

Programs and Information for the Over 50 Population

The Margaret McDowell Lounge is located on the first floor of the West Sacramento Community Center. It is a daily focal point for senior activities, social gatherings and information. It includes amenities such as a fireplace, kitchenette, flat screen TV, card tables and more!

Special Interest Activities

Monday-Friday 9:00 am to 10:00 am	Low Impact with Richard Simmons Video Exercise class set to classic swing tunes.	Fee: Donation requested Location: Community Center
Mondays 9:30 am to 12:00 noon	Tai Chi Low impact exercise. Helps improve balance and reduce risk of falls. May improve sleep and ease pain and stiffness.	Fee: Donation requested Location: Community Center
Mondays 9:00 am to 12 noon	Ceramics Learn about or just experience making ceramics. Paint your creations and enjoy the social atmosphere.	Fee: Donation requested Location: Riverbend Senior Manor 664 Cummins Way
Tuesday 1:00 pm to 2:00 pm	Exercise with Rose Low impact exercise using bands and resistance.	Fee: Donation requested Location: Community Center
Tuesday 2:00 pm to 3:30 pm	Line Dancing Learn how to line dance with this low impact exercise.	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	Wii Games Join the fun. Games include bowling, tennis golf and more	Fee: Donation requested Location: Community Center
Wednesday 9:00 am to 12:00 noon	Knitting and Crocheting All skills welcome. Learn new techniques or come and socialize. Bring your own supplies.	Fee: Donation requested Location: Community Center
Thursday 1:00 pm to 3:00 pm	Bingo Play Bingo. Bring a friend and double the fun.	Fee: \$2.00 plus 10 cents per card per game Location: Community Center
2nd and 4th Thursday each month 12:30 pm to 2:30 pm	Bunko Bonanza A dice game where you change tables at every round. Meet new people and have fun. Space is limited. Must register in advance.	Fee: \$3.35 Location: Community Center
Friday's 10:00 am	Scrapbooking & Card Making Join others, socialize and create cards and pages displaying your personal pictures. Paper, glue and scissors provided.	Fee: \$2.00 per class Location: Community Center
Saturday 10:00 am to 12:00 pm	Wii Gaming, Cards, Puzzles Stop by the Lounge at the Community Center and enjoy the activities.	Fee: None Location: Community Center Lounge

West Sacramento Community Center
1075 West Capitol Avenue
(916) 617-4620
Office Hours :

Monday through Thursday: 8:00 am to 8:00 pm, Fridays: 8:00 am to 5:00 pm and Saturdays: 9:00 am to 3:00 pm

Lounge Hours:

Monday through Friday: 8:00 am to 3:00 pm and Saturdays 9:00 am to 3:00 pm

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Information and Support Services		
Monday-Friday 9am to 2pm	Information and Assistance Our Senior information Specialist will help you find the services you need to make your life more comfortable and healthy. Information is available for a wide array of opportunities and assistance.	Fee: none Location: Community Center
Tuesday 9 am to 12 noon	Experience Works Employment referral services and job search assistance for Seniors	Fee: none Location: Community Center
Referrals Only	Veterans Services Information about services and shuttle to Mather field for medical appointments.	Fee: none Location: Community Center
1st and 3rd Wednesday 1:00 pm	HICAP Information and help for Medicare issues and paperwork.	Fee: none Location: Community Center
Wednesday & Thursday	AARP Tax Aide through April 14th Free help with your taxes. By appointment only. Call Irene to schedule.	Fee: none Location: Community Center
2 nd Thursday 9 am to 11 am	Legal Clinic Assistance and advice with civil matters such as consumer laws, housing, education, and benefits. By appointment only. Call Irene to schedule.	Fee: none Location: Community Center
Nutrition and Meals		
Note: Please contact (916) 373-5805 for location, times, more information or to reserve a meal 24 hours in advance.		
Monday-Friday 11:30 am to 1:00 pm	Elderly Nutrition Program Provides a nutritious meal and opportunity to eat with friends in a social environment.	Fee: \$3.00 (over 60); \$7.00 others Location: Riverbend Senior Manor 664 Cummins Way
Transportation		
Note: the Shuttle will pick you up from your home for a limited amount of time. Extra stops are at the driver's discretion. Space is limited. Drivers cannot lift heavy items. Reservations necessary. 617-4620.		
2nd Monday of month 8:00 am to 11:00 am	Shuttle to Wal Mart	Fee: \$3.00 roundtrip Location: Round trip from your home
2nd Friday of month 1:00 pm to 4:00 pm	Shuttle to Wal Mart	Fee: \$3.00 roundtrip Location: Round trip from your home
Friday 8:00 am to 10:00 am	Shuttle to Raley's and Safeway	Fee: \$3.00 roundtrip Location: Round trip from your home
Monday-Friday 9am to 1 pm	Shuttle to Community Center	Fee: \$3.00 roundtrip Location: Round trip from your home