telephone fraud, unauthorized or unnecessary charges that may cost you over \$100.00 per year? A FREE workshop will be presented by ACC TEAM on topics such as understanding your phone bill, slamming & cramming, and how to qualify for California Lifeline Discount program! Bring your most recent phone bill to get review for FREE! The ACC TEAM will help you file compliant and advocate on your behalf to help eliminate unnecessary services, and save you money. In addition to the workshop, ACC may be able to help you save 20% on your PG&E bill if you qualify for their PGE CARE discount program. Applying is free, easy, and confidential! **Pre-registration required. Wednesday, July 14, 10:30-11:30a at ACC Greenhaven Terrace or Wednesday, August 4; 10:30-11:30a at ACC Park City.**

COMPASSIONATE COMMUNICATION AND CHALLENGING BEHAVIORS

Presenter: Mary Gillon, Regional Director, Alzheimer's Association Northern Nevada-Northern California

One of the most challenging experiences for you as a caregiver, friend, or family member to go through is trying to effectively communicate with your loved one who has dementia. You may become frustrated and irritated, especially when your loved one asks you the same question over and over. In this unique workshop, you will learn to communicate compassionately with your loved one with dementia who may be exhibiting challenging behaviors. **Tuesday, August 17, 10:00-11:30a. Free of charge.**

DREAMS DON'T RETIRE: PREPARING FOR THE CERTAINTY OF UNCERTAINTY

Presenter: Derek T. Seo, Certified Financial Planner™

Today's retirees are healthier, wealthier, more active and live longer than any preceding generation. While that may be good news, how do you increase your chances of maintaining the lifestyle you've worked so hard to achieve? Start with a plan! Learn what you need to do to prepare for the certainty of uncertainty. **Thursday, August 19, 1:00-2:00 p. Free of charge.**

SPARE THE WATER

Presenter: City of Sacramento staff

The City of Sacramento Department of Utilities is presenting FREE workshop to help customers use water wisely. Taught by certified Water Conservation Specialists, the workshop will review the updated Water Conservation Ordinance, which took effect June 12, and provide tips for creating a water wise landscape. **Monday, August 23, 5:30-8:30p. Free of charge.**

IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP: MANAGING YOUR TAXES USING OPPORTUNITIES IN CURRENT TAX LAWS

Presenter: Derek T. Seo, Certified Financial Planner™

Many people dread the topic of taxes and find it hard to believe taxes could ever be used to create opportunities. Because taxes touch on all areas of your financial life and can affect your ability to achieve your dreams, it's important to proactively manage them. In this workshop, you'll see how the topic of taxes can be a little less dreadful and help you understand some ways in which taxes might be used in your favor. **Tuesday, September 14, 10:00 - 11:00a. Free of charge.**

BUS TRIPS

GILROY GARLIC FESTIVAL

Christmas Hill Park; Gilroy, CA

Visit the 32nd annual "Ultimate Summer Food Fair". Enjoy a full day of incredible food, beverages, arts& crafts, live entertainment and food demonstrations. Cost includes transportation and admission to festival. **Deadline to register is July 8; 2010. Bus leaves at 7:30 a.m. sharp. Please arrive at ACC Park City by 7:15 a.m.**

10U800	F 7:30a-6:30p	July 23	\$65
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FORESTIERE UNDERGROUND GARDENS

Fresno, CA

Explore and experience this amazing historic site: a hand-built network of underground rooms, courtyards and passageways reminiscent of the ancient catacombs; unique fruit producing trees, shrubs and vine growing underground (some over 90 years-old); ancient Roman architecture-arches, vaults and stone-built walls; underground micro-climates; etc. Cost includes transportation and admission with guided tour. **Deadline to register is August 11, 2010. Bus leaves at 7:30 a.m. sharp. Please arrive at ACC Park City by 7:15 a.m.**

10U801	F 7:30a-6:30p	Aug 25	\$70
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Registration and Payment Policies

- ◆ACC reserves the right to cancel, add or change any class contingent upon registration. A full refund will be issued or can be requested.
- ◆Registration and payment requirements for each class vary. Please read each class description carefully for details of individual class requirements.
- ◆Credits will be issued for canceled classes due to instructor absence, emergencies, etc.
- ◆All **Chinese Language** and **Computer Technology** classes require students to pre-register and prepay to reserve your space in class. Students are registered on a "first sign-up, first served" basis. Students will be notified if they are on a waiting list.
- ◆All classes listed under **Arts & Culture** require pre-registration and prepayment. No credits/refunds will be issued for student absences.
- ◆All classes listed under **Dance** are on a drop-in basis priced at \$4/1 hour and \$5/1.5 hour class payable on the day of the class.
- ◆Prepayment and pre-registration policy for classes listed under **Health and Fitness** vary. Tai Chi classes are on a drop-in basis priced at \$4/class payable on the day of the class. Fitness for Life, Qi gong, as well as Yoga classes require pre-registration and prepayment. Please see individual class descriptions for restrictions.
- ◆First time students in classes listed under certain Dance or Health and Fitness get 1 class **Free of charge** as a trial (with approval from ACC/instructor). Fees will be assessed and collected from students who wish to continue with the class.
- ◆All class/program participants must have an updated liability release and emergency information form in file. If you have not done so, please call Anna Su at (916) 393-9026 ext. 330.

VOLUNTEER INSTRUCTORS NEEDED. Volunteers may take most classes. Free of charge on the same month you are teaching (subject to space availability). Call Lucy Chao at (916) 393-9026 ext. 322 for details.

**REGISTRATION FORM
SPRING 2010 CLASSES & PROGRAMS**

Name: _____ **Phone:** _____
Address: _____
City: _____ **Zip:** _____

6-Digit Class Code #	Class Name	\$ Fee
105000	Sample Class	Free
Total Amount Due		\$

Clip this registration form and make a check payable to ACC for the total amount due shown above and send to:
 ACC Park City, Attn: Lucy Chao, 7375 Park City Drive, Sacramento, CA 95831

FOR OFFICE USE ONLY:

Received Date: _____ Check # _____ Amount \$ _____

NOTES:

**Posit Science Brain Fitness
Back at ACC**

Once again, ACC has partnered with Sacramento City Adult Education to offer a unique opportunity – participating in a training program focused on aural processing (listening), which has a strong relationship to memory, understanding and thinking. The Posit Science Brain Fitness program includes a series of scientifically based, fun and engaging exercises that you perform on a computer (at ACC Greenhaven Terrace). These programs exercise your brain, and are designed to speed up brain processing and improve brain function. Please join us for a special presentation about the program on Monday, September 13, 2010, in the Greenhaven Terrace Conference Room at 11:00 a.m.
 We look forward to seeing you there!

ACC WISH LIST

ACC Administration

Tower Fans & Dolly Cart

ACC Park City

Display Doll Cases

5 Cell Phones (\$40),
4 Motorola Bluetooth (\$39)

3 GPS Units (\$250)

ACC Greenhaven Terrace

Shelves for Kitchen Cabinets
(Volunteers also needed for assembling)

4 Chafing Dishes (\$50 each),
Paper Cutter (\$40)

Small Laminating Machine (\$200),
Digital Camera (\$150)

**Thanks to Janie Low for her donation
of \$100 towards ACC Park City's
Wish List for a shredder!**

If you would like to make a donation towards our wish list, please contact Brenda Page at (916) 394-6399 ext. 124.

**SOUTHSIDE PARK
Class Schedule**

Parkview Presbyterian Church
727 T Street • Sacramento, California 95811

MONDAY

8:30-9:30a: Tai Chi
(New Helvetia)

THURSDAY

9:00-10:00a: Adult ESL
(William Land Elementary)

TUESDAY

9:00-10:00a: Adult ESL
(William Land Elementary)

FRIDAY

3:00-4:00p: Chinese Calligraphy
(William Land Elementary)

WEDNESDAY

9:00-10:00a: Adult Reading
& Writing
(William Land Elementary)

We are currently in the works of having Chinese (Mandarin), Kids Hula, and Reading and Writing at William Land Elementary School.

Contact Information:

Anna Su: (916) 393-9026 ext. 330 or asu@accsv.org

AARP Mature Driving Program

Instructor: Jessie Lee

This class is given in two separate sessions over a two-day period. Each class lasts approximately four hours. You must attend both days (total of 8 hours) and complete the workbook to be awarded a Certificate of Completion. This certificate is sent to AARP and is good for 3 years and entitles you to a discount on your automobile insurance.

Fee: \$12 for AARP member | \$14 for non members
Where: ACC Park City
7375 Park City Drive • Sacramento, CA 95831
When: July 30 & August 6, 2010
Time: 12:00-4:00p

Pre-registration and pre-payment is required! Checks should be dated for the current session and made out to AARP. Space is limited to the first 30 applicants.

For more information, please contact Virginia Campbell-Wieneke, Transportation Manager, at (916) 393-9026 ext. 342.