



CLASSES, WORKSHOPS, AND ACTIVITIES

WINTER 2024



ACC Senior Services
7334 Park City Drive, Sacramento, CA 95831
Phone: 916-394-6399, Web: accsv.org

Other Classes

1/10, 12-1:30p, Family Caregiver Support Group
1/11, 10a-12p, Parkinson's Support Group
1/22, 9:30-11a, Game Day
1/25, 10:30-11:30a, Medicare Advantage
1/25, 6:30-8p, Family Caregiver Support Group
2/6, 2-3p, Technology Help (One-on-one Appointments)
2/8, 10-11:30a, Morning Coffee: Sacramento's Restaurant Renaissance
2/8, 10a-12p, Parkinson's Support Group
2/8, 3-4p, Valentine's Day Card Making
2/12, 9a-1p, Dealing with Dementia
2/14, 9-11:30a, Valentine's Day Waffles
2/14, 12-1:30p, Family Caregiver Support Group
2/14, 2-4p, Ikebana Valentine Day Arrangement
2/17, 11a-1p, Lunar New Year Lunch
2/21, 2-3:30p, Memory Connections (at Fair Oaks Library)
2/22, 10-11a, Stone Lakes National Wildlife Refuge
2/22, 2:30-3:30p, Art For The Ageless
2/22, 6:30-8p, Family Caregiver Support Group
2/26, 9:30-11a, Game Day
2/29, 1-2p, Texting 101
2/29, 2:30-3:30p, Art For The Ageless
3/5, 2-3p, Technology Help (Android Class)
3/6, Income Tax Preparation (By Appointment)
3/6, 10a-12p, A Matter of Balance
3/7, 10-11:30a, Morning Coffee: Hidden Figures
3/8, 10a-12p, A Matter of Balance
3/12, 11:30a-1p, Shrimp in Ginger and Garlic Sauce Cooking Demo
3/13, 10a-12p, A Matter of Balance
3/13, Income Tax Preparation (By Appointment)
3/13, 12-1:30p, Family Caregiver Support Group
3/14, 10a-12p, Parkinson's Support Group
3/14, 10:30-11:30a, Understanding & Responding to Dementia-Related Behaviors
3/15, 10a-12p, A Matter of Balance
3/20, 10a-12p, A Matter of Balance
3/21, 10:30-11:30a, Home Safety for Aging in Place
3/21, 2:30-3:30p, Art For The Ageless
3/22, 10a-12p, A Matter of Balance
3/25, 9:30-11a, Game Day
3/27, 10a-12p, A Matter of Balance
3/28, 10-11:30a, Stop The Hate Short Films
3/28, 2:30-3:30p, Art For The Ageless
3/28, 1-2p, Smartphone Siri/Virtual Assistant 101
3/28, 6:30-8p, Family Caregiver Support Group
3/29, 10a-12p, A Matter of Balance
4/4, 10-11:30a, Morning Coffee: The Blue Zones and Beyond
4/25, 1-5p, Dealing with Dementia

REINSTATEMENT OF CLASS FEES

After being waived during the pandemic, ACC class fees will be reinstated on March 1, 2024. This will help offset some of the costs of running our programs for the community. A payment of \$20 per month will give members access to all ACC in-person and online classes and a wide range of clubs. Some classes and activities remain free.

To receive a 10% savings discount, members can pay for an entire year all at once. Scholarships will be available for anyone who needs financial assistance. For more information, read the article on page 8 or contact our Classes Manager, Sean Hidalgo at (916) 393-9026 x 111 or classes@accsv.org. Thank you for supporting ACC's Lifelong Learning and Wellness Programs.

Weekly Classes

MONDAYS

7:30-8:45a, Tai Chi Club
9-10a, Music & Motion
9-9:30a, Sun Salutation (Online Only)
11a-12p, Yoga Bodhisattva
12-2p, Mahjong Club

TUESDAYS

7:30-8:45a, Tai Chi Club
9:30-10:15a, Standing Pilates
10-11a, MoB Chair Exercises
10:30-11:15a, Cardio Moves
1-3p, Cards & Conversations
1-4p, Pickleball
5-6p, Tai Chi Level 2: Sensing Push Hands
6-7p, Meditation and Soul Healing (Online Only)

WEDNESDAYS

7:30-8:45a, Tai Chi Club
9-9:30a, Sun Salutation (Online Only)
9:30-11:30a, Mahjong Club
10-10:45a, Chair Dancefit
11:00a-11:45p, Line Dancing
12-1p, Pocket Stick Club, Sinawali
1-4p, Pickleball
1:30-2:15p, Stretch & Balance
2-4p, Chinese Singing Club
4-5p, Baritone Ukulele (Online Only)
5-6p, Beyond Beginning Ukulele (Online Only)

THURSDAYS

7:30-8:45a, Tai Chi Club
9-10a, Tai Chi Chuan
10a-12p, Social Hour
10-11a, Mandarin Chinese Intermediate
11a-12p, Mandarin Chinese Beginner
12:30-1:30p, Gentle Yoga
2-4p, Knitting & Crochet Social
4-6p, Ping Pong Club

FRIDAYS

7:30-8:45a, Tai Chi Club
9-9:30a, Sun Salutation (Online Only)
9-10a, Tai Chi 4 U
9:30-11:30a, Mahjong Club
11a-12p, Movin' On
1-4p, Pickleball
3-4p, Bingo!
4-6p, Ping Pong Club



Class Descriptions

CAREGIVERS & MEMORY SUPPORT

FAMILY CAREGIVER SUPPORT GROUP

Jan 10/Feb 14/Mar 13, 2nd Wednesdays, 12:00 - 1:30p;
Jan 25/Feb 22/Mar 28, 4th Thursdays, 6:30 - 8:00p
Caring for someone you love brings you the joy of giving back but many challenges as well. If you are an informal family caregiver in need of support while going through this difficult journey, join us in our monthly support group meetings. You will be provided with informational/emotional support and guidance by other caregivers and staff. For more information and registration, please contact Soojin Yoo, MSW, Social Worker (916) 503-5386 or email syoo@accsv.org to register. ONLINE ONLY

DEALING WITH DEMENTIA

Class Leader: Soojin Yoo, MSW,
Feb 12, Monday, 9:00a - 1:00p
Apr 25, Thursday, 1:00 - 5:00p
Dealing with Dementia is an evidence-informed educational program developed by Rosalynn Carter Institute for Caregivers. It is a four-hour workshop that helps caregivers understand dementia, manage problem behaviors, and take better care of themselves. Participants receive a copy of the Dealing With Dementia Guidebook with information such as dementia caregiving experience, useful safety tips, advice on building a care team, problem-solving tools, instructions on managing dementia behaviors, stress management, and self-care resources. Full attendance of the four-hour workshop and brief pre/post paperwork are required to receive a copy of the Guidebook and to ensure the best learning outcomes as well. Pre-registration is required by completing online registration or contacting Soojin Yoo, MSW, at (916) 503-5386 or syoo@accsv.org IN-PERSON ONLY

ONLINE POWERFUL TOOLS FOR CAREGIVERS

Class Leaders: Soojin Yoo, MSW,
Feb 27 - Apr 2, Tuesdays, 2:00 - 3:30p
This award-winning, evidence-based education program helps caregivers take better care of themselves while caring for their loved ones. It is a six-week series that gives you the tools to reduce stress, improve self-confidence, manage time, set goals, solve problems, better communicate your feelings, make tough decisions, and locate helpful resources. Participants receive a copy of Caregiver Helpbook which follows the curriculum and provides additional tools to address specific caregiver issues. As each class builds upon previous classes, we strongly recommend attendance at all six sessions. Pre-registration required. Please call Soojin Yoo, MSW, at (916) 503-5386 or email syoo@accsv.org to register. ONLINE ONLY

MEMORY CONNECTIONS: WARM-UP THIS WINTER

Feb 21, Wednesday, 2:00 - 3:30p
Location: Fair Oaks Library - Community Room
11601 Fair Oaks Blvd.
Fair Oaks, CA 95628
Memory Connections is an informal social gathering for those living with Mild Cognitive Impairment (MCI) and early-stage dementia, and their care partners. Join us at the library for an afternoon of stretch, balance, and movement exercise to stay active during the winter months. We will end with warm drinks and conversation. This program is free, but pre-registration is required as space is limited. For more information or to register, contact Bonnie at 800.272.3900 or bit.ly/MemoryConnectionsESSE. Last day to register is Friday, February 16th. FREE

Sign up at accsv.org/classes

OR CALL (916) 393-9026 x 111

UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Instructor: Alzheimer's Association Community Educator
Mar 14, Thursday, 10:30 - 11:30a
Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion, and more. ONLINE & IN-PERSON in Community Room. FREE

THE FOODS WE SHARE

THE *Stories We Tell*

ACC SENIOR SERVICES

Embark on a Pan-Asian culinary journey with the ACC Community Cookbook: *The Foods We Share. The Stories We Tell.*

We've collaborated with passionate home cooks from throughout our ACC community and invited talented chefs and culinary experts to curate more than 180 recipes that reflect the true essence of Asia's incredible culinary diversity. This cookbook goes beyond the kitchen. It delves into family customs, traditions, and memories that surround the preparation and enjoyment of these beloved home-cooked meals. Recipes are accompanied by captivating stories, fascinating traditions, and cooking tips. You'll gain insights into the cultural significance of certain dishes and the heartwarming stories behind them.

\$25 Retail

OVER 1,000 COPIES SOLD!

Order online at accsv.org/cookbook or stop in to pick up your copy today.

accsv.org/cookbook

SPECIAL PRESENTATIONS

MEDICARE ADVANTAGE

Presenter: Carolyn Washington, HICAP Education Outreach Coordinator

Jan 25, Thursday, 10:30 - 11:30a

Medicare is complicated. There are many confusing Medicare options for eligible recipients and too much profit-driven misinformation in the marketplace. HICAP can help cut through the noise, HICAP can assist with Medicare coverage and options

- Medicare Part D: Understanding prescription drug coverage
- Medicare Alert: How to help prevent Medicare fraud and abuse
- Low Income Assistance: Medicare/Medical coverage and the Extra Help program that assists with health care costs.

ONLINE & IN-PERSON in Community Room

STICK CLASS (SINAWALI)

Wednesdays, 12:00 - 1:00p

Starting January 17, 2024

Instructor: Mike Lee

Learn the graceful and beautiful movements of "Sinawali", one major integral exercise of the Filipino Martial Arts. Sinawali means, "weave" or "weave pattern". Learning double Sinawali will improve the follow-

ing: Memory, dexterity, concentration, eye and hand coordination, balance, timing and body movement/exercise. There are no belts, tests, uniforms or cost and you learn at your own pace. This is not a self defense class. Sticks will be provided to all participants for the class to borrow. IN-PERSON in Community Room

HOME SAFETY FOR AGING IN PLACE

Mar 21, Thursday, 10:30 - 11:30a

Presenter: Connie Rusnyk, ACC President & CEO

We are pleased to introduce our very own Connie Rusnyk, who is not only ACC's President and CEO, but also an Occupational Therapist! Join us for this home safety discussion for seniors living at home to promote safety and independence. Discussion will include items to consider and small changes to make to prevent falls and increase safety at home. ONLINE & IN-PERSON in Community Room

LUNAR NEW YEAR LUNCH

Presenter: Alfred Yee

Feb 17, Saturday, 11:00a - 1:00p

Happy Lunar New Year! We invite you all to join us for a lunch and short presentation to celebrate the new year. Our program begins with a Lion Dance, a performance by the ACC Chinese Singing Club, followed by a brief description of Chinese New Year, with time for ques-

tions and answers. This will be followed by a New Year lunch. Cost \$15. IN-PERSON in Community Room.

If you bring your PG&E, Internet, and/or phone bills, you will get entered into our raffle. If you provide 2 or more, you will receive a gift card on behalf of our Utilities Assistance Program. Contact Krystal Wu for more information at [yw@accsv.org](mailto:ywu@accsv.org)

STONE LAKES NATIONAL WILDLIFE REFUGE: A NEARBY HIDDEN GEM

Instructor: Friends of Stone Lakes Volunteers

Feb 22, Thursday, 10:00 - 11:00a

The nearby refuge, 10 miles south of Sacramento, is a key location in the Pacific flyway. The presentation by volunteers will include a variety of topics including an overview of the refuge, migratory and resident birds, what one might do there, challenges to the refuge, current activities and future possibilities. ONLINE & IN-PERSON in Community Room

FREE INCOME TAX PREPARATION

Mar 6 and 13

By Appointment Only

AARP will be hosting free Income Tax preparation and E-file appointments here at ACC! Three trained volunteers will be available by appointment to help

December Highlights



The Yadao Trio played to a packed house at ACC's Holiday Party on December 5th. The dancing was non-stop, while Debbie Seid and crew provided delicious food throughout the evening.



Donna Black at Social Hour's Multicultural Lunch.

Teruko Ono, 100, received a Key to the City from Councilmember Rick Jennings. She also got to wear Mr. Jennings' famous Super Bowl ring! Watch the program on YouTube at tinyurl.com/acc42924.



ACC Bingo Holiday Edition. Special thanks to Marlene Takeoka for organizing our volunteers for our sessions on Friday at 3 pm.



Keiko Wong donated the piano of her late mother, Irene Outa, to Maple Tree Village. Irene loved music and was a member of the ACC Show Stoppers.



ACC staff pose for the camera in the photo booth at their holiday party. Thank you for all your hard work!

you prepare. Please contact Sean at shidalgo@accsv.org or 916-393-9026 ext 111 to schedule an appointment. Strict confidentiality of taxpayer information-IRS form 13615. Administered through the AARP Foundation in cooperation with the IRS. IN-PERSON in Classroom 2. FREE

A MATTER OF BALANCE (8 SESSIONS)

Coaches: Dani Lee and Haroon Abasy
Mar 6 - Mar 29, Wednesdays and Fridays, 10:00a - 12:00p

A Matter of Balance is an evidence-based course that can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. This 8-session, award-winning program can help participants to view falls and fear of falling as controllable; set realistic goals for increasing activity; change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Limit: 10 students. IN-PERSON ONLY

VALENTINE'S DAY WAFFLES

Feb 14, Wednesday, 9:00 - 11:30a
Cook: Alfred Yee

Join us for a Valentine Day Waffle Breakfast! Menu items will be a Belgian, cinnamon Belgian, or corn Belgian waffle, topped with maple syrup, fruit, and whipped butter or cream. Breakfast includes coffee or tea. Costs: \$10 per person. Reservation and advance payment required. Additional take out frozen waffles can be ordered in advance for \$5/waffle. IN-PERSON in Culinary Center



MORNING COFFEE SERIES

Speaker: Maryellen Burns, Cookbook Author, Food Historian
1st Thursdays 10:00 - 11:30a

Join us for this monthly series as we talk about what is happening in the world of food, arts, history, and culture throughout the Sacramento Valley. We provide coffee, tea, and pastries for our inhouse participants. ONLINE & IN-PERSON in Community Room

February 8 - Sacramento's Restaurant Renaissance - The Producers, Cooks, Writers, and New Immigrants That Began It All

Sacramento is finally receiving the recognition it deserves for being a great restaurant town with diverse

cuisines and a decades long farm-to-fork cooking movement. Is it due to a handful of young chefs returning or relocating to Sacramento from the Bay Area or a quiet revolution that began in the 1970's. We'll talk about the young cooks, growers, restaurateurs, writers, and newly arrived immigrants that contributed to this revolution in eating out.

March 7 - Hidden Figures

We'll talk about the deep roots of women from immigrant communities whose stories are seldom told, but who made a difference in our community. Women like Betty Inada, a Japantown jazz star and Hollywood actress; the Hyers Sisters, Anna and Emma, African American opera singers who toured throughout the US in the 19th century; activist Enriqueta Andazola who honored Mexican American World War veterans; and Connie King, the Locke community leader who fought to improve and preserve the historic Delta town as a tribute to the indomitable spirit of its Chinese pioneers.

April 4 - The Blue Zones and Beyond

We'll explore the foundational aspect of health and longevity: "Let food be thy medicine." We will discuss Activate Sacramento County, part of the global movement proven to improve health and well-being for entire communities, cities, and counties. We'll also discuss ways to adapt some of the recipes in The Foods We Share, The Stories We Tell, ACC's community cookbook, with a more plant-based approach. Special guests include Allan Keown, from the Renaissance Society, and ACC's bevy of cooking instructors.

TECHNOLOGY

TECHNOLOGY HELP

Instructors: Breaking Barriers
One-on-one Appointments
Feb 6, Tuesday, 2:00 - 3:00p

Join UC Davis students to get any questions answered about your Apple or Microsoft devices, such as computers, tablets, or phones! These will be one-on-one appointments.

ANDROID PHONE TECHNOLOGY CLASS

Instructors: Breaking Barriers
Mar 5, Tuesday, 2:00 - 3:00p
Understanding the basics of your Android phone, tablet and accessories: Join UC Davis students for an in depth walkthrough of the uses and features on your Android devices. Bring your questions to be answered through one-on-one help from one of our students! IN-PERSON ONLY in Computer Lab



TEXTING 101

Instructor: Kevin Ta
Feb 29, Thursday, 1:00 - 2:00p
This class will teach the essential skills and techniques for effective texting. Covering topics such as starting a new conversation, searching for messages, sending/saving photos/videos, emoji usage, and audio messages. IN-PERSON in Computer Lab

SMARTPHONE SIRI/VIRTUAL ASSISTANT 101

Mar 28 Thursday, 1:00 - 2:00p
Instructor: Kevin Ta
Join us for a user-friendly class designed to teach you the fundamentals of using Apple or Androids virtual assistant. You will learn hands-on techniques for voice commands, and its limitations. IN-PERSON in Computer Lab

MUSIC & ART

VALENTINE'S DAY CARD MAKING

Feb 8, Thursday, 3:00 - 4:30p
Instructor: Karen Avina and Helen Okamoto
Class Limit: 10
Give your special Valentines heartfelt greeting cards handcrafted especially by you. All paper stock and embellishments are provided to create your unique design layouts. Please SUPPLY YOUR OWN SCISSORS. Optional: Helpful if you can bring a paper cutter (8"-12"). IN-PERSON in Community Room.

IKEBANA VALENTINE DAY ARRANGEMENT

Instructor: Terry Herink, Sensei
Feb 14, Wednesday, 2:00 - 4:00p
\$35 with ACC Membership
\$42 without ACC Membership
Class Limit: 20
Bring on that "loving feeling!" Create a beautiful floral arrangement for your Valentine and/or to enjoy yourself. Your arrangement will have a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers from your garden or bought at the supermarket. Terry Herink is a Sensei with the Ikenobo School of Ikebana. Supplies needed: vase of your choice, garden scissors for cutting stems, some means of anchoring the flowers e.g. pin frog (kenzan), oasis, etc. and a bucket. Flowers will be provided by the instructor. IN-PERSON in Community Room

ART FOR THE AGELESS

Instructor: Francesca Schomburg-Solano

Thursdays, 2:30 - 3:30p

Class Limit: 16

Feb 22 - Printmaking- Etching Techniques with Tetra Pak

Feb 29 - Textural Art Imagery on Canvas

Mar 21 - Printing Floral Designs from Foam Plates

Mar 28 - Sumi Painting - Flowers, Feathered Friends, & Fish

Fran is back! Unlike some of her previous classes, these shorter 2-week series will include the basics for art enthusiasts. If you have ever been too intimidated to try an art class, this is your chance! Supplies are provided. If you would like to purchase the supplies to participate from home, call or email Sean for the list. ONLINE & IN-PERSON in Community Room.

SHRIMP IN GINGER AND GARLIC SAUCE COOKING DEMO

Cook: Alfred Yee

Mar 12, Tuesday, 11:30a - 1:00p

Class Limit: 16

\$15 with ACC Membership

\$22 without ACC Membership

Learn to cook shrimp in ginger and garlic sauce, served over Chinese noodles. The shrimp can be substituted with a variety of other seafood such as lobster or crab. IN-PERSON ONLY in Culinary Center.

STOP THE HATE SHORT FILMS

With Sacramento Students and Dr. William Gow, Ph.D.

March 28, Thursday

10:00 - 11:30a

The Asian American Studies Program at California State University Sacramento, welcomes you to the Stop the Hate Media Showcase. We will be showcasing various student-produced documentaries that challenge the anti-Asian rhetoric of the pandemic. IN-PERSON ONLY in Community Room.

BARITONE UKULELE WORKSHOP

Instructor: Carla Fontanilla

Wednesdays, 4:00 - 5:00p

New and casual baritone uke players will learn chord and strum basics through songs and exercises. Standard uke players can expand their playing repertoire with the baritone's larger body and neck scale, easy playability, and deeper resonance and tones without having to learn new chord shapes. It is also a wonderful "gateway" instrument for transitioning to guitar. ONLINE ONLY

BEYOND BEGINNING UKULELE WORKSHOP

Instructor: Carla Fontanilla

Wednesdays, 5:00p - 6:00p

This six-week workshop is keyed to experienced and advancing beginner players doing play- and sing-alongs with introduction and demonstrations by Carla to somewhat complex strumming techniques and patterns, chord family progressions, scales, melody construction, and key transpositions. ONLINE ONLY

SOCIAL HOUR

Organizer: Donna Black

Thursdays, 10:00a - 12:00p

Join us for some fun, casual activities and get to know others in the area! We will have coffee and tea, snacks, educational presentations and activities like board games, puzzles, education, and some special outings on the last Thursday of the month. Bring a friend, meet a friend, and stay connected. Field trips every other month. IN-PERSON in Community Room. Must sign up for special outings at least a week in advance.

FITNESS

Interested in Customized Activity Sessions?

The Sacramento State Adapted Physical Education Activity Program (SSAPEA) is a free physical activity program that aims to promote health-related fitness (Cardiorespiratory endurance, Muscular strength/ endurance, flexibility, and body composition) and inclusion. Each physical activity session will be carefully prepared by Sacramento State Kinesiology students to meet the needs of each participant. If you are interested in participating, please email Dani Lee at dlee@accsv.org.

SUN SALUTATION

Instructor: Jeani Kim-Slesicki

Mondays, Wednesdays, Fridays 9:00 - 9:30a

Free 30 minute yoga clinic on Sun Salutation. Start slow with "many breaths to 1 movement" then gradually flow into a final "1 breath: 1 movement" set. Only Minimal cues given (breath, pose and if needed, few modifications) for five rounds, then a parting Namaste! ONLINE ONLY

MUSIC & MOTION

Instructor: Rowena Alberto

Mondays, 9:00 - 10:00a

This exercise program starts with slow music for stretching, followed by more lively music with easy steps and moves in sitting and standing positions. Active or not, anyone can participate in this fitness program. ONLINE & IN-PERSON in Community Room

BODHISATTVA YOGA

Instructor: Joaquin Ngarangad

Mondays, 11:00a - 12:00p

For beginning and intermediate levels, this holistic experience benefits the body, mind, and spirit. Techniques for stretching and strengthening are explored through the sequential poses associated with breathing. Dress in appropriate workout attire and have a yoga mat, blocks, straps, large towel and/or small pillow. ONLINE & IN-PERSON in Community Room



Make a Gift to ACC Senior Services

2024 is an important year for ACC as we invest in new programs that help older adults age in place.

Your support will help ACC integrate "social care" with health care to improve health outcomes and lower costs for your loved ones, your friends, and you!

Support ACC as we change the way we all experience aging. Donate online at accsv.org/donate or return this form with a check payable to:

ACC Senior Services
7334 Park City Drive
Sacramento, CA 95831

GIVE ONLINE



YES! I WISH TO SUPPORT ACC'S MISSION IN 2024.

☐ \$5,000 ☐ \$2,500 ☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

Name _____ First-time donor? ☐ Yes ☐ No

Email _____ Phone# _____

Address _____

Designate my gift in ☐ memory of / ☐ honor of _____

Please notify my memory/tribute gift to _____

Address _____

STANDING PILATES

Instructor: Geno Torres, Group Exercise Instructor
Certified

Tuesdays, 9:30 - 10:15a

Standing Pilates is a series of exercises that come from the classical pilates mat. The benefits of standing as opposed to on-the-floor mat exercises come from the emphasis on balance and shifting of body weight while staying true to the focus on core strength and alignment in an upright position. This class improves balance, strength, and flexibility which can prevent many types of injuries. ONLINE & IN-PERSON in Community Room

CARDIO MOVES

Instructor: Geno Torres, Group Exercise Instructor
Certified

Tuesdays, 10:30 - 11:15a

Geno, who has taught aerobics and chair fitness for 35 years, is bringing us a new chair aerobic class that incorporates low impact movement with fun choreography for improved balance, strength and flexibility. In this class we will incorporate light weights for toning. ONLINE & IN-PERSON in Community Room

PICKLEBALL

Leaders: Sunny Jung, Jeannie Fong, Gary Elias Berg

Tuesdays, Wednesdays and Fridays, 1:00 - 4:00p

Pickleball is a cross between tennis, badminton and table tennis. It is fun, easy to play, and a great way to exercise. We offer open play hours and sessions depending on weather, and times are subject to change. Court shoes required. Maximum: 30 players/day. Beginner Clinics will be offered periodically. IN-PERSON at Pickleball Courts

TAI CHI LEVEL 2: SENSING PUSH HANDS

Coach: Sam Mok

Tuesdays, 5:00 - 6:00p

A partnership of learning how to harness "Chi" and release the energy to improve one's internal strength. This class allows beginners and seasoned practitioners of all styles the opportunity to share and experience the "internal" health benefits of Tai Chi. This class will begin with simple exercises to find and expand one's own "Chi" and then through the collaboration of Sensing Push Hands, share and explore ways to enhance the energy beyond the physical force. IN-PERSON in Community Room.

MEDITATION AND SOUL HEALING

Instructor: Dennis Shimosaka

Tuesdays, 6:00 - 7:00p

We are focusing on easy meditation and healing practices using Tao Calligraphy tracing to remove the negative Chi (ancient Chinese wisdom) energy and promote increased health and reduce anxiety, pain, and stress. ONLINE ONLY, FREE

CHAIR DANCEFIT

Instructor: Julie Honda

Wednesdays, 10:00 - 10:45a

This is a dance inspired class, with modified moves for mobility while seated. Join us for our first ever DanceFit class that involves verbal instruction, making it suitable for all abilities, including people who are blind or experiencing vision loss. With Julie, every class is like a party! ONLINE & IN-PERSON in Community Room

ACC Senior Services, January - March 2024

LINE DANCING

Instructor: Alfred Yee

Feb 21 - Mar 27, Wednesdays, 11:00 - 11:45a

Have you ever wanted to join in a line dance, but don't feel confident you know the moves? Learn to line dance, from the easy "Cupid Shuffle" to the popular "Electric Slide," to the iconic "Night Fever Hustle." Learn four or more line dances over 6 weeks. IN-PERSON in Community Room

STRETCH & BALANCE

Instructor: YMCA

Wednesdays, 1:30a - 2:15p

Using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing stability to help prevent falls. ONLINE & IN-PERSON in Community Room

TAI CHI CHUAN

Instructor: Stella Chuk, Tai Chi Instructor

Thursdays, 9:00 - 10:00a

Tai chi chuan is one of the major Chinese martial arts. This exercise combines relaxation and emotion with precise breathing to stimulate the inner energies of the body, strengthening the immune system and nervous system. IN-PERSON in Community Room

GENTLE YOGA

Instructor: Jeani Kim-Slesicki, CYT 200HR Trauma

Informed Yoga Instructor

Thursdays, 12:30 - 1:30p

This beginner to intermediate level yoga class, which includes breathing exercises and meditation, will focus on balance, circulation, stretching and strengthening from standing/seated Hatha Yoga poses. Props, such as bolster, blocks, strap, towel/blanket, are recommended, but not required to participate. ONLINE & IN-PERSON in Community Room

TAI CHI 4 U

Instructor: Denny Fong, Tai Chi Instructor

Fridays, 9:00 - 10:00a

Tai Chi is a unique martial art that trains the mind and body to relax. Whether the focus is on health or martial art, good health can be achieved immediately regardless of skill level. Various styles of Tai Chi hand



and weapon forms will be offered for balance, strength, and flexibility. We will also practice the art of breathing through Qigong forms. The internal practice of push hands could be introduced when the fundamentals are mastered. Join us in this enriching class and discover greater balance, serenity, and well-being. IN-PERSON ONLY in Community Room

MOVIN' ON

Instructor: Joaquin Ngarangad

Fridays, 11:00a - 12:00p

This class will consist of warmups and low-impact cardio dances to disco, rock, Motown, and hip-hop music. Dress in appropriate workout attire and shoes. Have a bottle of water handy and a regular non-wheeled chair for stretching. No yoga mats are required. ONLINE & IN-PERSON in Community Room


LANGUAGE

MANDARIN CHINESE (INTERMEDIATE)

Instructor: May Cheung

Thursdays, 10:00 - 11:00a

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be able to grasp the basics and have a better understanding of the forming of sounds. Single and compound words are introduced through pronunciation drills. Limit: 6 students. IN-PERSON in Computer Lab




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Your Way




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Independent & Assisted Living
(916) 395-0210




ACC MAPLE TREE VILLAGE
Assisted Living & Memory Care
(916) 395-7579



ACC CARE CENTER
Skilled Nursing & Rehabilitation
(916) 393-9020



Call, Click or Scan today for more information



MANDARIN CHINESE (BEGINNER)

Instructor: May Cheung
Thursdays, 11:00a - 12:00p
Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be able to grasp the basics and have a better understanding of the forming of sounds. Single and compound words are introduced through pronunciation drills. Limit: 6 students. IN-PERSON in Computer Lab



JAPANESE CONVERSATION (INTERMEDIATE I)

Instructor: Nora Bachus-Dressler
Monday 12:30 - 1:30p
Class is full
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. Class is full, call or email Sean if you would like to be added to the waitlist. IN-PERSON in Classroom 2

CLUBS/GROUPS

TAI CHI CLUB

Leader: Valen Lee
Monday-Friday, 7:30 - 8:45a
Learn to stimulate the mind to improve one's health naturally, including stretching and breathing in ways to improve your flexibility. They focus on toning the muscles gently for better health, and learn the functions of relaxation through the Martial. The club meets every weekday to allow for practice regularly. This club is made up of people varying from all walks of life, come give it a try! IN-PERSON in Community Room

MAHJONG CLUB

Leaders: Linda Fong
Wednesdays & Fridays, 9:30 - 11:30a, Mondays 12:00 - 2:00p
Mahjong is an old, fun, and popular tile-based game utilizing strategy, skill and luck. The game is a great way to socialize and improve brain function for all. No experience is required, so if you would like to try it, stop by! The game is easy to learn but hard to master - the more you play, the more you learn! IN-PERSON in Culinary Center

CHINESE SINGING CLUB

Instructor: Leimin Ignatowicz
Wednesdays, 2:00 - 4:00p
The ACC Chinese Singing Club is back! Whether you're a beginner or pro, come by and enjoy singing with us. We make it fun, relaxing, and easy. In addition, on many occasions, the group performs at nearby senior living facilities. Speaking Chinese is not a requirement. All languages and backgrounds are welcome. Contact Josephine Lau with questions at choisim071@gmail.com. IN-PERSON in Classroom 2

PARKINSON'S SUPPORT GROUP

Leaders: Jerry Miyamoto & David Teraok
Jan 11, Feb 8, Mar 14, Second Thursday of the month, 10:00a - 12:00p
Parkinson's Support group is back! Supported by the Parkinson's Association, the group hopes to enhance the lives of those with Parkinson's Disease, their families, and care partners. The meeting is free of charge. Contact Jerry (916) 441-1020 and David (916) 685-4162 with any questions. IN-PERSON in Board Room
Spanish-speaking Parkinson's Support Group meets the third Tuesday of the month at 6:00 - 7:30p. Please contact Kimberly for more information at kimberly@panctoday.org

PING PONG CLUB

Leaders: James Lee, Ivan Kwong
Thursdays & Fridays, 4:00 - 6:00p
Ping Pong Club is back in the ACC Community Room! Games are timed and players are rotated. Come give it a try! Contact James at jleeat916@gmail.com with any questions. IN-PERSON in Community Room

CAMERA CLUB

Leader: Jeff Jong
Last Monday of the month, 1:30 - 2:30p
This club is for all enthusiasts of photography. Club activities include bi-monthly field trips, with the finished prints matted and displayed on ACC's Gallery walls. The Gallery also displays works from the member's own personal projects. All levels of photography and equipment are welcome (cell phones, DSLR's, mirrorless, etc.). Meetings and Gallery installations are on the last Monday of the odd-numbered months, at 1:30, classroom #2. Field trips are usually on the last Monday of the even-numbered months. Free classes can also be arranged in ACC's computer lab to address specific educational needs, such as photo and video editing software. The club has also provided occasional photo-video support for some of ACC events. Contact club president, Jeff Jong, with questions jeff.n.jong@gmail.com. IN-PERSON in Computer Lab

Sign up at accsv.org/classes
OR CALL ACC AT (916) 503-5807

SOCIAL

GAME DAY

Leader: Mike Lee
Jan 22, Feb 26, Mar 25, 4th Monday of the month, 9:30 - 11:00a
When was the last time you played outdoor games just for fun? We have begun providing senior-friendly games monthly, like cornhole, frisbee toss, and golf putting, to name a few. These games are adapted to those who are low-vision, blind, or have limited mobility. Game Day is just a time to have fun, be social and meet new people. Must sign-up ahead of time, space is limited. IN-PERSON on Patio.

CARDS AT ACC

Tuesdays, 1:00 - 3:00p
We invite you to join us for our first ever weekly card games! We have Bridge, Texas Hold Em' (Poker), and more as we gain interest. Come meet new people, win some prizes, and learn a new game! No experience is necessary. IN-PERSON ONLY in Community Room. FREE

SOCIAL HOUR

Organizer: Donna Black
Thursdays, 10:00a - 12:00p
Join us for some fun, casual activities and get to know others in the area! We will have coffee and tea, snacks, and activities like board games, puzzles, education, and some special outings on the last Thursday of the month. Bring a friend, meet a friend, and stay connected. IN-PERSON in Culinary Center. Must sign up for special outings at least a week in advance. FREE

KNITTING & CROCHET SOCIAL

Organizer: Gee Kong
Thursdays, 2:00 - 4:00p
Have you ever been interested in knitting or crocheting? Do you have a bunch of extra yarn and want to work on something new? Come by our casual, social get-together where you can learn new techniques, work on some new crafts, and just socialize. IN-PERSON in Culinary Center. FREE



ACC BINGO!

Fridays, 3:00 - 4:00p
Join us every Friday for some Bingo fun, prizes, and social engagement. Sign up to play or if you want to help run the sessions. We are also looking for donations of small prizes for the winners. Free to play. ONLINE & IN-PERSON in Community Room

ACC to Reinstate Class Fees on March 1, 2024



By Jeri Shikuma, MPH, Home and Community-Based Programs Administrator

After three years of diverse programming at no cost to participants, ACC will be reinstating class charges starting on March 1, 2024. It's not a decision we take lightly, because we know how important it is to have fun, meaningful social interactions accessible in our community.

Through the COVID-19 lockdown in 2020 and the last couple of years of gradual reopening, we've been able to keep our Lifelong Learning and Wellness classes free of charge through grants and generous donations from community members. Our ACC family truly stepped up to make sure that ACC art, music, education, exercise, games, and most importantly, social connections could endure through those tough times.

Now, as we adjust to the new normal post-pandemic, we have to face a reality in which much of the COVID grant funding is diminishing while ongoing financial challenges persist for many organizations that provide care and support for older adults and their caregivers. To sustain our programs for years to come, we will be rolling out a new, low-cost membership system in the new year. Scholarships will be available to those most in need so that ACC's classes and activities remain accessible to all in our community.

A monthly payment of \$20 will give members access to all ACC in-person and online classes and a wide range of clubs. To receive a 10% savings discount, members can pay for an entire year all at once. "We hope to make this transition as smooth and simple as possible, while also

being cost-effective. We want to encourage people to try new classes and clubs!" says Sean Hidalgo, ACC Classes Manager.

Thank you to all who have supported us over these past years in so many ways. We hope you will continue to participate in our programs, volunteer your time and special skills, and generously pay it

forward to those who are not in a position to contribute right now. All together we will have another great year in 2024, full of friendship, compassion, ingenuity, and joy!

FREQUENTLY ASKED QUESTIONS

How will my membership be tracked?

Once you pay, our computer system will automatically input your membership, along with the length of time you paid for. Once your membership is up, the login screen at the front desk will alert you when you check-in.

How can I pay for my membership?

You may pay with cash, credit card, or check.

If I only want to watch the livestream videos, do I still need to pay a membership fee?

Yes, our website has a link to register for online classes. You will need to sign up for "MyActiveCenter" and create an account once. There, you can sign up for classes (both online and in-person) and pay for your memberships.

Are any classes going to be offered free of charge?

Yes, you will see it listed as "FREE" on our schedule. These classes are most likely educational or partnerships with other community-based organizations.

How can I qualify for a scholarship?

If you qualify for low-income programs such as CalFresh (Food Stamps), Medi-Cal, LIHEAP, SCSEP, or others, then you may apply. Please fill out a form at the front desk to apply, along with a copy of proof.

What if I still have money left in my account from before the pandemic?

You will be able to use it towards your membership cost. For example, if you have \$50 left in your account, and you would like to purchase an Annual membership, you would only pay an additional \$166.

Will classes still be found on YouTube and Facebook?

Only free classes will still be livestreamed and posted on YouTube and Facebook.

What information is required for the registration process?

Your basic personal details such as your name, email address, and phone number are required as well as demographic data.

Why do I need to give all of my personal information on the liability form?

We request demographic data during the registration process to better understand and serve our diverse community. This information helps us tailor our services, content, and communication to meet the unique needs and preferences of our members. You will only need to fill this out once, or whenever your information changes.

Can I register multiple memberships under one account?

Our system only allows for a single membership per account. If you need multiple memberships, you will need to create separate accounts on MyActiveCenter. For example, if a husband and wife want to sign up, they will each need to make a separate account.

Can I cancel my membership and receive a refund?

You can cancel your membership but you will not receive a refund. You will still have continued access to your membership until it expires.

Can I put my membership on pause?

We are not able to pause memberships for any reason.

Can I pay for only 1 class/club?

An individual class/club will cost \$7 in instances where people cannot attend regularly. For example, if someone is visiting from out of town and wants to join a class, this would be appropriate.

Whom do I contact if I have questions?

For more information, please call or email our Classes Manager, Sean Hidalgo at (916) 393-9026 x 111 or classes@accsv.org.