



Services For Older Adults

Drop by and see us at 7801 Auburn Blvd. Discover the opportunities available at Sunrise Recreation and Park District. The District offers a variety of sponsored recreation programs to older adults, age 50 and above. **In order to receive discounts and participate in these programs, a \$25 Annual Permit Fee is required. (PERMIT FEE CODE: 5000.200)**

MEETINGS & SERVICES

Widowed Persons Association of California

Meets every Sunday, 3:00 - 5:00pm
2628 El Camino Ave, Suite D18
(enter through rear door)
For more information, call 972-9722.

AARP Driver Safety Course

Contact Faithe to register at 383-3883.
For class info, see page 26.

Alzheimers Aid Society Support Group

Every 4th Friday, 6:30 - 8:00pm
Lake Village Mobile Home Park
6211 Summerset Lane, Oak Lakes Lane
Citrus Heights
For more information call Cynda Rennie
(800) 540-3340.

Senior Nutrition Programs

For more information, please call 444-9533.

InfoLine Sacramento

For information or assistance in finding local health or human resources, call 498-1000.

Senior Nutrition Services Congregate Meal Program

This program provides a hot and nutritious lunch for any older adult, 60 years of age or older. Seniors who are interested in participating in this program are encouraged to sign up at two locations listed below. Check-in at 11:30am. Lunches are served at 11:45am at both locations.

Location: Rusch Park Community Center Mon - Thur
7801 Auburn Blvd., Citrus Heights, CA

All are welcome at either site. There is a suggested \$2.00 donation for 60+ or a \$7.50 charge for anyone under the age of 60, unless accompanied by their 60+ spouse. Reservations must be made, please call 496-1285.

Transportation Services to Lunch Sites

Provided by Senior Nutrition Services and available for anyone 60+ participating in the lunch program. If you do not drive and have no other transportation options, please call 496-1285. Space is limited.

Senior Nutrition Services Provides Meals on Wheels

This service delivers nutritious meals to homebound seniors within our District. For more information about this program, please call 444-9533.

All contributions are strictly confidential. *Please note: No person is denied a meal because of inability or failure to contribute. For more information, please call 444-9533.*

For more information about this program, visit their website at www.mowsacramento.org.

Senior Beginning Exercise

A special exercise class for seniors that want to increase their health and fitness. This class will improve balance, flexibility, strength and coordination. It's lots of fun!

Location: Rusch Park Community Center
Instructor: Arlene McCain
Fee: \$15
(Senior Permit Not Required)

Mon/Wed/Fri 8:15 - 8:45am

4301.200 4/5 - 4/30
 4301.201 5/3 - 5/28
 4301.202 7/2 - 7/30*
 4301.203 8/2 - 8/30
 4301.204 9/1 - 9/29*

Mon/Wed/Fri 11:00 - 11:30am

4301.205 4/5 - 4/30
 4301.206 5/3 - 5/28
 4301.207 7/2 - 7/30*
 4301.208 8/2 - 8/30
 4301.209 9/1 - 9/29*

*No class 7/5, 9/6

Note: For a full one-hour option of this class, please see "Beginning Exercise" on page 21.



Bridge 50+ years

Are you a senior looking for a bridge game in a relaxed atmosphere? This group meets once a week and welcomes new players. Call 344-5159 for details.

Location: Foothill Community Ctr.
Wed 9:30am - 1:00pm

5000.200 Year-round
\$25 Annual Permit Fee

Location: Rusch Park Patio Room
Fri 11:00am - 3:00pm

5000.200 Year-round
\$25 Annual Permit Fee

Single Deck Pinochle 50+ years

Come by and check us out! Our Pinochle players are a committed group who always enjoy a challenge. New players are welcome. However, some knowledge of the game is necessary.

Location: Rusch Park Patio Room
Tue 12:00 - 3:00pm

5000.200 Year-round
\$25 Annual Permit Fee

Double Deck Pinochle 50+ years

Take it to the next level and give Double Deck a try! Drop in at our two locations. Please note: No instruction is provided.

Location: Rusch Park Patio Room
Wed 12:00 - 3:00pm

5000.200 Year-round
\$25 Annual Permit Fee

Scrabble 50+ years

Do you like to play Scrabble in a friendly atmosphere? We meet once a week and welcome new players. Although knowledge of the game is helpful, it is not necessary. For more information, please call 745-3579.

Location: Rusch Park Sunrise Room

Fee: \$25 Annual Permit Fee

5000.200 Mon Year-round 12:00 – 2:00pm

Senior Bowling At Fireside Lanes

50+ years

Participants 50 years and older who have purchased an Annual Senior Permit from the District will be able to bowl on Mondays & Fridays from 9:00am – 12:00pm. Seniors will only pay .50 cents/person when lanes are available.

If you have any questions, please contact Fireside Lanes at 725-2101.

Location: Fireside Lanes, 7901 Auburn Blvd.

Fee: \$25 Annual Permit Fee

Mon & Fri Year-round 9:00am – 12:00pm

Clay & Cast Ceramics

50+ years, all skill levels

Create works of art such as useful household items or special heirloom gifts. Hand build or “pour” your own casting molds. No formal instruction provided, although we have a number of regulars who are willing to share their knowledge. For more information regarding supplies, please call 725-0186.

Location: Rusch Park Crafts Building

Fee: \$25 Annual Permit Fee

5000.200 Wed Year-round 9:00am – 12:00pm

For information on class dates and times and how to register, please visit our website at www.SunriseParks.com.

To register for this program contact Faithe at 383-3883.

AARP Driver Safety Course 50+ years

This AARP Driver Safety Program is the nation’s first and largest refresher course for drivers’ ages 50 and older. This program has helped millions of drivers remain safe on today’s roads.

Exercise For Older Adults

Exercise and have fun with this program of fun and unique exercises conducted by volunteers. Bring a water bottle and wear loose clothing and comfortable shoes.

Location: Crosswoods Community Center

Tue/Thur 9:00 – 10:00am

5000.200 Year-round
\$25 Annual Permit Fee

Don't Forget...

A gift certificate for a Sunrise Recreation & Park District program is a gift for all generations.

Call 725-1585 if you would like to purchase a gift of recreation.

Tap Dancing Programs

For Older Adults

District requires \$25 Annual Permit Fee: PERMIT FEE CODE: 5000.200

Location:

All Dance Programs are located at Rusch Park Dance Studio

Tommie's Beginning Happy Tappers

We are looking for dancers and want-to-be dancers who are interested in exercise, having fun and entertaining others. Stay Young at Heart, Tap the Part! For more information, please contact Tommie at 725-2455 or Kim at 725-2373.

Mon 10:00am - 12:00pm

Tommie's Happy Tappers

If you are a Tap Dancer and are looking for a congenial group to join, we want you! We focus on entertaining and are recruiting new members. Please contact Tommie at 725-2455 or Kim at 725-2373.

Mon 9:00 - 10:00am
Wed 9:00 - 10:30am
Thur 9:00am - 12:00pm
Fri 8:45 - 9:45am

Tap-n-Style

This is an energetic group that works as hard at dancing as having fun. This class is for the seasoned tapper who loves to perform. Performance sites range from senior-care facilities to local Dinner Theaters. If you fit the bill, this class is for you. For more information, please contact Judy at 408-0843. If interested in booking for an event, please contact Barb at 983-1158.

Wed 10:45am - 12:45pm
Thur 1:00 - 3:00pm
Fri 10:00 - 11:00am

Sunrise Tappers

This activity prepares Senior Tappers to entertain in retirement and care homes.

New members are welcome. They should know basic tap steps. For more information, please contact Patrisha at 722-8712.

Instructor: Carole Ryan

Wed 1:00 - 3:00pm
Fri 12:00 - 2:00pm

Community Volunteers Welcome!

Is there a hobby, special talent or skill that you think seniors in our community would benefit from?

We are always looking for volunteers for a variety of positions. If you are interested in helping at events or with adult programs, please contact Todd at 725-0186.

3rd Annual Award Winning Senior Health Fair

Date: Saturday, May 15th
Time: 9:00am - 1:00pm
Location: Fountain Square
Rose Garden
7115 Greenback Lane
Citrus Heights

This Health Fair will feature exhibits and programs designed for senior citizens.

Entertainment
Exhibits
Presentations
Give-Aways

Special Prize for the "Senior Senior" (oldest attendee)



2010 Summer Concert Series

Brought to you by the Sunrise Recreation & Park District, in collaboration with the City of Citrus Heights. All performances will be on Sundays at Rusch Park from 5:00 - 7:00pm. Tentatively scheduled dates are:

- June 13, 6:00 - 8:00pm
Capitol Pop's
- June 27, 5:00 - 7:00pm
The Zepps
- July 11, 5:00 - 7:00pm
TBA
- July 25, 5:00 - 7:00pm
Swing Masters
- August 8, 5:00 - 7:00pm
TBA
- August 22, 5:00 - 7:00pm
TBA

All West Tours Social Event

Location: Rusch Park
Community Center
Classroom #1

Fee: FREE!

Travel videos will be shown along with coffee, tea, refreshments and door prizes.

Thur 11:00am – 12:00pm

March 18

April 16

May 20

June 17

July 15

August 19



Day Trips & Travel Adventures

55+ years

These trips are offered by All West Tours. For more information, pick up flyers at our District Office. For more details about these trips and other wonderful trips, please contact All West Tours at 423-4000.

Please register for the following trips at Rusch Park Community Center. All listed trips will depart from Rusch Park Community Center, 7801 Auburn Blvd.

Yesterday – Tribute to the Beatles

Trip Inclusions: Admission to Yesterday – Tribute to the Beatles, Overnight Accommodations at the Silver Legacy, All West Transportation, Driver Gratuity

4220.220 Thur & Fri 4/8 & 4/9 \$145

Muir Woods

Trip Inclusions: Admission to Muir Woods, Free Time in Sausalito, All West Transportation, Driver Gratuity

4220.221 Sun 5/23 \$70

Father's Day Cruise

Trip Inclusions: Father's Day Beer Brunch Cruise, All West Transportation, Driver Gratuity

4220.222 Sun 6/20 \$145

Masterpieces from the Collection of the Musee d'Orsay

Trip Inclusions: Admission to the de Young Museum, Special Exhibit: Birth of Impressionism w/ Audio, Impressionist Paris Exhibit at the Legion of Honor, All West Transportation, Driver Gratuity

4220.223 Tue 7/13 \$95

The Marvelous Wonderettes

Trip Inclusions: Lunch at the Pine Tree Restaurant, Reserved Seat for the "Marvelous Wonderettes" show, All West Transportation, Driver Gratuity

4220.224 Wed 8/4 \$100

Red Hawk & Apple Hill

Trip Inclusions: 4 Hours at Red Hawk, Bonus of \$10 Free Slot Play, Free Time in Apple Hill, Delicious Snack at High Hill Ranch, All West Transportation, Driver Gratuity

4220.225 Tue 9/14 \$35

Save the date: Fall Concerts In The Park

Presented by Susan Peters, District 3 Supervisor. Co-sponsored by Sunrise Recreation & Park District, Mercy San Juan Medical Center and McClellan Business Park.

Saturday, Sept. 11

3:00 - 6:00pm at Pioneer Park

5100 Verner Ave.

Old Foothill Farms near Pioneer School. Parking available at Pioneer School.

Saturday, Oct. 2

2:00 - 5:00pm at

Foothill Community Park

5510 Diablo Drive, Sacramento.

John Skinner's Fabulous Band

Featuring a variety of music from Swing to Easy Listening.

Bring your family, a picnic, blanket and lawn chairs to enjoy the concert.

For more information, call 725-1585.

Sponsored by:

