



CLASSES, WORKSHOPS & ACTIVITIES

FALL 2025



Weekly Classes

MONDAYS

- 7:30-8:45a, Tai Chi Club
- 9-9:45a, Music & Motion
- 9-9:30a, Sun Salutation (Online Only)
- 11a-12p, Bodhisattva Yoga
- 12-3p, Mahjong Club
- 12:30-2:30p, Line Dancing Basics: Learn & Practice for Any Occasion *At ACC Senior Services
- 3-5p, Ping Pong Club

TUESDAYS

- 7:30-8:45a, Tai Chi Club
- 9:00a-12:00p, Pickleball
- 9-9:45a, Standing Pilates
- 10-10:45a, Cardio Moves
- 10-12p, Social Hour
- 11:00a-11:45p, Strength Training (**First Session on November 4**)
- 1-3p, Cards & Conversations
- 5-6:30p, Tai Chi Level 2: Sensing Push Hands
- 6-7p, Meditation and Soul Healing (Online Only)

WEDNESDAYS

- 7:30-8:45a, Tai Chi Club
- 9:00a-12:00p, Pickleball
- 9-9:30a, Sun Salutation (Online Only)
- 10-11a, Energy In Motion Within Cultural Folk Dance
- 9a-12p, Mahjong Club
- 12:15-1:15p, Pocket Stick Club, Sinawali
- 1:30-2:15p, YMCA Stretch And Balance For Fall Prevention
- 1:30-3:00p, Line Dancing Basics: Learn & Practice for Any Occasion *At ACC Greenhaven Terrace
- 2:30-4:30p, Chinese Singing Club ***No Sessions in November**

THURSDAYS

- 7:30-8:45a, Tai Chi Club
- 9-10a, Tai Chi Chuan
- 10a-12p, Social Hour
- 10-11a, Mandarin Chinese Advanced
- 11a-12p, Mandarin Chinese Intermediate
- 12-12:45p, Joyful Voices Singing Group (**First Session on October 30**)
- 12:30-1:30p, Gentle Yoga
- 2-4p, Knitting & Crochet Social
- 3-5p, Ping Pong Club

FRIDAYS

- 7:30-8:45a, Tai Chi Club
- 9:00a-12:00p, Pickleball
- 9-9:30a, Sun Salutation (Online Only)
- 9-10a, Tai Chi 4 U
- 10-11:30a, Tech Workshops For Older Adults
- 10a-12p, Mahjong Club
- 11a-12p, Movin' On
- 12:30-2:30p, Card and Conversations (Bridge Only)
- 2-3p, ACC Bingo!
- 3:30-5:30p, Ping Pong Club
- 3-4p, Bingo Social
- 3:30-5:30p, Ping Pong Club

Planning to take multiple classes?

Membership is \$20 a month and covers most classes!

Drop-in fee per class - \$7

For more information, check out our website for up-to-date information for class changes, cancellations and memberships.

accsv.org/classes

- 10/15, 3:30 - 4:30p, Self-Defense Class
- 10/21, 2:00 - 3:30p, Leaves, Leaves, Leaves! Autumn Card Making
- 10/22, 3:30 - 4:30p, Self-Defense Class
- 10/23, 9:00 - 11:30a, Beginners Pickleball Clinic (Outdoors)
- 10/23, 10:30-11:30a, Alzheimer's and Dementia 101 and The Power of Exercise
- 10/23, 6:30 - 8:00p, Online Family Caregiver Support Group
- 10/28, 1:00 - 2:30p, Thriving Together
- 10/28, 1:30 - 3:00p, Safe Seniors at ACC - Successful Aging in Place
- 10/29, 1:00 - 5:00p, AARP Driver Safety Renewal Class
- 10/29, 3:00 - 4:00p, Online CyberSecurity 101
- 10/29, 3:30 - 4:30p, Self-Defense Class
- 10/30, 10:30a - 12:00p, Stronger Together: Know Your Rights
- 11/4, 1:00 - 2:30p, Thriving Together
- 11/4, 1:30 - 3:00p, Safe Seniors at ACC - Assessing your Balance and Maintaining Balance
- 11/5, 1:00 - 2:30p, Memory Connections: Pumpkin Spice & Cozy Vibes
- 11/6, 10:30 - 11:30a, Mitigate Injuries When You Fall
- 11/11, 1:00 - 2:30p, Thriving Together
- 11/11, 1:30 - 3:00p, Safe Seniors at ACC - Fall Prevention and Fall Recovery Strategies
- 11/12, 12:00 - 1:30p, Online Family Caregiver Support Group
- 11/13, 10:30 - 11:30a, Listos California Disaster Preparedness Presentation
- 11/18, 1:00 - 2:30p, Thriving Together
- 11/18, 1:30 - 3:00p, Safe Seniors at ACC - Joint Protection and Bone Health
- 11/18, 2:00 - 3:30p, Holiday Card Making
- 11/20, 10:30 - 11:30a, AARP Tomorrow's Caregiving Today!
- 11/20, 6:30 - 8:00p, Online Family Caregiver Support Group
- 11/21, 3:00 - 4:00p, Technology Help One-on-one
- 11/27, Thanksgiving *ACC CLOSED
- 12/9, 6:00 - 7:00p, Prepare to Care
- 12/10, 12:00 - 1:30p, Online Family Caregiver Support Group
- 12/11, 10:30 - 11:30a, Veterans & Military Families Home Modification Workshop
- 12/12, 2:00 - 5:00p, ACC Holiday Lunch
- 12/18, 6:30 - 8:00p, Online Family Caregiver Support Group
- 12/25, Christmas *ACC CLOSED
- 1/1, New Years *ACC CLOSED



SPECIAL PRESENTATIONS

BEGINNERS PICKLEBALL CLINIC (OUTDOORS)

Instructors: Sunny Jung and Jeannie Fong

October 23, Thursday 9:00 - 11:30 AM

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 ONLY at Pickleball Courts.

SAFE SENIORS AT ACC

Presented by: University of the Pacific Occupational Therapy Doctorate Students

Facilitated by: Dr. Brains and Dr. Flores

October 28 - November 18, Tuesdays, 1:30 - 3:00 PM

The Safe Seniors discussions will help seniors at ACC engage with occupational therapy students to learn more about aging in place. Courses will focus on educating seniors on safe ways to engage in daily activities to live a fulfilling life. Classes will be based on occupational therapy interventions that have been shown to effectively assist the aging population. Seniors will have the opportunity to have individualized conversations, assessments, and plans from the occupational therapy students.

October 28: Successful Aging in Place

Students will discuss environmental factors within the home that may impact safety. They will provide cost-effective solutions to create a safer individualized home environment.

November 4: Assessing your Balance and Maintaining Balance

Students will perform individualized balance assessments to determine balance challenges. Seniors will be taught high level balance exercises to incorporate into everyday life.

November 11: Fall prevention and Fall Recovery Strategies

Students will be demonstrating and discussing various strategies for preventing falls. These will include techniques for getting up and down from the ground. November 18: Joint Protection and Bone Health Seniors will be taught joint protection principles and how to continue being mobile with a focus on aging in place. Students will discuss strategies for reducing the risk of acquiring a fracture and maintaining strong, healthy bones.

IN-PERSON ONLY in Culinary Center. FREE

AARP DRIVER SAFETY RENEWAL CLASS

Instructor: David Feinberg

October 29, Wednesday, 1:00 - 5:00p

AARP Cost: non-refundable \$20.00 (for AARP members) or \$25.00 (for non-AARP members).

Limit: 15 People

AARP is offering a smart driver renewal course for those 55 and older. The course is designed to identify how our driving skills change as we age and how to best adjust to the change. At the end, AARP will give you a certificate of completion for your insurance company. This class will be for those needing a renewal. IN-PERSON ONLY in the Board Room.

STRONGER TOGETHER: KNOW YOUR RIGHTS

Presenters: Kishwer Vikaas, ABAS President, Assistant Public Defender

Andrew Mahinay, ABAS Board Member

Kyle Hofmeister, Public Defender

October 30, 10:30a-12p

Things are happening in our own neighborhoods, and it's closer than you think. It's affecting friends, caregivers, coworkers, service providers and more. It is important to learn how we can build community strength, and learn real tools to protect and empower everyone. This training will involve skits, role-playing, and more. Learn about current events, upcoming changes, and about constitutional rights for those encountering Immigration and Customs Enforcement (ICE) or other law enforcement. IN-PERSON and ONLINE in Community Room. FREE.

MITIGATE INJURIES WHEN YOU FALL

With Irving Lee

November 6, Thursday, 10:30 - 11:30 AM

Learn practical tips to help prevent falls and discover safe body positions that can minimize the risk of broken bones if a fall does occur. This non-interactive class uses slides to demonstrate techniques, with no physical participation required. Presented by Irving Lee, who brings over 40 years of experience in jujitsu and judo-disciplines built on the art of falling safely. IN-PERSON ONLY in Community Room

LISTOS CALIFORNIA DISASTER PREPAREDNESS PRESENTATION

Presenter - The Listos Program with Society of St. Vincent de Paul

November 13, Thursday, 10:30 - 11:30 AM

We specialize in delivering tailored Disaster Preparedness training for all individuals. Including but not limited to - teachers, in-home service providers, students, elderly, disabled, unhoused, community members and organizations. Our disaster training is free of charge. All participants will receive a Certificate of Completion for attending the training. IN-PERSON ONLY in the Community Room. FREE

AARP TOMORROW'S CAREGIVING TODAY

November 20, Thursday, 10:30 - 11:30 AM

Tomorrow's Caregiving Today is a statewide public education campaign for California residents of all ages to learn about family caregiving (caring for loved ones), its related costs and how individuals and families are impacted. Key topics such as emerging aging trends, the financial and emotional costs of caregiving and long-term care, strategies for planning smart caregiving approaches, and information on state and AARP caregiving resources. IN-PERSON ONLY in the Community Room. FREE

SAVE THE DATE! ACC HOLIDAY LUNCH

December 12, Friday, 1:00 - 4:00 PM.

Join us for an afternoon lunch full of music, food and fun holiday festivities! More information will be available soon. IN-PERSON ONLY in Community Room.

PREPARE TO CARE

In Collaboration with AARP & OCA Sacramento
Presenter: Greg Jung, AARP Outreach Presenter, OCA Board Member

Dec 9, Tuesday, 6:00 - 7:30pm

No matter where you are in the journey of family caregiving - just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time - having a good framework to help guide both you and your loved one will make the process easier. During this session, we will share a framework to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones. Free meal included! IN-PERSON ONLY in Community Room. FREE

VETERANS & MILITARY FAMILIES HOME MODIFICATION WORKSHOP

With AARP

December 11, Thursday, 10:30 - 11:30 AM

AARP helps connect veterans and military families to learn about assistance programs to modify their homes. As we age, we know that more than ever, people want to be able to live safely in their homes as long as possible. Come join us for a free workshop to learn how you make home modifications so you can age safely in your home for as long as possible. IN-PERSON ONLY in the Community Room. FREE

CAREGIVERS & MEMORY SUPPORT

LONG COVID SUPPORT GROUP

DO YOU HAVE LONG-TERM COVID-19 SYMPTOMS?

If you have long lasting symptoms after being positive with COVID-19, you are not alone! If you are interested in being a part of a support group, please email Mike Lee at mikelee5270@gmail.com

ALZHEIMER'S AND DEMENTIA 101 + THE POWER OF EXERCISE

With the Alzheimer's Association and UC Davis Greater Sacramento Women's Brain Health Program

October 23, Thursday, 10:30 - 11:30 AM

Join the Alzheimer's Association and UC Davis Greater Sacramento Women's Brain Health Program to learn about the difference between dementia and Alzheimer's, the warning signs, and strategies to promote brain health.

PART 1: ALZHEIMER'S AND DEMENTIA 101

In this presentation, learn the difference between dementia and Alzheimer's disease, warning signs, risk factors and Alzheimer's Association resources.

PART 2: POWER OF EXERCISE

In this presentation, learn about what research says on the connection between exercise and the brain, and simple exercises you can do. IN-PERSON AND ONLINE, in Community Room. FREE

Stay up to date by following us on our Instagram and Facebook!

[@accseniorservices](https://www.instagram.com/accseniorservices)

facebook.com/accsv

accsv.org/classes

THRIVING TOGETHER

With Rhenz Santos

October 28, November 4, 11, and 18, Tuesdays, 1:00 - 2:30 PM

Join our "Thriving Together" support group where we empower individuals to take charge of their mental health. We cover topics such as stress management, well-being, and goal setting. Addressing mental health is vital for overall well-being, healthier lifestyles, and improved relationships. To register, please contact Rhenz at rsantos@accsv.org or 916-393-9026 EXT 393. IN-PERSON ONLY in Classroom 2 FREE

MEMORY CONNECTIONS: PUMPKIN SPICE & COZY VIBES

With Alzheimer's Association

Wednesday, Nov 5, 1:00 - 2:30 PM

Celebrate the fall season! As the leaves turn and the air grows crisp, we invite you to slow down and enjoy the beauty of autumn. Join us for a cozy afternoon filled with pumpkin decorating, heartwarming conversations, and hot mulled cider.

What to bring:

A pumpkin of your choice to decorate – Paint, decoupage, or draw your own design! Your favorite fall photo – We'll share stories and celebrate what makes autumn special for each of us. Please contact Bonnie at 800-272-3900 to register. IN-PERSON ONLY in Community room. FREE

ONLINE FAMILY CAREGIVER SUPPORT GROUP

October 8, November 12, December 10, Wednesdays, 12:00 – 1:30 PM

October 23, November 20, December 18 Thursdays, 6:30 – 8:00 PM

Caring for someone you love brings you the joy of giving back, but can also present challenges. 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 guidance and emotional support from 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. FREE.

TECHNOLOGY

TECH WORKSHOPS FOR OLDER ADULTS

Facilitated by: Cyber Seniors

Fridays, 10:00 – 11:30 AM

Are you excited to explore the fascinating world of technology as an older adult? Whether you're looking to enhance your skills or stay connected with loved ones, a wealth of knowledge is waiting for you to discover. IN-PERSON ONLY in Computer Lab. FREE

ONLINE CYBERSECURITY 101

Instructor: Rob Liem

Wednesday, October 29, 3:00 - 4:00 PM

Online safety can have significant implications for seniors, affecting them in various ways. To address these issues, it's important to provide seniors with education and resources on online safety. For this session, we'll be talking about two new topics on online safety. The first topic will cover how to use public Wi-Fi safely. The second topic will address protecting and practicing best practice around personal data privacy. IN-PERSON ONLY in Computer Lab. FREE

ACC Senior Services, Summer 2025

ONE-ON-ONE TECHNOLOGY HELP

With Rob Liem

Starting October 24. By Appointment Only - 925-579-3210

If you're new to your smartphone, tablet or laptop, you can get patient, step-by-step assistance to familiarize yourself with your devices in a friendly, stress-free environment. The sessions are catered toward newbies, and will only cover the basics of each device. Detailed App or installing of Apps help will not be covered. Sessions are by appointment only to ensure dedicated support tailored to your needs. To schedule an appointment, please call 925-579-3210. IN-PERSON ONLY. FREE

BREAKING BARRIER'S (UC DAVIS) TECH HELP

Instructors: Breaking Barriers Students

One-on-one Appointments

Friday, November 21, 3:00 – 4:00 PM

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. Please contact classes@accsv.org or 916-393-9026 ext 111 to schedule an appointment. IN-PERSON ONLY in Computer Lab

SOCIAL

CARNIVAL GAME DAY

Leader: Mike Lee

September 15, Third Monday of the month, 9:30 – 11:00 AM

Pre-registration is required

When was the last time you played outdoor games just for fun? It's time to reconnect with your inner kid! Join us for Carnival Game Day filled with friendly competition, laughter, popcorn, and classic outdoor games like cornhole, frisbee, golf putting, and more! This is a great chance to meet new people, socialize, and enjoy an exciting morning of fun (and win some prizes!). Plus, the games are designed for all abilities, so everyone can join in! Please make sure you sign up in advance! IN-PERSON on Patio.

CARDS AND CONVERSATIONS

Tuesdays, 1:00 – 3:00 PM

Fridays, 12:30 - 2:30 PM - Bridge Only

We invite you to 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

SOCIAL HOUR

Organizer: Donna Black

Tuesdays and Thursdays, 10:00 AM – 12:00 PM

Join us for some fun, casual activities and get to know others in the area! We will have coffee and tea, snacks, and activities. Tuesdays include chair exercises to start, followed by free time. Thursdays start with socialization, then is followed by presentations, education, activities, and some special outings. 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 – 4:00 PM

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, 2:00 – 3:00 PM

Join us every Friday for some Bingo fun, prizes, and social engagement. Refreshments are offered after every session, so stick around for some socialization from 3:00 - 3:30PM! We are also looking for small prize donations (Please refer to the list of acceptable donations at the front desk). IN-PERSON ONLY in Community Room.

LANGUAGE

MANDARIN CHINESE (ADVANCE)

Instructor: May Cheung

Thursdays, 10:00 – 11:00 AM

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be at an advanced 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 (INTERMEDIATE)

Instructor: May Cheung

Thursdays, 11:00a – 12:00 PM

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. IN-PERSON in Computer Lab.

Scholarships are available for low income households
Contact us at classes@accsv.org
or call 916-393-9026 for more information

MUSIC & ART

ACC PHOTO-VIDEO CLASS & LAB

With Jeff Jong

Second Tuesday and Thursday of the Month, 2:00 - 3:30 PM

A free-flowing class with hands-on lab sessions oriented towards completing personal projects. Projects may include editing or restoring photos, generating photo quality prints, albums, video, digital files, etc. Security specifications will be discussed, including access across the internet (Facebook, YouTube, Google Photos, etc.). Specific photo-video equipment usage such as cell phones, DSLR's, & mirrorless cameras can also be addressed. Additional classes and lab sessions may be added, depending on each project's needs and scheduling commonality. IN-PERSON ONLY in Computer Lab

BEGINNER TAIKO DRUMMING

with Kaori Kubata- Sakauye

Wednesdays, 11:00 AM - 12:00 PM

\$50 for full 8 week Course

October 1 - November 19

Pre Registration required

Discover the power and rhythm of taiko drumming in this engaging beginner class open to 50 years and older and to all abilities! Whether you're brand new to taiko or looking to strengthen your foundation, this class is a fun and energetic way to learn the basics of this traditional Japanese art form. To Register, please email classes@accsv.org or call 916-393-9026 ext 111. IN-PERSON ONLY in Community Room

JOYFUL VOICES SINGING GROUP

Instructor: Sarah Wilms

Starting October 30, Thursdays, 12:00 - 12:45 PM

Did you know singing can offer numerous physical and mental benefits, including improved lung capacity, better posture, reduced stress, and increased feelings of self-confidence? This singing group is a great way to explore your voice and enjoy the therapeutic and social benefits of singing. Each week we will explore different music genres and various different music experiences, including improvisation, songwriting, group singing, and vocal percussion. No materials needed - just bring yourself! IN-PERSON ONLY in Classroom 2.

AUTUMN IKEBANA FLOWER ARRANGEMENT

With Terry Herink, Sensei

October 7, Tuesday, 1:00 p.m. - 3:00 p.m.

Class Limit - 12

\$42 without ACC Membership

\$35 with ACC Membership

The days are getting shorter, the leaves are beginning to turn and it will soon be time to get out the sweaters! Gardens are providing materials that have evolved providing new opportunities for use. Bring some of nature's beauty into your home. Create an autumn floral arrangement with a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers any season.

Supplies recommended: Garden scissors and a bucket to transport flowers home.

Vases and Flowers will be provided by the instructor.

If you prefer, you may use your own vase. IN-PERSON ONLY in Culinary Center

LEAVES, LEAVES, LEAVES! AUTUMN CARD MAKING

With Melissa Andrews

October 21, Tuesday, 2:00 - 3:30 PM

Class limit - 12

\$10 without ACC Membership

\$3 with ACC Membership

Celebrate Fall with a special handmade card! So easy even left-handed people can do it using stencils or tracing actual leaves. Therapeutic & fun! All supplies will be provided. IN-PERSON ONLY in Classroom 2

HOLIDAY CARD MAKING

With Melissa Andrews

November 18, Tuesday, 2:00 - 3:30 PM

Class limit - 12

\$10 without ACC Membership

\$3 with ACC Membership

Make original holiday cards for that special friend or family member! Lots of options using stencils! Continue a time-honored tradition of sending a one-of-a-kind hand-written notecard! IN-PERSON ONLY in Classroom 2

CLUBS/GROUPS

TAI CHI CLUB

Leader: Valen Lee

Monday - Friday, 7:30 - 8:45 AM

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

MAHJONG CLUB

Leader: Linda Fong

Mondays 12:00 - 3:00 PM

Wednesdays & Fridays, 9:00 AM - 12:00 PM

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

Wednesdays, 12:15 - 1:15 PM

Location: ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831

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 at Greenhaven Terrace 1180 Corporate Way, Sacramento, 95831.

CHINESE SINGING CLUB

Instructor: Leimin Ignatowicz

Wednesdays, 2:30 - 4:30 PM

No Sessions in November

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 Community Room.

PARKINSON'S SUPPORT GROUP

Leaders: Jerry Miyamoto & David Teraoku

Second Thursday of the month, 10:00 AM - 12:00 PM

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. FREE

GARDEN CLUB

Leads: Mike Lee, Eleanor Taniguchi, Kari Criste

Last year's garden was a hit! There were flowers, veggies, and even watermelon and corn growing behind our building! Please contact classes@accsv.org if you are interested for more information. IN-PERSON ONLY.

PING PONG CLUB

Leaders: James Lee, Ivan Kwong

Mondays and Thursdays, 3:00 - 5:00 PM

Fridays, 3:30 - 5:30 PM

Ping Pong Club is back in the ACC Community Room! Games are timed and players are rotated. We welcome players of all skill-levels. Come give it a try! Contact James at jleat916@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 and the finished prints matted and displayed in ACC's Gallery walls. 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 Gallery walls. Field Trips and carpools are usually announced to members or interested parties only. The club also provides occasional photo-video support for some of ACC events. Contact: jeff.n.jong@gmail.com or jung95831@sbcglobal.net. FREE

Scholarships are available for low income households
Contact us at classes@accsv.org
or call 916-393-9026 for more information

FITNESS

SUN SALUTATION

Instructor: Jeani Kim-Slesicki, CYT 200HR Trauma Informed Yoga Instructor
Mondays, Wednesdays, Fridays 9:00 – 9:30 AM
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. FREE

MUSIC & MOTION

Instructor: Rowena Alberto
Mondays, 9:00 – 9:45 AM
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, 11:00 AM - 12:00 PM
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

LINE DANCING BASICS: LEARN AND PRACTICE FOR ANY OCCASION

With Debbi Fabiani
Mondays, 12:30 – 2:30 PM at ACC Senior Center, 7334 Park City Drive, Sacramento 95831
Wednesdays, 1:30 – 3:00 PM at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831
Please come to only one session per week
This line dance class is for everyone whether you've danced never or forever. Join to learn line dance step terminology & dances to all types of music (rhythm & blues, oldies, country, etc.). This is great exercise in an encouraging environment! You'll end up knowing dances you can do wherever music is played such as at parties with family & friends, wedding receptions, class reunions & even in department stores!. IN-PERSON ONLY in Community Room

STANDING PILATES

Instructor: Geno Torres, Group Exercise Instructor Certified
Tuesdays, 9:00 – 9:45 AM
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, 10:00 – 10:45 AM
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

STRENGTH TRAINING

Instructor: Amy Nelson
Tuesdays, 11:00 AM - 11:45 AM (First Session on November 4)
Low impact strength training with weights that includes exercises for balance, coordination and mobility. Class includes standing exercises as well as some mat work and a cool down on the floor. Please bring your fitness or yoga mat to class. IN-PERSON ONLY in Community Room

PICKLEBALL

Leaders: Sunny Jung, Jeannie Fong, Richard Kashiwada
Tuesdays, Wednesdays and Fridays, 8:30 – 11:30 AM
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 – 6:30 PM
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 the Community Room.

MEDITATION AND SOUL HEALING

Instructor: Dennis Shimosaka
Tuesdays, 6:00 – 7:00 PM
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

ENERGY IN MOTION WITHIN CULTURAL FOLK DANCE

Instructor: Diane Letoto
Wednesdays, 10:00 - 11:00 AM
Participants in Energy in Motion (EIM) within Cultural Folk Dance will learn different Chinese and Japanese folk dances. Classes will begin with easy exercises that can be done standing or sitting in a chair to stimulate blood and energy flow, increase range of motion, and improve coordination and balance (for those who participate standing). While learning different dances, participants will also learn the cultural, social, and/or historical background of the dance. IN-PERSON ONLY in Community Room

YMCA STRETCH AND BALANCE FOR FALL PREVENTION

Sponsored by Kaiser Permanente,
Wednesdays, 1:30 – 2:15 PM
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. IN-PERSON ONLY in the Community Room. FREE

SELF-DEFENSE CLASS

Instructor: Irving Lee, 6th degree black belt in Zen Budo Kai Aiki Jujitsu
Wednesdays, October 8 - 29, 3:30 - 4:30 PM
You never know when you might need to defend yourself. Learn general information on how to reduce yourself from being a target, learn how to escape various holds and much more in this interactive class. Bring a friend and build some confidence while out in the world! IN-PERSON ONLY in the Culinary Center.

TAI CHI CHUAN

Instructor: Stella Chuk, Tai Chi Instructor
Thursdays, 9:00 – 10:00 AM
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 – 1:30 PM
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 – 10:00 AM
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, 11:00 AM - 12:00 PM
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
Register to Join Online

SAVE THE DATE!
ACC Holiday Lunch

Friday, December 12, From 1:00-4:00pm

Join us for an afternoon lunch full of music, food, and fun holiday festivities!

Stay tuned for more information!



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Together, we can improve the way our community experiences aging—through movement, connection, and knowledge. Support ACC Classes today by donating online at accsv.org/donate or by returning this form with a check payable to:

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