



CLASSES, WORKSHOPS & ACTIVITIES

FALL 2026



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
12:30-2:00p, Line Dancing: Solid Beginners & Beyond *At ACC
2:15-4:00p, ACC Knitting & Crochet Class
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
1-3p, Cards & Conversations
3-4:30p, Beginner Guitar Strummer Workshop
4-5p, Taiko for Parkinsons
5-6:30p, Tai Chi Level 2: Sensing Push Hands
6-7p, Meditation and Soul Healing (Online Only)

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

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

Drop-in fee per class - \$7

***Please see page 7 for a full
breakdown of ACC Plans**

WEDNESDAYS

7:30-8:45a, Tai Chi Club
9:00a-12:00p, Pickleball
9-9:30a, Sun Salutation (Online Only)
9a-12p, Mahjong Club
9-9:45a, Balance:
The Art of Finding Your Way
10-11a, Energy In Motion Within
Cultural Folk Dance
11a-12p, Taiko Drumming Level 1
12-1p, Taiko Drumming Level 2
12-1p, Pocket Stick Club, Sinawali
1:30-2:15p, YMCA Fall Prevention
1:30-3:00p, Line Dancing: Solid
Beginners & Beyond
*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
2-4p, 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
9a-12p, Mahjong Club
11a-12p, Movin' On
1:30-2:30p, Line Dance (Beginners)
Two Left Feet *At ACC Greenhaven
Terrace
2-3p, ACC Bingo!
2:30-3:30p, Falun Dafa Exercise and
Meditation Workshop *At ACC
Greenhaven Terrace
3-4p, Bingo Social
3:30-5:30p, Ping Pong Club

10/1, 10:30a-12p,
**Planning Ahead - A Loving Gift for
Your Family**

10/15, 10:30a-12p,
**Sharper Minds, Brighter Days: An
Interactive Guide to Better Brain
Health**

10/21, 1-2p,
**Flavor Your Loaf: Creative Sourdough
Add-Ins**

10/21, 1-2p
**Memory Connections - An Early-Stage
Social Engagement Program**

10/29, 10:30-11:30a,
**Tips and Tricks for Traveling
on a Budget - Oahu With AARP**

11/5, 11a-12p,
Foundations for Your Financial Future

11/10, 6-8p,
**Caregiving in Color: Careversation
Paint Fest**

11/12, 1:30-3:30p,
Safe Seniors at ACC

11/18, 1-3p,
Make the Most of Your Sourdough

12/3, 11a-12p,
Foundations for Your Financial Future

12/10, 10:30-11:30a,
**A Healthy Brain for the Holidays:
Managing Stress and Supporting Brain
Health**

12/17, 10:30-11:30p,
Saving Money on Everyday Costs



SPECIAL PRESENTATIONS

PLANNING AHEAD - A LOVING GIFT FOR YOUR FAMILY

With Dignity Health

October 1, Thursday, 10:30 - 12:00 PM

Join us for a Free Educational Seminar on Pre-Planning Your Life Celebration. Take the first step toward protecting your loved ones from emotional and financial stress. Complimentary lunch and a free personal planning guide will be provided for all attendees.

In the Community Room. Free

SHARPER MINDS, BRIGHTER DAYS: AN INTERACTIVE GUIDE TO BETTER BRAIN HEALTH

With Dignity Health

October 15, Thursday, 10:30 AM – 12:00 PM

Did you know that your brain can grow, change, and improve at any age? Join us for a fun, interactive class designed to boost your memory, sharpen your focus, and help keep your mind active and engaged. Discover practical, everyday strategies to support cognitive health while connecting with others through hands-on activities. Come ready to play, learn, and flex your mental muscles!

In the Community Room. Free

FLAVOR YOUR LOAF: CREATIVE SOURDOUGH ADD-INS

With Crystal Dunn

October 21, Wednesday, 1:00 - 3:00 PM

Cost – \$15

Cost – \$10 with any ACC Plan

Take your sourdough skills to the next level by learning how and when to incorporate delicious add-ins into your dough. We'll explore different combinations of herbs, cheeses, fruits, vegetables, and other flavorful ingredients while learning how they affect the dough and finished loaf. You'll taste a variety of sourdough flavors throughout the class and leave with new ideas for creating your own unique combinations at home.

In the Culinary Center.

TIPS AND TRICKS FOR TRAVELING ON A BUDGET - OAHU

With AARP

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

Hear about ways you can save money when visiting Oahu including airfare, hotel, ground, and more! Learn tips and tricks to save money on your Oahu adventure. Discover the AARP Travel Center and utilize the discounts offered!

In the Community Room. Free

FOUNDATIONS FOR YOUR FINANCIAL FUTURE

With Money Management Educators and New York Life Insurance

November 5, December 3, Thursday, 11:00 AM – 12:00 PM

Discover how to build a strong financial foundation to master cash flow, debt management, and financial protection basics. Learn tax-smart and risk-diversified investment strategies and gain confidence navigating market ups and downs. The Financial Foundation Workshop is a bi-monthly educational series designed to help residents strengthen their understanding of core financial principles in a clear and practical way. Each one-hour session focuses on a specific topic, beginning with the fundamentals of personal finance and gradually expanding into areas such as retirement income planning, tax awareness, and estate considerations. The workshops are strictly educational in nature and designed to create a comfortable environment where attendees can learn, ask questions, and gain confidence in their financial decisions. Food and refreshments will be provided to encourage a relaxed and welcoming atmosphere.

In the Community Room. Free

SAFE SENIORS AT ACC

Presented by: University of the Pacific (UOP) Occupational Therapy Doctorate Students Facilitated by: Denise Estridge, MS, OTR/L, CSRS

November 12, Thursday

Community Room - 1:30 - 2:30 PM: Joint Protection and Bone Health

Seniors will learn 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.

Community Room - 2:30 - 3:30 PM: Fall Prevention and Fall Recovery Strategies

Students will demonstrate and discuss various strategies for preventing falls. These will include techniques for getting up and down from the ground.

Classroom 2 - 1:30 - 2:30 PM: 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.

Classroom 2 - 2:30 - 3:30 PM: Hand Function

Students will perform basic hand strengthening and fine motor screening tests. Students will discuss and demonstrate basic hand joint protection strategies, strengthening techniques and fine motor activities with emphasis on safety, minimizing discomfort during everyday tasks. **Free**

MAKE THE MOST OF YOUR SOURDOUGH

With Crystal Dunn

November 18, Wednesday, 1:00 - 3:00 PM

Cost – \$15

Cost – \$10 with any ACC Plan

Learn how to put your inactive sourdough starter, commonly called discard, to delicious use instead of throwing it away. In this hands-on class, you'll learn how to use discard in a variety of recipes, including both sweet and savory options. We'll make and taste different recipes together so you can see just how versatile your sourdough discard can be.

In the Culinary Center.

A HEALTHY BRAIN FOR THE HOLIDAYS: MANAGING STRESS AND SUPPORTING BRAIN HEALTH

Presented by the Greater Sacramento Women's Brain Health program and the Alzheimer's Association®

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

The holiday season can bring joy, but it can also bring added stress. In this two-part presentation, learn how stress affects the brain and discover healthy habits to support brain health. Part 1: Let's Talk about Stress - This engaging presentation explores how stress impacts older adults and provides simple, practical strategies to reduce its effects. Part 2: Supporting Brain Health in Our Community - Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health. This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

In-person and Online. In the Community Room. Free

SAVING MONEY ON EVERYDAY COSTS With AARP

December 17, Thursday, 10:30 - 11:30 AM

Come learn practical ways you can save money on everyday costs including grocery shopping, home maintenance, utilities, online purchases, and more! Saving Money on Everyday Costs is a part of Let's Talk Dinero by AARP California.

In the Community Room. Free

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

MUSIC & ART

ACC KNITTING & CROCHET CLASS

With Nancy Wai-Watanabe

Mondays, 2:15 - 4:00 PM

Whether you're picking up a needle or hook for the first time or looking to improve your skills, join us for a welcoming and supportive Knit & Crochet Class! Learn basic techniques, practice new stitches, work on projects, and get helpful guidance along the way. All skill levels are welcome, with opportunities to learn, create, and connect with others who share an interest in knitting and crochet.

In Classroom 2. Free

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 Computer Lab. Standard Plan

BEGINNER GUITAR STRUMMERS WORKSHOP

With Tim Shironaka

Tuesdays, 3:00 - 4:30 PM, Starting on October 13 at **ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831**

Class limit: 15

So you've been thinking about that guitar sitting in the corner of your house but just can't seem to find that extra motivation to start strumming again? Well don't worry- We are offering these Beginner Guitar Strummers workshops to those of you ready to continue the journey again. Workshops will emphasize strumming techniques to develop rhythm along popular song melodies, singing included. We will make every effort for players to establish the "feel" of songs using basic 2 and 3 chord formations, and less concentration on specific guitar techniques. Individual and small group teaching will be supported. Strummers are asked to access internet applications to encourage group communication and song structures through Ultimate Guitar App, which can be downloaded to your personal devices. Must have your own guitar. Contact Tim at tshironaka@gmail.com for more information.

At ACC Greenhaven Terrace. Free

TAIKO FOR PARKINSONS

With Kaori Kubata-Sakauye, Japan Taiko Association Certified Instructor

4 Week Courses, Tuesdays, 4:00 - 5:00 PM

Cost - \$28 OR \$20 with any ACC Plan

Discover the power of rhythm, movement, and community in this taiko drumming class designed for adults living with Parkinson's disease. Open to all skill levels and abilities, participants will learn basic taiko techniques, rhythms, and traditional songs while exploring the cultural significance of Japanese drumming. Led by Instructor Kaori, each class combines music, movement, and mindfulness in a supportive and welcoming environment. Taiko drumming can help improve coordination, balance, mobility, posture, and cognitive engagement while encouraging participants to stay active. Most importantly, the class provides an opportunity to build confidence, reduce isolation, and connect with others through the joy of drumming.

In the Community Room

TAIKO DRUMMING LEVEL 1 & 2

With Kaori Kubata-Sakauye, Japan Taiko Association Certified Instructor

4 week course, Wednesdays,

Level 1 - 11:00 AM - 12:00 PM

Level 2 - 12:00 PM - 1:00 PM

Cost - \$28 OR \$20 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 or call 916-393-9026 ext 111.

In the Community Room

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**

IN-PERSON FAMILY CAREGIVER SUPPORT GROUP

Class Leader: Soojin Yoo and Mai Gee
October 8, November 12, December 10, Thursdays, 2-3:30 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 in-person support group meetings. Enjoy the benefits of meaningful face-to-face connections, shared experiences, and a welcoming environment where caregivers can learn from and support one another. You'll receive informational guidance and emotional support from fellow caregivers and staff.

Pre-registration is required by completing online registration or contacting Soojin Yoo at (916) 503-5386 or syoo@accsv.org. Free

ONLINE FAMILY CAREGIVER SUPPORT GROUP

Class Leader: Soojin Yoo
October 22, November 19, December 17, Thursdays, 6:30-8 pm

Caregiving can sometimes feel isolating, especially when daily responsibilities leave little time to focus on your own well-being. If you are an informal family caregiver seeking support, we invite you to join our monthly online support group meetings. The virtual format makes it easy to join from home while still receiving informational guidance and emotional support from fellow caregivers and staff.

Pre-registration is required. For more information, please contact Soojin Yoo at (916) 503-5386 or email syoo@accsv.org. Online only. Free

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

MEMORY CONNECTIONS - AN EARLY-STAGE SOCIAL ENGAGEMENT PROGRAM

With the Alzheimer's Association
November 4, Wednesday, 1:00 - 2:00 PM
Memory Connections is a relaxed, friendly gathering for people living with mild cognitive impairment (MCI) or early-stage dementia, along with their care partners. It is a welcoming space to chat, laugh, share stories, and enjoy time together. Each meetup is an opportunity to connect with peers over coffee or tea and may include an activity (such as sharing music or a simple creative project).

In the Community Room. Free

CAREGIVING IN COLOR: CARECONVERSATION PAINT FEST

With AARP Sacramento, OCA, ACC Senior Services & ACAAPS

November 10, Tuesday, 6:00 – 8:00 PM
Join us for an inspiring evening where compassion meets color as we celebrate caregivers and their unique journeys. Enjoy lively conversations, colorful art activities, and a delicious dinner while sharing stories and connecting with others in the community. Express yourself through creativity with no art experience required! Together, we'll paint a brighter future one brush stroke at a time during this uplifting evening of inspiration, connection, and fun.

Register at

<https://events.aarp.org/PaintFest2026>

In the Community Room. Free

SUPPORTING BRAIN HEALTH

Presented by the Greater Sacramento Women's Brain Health program and the Alzheimer's Association®

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

The holiday season can bring joy, but it can also bring added stress. In this two-part presentation, learn how stress affects the brain and discover healthy habits to support brain health. Part 1: Let's Talk about Stress - This engaging presentation explores how stress impacts older adults and provides simple, practical strategies to reduce its effects. Part 2: Supporting Brain Health in Our Community - Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health. This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

In-person and Online. In the Community Room. Free

TECHNOLOGY

ONE-ON-ONE TECHNOLOGY HELP

With Rob Liem

October 14, November 18, and December 16, 3:00 - 4:00p

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 cover the basics of each device. Detailed App or Software help will be covered as time permits. Making appointments is encouraged. If no one has made an appointment, sessions are first come first serve. The session is from 3 to 4 PM PST.

To make an appointment, call Rob Lim at (925) 579-3210. In the Computer lab. Free

LANGUAGE

MANDARIN CHINESE INTERMEDIATE AND ADVANCED

Instructor: May Cheung

Thursdays, 10:00 – 11:00 AM (Advance)

11:00 AM - 12:00 PM (Intermediate).

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Single and compound words are introduced through pronunciation drills.

In the Computer lab. Standard Plan

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 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 the Culinary Center. 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 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 the Community Room. Standard Plan

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 the Community Room. Standard Plan

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 the Culinary Center. Standard Plan

THE POCKET STICK CLUB (SINAWALI)

Instructor: Mike Lee

Wednesdays, 12:00 – 1:00 PM

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 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.

At Greenhaen Terrace. Free

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 siuchu55@hotmail.com or Jason Zhao at jasonjzfzhao@yahoo.com.

In the Community Room. Standard Plan

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 the Board Room. Free

GARDEN CLUB

Cost: \$40 a year or \$20 with any ACC Plan

There are flowers, veggies, even watermelon and corn growing behind our building! If you're interested in joining; please contact classes@accsv.org.

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 the Community Room. Standard Plan

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. 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. Minimal cues given (breath, pose, and if needed a few modifications) for five rounds, then a parting Namaste!

Online. 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.

In-person and Online. In the 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.

In-person and Online. In the Community Room. All Access Plan

LINE DANCING: SOLID BEGINNERS & BEYOND

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 one session per week. A great class for anyone who has been line dancing at least 6 months & knows the names of dance steps. This class is the place to dance popular dances you already know & learn some new ones. Strengthen both your body and mind as you exercise through dance! Learn and practice choreographed steps set to a variety of music, including Latin, Country, Oldies, and more. You will enjoy the ease of dancing your favorites & the challenge of learning some new dances!

In-person. All Access Plan

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.

In-person and Online. In the 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.

In-person and Online. In the Community Room. All Access Plan

PICKLEBALL

Leaders: Sunny Jung, Jeannie Fong, Richard Kashiwada

Tuesdays, Wednesdays and Fridays, 9:00 AM - 12:00 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.

At the ACC Pickleball Courts. Standard Plan

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. Free

BALANCE:

THE ART OF FINDING YOUR WAY

With Kim Wakabayashi

Wednesdays, 9:00 - 10:00 AM

Balance is not something we achieve once and keep forever. It is a continuous conversation between ourselves and the world around us. Through gentle Feldenkrais, Awareness Through Movement lessons, you’ll discover how improved awareness can lead to greater stability, easier walking, and more confidence in everyday movement. Explore balance not as a skill to master, but as a process of curiosity, adaptability, and ease.

In-person. In the Community Room. All Access Plan

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. In the Community Room. All Access Plan

YMCA FALL PREVENTION

In collaboration with YMCA and 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. In the Community Room. Free

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 the 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.

In-Person and Online. In the Community Room. All Access Plan

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. In the 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.

In-Person and Online. In the Community Room. All Access Plan

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!

At ACC Greenhaven Terrace. All Access Plan

FALUN DAFA MEDITATION WORKSHOP

Instructor: Cathy Wei

Every Friday, 2:30 – 3:30 PM at ACC

Greenhaven Terrace, 1180 Corporate Way, Sacramento, 95831

Starting in November

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 for more information.

At ACC Greenhaven Terrace. Free

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



acc SENIOR SERVICES

ACC LIFELONG LEARNING & WELLNESS PROGRAM 2026 PLAN BENEFITS

Standard Plan <i>\$20/month or \$216/year (10% discount)</i> <i>Includes select classes/clubs and open play activities listed below:</i>	All Access Plan <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>

Free Classes available without a plan:	
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