



CLASSES, WORKSHOPS & ACTIVITIES

SPRING 2024



Sign up at
accsv.org/classes
OR CALL (916) 393-9026 x 111



ACC Senior Services
7334 Park City Drive
Sacramento, CA 95831
916-394-6399 ph

accsv.org

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
- 3-5p, Ping Pong Club

TUESDAYS

- 7:30-8:45a, Tai Chi Club
- 9a-12p, Pickleball
- 9:30-10:15a, Standing Pilates
- 10-12p, Social Hour
- 10:30-11:15a, Cardio Moves
- 1-3p, Cards & Conversations
- 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)
- 9a-12p, Pickleball
- 9:30-11:30a, Mahjong Club
- 10-11a, Aqua Aerobics (starting June 5)
- 10-10:45a, Chair Dancefit
- 11a-11:45p, Line Dancing (starting May 22)
- 12-1p, Pocket Stick Club, Sinawali
- 1:30-2:15p, Stretch & Balance
- 2-4p, Chinese Singing Club
- 4-5:30p, Ukulele Tips & Tricks, Play-Along (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
- 2-3p, Tang Soo Do for Parkinson's (Starting April 11)
- 2-4p, Knitting & Crochet Social
- 3:30-6p, Ping Pong Club

FRIDAYS

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

Check out the online
schedule for up-to-date
information including class
changes and cancellations.

accsv.org/classes

Other Classes

- 4/4, 10:30-12p, Morning Coffee: The Blue Zones and Beyond
- 4/10, 12-1:30p, Family Caregiver Support Group (Online)
- 4/11, 10a-12p, Parkinson's Support Group
- 4/11, 10:30-11:30a, Home Safety for Aging in Place
- 4/15, 9-9:30a, Gardening Meeting
- 4/18, 10:30-11:30a, Investment Strategies During Retirement Planning
- 4/19, 3-4p, Android Phone Technology Class
- 4/22, 9:30-11a, Game Day
- 4/25, 1-5p, Dealing With Dementia
- 4/25, 6:30-8p, Family Caregiver Support Group(Online)
- 5/2, 3-8p, Big Day of Giving Telethon Food Sales, Entertainment & More!**
- 5/6 & 5/7, 12-4p, AARP Smart Driver Course
- 5/8, 12-1:30p, Family Caregiver Support Group(Online)
- 5/9, 10a-12p, Parkinson's Support Group
- 5/13, 11:30a-1p, Cooking Demo: 2 Favorites
- 5/15, 1-2:30p, Memory Connections: Celebrate Families
- 5/16, 10:30-11:30a, Nutrition as we Age
- 5/17, 3-4p, Technology Help One-on-one
- 5/20, 9:30-11a, Game Day
- 5/21, 12-2:30p, A Gateway to Conscious Aging & Living
- 5/22, 3-5p, Ikebana Spring Arrangement
- 5/23, 10:30-11:30a, Navigating Cancer Care for Older Adults
- 5/23, 6:30-8p, Family Caregiver Support Group(Online)
- 5/29, 3-4p, Conversations on Planning, a Professional Talk for All
- 5/30, 10:30-11:30a, Mental Well-Being Workshop I
- 6/3, 1-2p, Cancer 101's Education Series I
- 6/6, 8:30-11:30a, Beginners Pickleball Clinic(Outdoors)
- 6/6, 10:30-11:30a, Vision Symptoms as Indicators for Alzheimer's Disease
- 6/12, 12-1:30p, Family Caregiver Support Group (Online)
- 6/13, 10a-12p, Parkinson's Support Group
- 6/13, 10:30-11:30a, Mental Well-Being Workshop II
- 6/17, 1-2p, Cancer 101's Education Series II
- 6/20, 10:30-11:30a, Eat the Rainbow
- 6/24, 9:30-11a, Game Day
- 6/24, 1-2p, Cancer 101's Education Series III
- 6/25, 1-5p, Dealing With Dementia
- 6/27, 10:30-11:30a, Sounds of Safety: Smoke Alarms
- 6/27, 6:30-8p, Family Caregiver Support Group(Online)



CAREGIVERS & MEMORY SUPPORT

DEALING WITH DEMENTIA

Class Leader: Soojin Yoo

Apr 25, Thursday, 1:00p - 5:00p

Jun 25, Tuesday, 1:00p - 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. Pre-registration is required by completing online registration or contacting Soojin Yoo at (916) 503-5386 or syoo@accsv.org IN-PERSON ONLY
FREE

FAMILY CAREGIVER SUPPORT GROUP

Apr 10 / May 8 / Jun 12, 2nd Wednesdays, 12:00 - 1:30p;

Apr 25 / May 23 / Jun 27, 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

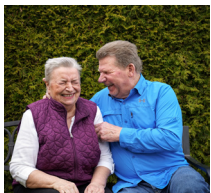
THRIVING TOGETHER

Class Leaders: Tracy Xiong & Macy Quan

Fridays 1:00 - 2:30p

April 5 - 26

Join our "Thriving Together" support group where we empower individuals to take charge of their mental health. We cover topics like stress management, well-being, and goal setting. Addressing mental health is vital for overall well-being, healthier lifestyles, and improved relationships. "Thriving Together" provides a safe space to discuss emotional well-being, coping mechanisms, and self-care practices. For more information and registration, please contact Macy Quan (916) 503-0321 or pearls@accsv.org to register
IN-PERSON ONLY
FREE



MEMORY CONNECTIONS: CELEBRATE FAMILIES

In collaboration with Alzheimer's Association & Sac Public Library
May 15, Wednesday, 1:00 - 2:30p

Memory Connections is an informal social gathering for those living with Mild Cognitive Impairment (MCI) and early-stage dementia, and their care partners. May 15th is International Day of Families. Join us for an afternoon of celebration and conversation. We will decorate a wooden picture frame. Please bring a 4x6 photo of family (traditional, found, or furry). 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, May 10th
IN-PERSON in Community Room

FREE

SPECIAL PRESENTATIONS

HOME SAFETY FOR AGING IN PLACE

Presenter: Connie Rusnyk, ACC CEO

Apr 11, Thursday, 10:30 - 11:30a

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.
FREE



INTERESTED IN GARDENING?

First meeting Monday, April 15, 9:00a

ACC is reviving our garden! If you are interested in helping to maintain, plant, or even just learn more about gardening, please come to the first meeting on April 15th on the Patio. Future meetings and plans will be announced as we gain interest.

INVESTMENT STRATEGIES DURING RETIREMENT PLANNING

Presenter: Yousaf Zamanudin, CIMA, CPWA,

Apr 18, Thursday, 10:30 - 11:30a

Financial Advisor with Merrill Lynch, CIMA®, CPWA® will be discussing investment strategies for retirees and those approaching retirement.

IN-PERSON ONLY in Community Room

FREE



AARP SMART DRIVER™ COURSE

With David Feinberg

May 6th and 7th, Monday and Tuesday
12:00 - 4:00 PM

Class Limit: 30

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. AARP Cost: non-refundable \$20.00 (for AARP members) or \$25.00 (for non-AARP members). No ACC Membership needed. IN-PERSON ONLY in Community Room.

COOKING DEMO: 2 FAVORITES

Instructor: Alfred Yee

May 13, Monday, 11:30a - 1:00p

Class Limit: 20

In one cooking demo, learn to make two favorite entrees: 1) roast chicken in garlic and cilantro, 2) Chinese sausage and cured pork with taro. The clients, volunteers, and staff of ACC love these entrees and often request recipes for them. Both are aromatic and savory, yet easy to make. Cost per person is \$15.00. IN-PERSON ONLY in Culinary Center.

CONVERSATIONS ON PLANNING, A PROFESSIONAL TALK FOR ALL

Speakers: Michael Yee, Attorney, CEO, and Founder of Yee Law Group & Yousaf Zamanudin, CIMA®, CPWA® Financial Advisor with Bank of America, Merrill Lynch
May 29, Wednesday, 3:00 - 4:00p

Yousaf discusses strategies on the topics of managing your Investment Assets, Charitable Planning and maximizing your RMD's. Michael discusses estate planning, including wills, trusts, and probates. Yousaf and Michael will discuss how their two areas of business work together to reach your goals.
IN-PERSON & ONLINE in Community Room.

SOUNDS OF SAFETY: SMOKE ALARMS

Presenter: Simone Nazzal, MA, Public Education Specialist, Cosumnes Community Services District

Jun 27, Thursday, 10:30 - 11:30 AM

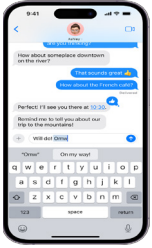
Please join us for this overview of one of the most important firefighting tools everyone should have in their home—a working smoke alarm. Representatives from Cosumnes Fire Department and City Fire Department will discuss how to differentiate among the smoke alarm's sounds, especially the difference between an actual alarm and a low-battery signal. Learn more about the average detector's lifespan, important maintenance tips, and alarm alternatives for those who are deaf or hearing impaired. Fire is everyone's fight, so get to know your smoke alarm a little better. ONLINE & IN-PERSON in Community Room. FREE

TECHNOLOGY

TEXTING 101

Instructor: Kevin Ta

Apr 25, 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.

APPLE VIRTUAL ASSISTANT 101 - SIRI

May 30, 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.

APPLE WATCH

Jun 27, Thursday, 1:00 - 2:00p

Instructor: Kevin Ta

If you have an Apple watch, or are thinking about getting one, come learn some tips & tricks! Learn about uses and benefits, such as alerting your emergency contact when a fall happens.

IN-PERSON in Computer Lab.



ANDROID PHONE TECHNOLOGY CLASS

Instructors: Breaking Barriers Students

Apr 19, Friday, 3:00 - 4:00p

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!

IN-PERSON ONLY in Computer Lab

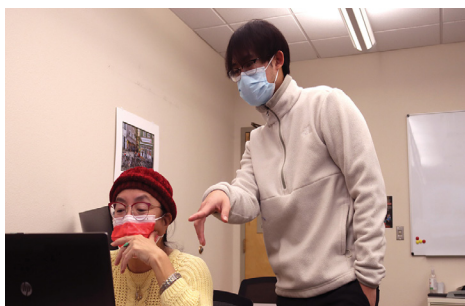
TECHNOLOGY HELP ONE-ON-ONE

Instructors: Breaking Barriers Students

One-on-one Appointments

May 17, Friday, 3:00 - 4:00p

Join UC Davis students to get any questions answered about your Apple or Microsoft devices (computers, tablets, or phones!) These will be one-on-one appointments. Please contact classes@accsv.org or 916-393-9026 ext 111 to schedule an appointment. IN-PERSON ONLY in Computer Lab



MUSIC & ART

UKULELE TIPS & TRICKS AND PLAY-ALONG

Instructor: Carla Fontanilla

Every Wednesday

4:00 - 4:30p Ukulele Tips & Tricks

4:30 - 5:30p Play-Along

Join us from 4:00-4:30 for Ukulele Tips & Tricks, learn ukulele strum patterns, playing techniques and chording skills. Followed by a Play & Sing Along from 4:30 - 5:30 PM. Selection of songs for individuals or groups to play and sing along with the instructor. Standard and baritone uke players can test newfound Ukulele Tips & Trick skills as well. ONLINE ONLY

BEGINNING GUITAR FOR UKULELE PLAYERS

Instructor: Glenn Watanabe

Starting 4/16, Tuesdays 10:00 - 11:30a

Class Limit: 8

If you can play the ukulele, then you're more than half-way to playing and enjoying your guitar. Everything is the same except for two additional strings and a little larger instrument body. I will teach you step by step how to take your ukulele skills and transfer them to your guitar. IN-PERSON ONLY in Classroom 2

IKEBANA SPRING ARRANGEMENT

Instructor: Terry Herink, Sensei

May 22, Wednesday, 3:00 p.m. - 5:00 p.m.

Prepayment Required - Cost \$35

Class Limit - 12

Spring has Sprung! Gardens are full of beautiful blooms. Bring some of nature's beauty into your home. Create a spring floral arrangement with a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers any season. 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), wet oasis, etc. and a bucket. Flowers will be provided by the instructor. IN-PERSON ONLY in Community Room.

ART FOR THE AGELESS

Instructor: Francesca Schomberg-Solano

Thursdays, 2:30 - 3:30p

Class Limit: 12

Jun 20 - Watercolor

Painting

Jun 27- Solar Photography

Watercolor painting -

In this 1-hour session, students will explore primary color blending, and learn basic watercolor painting techniques and composition. Solar Photography - Using solar sensitive cyanotype print paper, students will capture exciting, never seen before imagery utilizing their own personal and natural arrangements. 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.



FITNESS

SUN SALUTATION

Instructor: Jeani Kim-Slesicki

Every Monday, Wednesday, Friday 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

Every Monday, 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

Every Monday, 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.



STANDING PILATES

Instructor: Geno Torres, Group Exercise

Instructor Certified

Every Tuesday, 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

Every Tuesday, 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

Every Tuesday, Wednesday and Friday, 9:00a - 12:00p

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

Every Tuesday, 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

Every Tuesday, 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

Every Wednesday, 10:00 - 10:45a

This is a dance inspired class, with modified moves for mobility while seated. Join us for our 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.

AQUA AEROBICS

Instructor: Joaquin Ngarangad

Jun 5 - Jul 31, Wednesdays, 10:00 - 11:00a

Limit: 16 students

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. New students may require instructor's approval BEFORE sign-up. Pre-registration is required. Swim attire and water shoes are required. Sunscreen, hat and sunglasses recommended. Priority given to ACC Greenhaven Terrace residents. Held IN-PERSON at ACC Greenhaven Terrace (1180 Corporate Way).

BEGINNER LINE DANCING

Instructor: Alfred Yee

Wednesdays, 11:00 - 11:45a

Starting May 22

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

Every Wednesday, 1:30 - 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.

BEGINNERS PICKLEBALL CLINIC (OUTDOORS)

Instructors: Sunny Jung, Jeannie Fong, Gary Elias-Berg

June 6, Thursday 8:30 - 11:30a

Class limit: 16, Pre-registration Required

Learn the fundamentals of the fastest growing sport for seniors in America. No experience required, and equipment will be provided. Wear tennis shoes and comfortable clothing. Some running and physical exertion will be involved, please consult your doctor prior to registering if concerned. IN-PERSON at Pickleball Courts.

TAI CHI CHUAN

Instructor: Stella Chuk, Tai Chi Instructor

Every Thursday, 9:00 - 10:00a

Tai chi chuan is one of the major Chinese martial arts. It 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

Every Thursday, 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.

TANG SOO DO FOR PARKINSON'S

Instructor: Brian Olden, Tang Soo Do Master

Starting April 11, Thursdays, 2:00 - 3:00p

This class is for people living with a Parkinson's diagnosis and their partners. Learn Tang Soo Do, a traditional Korean Martial Art, and help improve your balance, coordination and fitness, and reduce your risk of falling. Learning a new skill is fun, gets you out of the house, and is good for your brain health. Please email classes@accsv.org if interested. IN-PERSON ONLY in Community Rm. One time fee required from instructor.

TAI CHI 4 U

Instructor: Denny Fong, Tai Chi Instructor
Every Friday, 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

Every Friday, 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

Every Thursday, 10:00 - 11:00a

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be at an intermediate level 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.

MANDARIN CHINESE (BEGINNER)

Instructor: May Cheung

Every Thursday, 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.

Sign up at
accsv.org/classes



OR CALL
(916) 393-9026 x 111

CLUBS/GROUPS

TAI CHI CLUB

Leader: Valen Lee

Every 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 Rm.

MAHJONG CLUB

Leaders: Linda Fong

Every Wednesday & Friday, 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.

THE POCKET STICK CLUB (SINAWALI)

Instructor: Mike Lee

Every Wednesday, 12:00 – 1:00p

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 following: 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.

CHINESE SINGING CLUB

Instructor: Leimin Ignatowicz

Every Wednesday, 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 Teraoku

Second Thursday of the month, 10a – 12p

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

Every Monday 3:00 – 5:00p, Thursday 3:30 – 6:00p, & Friday 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.

ACC CAMERA CLUB

Leader: Jeff Jong

The club is for all enthusiasts of photography in which field trips are designated. Upcoming field trips include: The historic Chinese community of Locke (April 21), Bay Area Ferry cruise and tour from Vallejo to Fisherman's Wharf, S.F. (June). The Gallery also displays works from the members own personal projects. All levels of photography and equipment are welcome (cell phones, etc.). Following each field trip, class sessions/lessons are held in the ACC Computer Lab to touch up, enhance, etc. the photos and submit them to print services. Afterwards the prints are matted and posted to the ACC Gallery walls. Field Trips and carpools are usually announced to members or interested parties only (contact: jeff.n.jong@gmail.com or jung95831@sbcglobal.net). The club also provides occasional photo-video support for some of ACC events.

SOCIAL

GAME DAY

Leader: Mike Lee

Apr 22, May 20 (due to holiday), Jun 24
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 AND CONVERSATIONS

Every Tuesday, 1:00 – 3:00p

Join us for 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



Make a Gift to ACC Senior Services

GIVE ONLINE



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 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

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 _____

SOCIAL HOUR

Organizer: Donna Black
Every Tuesday & Thursday, 10:00a - 12:00p
Join us for some fun, casual activities and get to know others in the area while having some coffee, tea or snacks! We are now adding Tuesdays, which will be casual social time. On Thursdays, there will be different activities or educational presentations weekly, 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

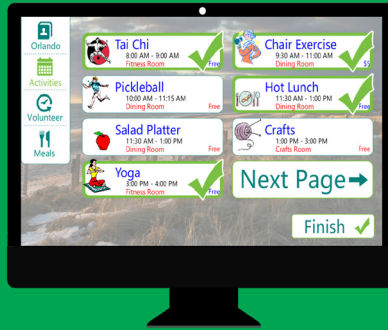
Organizer: Gee Kong
Every Thursday, 2:00 - 4:00p
Have you ever been interested in knitting or crocheting? Do you have a bunch of extra yarn and want to work on something new? Come by our casual, social get-together where you can learn new techniques, work on some new crafts, and just socialize. IN-PERSON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

ACC BINGO!

Every Friday, 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. IN-PERSON in Community Room.

DO YOU HAVE YOUR MySeniorCenter KEY TAG?

If you don't already have your MySeniorCenter key tag, be sure to stop by the Reception desk to sign up today!



Key tags make sign-in a breeze: scan, select your class and finish!

Not a key tag person? Take a picture of your barcode and keep it on your cellphone to sign-in for classes and events at ACC.



acc
SENIOR SERVICES



accsv.org

SENIOR LIVING *Your Way*



ACC GREENHAVEN TERRACE
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

