



CLASSES, WORKSHOPS & ACTIVITIES

SPRING 2025



Weekly Classes

MONDAYS

- 7:30-8:45a, Tai Chi Club
- 9-9:45a, Music & Motion
- 9-9:30a, Sun Salutation (Online Only)
- 10:15-11:15a, Bodhisattva Yoga (March 31 - May 12)
- 11a-12p, Bodhisattva Yoga (Change of time starting on May 19)
- 11:30a-12:15p, Strength Training (March 31 - May 12)
- 12-3p, Mahjong Club
- 12:30-2:30p, Line Dancing Basics: Learn & Practice for Any Occasion
- 3-5p, Ping Pong Club

TUESDAYS

- 7:30-8:45a, Tai Chi Club
- 9a-12p, Pickleball
- 9-9:45a, Standing Pilates
- 10-10:45a, Cardio Moves
- 10-12p, Social Hour
- 11-11:45a, Strength Training (Back on Tuesdays on May 20)
- 9a-12p, Pickleball
- 1-3p, Cards & Conversations
- 3:15-4:00p, Exercise For Your Brain and Body
- 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
- 9a-12p, Pickleball
- 9-9:30a, Sun Salutation (Online Only)
- 9a-12p, Mahjong Club
- 11a-12p, Energy In Motion Within Cultural Folk Dance
- 12:15-1:15p, Pocket Stick Club, Sinawali
- 1:30-2:15p, Stretch & Balance
- 2:30-4:30p, Chinese Singing Club
- 2-3:30p, Uke 'N Make Music
- 4-5:30p, Ukulele Tips & Tricks and Play-Along (Online Only)

THURSDAYS

- 7:30-8:45a, Tai Chi Club
- 9-10a, Tai Chi Chuan
- 10a-12p, Social Hour
- 10-11a, Mandarin Chinese Advanced
- 11a-12p, Mandarin Chinese Intermediate
- 12-12:45p, Joyful Voice Singing Group (Starting on May 8)
- 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
- 9a-12p, Pickleball
- 9-9:30a, Sun Salutation (Online Only)
- 9-10a, Tai Chi 4 U
- 10-11:30a, Tech Workshops For Older Adults
- 9a-12p, Mahjong Club
- 11a-12p, Movin' On
- 2-3p, Bingo!
- 3:30-5:30p, Ping Pong Club

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

accsv.org/classes

- 4/1, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/2, 2:30-4p, Caring Minds, Active Lives Educational Series: Stay Strong, Stay Safe: Essential Tips For Fall Prevention
- 4/3, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/8, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/9, 12-1p, Performing Chinatown - Book Talk
- 4/10, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/15, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/15, 2-3:30p, Spring Card Making
- 4/17, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/21, 9:30-11a, Carnival Game Day
- 4/22, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/23 & 4/24, 1:30-4p, AARP Smart Driver Course
- 4/24, 11a-12p, Stay Active & Independent For Life (SAIL)
- 4/29, 11a-12p, Stay Active & Independent For Life (SAIL)
- 5/6, 11a-12p, Stay Active & Independent For Life (SAIL)
- 5/8, 11a-12p, Stay Active & Independent For Life (SAIL)
- 5/13, 11a-12p, Stay Active & Independent For Life (SAIL)
- 5/19, 9:30-11a, Carnival Game Day
- 5/22, 9-11:30a, Beginner Pickleball Clinic
- 5/22, 10:30-12p, Craft Your Memories
- 5/27, 1-3p, Spring Ikebana Flower Arrangement
- 5/29, 10:30a-12p, Collage Art Class
- 6/4, 2:30-4p, Caring Minds, Active Lives Educational Series: Sizing up the Move
- 6/5, 10:30a-12p, De-mystifying Personal Emergency Alert Devices
- 6/11, 1-2:30p, Memory Connections: Summer Game Day
- 6/12, 10:30a-12p, Fab Four Foods: Easy and Nutritious Meals!
- 6/19, 10:30a-12p, Fire Extinguishers 101
- 6/16, 9:30-11a, Carnival Game Day
- 6/26, 10:30-11a, Let's Talk Dinero: Destination: Mexico!
- 7/2, 2:30-4p, Caring Minds, Active Lives Educational Series: Mind Matters: Mental Health
- 7/3, 10:30a-12p, Social Security Presentation
- 7/10, 10:30a-12p, Paying for Care: What is Home Equity Conversion Mortgage
- 7/24, 10:30-11:30a, Senior Prescription Discount Cards
- 8/6, 2:30-4p, Caring Minds, Active Lives Educational Series: Secure your Future
- 8/7, 10:30a-12p, Estate and Advance Planning Presentation
- 9/3, 2:30-4p, Caring Minds, Active Lives Educational Series: Dementia Care & Resources



SPECIAL PRESENTATIONS

CARING MINDS, ACTIVE LIVES EDUCATIONAL SERIES: STAY STRONG, STAY SAFE: ESSENTIAL TIPS FOR FALL PREVENTION

With Dr. Scott Stringer, MD, ACC's Medical Director
Cameren Muller, Healthpro Heritage Rehab Director
Dani Lee, Matter of Balance Coach
April 2, Wednesday, 2:30 - 4:00 PM
Location - ACC Care Center, 7801 Rush River Drive,
Sacramento 95831

Learn how simple changes, from managing medication side effects and medical conditions to making home modifications and practicing balance exercises, can significantly reduce your risk. Don't miss out on expert advice that everyone can benefit from! IN-PERSON ONLY at ACC Care Center. FREE

Save the date for future Caring Minds, Active Lives Educational Series Classes

SIZING UP THE MOVE

June 4, 2:30 - 4:00 PM at ACC Maple Tree Village, 18 Kado Ct, Sacramento 95831

MIND MATTERS: MENTAL HEALTH

July 2, 2:30 - 4:00 PM at ACC Care Center, 7801 Rush River Drive, Sacramento 95831

SECURE YOUR FUTURE

August 6, 2:30 - 4:00 PM at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento 95831

DEMENTIA CARE & RESOURCES

September 3, 2:30 - 4:00 PM at ACC Care Center, 7801 Rush River Drive, Sacramento 95831

PERFORMING CHINATOWN - BOOK TALK

With William Gow, Ph.D.
April 9, Wednesday, 12:00 - 1:00 PM
Join us for a book talk with William Gow, Ph.D. for a discussion of his new book Performing Chinatown: Hollywood, Tourism, and the Making of a Chinese American Community. Gow examines how Chinese Americans in Los Angeles leveraged performances in Hollywood films and Chinatown tourist attractions to influence perceptions of race and national belonging during the Chinese exclusion era (1875-1965). Drawing on oral history interviews, archival research, and family collections, the book traces the relationship between Los Angeles Chinatown and Hollywood, demonstrating how everyday Chinese Americans used performance to shape dominant perceptions of Asian Americans. IN-PERSON ONLY in Community Room. FREE

AARP SMART DRIVER™ COURSE

With David Feinberg
April 23 and 24, Wednesday & Thursday 1:30 - 4:00 PM
Class Limit: 20
Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Must finish both classes to receive discount. AARP Cost: non-refundable \$20.00 (for AARP members) or \$25.00 (for non-AARP members). No ACC Membership needed. IN-PERSON ONLY in Board Room.

BEGINNERS PICKLEBALL CLINIC (OUTDOORS)

Instructors: Sunny Jung and Jeannie Fong
May 22, 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.

DE-MYSTIFYING PERSONAL EMERGENCY ALERT DEVICES

With Dot Boyd, Senior Safety Specialist
June 5, Thursday, 10:30 AM - 12:00 PM
Are you scratching your head about which type of personal emergency alert device is right for you? Do you think that you don't need one yet? The choices are endless! Learn about the various types of devices, what to look for and what to avoid when shopping for a device for you or for a loved one. Discussion also includes why relying on a phone in an emergency is not an ideal plan. ONLINE & IN-PERSON in Community Room. FREE

FIRE EXTINGUISHERS 101

With Cosumnes Fire Department
June 19, Thursday, 10:30 AM - 12:00 PM
Fire extinguishers are important safety tools for saving life and property. In this interactive class, learn the correct way to use a fire extinguisher with the "PASS" method-- push, aim, squeeze and sweep and observe a fire extinguisher demonstration. IN-PERSON ONLY in Community Room. FREE

LET'S TALK DINERO: DESTINATION: MEXICO!

With Laura Segura, AARP
June 26, Thursday, 10:30 - 11:30 AM
Join AARP Sacramento for Let's Talk Dinero: Destination: Mexico for an informative, FREE working on traveling to Mexico. Learn insider information for each destination, safety, driving, pesos, speaking Spanish and so much more! IN-PERSON ONLY in Community Room. FREE

SOCIAL SECURITY PRESENTATION

With Senior Legal Hotline ("SLH")
July 3, Thursday, 10:30 AM - 12:00 PM
This presentation will be about Social Security retirement benefits. Specifically, we will discuss eligibility rules, including what it means to receive benefits before, during, or after normal retirement age and eligibility requirements to receive spouse's, divorced spouse's, or widow's/widower's benefits. The presentation will also discuss the Social Security Fairness Act, which eliminated the Windfall Elimination Provision, and the Government Pension Offset. This change increases Social Security benefits for certain types of public employees. ONLINE AND IN-PERSON in Community Room. FREE

PAYING FOR CARE: WHAT IS HOME EQUITY CONVERSION MORTGAGE

With the Alzheimer's Association
July 10, Thursday, 10:30 AM - 12:00 PM
In this class Financial Advisor, Scott Roseveare, will discuss solutions to one of the fastest-growing financial issues facing seniors - paying for major medical expenses, such as in-home care, assisted living and skilled nursing - especially as it relates to the costs of dementia care. He will provide education about the government-insured Home Equity Conversion Mortgage (the new reverse mortgage) and discuss strategies on how this HECM program can help seniors prepare for and help pay for medical needs and major life events. Alexandra Weisgerber from the Alzheimer's Association will provide an overview of Alzheimer's and Dementia and discuss available resources in the community. ONLINE & IN-PERSON in Community Room. FREE

SENIOR PRESCRIPTION DISCOUNT CARDS

With Tony Yee, Chief Pharmacist Officer
July 24, Thursday, 10:30 - 11:30 AM
Discover how prescription discount cards can help you save money on medications! In this engaging session, we'll break down how these cards work, their benefits, and the pros and cons to consider. Bring your questions-- our session wraps up with a Q&A to ensure you leave feeling informed to make the best choices for your health and budget! IN-PERSON ONLY in Community Room. FREE

ESTATE AND ADVANCE PLANNING PRESENTATION With Legal Services of Northern California, Senior Legal Hotline

August 7, Thursday, 10:30 AM - 12:00 PM
Planning for the future is crucial, particularly for seniors. Estate and advance planning requires numerous practical and legal considerations. In the face of such complexity, many seniors are presented with false information about what they need to effectively plan their estates. During this presentation, SLH advocates will outline the estate and advance planning process and discuss myths and traps that many seniors encounter in planning their estates. Topics to be covered will include: 1) Requirements for executing different types of wills; 2) Pros and cons of living trusts; 3) Brief description of the probate process; 4) Powers of Attorney; 5) Advance Health Care Directives; and 6) Protecting against financial abuse and exploitation when engaging estate planning professionals. ONLINE AND IN-PERSON in Community Room. FREE

If you are low income, you may be eligible for a free membership with ACC classes and clubs! Contact classes@accsv.org or call 916-503-2504 for more information.

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 mikehlee5270@gmail.com

DEALING WITH DEMENTIA

Class Leader: Soojin Yoo
Apr 24, Thursday, 1:00 - 5:00 PM
Dealing with Dementia is an evidence-informed educational program developed by Rosalynn Carter Institute for Caregivers. It is a four-hour workshop that helps caregivers understand dementia, manage problem behaviors, and take better care of themselves. Participants receive a copy of the Dealing With Dementia Guidebook with Information such as dementia caregiving experience, useful safety tips, advice on building a care team, problem-solving tools, instructions on managing dementia behaviors, stress management, and self-care resources. Full attendance of the four-hour workshop and brief pre/post paperwork are required to receive a copy of the Guidebook and to ensure the best learning outcomes. Pre-registration is required by completing online registration or contacting Soojin Yoo at (916) 503-5386 or syoo@accsv.org IN-PERSON ONLY in Computer Lab. FREE

ONLINE FAMILY CAREGIVER SUPPORT GROUP

April 9, May 14, June 11, Wednesdays, 12:00 - 1:30 PM
April 24, May 22, June 26, 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.

MEMORY CONNECTIONS: SUMMER GAME DAY

In collaboration with Alzheimer's Association and Sacramento Public Library
Jun 11, Wednesday, 1:00 - 2:30 PM
Memory Connections is an informal social gathering for those living with Mild Cognitive Impairment (MCI) and early-stage dementia, and their care partners. Join us at ACC Senior Services for a fun afternoon of games, such as cornhole, bowling, and golf putting, all while socializing and enjoying light refreshments. Last day to register is Friday, June 6th. FREE To register, please contact Bonnie at 800-272.3900 or tinyurl.com/MemoryConnectionsESSE.

MUSIC & ART

SPRING CARD MAKING

With Melissa Andrews
April 15, Tuesday, 2:00 - 3:30 PM
Looking for a fun and creative way to welcome Spring? Join us for a delightful Stenciling Workshop, where no artistic ability is required—yes, even left-handers are welcome! In this class, you'll learn simple, step-by-step techniques to create beautiful, one-of-a-kind Spring Theme cards. Perfect for birthdays, weddings, holidays or any occasion! IN-PERSON ONLY in Classroom 2

CRAFT YOUR MEMORIE

With Sandy Fong Whetstone
May 22, Thursday, 10:30 AM - 12:00 PM
Class Limit - 20
\$17 - Without ACC Membership
\$10 - With ACC Membership
Bring your photos and we'll provide the rest! In this fun collage class, you will bring new life to your old photos by creating a unique and personalized art from your favorite memory! Bring any fancy paper, old maps, handwritten /typed letters, or sheet music to add a personal touch to your collage. Other supplies will be provided (paper, scissors, adhesive). IN-PERSON ONLY in Community Room.

SPRING IKEBANA FLOWER ARRANGEMENT

Instructor: Terry Herink
May 27, Tuesday, 1:00 - 3:00 PM
Prepayment Required
\$35 for ACC Members
\$42 for Non-ACC Members
Class limit - 12
The days are getting longer, the leaves and flowers are beginning to burst out, and it will soon be time to get out the shorts! Gardens are providing materials that have evolved providing new opportunities for use. Bring some of nature's beauty into your home. Create a spring floral arrangement with a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers any season. Terry Herink is a Sensei with the Ikenobo School of Ikebana. Supplies needed: vase of your choice, garden scissors for cutting stems, some means of anchoring the flowers e.g. pin frog (kenzan), wet oasis, etc., a table cover, and a bucket. Flowers will be provided by the instructor. IN-PERSON ONLY in Culinary Center.

COLLAGE ART CLASS

With Helen Okamoto
May 29, Thursday, 10:30 AM - 12:00 PM
Class limit - 20
Collage doesn't depend on your being able to draw or paint to create a picture. You just need to cut and paste selected images from books and magazines to form your finished piece. The theme for this session is journey. All supplies are provided, please bring your own scissors. IN-PERSON ONLY in Community Room. FREE

ACC PHOTO-VIDEO CLASS & LAB

With Jeff Jong
Second Monday and Thursday, 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

UKE 'N MAKE MUSIC

Instructor: Carla Fontanilla
Wednesdays, 2:00 - 3:30 PM
New and beginner ukulele players can learn easy-to-play chords to easy-to-sing tunes. Students learn to use chord diagrams, recognize chord changes, apply different strum patterns and rhythmic techniques that fit individual and group play and sing-along. Players looking to improve their ukulele playing are encouraged to join the "Ukes Tips & Tricks and Play-along that follows immediately after. Students learn songs of various genres, movable chords, rhythm and dynamics techniques, combining strumming and picking, develop good practice habits, and much more. IN-PERSON ONLY in Classroom 2.

UKULELE TIPS & TRICKS AND PLAY-ALONG

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

JOYFUL VOICES SINGING GROUP

Instructor: Sarah Wilms
Thursdays, 12:00 - 12:45 PM
No Class in April, returning on May 8, No class on June 5 and June 19
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. FREE

COOKING DEMONSTRATIONS

FAB FOUR FOODS: EASY AND NUTRITIOUS MEALS!

With Robin Withrow-Wong, MS, RDN

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

Most of us are looking for easy ways to improve our nutrition so that we have energy and health to live our best life. And we don't want to spend all day cooking! Join Robin and learn how to use the FAB FOUR FOODS that boost your nutrition and are easy to combine in one meal giving your body the nutrition it needs to feel good and you the time you want out of the kitchen. ONLINE and IN-PERSON in Community Room. 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

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 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 in Computer Lab.

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, 11:00 AM - 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. Limit: 6 students. IN-PERSON in Computer Lab.

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, March 31 - May 12, 10:15 - 11:15 AM

Starting on May 19, time change to 11:00a - 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

This line dance class is for everyone whether you've danced never or forever. Join to learn line dance step terminology and 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 and friends, wedding receptions, class reunions and 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

Mondays, March 31 - May 12, 11:30 AM - 12:15 PM

Class change to Tuesdays starting on May 20, 11:00 AM - 11:45 PM

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 in Community Room

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

In collaboration with Agency On Aging Area 4 Tuesdays and Thursdays starting April 1 - May 13, 11:00 AM - 12:00 PM

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 Community Room. FREE

EXERCISE FOR YOUR BRAIN AND BODY WITH UC DAVIS GROW PROGRAM

Instructor: Michelle Ernster, Health Educator Tuesdays, 3:15 - 4:00 PM

No Class April 8, May 20 and June 17

Come Join the Greater Sacramento Women's Brain Health Program (GROW)!

This unique blend of exercise and brain health education will elevate your overall well being! In this class you will:

- Strengthen your body
- Boost your energy and vitality
- Do a highly effective low-impact workout for all fitness levels
- Learn practical tips for a healthy brain

IN-PERSON ONLY in Community Room. FREE

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. 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 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, 11:00 AM - 12:00 PM

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

STRETCH & BALANCE: FALL PREVENTION

Instructor: YMCA

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. ONLINE & IN-PERSON in Community Room. FREE

TAI CHICHUAN

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

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 if interested. IN-PERSON ONLY in 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

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

SOCIAL

CARNIVAL GAME DAY

Leader: Mike Lee

April 21, May 19, June 16, 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.

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. The club meets every weekday to allow for practice regularly. This club is made up of people varying from all walks of life, come give it a try! IN-PERSON in Community Room.

MAHJONG CLUB

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
Learn the graceful and beautiful movements of "Sinawali", one major integral exercise of the Filipino Martial Arts. Sinawali means, "weave" or "weave pattern". Learning double Sinawali will improve the following: Memory, dexterity, concentration, eye and hand coordination, balance, timing and body movement/exercise. There are no belts, tests, uniforms or cost and you learn at your own pace. This is not a self defense class. Sticks will be provided to all participants for the class to borrow. IN-PERSON in Community Room.

CHINESE SINGING CLUB

Instructor: Leimin Ignatowicz
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. 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

Spanish-speaking Parkinson's Support Group meets the third Tuesday of the month at 6:00 – 7:30p. Please contact Kimberly for more information at kimberly@panctoday.org

GARDEN CLUB

Leads: Mike Lee, Eleanor Taniguchi, Kari Criste
Meetings 2nd Friday of the month, 12:00 pm
Last year's garden was a hit! There were flowers, veggies, and even watermelon and corn growing behind our building! If you're interested in joining, please attend monthly meetings. Moving forward, plots will be assigned. 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 jleeat916@gmail.com with any questions. IN-PERSON in Community Room.

ACC CAMERA CLUB

Leader: Jeff Jong
The club is for all enthusiasts of photography in which field trips are designated 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

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

Night at the BALLPARK
Celebrating AANHPI Heritage Night!
Join us at the RiverCats game celebrating Asian-American, Native Hawaiian and Pacific Islander Heritage Night!
Saturday, May 3rd
5:30 Gates Open | 6:37 First Pitch
Fireworks After the Game!

QR code:

\$25 Ticket SCAN TO BUY TICKETS

SACRAMENTO RIVERCATS VS RENO ACES BASEBALL CLUB

acc SENIOR SERVICES

Local Generosity in Action

May 1, 2025

Big Day of Giving

accsv.org/bdog2025



ACC
SENIOR SERVICES

Make a Gift to ACC Senior Services

GIVE ONLINE



2025 is an important year for ACC as we invest in new programs that help older adults age in place.

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

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

ACC Senior Services
7334 Park City Drive
Sacramento, CA 95831

YES! I WISH TO SUPPORT ACC'S MISSION IN 2025.

\$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 _____