



CLASSES, WORKSHOPS & ACTIVITIES

FALL 2024



Weekly Classes

MONDAYS

- 7:30-8:45a, Tai Chi Club
- 9-10a, Music & Motion
- 9-9:30a, Sun Salutation (Online Only)
- 11a-12p, Yoga Bodhisattva
- 12-2p, Mahjong Club
- 12:30-1:30p, Energy In Motion Within Cultural Folk Dance (See Description for Dates)
- 2-2:45p, Strength Training
- 3-5p, Ping Pong Club

TUESDAYS

- 7:30-8:45a, Tai Chi Club
- 9:00-12p, Pickleball
- 9:30-10:15a, Standing Pilates
- 10-12p, Social Hour
- 10:30-11:15a, Cardio Moves
- 1-3p, Cards & Conversations
- 3-4:30p, Introduction to Guitar: A Beginning Class
- 3:30-4:30p, Self-Defense Class (Starting Nov. 5)
- 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)
- 9:00-12p, Pickleball
- 9:30-11:30a, Mahjong Club
- 10-10:45a, Chair Dancefit
- 12-1p, Pocket Stick Club, Sinawali
- 1:30-2:15p, Stretch & Balance
- 2-3:30p, Powerful Tools for Caregivers (October 9 - November 13)
- 2-4p, Chinese Singing Club
- 2-3:30p, Uke 'N Make Music (Starting October 9)
- 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 (No class in October)
- 12:30-1:30p, Gentle Yoga
- 1-2:30p, Beginning Photography
- 2-3p, Tan 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)
- 9:00-12p, Pickleball
- 9-10a, Tai Chi 4 U
- 9:30-11:30a, Mahjong Club
- 11a-12p, Movin' On
- 2-3p, Bingo!
- 3:30-5:30p, Ping Pong Club

SUNDAYS

- 9-9:30a, Japanese Classical Dance (Online Only)

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

- 10/9-11/13, 2-3:30p, Powerful Tools for Caregivers
- 10/2, 3-5p, Autumn Ikebana Flower Arrangement
- 10/3, 10:30-11:30a, Cooking with Care: Fire Safety In The Kitchen
- 10/8, 2-3p, Art That Makes People Happy
- 10/10, 10a-12p, Parkinson's Support Group

10/11, 9a-12p, Health Fair

By Sac State Health Hive

- 10/15, 10:30-11:30a, Morning Coffee Plus
- 10/15, 2:30-3:30p, Online Safety & Technology Tips

10/17, ACC FALL GALA

- 10/23, 1:30-3:30p, Collage Art Class
- 10/24, 10:30-11:30a Pumpkin Painting: Create Your Fall Masterpiece!
- 10/25, 2:30-3:30p, Technology Help One-On-One
- 10/28, 9:30-11a, Game Day
- 10/29, 1:30-3p, Safe Seniors At ACC
- 10/31, 10:30-11:30a, The Power of Exercise
- 11/5, 1:30-3p, Safe Seniors At ACC
- 11/6, 2-4p, Joong-Making Bootcamp!
- 11/7, 10:30-11:30a, Six Pillars of Brain Health
- 11/12, 1:30-3p, Safe Seniors At ACC
- 11/12, 2-3p, Art That Makes People Happy

11/13, 3:30-6:30p, ACC Open House:

Healthy Aging

- 11/14, 10a-12p, Parkinson's Support Group
- 11/14, 10:30-11:30a, Navigating Cancer Care for Older Adults
- 11/15, 2:30-3:30p, Technology Help One-On-One
- 11/19, 10:30-11:30a, Morning Coffee Plus
- 11/19, 1:30-3p, Safe Seniors At ACC
- 11/19, 7-8:30p, Tao Meditation & Healing
- 11/20, 2-3p, Veterans And Military Families Fraud & Scam Educational Workshop
- 11/21, 10:30-11:30a, Helping Friends and Family Stop Tobacco and Screen for Lung Cancer
- 12/3, 2-3:30p, Art That Makes People Happy
- 12/5, 10:30-11:30a, Morning Coffee- The Jews Love Affair with Chinese Restaurants
- 12/11, 10-11:30a, Memory Connections: Nature Walk and Talk
- 12/12, 10a-12p, Parkinson's Support Group
- 12/12, 10:30-11:30a, Long COVID: "Brain Fog" Assessment and management and what you can do
- 12/19, 10:30-11:30a, Morning Coffee Plus



SPECIAL PRESENTATIONS

SAVING MONEY ON EVERYDAY COSTS w/ AARP

Sep 26, Thursday, 10:30 - 11:30 AM

The prices of goods are rising everywhere. AARP is here to help you identify ways you can save money on everyday costs, from groceries and household items to utility and cell phone bills. IN-PERSON AND ONLINE in Community Room. FREE

COOKING W/ CARE: FIRE SAFETY IN THE KITCHEN

With Simone Nazzal, MA, Public Education Specialist Cosumnes Fire Department

Oct 3, Thursday, 10:30 - 11:30 AM

Please join representatives from Cosumnes Fire and Sacramento Fire for an interactive presentation about safety in one of the most important rooms in the house—the kitchen. Cooking fires remain the number one cause of home fires, and in anticipation of Fire Prevention Week, we'll talk about basic cooking safety as well as important life safety tools every home should have. IN-PERSON AND ONLINE in Community Room. FREE

HEALTH FAIR

Oct 11, Friday, 9:00 AM - 12:00 PM

Sac State Health Hive

The Sacramento State Health Hive is coordinating a health fair at ACC, uniting Sacramento State University's The Well, the School of Nursing, and the Department of Communication Sciences and Disorders. We welcome community members to join us for hearing screenings, ear wax removal, and for flu vaccines. We look forward to serving you! FREE in Board Room

MORNING COFFEE PLUS

With Maryellen Burns

Oct 15, Nov 19, Tuesdays, 10:30 - 11:30 AM

Dec 19, Thursday, 10:30 - 11:30 AM

Explore the artist, poet, or writer within. We'll provide pen, ink, paper, collage material, art & story sparkers, and glue. You bring your words, images and imagination. There is plenty of time for conversation, too. Stop by for a few minutes or linger a while; mingle with old friends and new over coffee, tea, and tidbits. The work you create is yours to keep or can be duplicated for submission to Morning Coffee Anthology, a publication we hope to produce in late Spring 2025 in partnership with the Renaissance Society. IN-PERSON ONLY in Community Room. FREE

MORNING COFFEE - A JEWISH LOVE AFFAIR WITH CHINESE RESTAURANTS

With Maryellen Burns, Cookbook Author, Food Historian

Dec 5, Thursday, 10:30 - 11:30 AM

It is well known that the Jewish have long had

a love affair with Chinese restaurants, especially at Christmas. What is less known is the role that Sacramento's Jewish community played in financially supporting them – from the time of the Gold Rush on. Join us for a conversation that traces the origins of this cross-cultural connection. And enjoy some dim sum, too! IN-PERSON AND ONLINE in Community Room. FREE

SAFE SENIORS AT ACC

Presented by: University of the Pacific Occupational Therapy Doctorate Students

Facilitated by: Dr. Bains and Dr. Flores

Oct 29 - Nov 19, Tuesdays, 1:30 - 3:00 PM

The Safe Seniors discussions will help seniors at ACC engage with occupational therapy students to learn more about aging in place. Courses will focus on educating seniors on safe ways to engage in daily activities to live a fulfilling life. Classes will be based on occupational therapy interventions that have been shown to effectively assist the aging population. Seniors will have the opportunity to have individualized conversations, assessments, and plans from the occupational therapy students. Assessing your balance and high level balance exercises (Oct. 29) Students will perform individualized balance assessments to determine balance challenges. Seniors will be taught high level balance exercises to incorporate into everyday life.

Fall prevention & Fall recovery strategies (Nov. 5)

Students will share risk factors in the home that may result in a fall. The class will practice fall recovery strategies in the event of a fall.

Nutrition, sleep, and wellness (Nov. 12)

Seniors will be taught about overall wellness strategies to incorporate into daily life in order to improve or maintain physical and mental health.

Joint Protection, Mobility, aging in place (Nov. 19)

Seniors will be taught joint protection principles and how to continue being mobile with a focus on aging in place. IN-PERSON ONLY in Culinary Center. FREE

THE POWER OF EXERCISE

With Michelle Ernster & Alzheimer's Association

Oct 31, Thursday, 10:30 - 11:30 AM

Did you know that regular exercise isn't just great for your body, but it's also great for your brain? Discover the incredible benefits of exercise for your brain health. Learn tips to make physical activity fun and a lifestyle habit. IN-PERSON ONLY in Community Room. FREE



JOONG-MAKING BOOTCAMP!

With Lana Chong

Nov 6, Wednesday, 2:00 - 4:00 PM

\$60 with ACC Membership

\$67 without ACC Membership

Lana is back with another Joong-making "bootcamp", a small, group training session. Joong is a sticky rice dumpling wrapped in bamboo leaves, filled with savories such as Chinese sausage (Lop Cheng), pork, golden egg yolk and black eyed peas. With this bootcamp, you will get a step-by-step, hands-on experience using a wooden mold handcrafted by ACC's own Peter Dileanis. Your fee will also include taking home this unique mold and personally wrapped joongs (up to three joong for you to cook at home. IN-PERSON ONLY in Community Room.

SIX PILLARS OF BRAIN HEALTH

Presenter: Kris Ritualo, AARP Certified Aging Specialist

Nov 7, Thursday, 10:30 - 11:30 AM

It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully, be inspired by others. This session is a good overview to provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more. ONLINE & IN-PERSON in Community Room. FREE

ACC OPEN HOUSE: HEALTHY AGING

Nov 13, Wednesday, 3:30 - 6:30 PM

Everyone is invited to our ACC Home and Community Based Programs Open House: Healthy Aging! Discover and preview the wide array of programs and services ACC Senior Services offers. This is a perfect opportunity to learn more and utilize all that we have to offer. Join us for:

A guided tour of the specialized Rides vehicles
Participate in a Q&A session to learn more about supportive services for older adults & their caregivers

Learn technology tips from ACC's Senior Employment Training Program

A cooking demo by Robin Withrow-Wong

A live performance- ACC Folk Guitar Club

Dance/exercise class with one of ACC's instructors
Enjoy refreshments prepared by our very own ACC Maple Tree Village and ACC Care Center chefs!

Come one, come all, and remember to bring a new-to-ACC friend to enter our raffle! Fun giveaways to the first 100 attendees. IN-PERSON ONLY. FREE

NAVIGATING CANCER CARE FOR OLDER ADULTS

Presenter: Alex Fauer, PhD, RN, OCN, Assistant Professor at the Betty Irene Moore School of Nursing at UCD

Nov 14, Thursday, 10:30 - 11:30a

Dr. Alex Fauer will be speaking about services for adults after their cancer treatment.

The presentation will shed light on unique challenges faced by older adults with cancer. It covers special considerations related to cancer treatment in older patients, and introduces the topic of a geriatric assessment. Attendees will gain insights about resources to address these special considerations. IN-PERSON & ONLINE in Community Room. FREE

TAO MEDITATION & HEALING

Instructor: Dennis Shimosaka

Nov 19, Tuesday, 7:00 - 8:30 PM

To experience the class is to gain wisdom, simple practices, and many have had pain relieved. We focus on transforming the negative messages from deep at your cellular level so the physical body could transform and heal. Many ailments and pain have been known to be a result of energy channels (meridians) and the chakras that are blocked. If they are blocked how do you unblock them? Tao meditation. This might be another supplemental alternative to your journey to Great Health, Peace, and Harmony in all areas of your life. IN-PERSON ONLY in Community Room. FREE

VETERANS & MILITARY FAMILIES FRAUD & SCAM EDUCATIONAL WORKSHOP

With JR Fujita, AARP

Nov 20, Wed, 2:00 - 3:00 PM

Veterans, active-duty service members and their families are 40% more likely than civilians to lose money to scams. Join AARP's Fraud Watch Network to learn more about these scams and how you can avoid becoming a victim. Attendees will receive a resource guide. IN-PERSON ONLY in Community Room. FREE

HELPING FRIENDS AND FAMILY STOP TOBACCO AND SCREEN FOR LUNG CANCER

With Alex Gori, MPH, and Bao Her, MHA, Community Outreach & Engagement Coordinators, UC Davis Comprehensive Cancer Center

Nov 21, Thursday, 10:30 - 11:30 AM

The California legislature recently designated November as Lung Cancer Awareness month: the 2nd Saturday is now Lung Cancer Screening day and the 3rd Thursday has been the Great American Smokeout for years. Come learn how to help friends and family with key tips about Kick It California (free quitline) and lung cancer screening recommendations. IN-PERSON ONLY in Community Room. FREE

ACC Senior Services, October - December 2024

MEMORY CONNECTIONS: NATURE WALK & TALK

In collaboration with Sacramento Public Library and Alzheimer's Association

Dec 11, Wednesday, 10:00 - 11:30 AM

Stone Lakes National Wildlife Refuge

1624 Hood Franklin Rd, Elk Grove, 95757

Pre-Registration Required

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 on a guided nature walk and talk at the Stone Lakes National Wildlife Refuge. Located 10 miles south of Sacramento, the refuge is a key location in the Pacific flyway. Spend the morning exploring the Blue Heron Trail and learning about the refuge, migratory and resident birds, what one might do there, challenges to the refuge, current activities and future possibilities. To register, please contact Bonnie at 800-272.3900 or bit.ly/MemoryConnectionsESSE.

LONG COVID: "BRAIN FOG" ASSESSMENT AND MANAGEMENT & WHAT YOU CAN DO

With Lisa D'Angelo, Ph.D. CCC-SLP, CBIS, Cognitive-Communication Connection Director and Soumya Venkitakrishnan, Au.D., Ph.D., CCC-A, Assistant Professor, CSUS

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

We review the "brain fog" experiences, the similarities with mild brain injuries, and how we can assess and treat based on our knowledge of concussion and mild brain injuries.

We will discuss our ongoing research project and preliminary results. IN-PERSON ONLY in Community Room. FREE

TECHNOLOGY

ONLINE SAFETY & TECHNOLOGY TIPS

Instructor: Rob Liem

Oct 15, Tuesday, 2:30 - 3:30 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. This class is divided into two parts. The first part will address the basics like how to recognize scams, protect personal information, and use secure passwords. The second part will address things like verifying the legitimacy of websites, and navigate social media responsibly. This class will address all of these issues, and help you navigate online safely and securely. IN-PERSON ONLY in Board Rm.



TECHNOLOGY HELP ONE-ON-ONE

Instructors: Breaking Barriers Students

One-on-one Appointments

Oct 25 and Nov 15, Friday, 2:30 - 3:30 PM

Join UC Davis students to get any questions answered about your Apple or Microsoft devices, such as computers, tablets, or phones! These will be one-on-one appointments. Please contact classes@accsv.org or 916-393-9026 ext 330 to schedule an appointment. IN-PERSON ONLY in Computer Lab.

CAREGIVERS & MEMORY SUPPORT

FAMILY CAREGIVER SUPPORT GROUP

Oct 9, Nov 13, Dec 11, Wed, 12:00 - 1:30 PM

Oct 24, Nov 21, Dec 19, Thurs, 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.

POWERFUL TOOLS FOR CAREGIVERS

Class Leaders: Soojin Yoo and Mai Gee Her

Oct 9 - Nov 13, Wednesdays, 2:00 - 3:30 PM

This award-winning, evidence-based education program helps caregivers take better care of themselves while caring for their loved ones. It is a six-week series that gives you the tools to reduce stress, improve self-confidence, manage time, set goals, solve problems, better communicate your feelings, make tough decisions, and locate helpful resources. Participants receive a copy of the Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues. As each class builds upon previous classes, we strongly recommend attendance at all six sessions. Pre-registration required. Please call Mai Gee Her at (916) 503-5378 or email mher@accsv.org to register. IN-PERSON ONLY in Board Room. 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 – 10:00 AM

This exercise program starts with slow music for stretching, followed by more lively music with easy steps and moves in sitting and standing positions. Active or not, anyone can participate in this fitness program. ONLINE & IN-PERSON in Community Room

BODHISATTVA YOGA

Instructor: Joaquin Ngarangad
Mondays, 11:00a – 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

ENERGY IN MOTION: CULTURAL FOLK DANCE

Instructor: Diane Letoto
Mondays, 12:30 – 1:30 PM
Sep 9 - Oct 7

Nov 4, 18 - Dec 16

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

STRENGTH TRAINING

Instructor: Amy Nelson
Mondays, 2:00 - 2:45 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

STANDING PILATES

Instructor: Geno Torres, Grp Exercise Instructor
Tuesdays, 9:30 – 10:15 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 Rm

CARDIO MOVES

Instructor: Geno Torres, Group Exercise Instructor
Certified

Tuesdays, 10:30 – 11:15 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

SELF-DEFENSE CLASS

Instructor: Irving Lee, 6th degree black belt in Zen Budo Kai Aiki Jujitsu

Tuesdays, 3:30 - 4:30 PM Starting Nov 5

You never know when you might need to defend yourself. Learn basic self defense, wrist escapes, and much more. Build some confidence while out in the world. IN-PERSON ONLY in Community Room. FREE

PICKLEBALL

Leaders: Sunny, Jeannie, Gary

Tues, Weds and Fri, 9:00 AM – 12:30 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 Rm.

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

CHAIR DANCEFIT

Instructor: Julie Honda

Wednesdays, 10:00 – 10:45 AM

This is a dance inspired class, with modified moves for mobility while seated. Join us for our first ever DanceFit class that involves verbal instruction,

making it suitable for all abilities, including people who are blind or experiencing vision loss. With Julie, every class is like a party! ONLINE & IN-PERSON in Community Room

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 CHI CHUAN

Instructor: Stella Chuk, Tai Chi Instructor

Thursdays, 9:00 – 10:00 AM

Tai chi chuan is one of the major Chinese martial arts. This exercise combines relaxation and emotion with precise breathing to stimulate the inner energies of the body, strengthening the immune system and nervous system. IN-PERSON in Community Room

GENTLE YOGA

Instructor: Jeani Kim-Slesicki, CYT 200HR Trauma Informed Yoga Instructor

Thursdays, 12:30 – 1:30 PM

This beginner to intermediate level yoga class, which includes breathing exercises and meditation, will focus on balance, circulation, stretching and strengthening from standing/seated Hatha Yoga poses. Props, such as bolster, blocks, strap, towel/blanket, are recommended, but not required to participate. ONLINE & IN-PERSON in Community Room

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.

Sign up at
accsv.org/classes

OR CALL
(916) 393-9026 x 111

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, 11:00a – 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/ shoes. Have a bottle of water handy and a regular non-wheeled chair for stretching. No yoga mats are required. ONLINE & IN-PERSON in Com. Room

JAPANESE CLASSICAL DANCE

Instructor - Kimi Shmidt

Sundays, 9:00 - 9:30 AM

Sep 15 and Sep 29

Interested in learning Japanese Classical Dance? Learn the basics of how dancers move their feet, hold a fan, and wear kimono. Join me for online lessons on limited Sundays. ONLINE ONLY.

MUSIC & ART

JOYFUL VOICES SINGING GROUP

Instructor: Sarah Wilms

Sep 5 - 24, Nov 7 - Dec 19, Thursdays, 12:00 - 12:45 PM

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

UKE 'N MAKE MUSIC

Instructor: Carla Fontanilla

Wednesdays, 2:00 - 3:30 PM (Starting October 9)

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

ACC Senior Services, October - December 2024

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.

ART FOR THE AGELESS

Instructor: Francesca Schomberg-Solano

Thursdays, 2:30 - 3:30 PM

Supplies provided in-person

Class Limit - 12

Sep 19 - Printmaking With Foam Sheets

In this repeat fun class, students create their own designs or adapt teacher provided images, color them with markers on foam sheets, and print them on paper using simple hand presses. These vibrant images may be used to create memorable greeting cards, or framed for beautiful gifts.

Sep 26 - Abstract Forest Landscape

Students explore using wood shims as painting tools to create trees in a lush forest setting.

Applying tempera paint to the shim, images are printed against yellow, light blue, white, and black backgrounds. Branches, leaves, and grass, painted by hand, complete these lovely pieces of art.

Supplies are provided. If you would like to purchase the supplies to participate from home, email classes@accsv.org for the list. ONLINE & IN-PERSON in Community Room.

INTRODUCTION TO GUITAR: A BEGINNING CLASS

Instructor: Tim Shironaka

Tuesdays, 3:00 - 4:30 PM

Sep 17 - Nov 12

This course will provide an introduction to playing 6 string guitar (non-electric) and fundamentals as a musical instrument. Students will develop skills and knowledge of basic chords, and understanding melody and finger techniques. All students will learn the concept of strumming and rhythm techniques across various music styles. IN-PERSON ONLY in Community Room.

ART THAT MAKES PEOPLE HAPPY

Instructor: Melissa Andrews

Oct 8, Nov 12, Dec 3

Tuesday, 2:00 - 3:30 PM

Supplies Provided

Class Limit - 12

Ever try stenciling? No artistic ability required – even left-handers can do it!

Make one-of-a-kind notecards for the holidays or any occasion with simple step-by-step instructions. All ages welcome! IN-PERSON ONLY in Community Room.

AUTUMN IKEBANA FLOWER ARRANGEMENT

Instructor: Terry Herink – Sensei

Oct 2, Wednesday, 3:00 - 5:00 PM

Prepayment Required – Cost \$35 with membership, \$42 without

Class Limit - 12

The days are getting shorter, the leaves are beginning to turn and it will soon be time to get out our sweaters! Our gardens are changing with the weather, providing us with new materials and opportunities for use. Bring some of nature's beauty into your home. Create an autumn floral arrangement with a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers any season. Terry Herink is a Sensei with the Ikenobo School of Ikebana. Please Bring: vase of your choice, garden scissors, some means of anchoring the flowers e.g. pin frog (kenzan), a table cover, and a Bucket. IN-PERSON ONLY in Community Room.

COLLAGE ART CLASS

With Helen Okamoto

Oct 23, Wednesday, 1:30 - 3:30 PM

Class limit - 10

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 Culinary Center.

PUMPKIN PAINTING: CREATE YOUR FALL MASTER-PIECE!

Oct 24, Thursday, 10:30 - 11:30 AM

Join us for some fall fun and pumpkin painting! Relax and enjoy light refreshments, great conversation, and snap a picture with our scarecrows by the garden. Get creative and participate in our optional competition, where the most voted painted pumpkin will win a prize! BYOP - Bring Your Own Pumpkin, paints and brushes will be available until supplies last. IN-PERSON ONLY in Community Room.

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.

SOCIAL

GAME DAY

Leader: Mike Lee

Sep 23, Oct 28, 9:30 – 11:00 AM

When was the last time you played outdoor games just for fun? We have begun providing senior-friendly games monthly, like cornhole, frisbee toss, and golf putting, to name a few. These games are adapted to those who are low-vision, blind, or have limited mobility. Game Day is just a time to have fun, be social and meet new people. Must sign-up ahead of time, space is limited. IN-PERSON on Patio.

CARDS AND CONVERSATIONS

Tuesdays, 1:00 – 3:00 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 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 like board games, puzzles, education, 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! We are also looking for small prize donations (Please refer to the list of acceptable donations on our website). IN-PERSON ONLY in Community Room.

LANGUAGE

MANDARIN CHINESE (ADVANCE)

Instructor: May Cheung

Thursdays, 10:00 – 11:00 AM

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be at an advanced level and have a better understanding of the forming of sounds. Single and compound words are introduced through pronunciation drills. Limit: 6 students. IN-PERSON in Computer Lab.

MANDARIN CHINESE (INTERMEDIATE)

Instructor: May Cheung

Thursdays, 11:00a – 12:00 PM

Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be able to grasp the basics and have a better understanding of the forming of sounds. Single and compound words are introduced through pronunciation drills. Limit: 6 students. IN-PERSON in Computer Lab.

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

Wednesdays & Fridays, 9:30 – 11:30 AM, Mondays 12:00 – 2:00 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, 12:00 – 1:00 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.

Sign up at accsv.org/classes

OR CALL ACC AT (916) 503-5807



Make a Gift to ACC Senior Services

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2024 is an important year for ACC as we invest in new programs that help older adults age in place.

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

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YES! I WISH TO SUPPORT ACC'S MISSION IN 2024.

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

Name _____ First-time donor? Yes No

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Address _____

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

Sep 12, Oct 10, Nov 14, Dec 12, 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 – 7:30 PM. Please contact Kimberly for more information at kimberly@panctoday.org

PING PONG CLUB

Leaders: James Lee, Ivan Kwong

Mondays, Thursdays, and Fridays 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

Do you have questions regarding your membership to ACC Classes?

Please Email
classes@accsv.org
or Call
(916) 393-9026 x 111

**Sign up at
accsv.org/classes**



**OR CALL
(916) 393-9026 x 111**



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Founded in 1972, ACC Senior Services provides housing, education, and social services to help older adults sustain their independence and life styles.

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