



APPROVED
SENIOR NETWORK



Brought to you by
A Better Living Home Care

Call Your Local Experts:

(916) 507-0771

Senior Care Resources and Guide for Sacramento

Find More on These Websites:

- www.211sacramento.org
- <https://www.cityofsacramento.org/ParksandRec/...Resources/Community-Resources>
- <https://www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services>

Senior Centers Around Sacramento

Program: Sierra 2 Center - A Center for the Arts and Community

Agency: Sierra Curtis Neighborhood Association

Houses resident arts and community organizations that offer classes and workshops in the literary.

www.sierra2.org

Phone: 916-452-3005

Program: City of Sacramento Parks and Recreation Department - Coloma Community Center

Agency: City of Sacramento Parks and Recreation Department

Offers recreation and leisure programs for all ages, meeting spaces and picnic areas. Programs:

www.cityofsacramento.org/

Phone: 916-808-6060

Program: City of Sacramento Parks and Recreation Department - Oak Park Community Center

Agency: City of Sacramento Parks and Recreation Department

www.cityofsacramento.org

Phone: 916-808-6151

Program: City of Sacramento Parks and Recreation Department - Belle Coolidge Community Center

Agency: City of Sacramento Parks and Recreation Department
Offers several classes, workshops, and programs to meet leisure needs.

www.cityofsacramento.org

Phone: 916-808-5610

Program: Senior Activities & Services - Southgate Recreation and Park District

Agency: Southgate Recreation & Park District

Activities and classes for seniors living in South Sacramento.

www.southgaterecandpark.net/

Phone: 916-422-7610

Program: Healthy Village Senior Group - Iu-Mien Community Services

Agency: Iu-Mien Community Services

Helping to preserve and teach the Iu-Mien culture, assist the Iu-Mien.

www.unitediumien.org

Phone: 916-383-3083

Program: Swanston Community Center

Agency: Mission Oaks Recreation and Park District

Programs for youth, teens, and seniors.

www.morpd.com/

Phone: 916-333-6464

Program: Lifelong Learning and Wellness Program - ACC Senior Services

Agency: ACC Senior Services

Programs and services for all older adults in the Sacramento area.

www.accsv.org

Phone: 916-393-9026

Program: Senior Program - Lao Family Community Development

Agency: Lao Family Community Development, Inc.

Offers support and resources to Lao, Mien, Hmong, Chinese, and Vietnamese seniors

www.lfcd.org

Phone: 916-393-7501

Program: City of Sacramento Parks and Recreation Department - Sam & Bonnie Pannell Community Center

Agency: City of Sacramento Parks and Recreation Department

Offers programs that cater to the needs of the community.

www.cityofsacramento.org/

Phone: 916-808-6680

Program: Jose P. Rizal Community Center

Agency: Southgate Recreation & Park District

Community Center available for rent.

www.southgaterecandpark.net

Phone: 916-395-0601 ext 13

Program: Mission Oaks Community Center

Agency: Mission Oaks Recreation and Park District

Recreational, educational and leisure enrichment program for senior adults and community members.

www.morpd.com

Phone: 916-972-0336

Program: Senior Center of Elk Grove

Agency: Senior Center of Elk Grove

Exercise, educational, recreational, social activities, and nutrition program (60+).

www.thesceg.org

Phone: 916-685-3160

Program: Program for Active Senior Adults - Fair Oaks Recreation and Park District
Agency: Fair Oaks Recreation and Park District

A fun and social organization designed to promote friendship, continued learning, community involvement.

www.forpd.org/191/Senior-Programs

Phone: 916-966-1036

Program: Senior Adult Annual Membership/Adult Programs - Sunrise Recreation and Park District

Agency: Sunrise Recreation and Park District

Membership includes exercise for Older Adults at the Crosswoods Community Center

www.sunriseparks.com

Phone: 916-725-1585

Program: Senior L.I.F.E. Center - Loomis Senior L.I.F.E. Center

Agency: Loomis Senior L.I.F.E. Center

Provides a pleasant atmosphere for seniors over 55 years of age.

www.loomisseniorlifecenter.com

Phone: 916-660-0543

In-Home Supportive Services

Program: Elder and Health Law Clinic - McGeorge School of Law

Agency: Community Legal Services - McGeorge School of Law

Provides legal advice and represents low-income individuals 60 and older in Sacramento County.

<https://www.mcgeorge.edu/students/academics/experiential-learning/legal-clinics/elder-and-health-law-clinic/>

Phone: 916-340-6080

Program: Coalition of California Welfare Rights Organizations

Agency: Coalition of California Welfare Rights Organizations

Provides advice, co-counseling, forms-completion, and full representation.

www.ccwro.org

Phone: 916-736-0616

Program: Sacramento County Senior and Adult Services Division - In-Home Supportive Services

Agency: Sacramento County Department of Child, Family, and Adult Services - Senior and Adult Services Division

Pays for services to assist people with disabilities to live safely at home.

<http://www.dhs.saccounty.net/Pages/DHS-Home.aspx>

Phone: 916-874-9471

Home Delivered Meals

Program: Home Delivered Meals Program - Meals on Wheels by ACC

Agency: Meals on Wheels by ACC

Resource Number: 4094402

Description

Home-delivered meals (Meals on Wheels): Noon meals delivered five days a week to clients who

are unable to prepare nutritious meals for themselves and have no other means of having meals prepared for them.

Prior to receiving home-delivered meals, an assessment worker will make a home visit to determine eligibility, explain the program, and provide information on topics such as fall prevention. Individuals receiving home-delivered meals are reassessed every six months.

Click [Here](#) for the current Monthly Menu.

Program Phones:

916-444-9533	Main
877-434-8075	Toll Free
916-394-9155	TDD
916-394-9156	Fax

Website: www.mowsac.org

Email: jmassello@mowsac.org

Location information

Sites offering this program

+ Meals on Wheels by ACC Administration ->

Meals on Wheels by ACC Administration

Location: 7375 Park City Drive
Sacramento, CA 95831 ([Map](#))

Program Hours:

Monday through Friday 7:30 am - 4 pm

Disabilities Access: No information has been provided by Agency.

Mailing Address: 7375 Park City Drive, Sacramento, CA 95831

Program Delivery

Eligibility: Seniors ages 60+ who are homebound and frail. No assistance available for those under 60 even if disabled.
Languages: Most languages by arrangement, English
Application Process: Call 916-444-9533 for more information on the eligibility process of the Home Delivered Meals Program.
Payment methods: No fee, Donation requested
Program Fees: Suggested contribution is \$2 per day/per meal.
Documents: Call for details.
Required:
Service Area:

Defined coverage area:

CA -Sacramento County

Volunteering: Volunteer opportunities are available.
Volunteer requirements: Fill out an application and attend an orientation and training.
Volunteer duties: Volunteers contribute at every stage of the program, from meal preparation to meal delivery.

Categorized as:
Food Vouchers
Home Delivered Meals
Meal Delivery Volunteer Opportunities

Transportation

LOCAL AND LONG-DISTANCE TRANSIT

- [Local Bus Services](#)
- [Local Rail Services](#)
- [Long Distance Bus Services](#)
- [Long Distance Rail Services](#)
- [Shuttle Services](#)

SENIOR AND DISABILITY TRANSPORTATION

- [Senior Ride Programs](#)
- [Disability Related Transportation](#)
- [Errand Running/Shopping](#) (Dial 2-1-1 for additional resources)
- [Orientation and Mobility Training](#)
- [ACC Rides Transportation Service](#) (Only serves specific zip codes)

TRANSPORTATION FINANCIAL ASSISTANCE

- [Discount Transit Passes](#)
- [Local Bus Fare Programs](#) (Only specific zip codes served for some programs – type in your zip code on the following page for best results)
- [Long Distance Bus Fare Programs](#)

TRANSPORTATION INFORMATION

- [Travel Information/5-1-1](#)
- [Ride Sharing Programs](#)
- [Charitable Patient Transportation](#)
- [Homeless Transportation Programs](#)

MEDICAL TRANSPORTATION

- [Medical Appointments Transportation](#) (Dial 2-1-1 for additional resources)
- [Emergency Transportation](#)

BICYCLE INFORMATION

- [Bicycle Repair](#)
- [Local Bicycle Information](#)
- [Bicycle Donation Programs](#)

VEHICLE CONSUMER ASSISTANCE

- [Automobile Complaints](#)
- [Automotive Repair](#)
- [Driver Licenses](#)
- [Driving Safety Education](#)
- [Automobile Insurance](#)



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