



# CLASSES, WORKSHOPS & ACTIVITIES

## WINTER 2026



### Weekly Classes

#### MONDAYS

- 7:30-8:45a, Tai Chi Club
- 9-9:45a, Music & Motion (First session on January 19)
- 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
- 2-3:30p, Falun Dafa Exercise and Meditation Workshop (Every other Monday starting January 5)
- 3-5p, Ping Pong Club

#### TUESDAYS

- 7:30-8:45a, Tai Chi Club
- 9-9:45a, Standing Pilates
- 10-10:45a, Cardio Moves
- 10-12p, Social Hour
- 11:00a-11:45p, Strength Training
- 1-3p, Cards & Conversations
- 1-4p, Pickleball
- 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
- 9-9:30a, Sun Salutation (Online Only)
- 9a-12p, Mahjong Club
- 10-11a, Energy In Motion Within Cultural Folk Dance
- 12:15-1:15p, Pocket Stick Club, Sinawali
- 1:30-2:15p, YMCA Stretch And Balance For Fall Prevention
- 1-4p, Pickleball
- 1:30-3:00p, Line Dancing Basics: Learn & Practice for Any Occasion \*At ACC Greenhaven Terrace
- 2:30-4:30p, Chinese Singing Club

#### 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
- 12:30-1:30p, Gentle Yoga
- 2-3p, Tang Soo Do for Parkinson's
- 2-4p, Knitting & Crochet Social
- 3-5p, Ping Pong Club

#### FRIDAYS

- 7:30-8:45a, Tai Chi Club
- 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
- 1-4p, Pickleball
- 2-3p, ACC Bingo!
- 3-4p, Bingo Social
- 3:30-5:30p, Ping Pong Club

**As of January 1, 2026 - "ACC Memberships" has changed to "ACC Plans"**

**Standard Plan - \$20/month \$216/Annual**

**All Access Plan - \$35/month \$378/Annual**

**Drop-in fee per class - \$7**

**\*Please see page 6 for a full breakdown of ACC Plans**

**Stay up to date by checking out our website. [accsv.org/classes](http://accsv.org/classes)**

- 1/8, 10a-12p, Parkinson's Association Support Group
- 1/14, 12-1:30p, Online Family Caregiver Support Group
- 1/15, 10:30-11:30a, Listos California Disaster Preparedness Presentation
- 1/22, 10:30-11:30a, CalFresh 101
- 1/22, 6:30-8p, Online Family Caregiver Support Group
- 1/29, 10:30-11:30a, Wonton Soup Cooking Demonstration
- 2/5, 10:30a-12p, Identity Thief presented by BMO
- 2/11, 12-1:30p, Online Family Caregiver Support Group
- 2/12, 10a-12p, Parkinson's Association Support Group
- 2/12, 10:30-11:30a, Love Your Brain, Mind Your Heart
- 2/24, 12-1p, Stay Active & Independent for Life (SAIL)
- 2/26, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 2/26, 6:30-8p, Online Family Caregiver Support Group
- 3/3, 10-11a, Beginner Ukulele Class
- 3/3, 12-1p, Stay Active & Independent for Life (SAIL)
- 3/5, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 3/10, 10-11a, Beginner Ukulele Class
- 3/10, 12-1p, Stay Active & Independent for Life (SAIL)
- 3/10, 1-5p, Dealing with Dementia
- 3/11, 12-1:30p, Online Family Caregiver Support Group
- 3/12, 10a-12p, Parkinson's Association Support Group
- 3/12, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 3/17, 10-11a, Beginner Ukulele Class
- 3/17, 12-1p, Stay Active & Independent for Life (SAIL)
- 3/18, 2-3:30p, Powerful Tools for Caregivers
- 3/19, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 3/24, 10-11a, Beginner Ukulele Class
- 3/24, 12-1p, Stay Active & Independent for Life (SAIL)
- 3/25, 2-3:30p, Powerful Tools for Caregivers
- 3/26, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 3/26, 6:30-8p, Online Family Caregiver Support Group
- 3/31, 10-11a, Beginner Ukulele Class
- 3/31, 12-1p, Stay Active & Independent for Life (SAIL)
- 4/1, 2-3:30p, Powerful Tools for Caregivers
- 4/2, 10:30-11:30a, Stay Active & Independent for Life (SAIL)
- 4/8, 2-3:30p, Powerful Tools for Caregivers
- 4/9, 10:30-11:30a, IHSS (In-home Support Services)
- 4/15, 2-3:30p, Powerful Tools for Caregivers
- 4/22, 2-3:30p, Powerful Tools for Caregivers
- 6/4, 1-5p, Dealing with Dementia



## SPECIAL PRESENTATIONS

### LISTOS CALIFORNIA DISASTER PREPAREDNESS PRESENTATION

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

January 15, 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

### CALFRESH 101

Presented by Sacramento Senior Legal Hotline (“SLH”) January 22, Thursday, 10:30 - 11:30 AM

Groceries and food expenses can take up a large portion of one’s budget, particularly for a senior living on a fixed income such as Social Security and/or pension benefits. In California, a federal program called CalFresh (known nationally as Supplemental Nutrition Assistance Program, or “SNAP”) can provide benefits to help individuals with limited incomes obtain basic, nutritious food. IN-PERSON ONLY in the Community room. FREE

### IDENTITY THIEF PRESENTED BY BMO

With Ashley Bowlin, BMO Financial Wellness Program & Benefits Specialist

February 5, Thursday, 10:30 AM – 12:00 PM

Join us for a friendly and informative workshop focused on protecting what matters most – your identity, your finances, and your peace of mind. Whether you’re a senior or a caregiver, you’ll learn how to spot common scams, prevent fraud, and take simple steps to stay secure. We’ll share real-life examples, practical tips, and resources to help you feel confident and in control. IN-PERSON and ONLINE in the Community Room. FREE.

### LOVE YOUR BRAIN, MIND YOUR HEART

With Alzheimer’s Association and Greater Sacramento Women’s Brain Health Program

February 12, Thursday, 10:30 - 11:30 AM

Your heart and brain are lifelong partners and when you take care of one, you protect the other. Come learn how small daily habits can make a big difference in loving your brain and minding your heart. IN-PERSON and ONLINE in the Community Room. FREE

### STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

In collaboration with Agency On Aging Area 4

February 24 - April 2, Tuesdays and Thursdays

Tuesdays: 12:00 - 1:00 PM

Thursdays: 10:30 - 11:30 AM

SAIL is a strength, balance, and fitness class designed for older adults. It works! You’ll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. The instructors are experienced, skilled and exercises have been curated specifically for seniors. IN-PERSON ONLY in the Community Room. FREE

### IHSS (IN-HOME SUPPORT SERVICES)

Presented by Sacramento Senior Legal Hotline (“SLH”) April 9, Thursday, 10:30 - 11:30 AM

In-Home Support Services is an invaluable resource that allows an individual with a disability to live independently in his or her home. This presentation gives an overview of the program’s requirements and initial application process. We will discuss protective supervision, share of cost issues, and what to do if you think you are entitled to more hours. IN-PERSON ONLY in Community room. FREE

## COOKING DEMONSTRATION

### WONTON SOUP

With Lina Lee

January 29, Thursday, 10:30 - 11:30 AM

Cost: \$10 without ACC Plan

Cost: \$5 with any ACC Plan

Dive into this enticing wonton cooking class with Chef Lina as your instructor. Discover the art of making wonton soup in a gourmet style with egg noodles, bok choy, carrots and pork. Chinese seasoning scents waft through the air as you craft delectable dishes. Create a healthy wonton noodle soup with vegetables. Take your newfound skills home to impress your own guests! IN-PERSON ONLY in Culinary Center

## 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](mailto:mikelee5270@gmail.com)

### POWERFUL TOOLS FOR CAREGIVERS

Class Leaders: Soojin Yoo and Mai Gee Her

March 18 - April 22, Wednesdays, 2:00 - 3:30 pm

This award-winning, evidence-based educational program helps caregivers care for themselves while supporting their loved ones. Offered as a six-week series, it provides practical tools to reduce stress, build self-confidence, manage time, set goals, solve problems, communicate feelings more effectively, make difficult decisions, and access helpful resources. Participants receive a copy of the Caregiver Helpbook, which follows the curriculum and offers additional tools to address common caregiving challenges. Because each class builds on the previous one, we strongly recommend attending all six sessions. Pre-registration required. Please call Mai Gee Her at (916) 503-5378 or email [mher@accsv.org](mailto:mher@accsv.org) to register. IN-PERSON ONLY. FREE.

### DEALING WITH DEMENTIA

Class Leader: Soojin Yoo

March 10, Tuesday, 1 pm-5 pm

June 4, Thursday, 1 pm-5pm

Dealing with Dementia is an evidence-informed educational program developed by the Rosalynn Carter Institute for Caregivers. This four-hour workshop helps caregivers better understand dementia, manage challenging behaviors, and care for themselves more effectively. Participants receive a copy of the Dealing with Dementia Guidebook, which includes information on the dementia caregiving experience, safety tips, guidance on building a care team, problem-solving tools, strategies for managing dementia-related behaviors, and resources for stress management and self-care. Full attendance at the four-hour workshop, along with completion of brief pre- and post-workshop paperwork, is required to receive the Guidebook and to support the best learning outcomes. Pre-registration is required by completing online registration or contacting Soojin Yoo at (916) 503-5386 or [syoo@accsv.org](mailto:syoo@accsv.org) IN-PERSON ONLY. FREE.

### ONLINE FAMILY CAREGIVER SUPPORT GROUP

January 14, February 11, March 11, Wednesdays, 12-1:30 pm

January 22, February 26, March 26, Thursdays, 6:30-8 pm

Caring for someone you love can be deeply rewarding, yet it can also bring significant challenges. If you are an informal family caregiver seeking support during this difficult journey, we invite you to join our monthly support group meetings. You’ll receive informational guidance and emotional support from fellow caregivers and staff. For more information and registration, please contact Soojin Yoo at (916) 503-5386 or email [syoo@accsv.org](mailto: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

### ONE-ON-ONE TECHNOLOGY HELP

With Rob Liem

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

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

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

[facebook.com/accsv](https://www.facebook.com/accsv)

[accsv.org/classes](https://www.accsv.org/classes)

## ONLINE CYBERSECURITY 101

Instructor: Rob Liem

Thursday, February 12, 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. If we have enough time at the end, I'll also be reiterating some of the general online safety tips that I've covered in the past. IN-PERSON ONLY in Computer Lab.

## SOCIAL

### CARDS AND CONVERSATIONS

Tuesdays, 1:30 – 3:30 PM

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 the 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 the 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 the 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 the 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.

ACC Senior Services, Summer 2025

### 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.

## MUSIC & ART

### BEGINNER UKULELE

With Jack Sakai

Tuesdays, 10:00 - 11:00 AM, 5 week session,

March 3 - March 31

Class limit - 8

Learn the basics of playing the ukulele in a fun, supportive setting. This class covers simple chords, strumming patterns, and easy songs—no prior experience needed. Participants must bring their own ukulele. Instruments are not provided. IN-PERSON ONLY in Classroom 2

### 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

8 Week course, February 4 - March 25, Wednesdays,

11:00 AM – 12:00 PM

Cost - \$7 per class

Cost - \$5 per class with any ACC Plan

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. Under the guidance of Instructor Kaori, students will explore taiko techniques, basic rhythms, traditional songs, and the cultural significance behind the art of Japanese drumming. Each class combines movement, music, and mindfulness, providing a full-body experience that promotes coordination, focus, and team spirit. To Register, please email [classes@accsv.org](mailto:classes@accsv.org) or call 916-393-9026 ext 111. IN-PERSON ONLY in Community Room

## 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. They focus 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 varying from all walks of life, come give it a try! IN-PERSON in the 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 the Culinary Center.

### CHINESE SINGING CLUB

Instructor: Leimin Ignatowicz

Wednesdays, 2:30 – 4:30 PM

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. To register, please contact Silvia Chu at [sichu55@hotmail.com](mailto:sichu55@hotmail.com) or Jason Zhao at [jasonjzhao@yahoo.com](mailto:jasonjzhao@yahoo.com). IN-PERSON in the 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 the Board Room. FREE

### GARDEN CLUB

Leads: Mike Lee, Eleanor Taniguchi, Kari Criste

There were flowers, veggies, and even watermelon and corn growing behind our building! If you're interested in joining. Please contact [classes@accsv.org](mailto:classes@accsv.org) if you are interested for more information. IN-PERSON ONLY.

Scholarships are available for low income households  
Contact us at [classes@accsv.org](mailto:classes@accsv.org)  
or call 916-393-9026 for more information

## 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 jleeat916@gmail.com with any questions. IN-PERSON in the 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. The Gallery also displays works from the memberships 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 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

## 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 (First session on January 19)  
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  
**\*All Access Plan**

### 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 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  
**\*All Access Plan**

## LINE DANCING BASICS: LEARN AND PRACTICE FOR ANY OCCASION

With Debbi Fabiani  
Mondays, 12:30 - 2:00 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  
**\*All Access Plan**

## FALUN DAFU EXERCISE AND MEDITATION WORKSHOP

Instructor: Cathy Wei  
Every Other Monday starting January 5, 2:00 - 3:30 PM at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831  
Discover what keeps tens of millions around the world happy, healthy, and energized. Falun Dafa, also called Falun Gong, is a mind & body Qi-gong practice guided by the principles of Truthfulness, Compassion & Forbearance. Join the in-person workshop to learn the five gentle exercises including a sitting meditation. Please wear comfortable clothing and bring a sitting mat. Visit [www.learnfalundafa.org](http://www.learnfalundafa.org) for more information. IN-PERSON ONLY at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831. FREE

## 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  
**\*All Access Plan**

## 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  
**\*All Access Plan**

## STRENGTH TRAINING

Instructor: Amy Nelson  
Tuesdays, 11:00 AM - 11:45 AM  
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  
**\*All Access Plan**

## PICKLEBALL

Leaders: Sunny Jung, Jeannie Fong, Richard Kashiwada  
Tuesdays, Wednesdays and Fridays, 1:00 - 4:00 PM  
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. **\*All Access Plan**

## 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 **\*All Access Plan**

## 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

Scholarships are available for low income households  
Contact us at [classes@accsv.org](mailto:classes@accsv.org)  
or call 916-393-9026 for more information

### 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 **\*All Access Plan**

### 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 **\*All Access Plan**

### TANG SOO DO FOR PARKINSON'S

Instructor: Brian Olden, Tang Soo Do Master  
Thursdays, 2:00 – 3:00 PM

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](mailto:classes@accsv.org) if interested. IN-PERSON ONLY in the Community Room. One time fee required from instructor.

### 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 **\*All Access Plan**

### 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

### LINE DANCE (BEGINNERS) TWO LEFT FEET

Instructor: Gerri Shapiro  
Fridays, 1:30 – 2:30 PM at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831

If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome! IN-PERSON ONLY at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831 **\*All Access Plan**

## Make a Gift to ACC Senior Services

GIVE ONLINE



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](http://accsv.org/donate) or by returning this form with a check payable to:

**ACC Senior Services**

ACC Senior Services  
7334 Park City Drive  
Sacramento, CA 95831

### YES! I WISH TO SUPPORT ACC'S CLASSES AND PROGRAMS

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

Name \_\_\_\_\_ First-time donor?  Yes  No

Email \_\_\_\_\_ Phone# \_\_\_\_\_

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Designate my gift in  memory of /  honor of \_\_\_\_\_

Please notify my memory/tribute gift to \_\_\_\_\_

Address \_\_\_\_\_



# ACC SENIOR SERVICES

## ACC LIFELONG LEARNING & WELLNESS PROGRAM 2026 PLAN BENEFITS

<b>Standard Plan</b> <i>\$20/month or \$216/year (10% discount)</i> <i>Includes select classes/clubs and open play activities listed below:</i>	<b>All Access Plan</b> <i>\$35/month or \$378/year (10% discount)</i> <i>Includes all Standard Plan benefits PLUS:</i>
All Online Classes* Art Classes* Bingo Chinese Singing Club Cooking Classes* Mahjong Club Music Classes* Language Classes Pickleball Ping-Pong Club Pocket Stick Club Taiko Classes*  <i>*Discounted Specialty Sessions (including art, taiko, and others with additional fees)</i>	Bodhisattva Yoga Cardio Moves Cultural Folk Dance Gentle Yoga Line Dancing Basics Movin' On Music & Motion Standing Pilates Strength Training Tai Chi 4 U Tai Chi Chuan Tai Chi Club Tai Chi Level 2: Sense Push Hands  <i>Class lists subject to change</i>

<b>Free Classes available without a plan:</b>	
Social Hour Cards & Conversations Yarn and Knitting Social Technology Workshops	YMCA Stretch & Balance for Fall Prevention Educational Presentations Meditation Sun Salutation

### ADDITIONAL INFORMATION:

- Drop-in classes and clubs remain \$7/session without a plan
- Scholarships are available for low-income participants
- ACC Independent Living Residents - 50% off All Plans
- ACC Assisted Living Residents - Free All-Access Plan