



CLASSES, WORKSHOPS & ACTIVITIES

WINTER 2024/25



Weekly Classes

MONDAYS

- 7:30-8:45a, Tai Chi Club
- 9-10a, Music & Motion (Starting Jan 20)
- 9-9:30a, Sun Salutation (Online Only)
- 11a-12p, Yoga Bodhisattva
- 12-2p, 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
- 9-9:45a, Standing Pilates
- 10-10:45a, Cardio Moves
- 10-12p, Social Hour
- 11:00a-11:45p, Strength Training
- 1-4p, Pickleball
- 1-3p, Cards & Conversations
- 3:30-4:45p, Exercise For Your Brain and Body (Starting February 4)
- 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)
- 9-9:45a, Slow Groove Dancefit
- 10-10:45a, Chair Dancefit
- 10a-12p, Mahjong Club
- 11a-12p, Energy In Motion Within Cultural Folk Dance
- 12:15-1:15p, Pocket Stick Club, Sinawali
- 1-4p, Pickleball
- 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
- 12:30-1:30p, Gentle Yoga
- 2-3p, Tang Soo Do for Parkinson's
- 2-4p, Knitting & Crochet Social
- 3-5p, Ping Pong Club

FRIDAYS

- 7:30-8:45a, Tai Chi Club
- 9-9:30a, Sun Salutation (Online Only)
- 9-10a, Tai Chi 4 U
- 10-11:30a, Tech Workshops For Older Adults
- 10a-12p, Mahjong Club
- 11a-12p, Movin' On
- 1-4p, Pickleball
- 2-3p, 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

- 1/8, 12-1:30p, Online Family Caregiver Support
- 1/9, 10:30-11:30a, 5 Steps to Kick off a Healthy '25
- 1/10, 12-1p, Garden Club Meeting
- 1/14, 3:30-4:30p, Senior Savings Day
- 1/14, 3:30-4:30p, Self-Defense Class
- 1/20, 3:30-4:30p, Trips & Falls, Mitigate Injuries
- 1/21, 3:30-4:30p, Self-Defense Class
- 1/23, 10:30-11:30a, Japanese American Experience
- 1/23, 6:30-8p, Online Family Caregiver Support
- 1/28, 3:30-4:30p, Self-Defense Class
- 1/30, 10:30-11:30a, Sac. Japanese Sword Club Pres.
- 2/4, 3:30-4:30p, Self-Defense Class
- 2/4, 2-3:30p, Valentines Day Card Making
- 2/5, 1-2:30p, Memory Connections: Pract. Wellness
- 2/6, 11:00a-12:00p, Medical Fraud
- 2/8, 11:30a-1:30p, Lunar New Year Lunch Celebration
- 2/10, 2-3:30p, ACC Photo-Video Class & Lab
- 2/11, 3:30-4:30p, Self-Defense Class
- 2/11, 6-7:30p, Tao Calligraphy & Healing/Meditation
- 2/12, 12-1:30p, Online Family Caregiver Support
- 2/12, 1-2p, Tiramisu Cooking Demonstration
- 2/13, 2-4p, Ikebana Valentine's Day Arrangement
- 2/13, 2-3:30p, ACC Photo-Video Class & Lab
- 2/14, 9-11a, Valentine's Day Waffles
- 2/14, 12-1p, Garden Club Meeting
- 2/18, 3:30-4:30p, Self-Defense Class
- 2/20, 11a-12p, Collage Art Class
- 2/25, 3:30-4:30p, Self-Defense Class
- 2/26, 1-5p, Dealing With Dementia
- 2/27, 10:30-11:30a, Clear the Clutter
- 2/27, 6:30-8p, Online Family Caregiver Support
- 3/6, 10:30a-12p, Art For The Ageless
- 3/6, 1-2:30p, Thriving Together
- 3/8, 7-8:30p, Tao Calligraphy & Healing/Meditation
- 3/10, 2-3:30p, ACC Photo-Video Class & Lab
- 3/11, 2-3:30p, Online Powerful Tools For Caregivers
- 3/12, 12-1:30p, Online Family Caregiver Support
- 3/13, 1-2:30p, Thriving Together
- 3/13, 2-3:30p, ACC Photo-Video Class & Lab
- 3/14, 12-1p, Garden Club Meeting
- 3/17, 9:30-11a, Game Day
- 3/18, 2-3:30p, Online Powerful Tools For Caregivers
- 3/18, 2:30-3:30p, Online Safety & Technology Tips
- 3/20, 11a-12p, Collage Art Class
- 3/20, 1-2:30p, Thriving Together
- 3/27, 1-2:30p, Thriving Together
- 3/27, 6:30-8p, Online Family Caregiver Support
- 3/25, 2-3:30p, Online Powerful Tools For Caregivers
- 4/1, 11a-12p, Stay Active & Independent for Life (SAIL)
- 4/1, 2-3:30p, Online Powerful Tools For Caregivers
- 4/3, 11a-12p, Stay Active & Independent for Life (SAIL)
- 4/3, 1-2:30p, Thriving Together
- 4/8, 11a-12p, Stay Active & Independent for Life (SAIL)
- 4/8, 2-3:30p, Online Powerful Tools For Caregivers
- 4/10, 11a-12p, Stay Active & Independent for Life
- 4/10, 1-2:30p, Thriving Together



SPECIAL PRESENTATIONS

SENIOR SAVINGS DAY: REBATES, GAMES, AND GOODIES!

Presenter: Krystal Wu, ACC Utilities Assistance Coordinator

Jan 14, Tuesday, 3:30 PM - 4:30 PM

Join us to learn about the City of Sacramento's resources, programs and projects, but in a fun way with games! Food, prizes, and raffles for gift cards will be provided. IN-PERSON ONLY in Community Room.

TRIPS AND FALLS AND HOW TO MITIGATE INJURIES

With Irving Lee

Jan 20, Monday, 3:30 - 4:30 PM

Learn how to mitigate injuries when you fall. 1 in 3 people over 65 fall, 1 in 2 people over 80 fall. If you've fallen before you may fall again. Learn how to mitigate injuries when falling. Even children need to learn - riding a bike, roller skating, skateboarding. Open to all ages. Irving has been teaching mitigating falling classes for over 10 years. IN-PERSON ONLY in Culinary Center.

THE JAPANESE AMERICAN EXPERIENCE

With the Sacramento State's Japanese American Archival Collection (JAAC)

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

Julie Thomas, archivist and steward of Sacramento State's Japanese American Archival Collection, will provide a display of historical artifacts and presentation about the internationally recognized JAAC. Julie will discuss the founding of the collection and how it supports education and scholarships relating to the Japanese experience of immigration and settlement, WWII incarceration, resettlement, as well as redress and reparation. Rare primary sources on display will include a sampling of original documents, photographs, and artifacts given to the JAAC by over 260 donors over the past 29 years. IN-PERSON ONLY in Community Room. FREE

THE ART AND HISTORY OF THE JAPANESE SWORD: A LIVE PRESENTATION AND DISPLAY

With the Sacramento Japanese Sword Club

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

In this presentation, they will discuss how swords are made and what makes the Japanese sword so different from others. They will give a brief history of the Japanese sword, and how they changed over the centuries. A display of real traditional Japanese swords from the last 500+ years will be shown. We also invite any attendees to bring in their own traditional Japanese sword(s) and they can tell them about their sword (age, maker, etc.) and how to maintain their sword. IN-PERSON ONLY in Community Room. FREE

MEDICAL FRAUD

With Ben Winker

Feb 6, Thursday, 11:00 AM - 12:00 PM

Protect yourself and your loved ones from Medicare-Fraud! Learn how California Senior Medicare Patrol can assist in fraud prevention and detection. Learn how to report fraud, errors and abuse, the latest scams and receive great tips on protecting yourself and your loved ones. Together we can stop fraud and spread smiles! IN-PERSON AND ONLINE in Community Room. FREE

LUNAR NEW YEAR LUNCH CELEBRATION

Feb 8, Saturday, 11:30 AM - 1:30 PM

Price: \$15

Happy Lunar New Year, we are celebrating the Year of the Snake! Please join us for lion dancers, multicultural food, and more! We will also be offering special ACC Year of the Snake shirts for sale, so make sure you get yours before they run out! Must sign up in advance, no walk-ins available. IN-PERSON ONLY.

TAO CALLIGRAPHY AND HEALING/MEDITATION

Instructor: Dennis Shimosaka

Feb 11, Tuesday, 6:00 - 7:30 AM

Mar 8, Saturday, 10:00 AM - 12:00 PM

Have you experienced mental, emotional, or physical pain for more than a year? Have you felt that you have tried everything and nothing has worked? How do you transform? With Tao Calligraphy and Tao Healing/Meditation. To experience the class is to gain wisdom, simple practices, and many have had pain relieved. 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

VALENTINE'S DAY WAFFLES

Cook: Alfred Yee

Feb 14, Friday, 9:00 - 11:00 AM

Join us for a Valentine's Day Waffle Breakfast! Menu items will be a Belgian waffle, flavor choices are cinnamon, chocolate or strawberry, topped with maple syrup, fruit, and whipped butter or cream. Breakfast includes coffee or tea. Costs: \$10 per person. Reservation and advance payment required. Additional take out frozen waffles can be ordered in advance for \$5/waffle. IN-PERSON in Culinary Center

CLEAR THE CLUTTER: TAKE BACK YOUR SPACE WITH LAUREL SAGEN

With Laurel Sagen

Feb 27, Thursday, 10:30 - 11:30 AM

Start 2025 fresh! Join Laurel Sagen, author of "Hoarding: It's So Much More Than Clutter" and owner of Laurel Buys Houses. Learn why people hoard, how to help a loved one let go, and how to prevent clutter from taking over your life. As seen on TV, Laurel brings 25+ years of experience helping hundreds of people transform their homes and lives. Seats are limited-RSVP today! IN-PERSON AND ONLINE in Community Room.

COOKING DEMONSTRATIONS

5 EASY STEPS TO KICK OFF A HEALTHY 2025

With Robin Withrow-Wong, MS, RDN

Jan 9, Thursday, 10:30 - 11:30 AM

Is eating healthy something you want to do in 2025? Join Robin in kicking off a new year by learning 5 easy steps you can take to a healthier lifestyle! ONLINE AND IN-PERSON in Community Room. FREE

TIRAMISU COOKING CLASS

With Susan Peruzzi

Feb 12, Wednesday, 1:00 - 2:00 PM

Join Susan Peruzzi and learn how to make one of Italy's most popular desserts. Literally translated, Tiramisu means "pick me up" probably because of the addition of espresso and alcohol. This recipe is delicious and easy to make. Great for special occasions or just for the family.

TECHNOLOGY

ONLINE SAFETY & TECHNOLOGY TIPS

Instructor: Rob Liem

Mar 18, 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 the basics on how to recognize scams, protect personal information and secure passwords. all of these issues, and help you navigate online safely and securely. IN-PERSON ONLY in Board Room.

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

Get patient, step-by-step assistance with smartphones, computers, apps, or other tech challenges in a friendly, stress-free environment. Sessions are by appointment only to ensure you receive dedicated support tailored to your needs. To schedule an appointment, please call 925-579-3210. IN-PERSON ONLY Computer Lab. FREE

CAREGIVERS & MEMORY SUPPORT

ONLINE FAMILY CAREGIVER SUPPORT GROUP

Jan 8, Feb 12, Mar 12, Wednesdays, 12:00 - 1:30 PM

Jan 23, Feb 27, Mar 27, 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: PRACTICING WELLNESS

In collaboration with Sacramento Public Library and Alzheimer's Association

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

Fair Oaks Library - 11601 Fair Oaks Blvd

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 the Fair Oaks Library for an afternoon away from the hustle and bustle of daily life. Learn ways to unwind, de-stress, and live well. Last day to register is Friday, January 31st. FREE. To register, please contact Bonnie at 800-272.3900 or tinyurl.com/MemoryConnectionsESSE.

DEALING WITH DEMENTIA

Class Leader: Soojin Yoo

Feb 26, Wednesday, 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

THRIVING TOGETHER

Instructor: Macy Quan

March 6 - April 10, Thursdays, 1:00 - 2:30 PM

Join our Thriving Together support group where we empower individuals to take charge of their mental health. Thriving Together is a 6-week program designed to help you navigate life's challenges and build meaningful connections through supportive conversations and practical problem-solving techniques. Using the evidence-based PEARLS model, we'll work together to build resilience and celebrate your successes. Each session includes mood check-ins and ends with a celebration of your growth. Join us and start thriving today! As each class builds upon previous classes, we strongly recommend attendance at all six sessions. Pre-registration required. Please contact Macy Quan (916) 503-0321 or pearls@accsv.org to register. IN-PERSON ONLY in Classroom 2. FREE.

ONLINE POWERFUL TOOLS FOR CAREGIVERS

Class Leaders: Mai Gee Her and Soojin Yoo

Mar 11 - Apr 15, 6 Tuesdays, 2:00p - 3:30p

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 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. ONLINE ONLY. FREE.

MEMORY CONNECTIONS: SUMMER GAME DAY

In collaboration with Alz Assoc. & Sac 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.

ACC Senior Services, Winter2024/25

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, Starting Jan 20

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

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 & dances to all types of music (rhythm & blues, oldies, country, etc.). This is great exercise in an encouraging environment! You'll end up knowing dances you can do wherever music is played such as at parties with family & friends, wedding receptions, class reunions & even in department stores. IN-PERSON ONLY in Community Room

STANDING PILATES

Instructor: Geno Torres, Group Exercise Instructor

Tuesdays, 9:00 - 9:45 AM

Standing Pilates is a series of exercises that come from the classical pilates mat. The benefits of standing, as opposed to on-the-floor mat exercises, come from the emphasis on balance and shifting of body weight while staying true to the focus on core strength and alignment in an upright position. This class improves balance, strength, and flexibility which can prevent many types of injuries. ONLINE & IN-PERSON in Community Room

CARDIO MOVES

Instructor: Geno Torres, Group Exercise Instructor Certified

Tuesdays, 10:00 - 10:45 AM

Geno, who has taught aerobics and chair fitness for 35 years, is bringing us a new chair aerobic class that incorporates low impact movement with fun choreography for improved balance, strength and flexibility. In this class we will incorporate light weights for toning. ONLINE & IN-PERSON in Community Room

STRENGTH TRAINING

Instructor: Amy Nelson

Tuesdays, 11:00 AM - 11:45 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

SELF-DEFENSE CLASS

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

Tuesdays, 3:30 - 4:30 PM Starting Jan 14 - Feb 25

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 Culinary Center. FREE

EXERCISE FOR YOUR BRAIN AND BODY

Instructor: Michelle Ernster, Health Educator with UCD Public Health Sciences

Tuesdays, Feb 4 - Mar 25, 3:30 - 4:45 PM

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

PICKLEBALL

Leaders: Sunny Jung, Jeannie Fong, Richard Kashiwada

Tuesdays, Wednesdays and Fridays, 1:00 - 4:00 PM

Pickleball is a cross between tennis, badminton and table tennis. It is fun, easy to play, and a great way to exercise. We offer open play hours and sessions depending on weather, and times are subject to change. Court shoes required. Maximum: 30 players/day. Beginner Clinics will be offered periodically. IN-PERSON at Pickleball Courts.

TAI CHI LEVEL 2: SENSING PUSH HANDS

Coach: Sam Mok

Tuesdays, 5:00 - 6:30 PM

A partnership of learning how to harness "Chi" and release the energy to improve one's internal strength. This class allows beginners and seasoned practitioners of all styles the opportunity to share and experience the "internal" health benefits of Tai Chi. This class will begin with simple exercises to find and expand one's own "Chi" and then through the collaboration of Sensing Push Hands, share and explore ways to enhance the energy beyond the physical force. IN-PERSON in 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

SLOW GROOVE DANCEFIT (CHAIR WORKOUT)

With Julie Honda,

Wednesdays, 9:00 AM - 9:45 AM

Experience the joy of movement in this low-impact, dance-inspired class. It features modified moves to enhance your mobility while seated. Designed for music lovers, this class ensures you can enjoy the rhythm and embrace movement safely. IN-PERSON ONLY in Community Room

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

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 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.

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

A MATTER OF BALANCE

Coaches: Dani Lee, Grace Swarthout, & Haroon Abasy

Fridays, Jan 31 - Mar 21, 10:00 AM - 12:00 PM

A Matter of Balance is an evidence-based course that can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. This 8-session, award-winning program can help participants to view falls and fear of falling as controllable; set realistic goals for increasing activity; change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Limit: 12 students. IN-PERSON in Board 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

MUSIC & ART

VALENTINES DAY CARD MAKING

With Melissa Andrews

Feb 4, Tuesday, 2:00 - 3:30 PM

Looking for a fun and creative way to celebrate Valentine's Day? 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 Valentine's Day cards. Perfect for loved ones, friends, or anyone special in your life, these cards will add a personal touch to the holiday of love. IN-PERSON ONLY in Classroom 2

IKEBANA VALENTINE'S DAY ARRANGEMENT

Instructor: Terry Herink, Sensei

Feb 13, Thursday, 2:00 - 4:00p

\$35 with ACC Membership \$42 w/o ACC Membership
Pre Payment Required Class Limit: 20

Bring on that "loving feeling!" Create a beautiful floral arrangement for your Valentine and/or to enjoy yourself. Your arrangement will have a Japanese flair reflecting the less is more motto, that can be used in future arrangements with flowers from your garden or bought at the supermarket. 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), oasis, etc. and a bucket. Flowers will be provided by the instructor. IN-PERSON ONLY in Community Room

COLLAGE ART CLASS

With Helen Okamoto

Feb 20, Mar 20, Thursday, 11:00AM - 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

ART FOR THE AGELESS - ALUMINUM FOIL SCULPTURE AND SPIRAL FIGURATIVE DRAWING

With Francesca Solano-Schomberg

Mar 6, Thursday, 10:30 AM - 12:00 PM

Students will use aluminum kitchen foil to construct a posable figure on a cardboard platform. They will learn to draw a series of action poses using a simple, unique technique of spiral movement. ONLINE AND IN-PERSON in Community Room. FREE

ACC PHOTO-VIDEO CLASS & LAB

With Jeff Jong

Second Mon & Thurs/ Month, Start Feb 10, 2-3:30 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

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

SOCIAL

GAME DAY

Leader: Mike Lee

Mar 17, Monday, 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

Mondays 12:00 - 2:00 PM

Wednesdays & Fridays, 10:00 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

GARDEN CLUB

Leads: Mike Lee, Eleanor Taniguchi, Kari Criste

Jan 10, Feb 14, Mar 14, 2nd Friday/month, 12 pm

This year's garden was a hit! There were flowers, veggies, and even watermelon and corn! We plan to start fresh in 2025, so 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, but unable to attend the first meeting.
IN-PERSON ONLY in Culinary Center.

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.

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 mated
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 mated
and posted to the Gallery walls. Field Trips and
carpools are usually announced to members or inter-
ested parties only. The club also provides occasional
photo-video support for some of ACC events. FREE
Contact: jeff.n.jong@gmail.com or jung95831@sbc-
global.net.

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

IT'S BACK!

ACC CRAB FEED

Saturday, March 29th, 2025
6:00 pm to 9:00 pm
Doors Open at 5:00 pm

Sacramento Asian Sports Foundation
9040 High Tech Court, Elk Grove CA



VISIT TO LEARN MORE:
accsv.org/crab



Make a Gift to ACC Senior Services

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

GIVE ONLINE



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# _____

Address _____

Designate my gift in memory of / honor of _____

Please notify my memory/tribute gift to _____

Address _____

