

Age-Friendly West Sacramento
West Sacramento City Hall
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West Sacramento, CA 95691

Age-Friendly West Sacramento



AGE-FRIENDLY
WEST SACRAMENTO

Your Guide to Staying Connected with the City
www.cityofwestsacramento.org/agefriendly | (916) 617-4500

News

Running the Bases from Cradle to Career



Do you have young children and families in your life? Then you should know about the West Sacramento Home Run.

In 2016, West Sacramento voters approved Measure E, a ballot measure that established a 0.25% sales tax to fund improved city services and support local families and businesses. One of Measure E's key initiatives is the West Sacramento Home Run, a comprehensive "cradle-to-career" program that provides guidance and financial incentives to help families equip their children for academic and professional success while strengthening West Sacramento's workforce.

The Home Run includes three segments:

- 1st Base: Quality preschool and a College Savings Account
- 2nd Base: Paid internships and digital badges
- 3rd Base: The West Sacramento Promise and college scholarships

So, what can West Sacramento seniors do? If you know a young family, encourage them to look for the "Home Run Certified Preschool" sign when they enroll in preschool, or ask the teacher about it. Urge any high schoolers you know to apply for Home Run paid internships. Be sure your favorite graduating high school seniors know about free community college through the West Sacramento Promise.

The West Sacramento Home Run is meant to strengthen our workforce and make it easier for families to prepare for college and careers. For more information, call (916) 617-4500 or visit <https://wshomerun.com/>.

Have a Great Summer!

Sign Up for Next Issue

To make the best use of the City's resources and avoid creating "junk mail," after this issue this newsletter will only be mailed to residents who request to receive it.

We'd love to include you! To sign up to continue receiving this quarterly newsletter, please call (916) 617-5044 and leave a message with your name, address and ZIP code.

If you've already left a message on the voicemail recording, you're on our list. There is no need to sign up again.



West Sacramento Urban Farms

- Riverfront Farm at the Barn - 985 Riverfront St
Thursdays 4-6 p.m. until September 26th
- We Grow Urban Farm - Cummins Way and Douglas St
Fridays 10 a.m. - 2 p.m. all summer
- Flourish Farm: Fresh Flower U-Pick Sale - 317 5th St
Saturdays 9 a.m. - 12 p.m. until August 24th
Special sale dates Sept 14th & Oct 12th

Resources

Dine with Friends

Meals on Wheels Yolo County provides a free nutritious meal and social dining environment at Riverbend Senior Manor (664 Cummins Way) Monday through Friday at 11:30 a.m. The site is on Yolobus Route 40 at Cummins Way at Reuter bus stop.

The opportunity to socialize with peers is as important as the meal itself. There is a pool table and open computers, and time to chat over coffee. Seniors are encouraged to contribute financially, but there is no charge for eligible participants. Please contact 916-373-5805 to learn more about eligibility for this program.

Via Rideshare Hours Extended

Via is now available an hour earlier and later each day, running from 6 a.m. to 11 p.m. Monday-Friday, and 9 a.m. to 11 p.m. Saturdays!

If you need an affordable way to travel anywhere in town, use the City's newest rideshare option! Via Rideshare costs \$3.50 one-way, or \$1.75 for seniors 62+ and people with qualifying disabilities who apply for the 50% discount. Set up an account and request a ride by either downloading the "Via Affordable Rideshare" app on your smartphone or calling (916) 318-5101 from any phone. A Mercedes Benz Via van will pick you up in minutes to take you to your destination. To learn more, please call (916) 318-5101 or visit www.cityofwestsacramento.org/via.

Low Impact Exercise Classes

Club 55 is designed for those who are 55 years and greater and have a Recreation Center Pass. Club 55 helps you develop healthy habits, build strong social connections and reach your fitness goals all while having fun! Eight classes cost \$65 and are held Mondays and Wednesdays from 10 a.m. to 11 a.m. at the Recreation Center. Curious if you'll like it or not? Try a class for FREE before you decide to buy. For more information, please call (916) 617-4770.

You may qualify for help financing other classes at the Recreation Center with the SilverSneakers or Silver & Fit membership. If you're a group retiree, or part of a Medicare Advantage or Medicare Supplement Health plan, you may already have a membership. This no cost, active adult wellness program is offered in many Medicare plans. To check eligibility call: Silver Sneakers 888-423-4632 or Silver & Fit 877-427-4788.



Events

July

- 17 What's Happening Seniors at AFT Library - 12 p.m. to 1:30 p.m.
- 17 Evening Book Club at AFT Library - 6 p.m. to 7 p.m.
- 18 ClearCaptions at Community Center - 10 a.m. to 11 a.m.
- 19 Chess Club at AFT Library - 3 p.m. to 4:30 p.m.
- 20 Small Claims Law at AFT Library - 4 p.m. to 5:30 p.m.
- 25 Make Paper Flowers at AFT Library - 6 p.m. to 7:30 p.m.
- 26 Tai Chi & Qigong at AFT Library - 4 p.m. to 5 p.m.

August

- 1 Fair Housing Workshop at AFT Library - 4 p.m. to 6 p.m.
- 3 Summer Night Lights BBQ at Bridgeway Lakes Park - 6 p.m. to 9 p.m.
- 4 Sunday Movie Matinee at AFT Library - 2 p.m. to 4 p.m.
- 6 National Night Out - 6 p.m. Locations TBD by WSPD.
- 15 Painting with Watercolors at AFT Library - 6 p.m. to 7:30 p.m.
- 16 Chess Club at AFT Library - 3 p.m. to 4:30 p.m.
- 21 What's Happening Seniors at AFT Library - 12 p.m. to 1:30 p.m.
- 28 Evening Book Club at AFT Library - 6 p.m. to 7 p.m.
- 30 Tai Chi & Qigong at AFT Library - 4 p.m. to 5 p.m.

September

- 1 Sunday Movie Matinee at AFT Library - 2 p.m. to 4 p.m.
- 2 Happy Labor Day! City Offices and AFT Library are closed
- 5 Pop-Up Housing Workshop at AFT Library - 4 p.m. to 6 p.m.
- 6 Brunch & Death Discussion at Community Center - 10 a.m. to 12:30 p.m.
- 18 What's Happening Seniors at AFT Library - 12 p.m. to 1:30 p.m.
- 18 Evening Book Club at AFT Library - 6 p.m. to 7 p.m.
- 19 Aguas Frescas at AFT Library - 6 p.m. to 7:30 p.m.
- 20 Chess Club at AFT Library - 3 p.m. to 4:30 p.m.
- 27 Tai Chi & Qigong at AFT Library - 4 p.m. to 5 p.m.

Don't forget about these weekly programs at the AFT Library!

- English Conversation Group Wednesdays from 4 p.m. to 5 p.m. and Fridays from 10 a.m. to 11 a.m.
- Yolo County Mental Health Services Wednesdays from 1 p.m. to 3 p.m.

