

## RECREATION

- **Citrus Heights  
Community Center**

Senior Room available  
Monday to Friday from 9:00  
A.M. to 4:00 P.M.

Phone: (916) 727-5400.

- **Sunrise Recreation and  
Park District (SRPD)**

Variety of activities for  
members: arts and crafts;  
cards and games; and several  
fitness programs — there is  
something for everyone to  
enjoy!

Adult membership card for  
age 50+ is only \$30 and  
allows participation in as  
many programs as you would  
like all year long.

Phone: (916) 725-1585.

- **Sunrise Mall Friends-in-  
-Fitness Mall Walking**

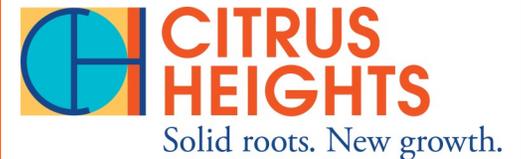
A free program at the mall,  
come and exercise with  
friends. The mall opens to  
walkers at 8:00 A.M. Monday  
to Saturday and at 10:00 A.M.  
on Sunday.

Phone: (916) 728-1916.

City of Citrus Heights  
6360 Fountain Square Drive  
Citrus Heights, CA 95621  
Phone: (916) 725-2448  
Fax: (916) 725-5799  
[www.citrusheights.net](http://www.citrusheights.net)



# Senior Resource Guide



## HOUSING

- **California LifeLine**

Provides discounted home and cell phone services for seniors 65+ years of age.

Phone: 1(866) 272-0349.

- **City of Citrus Heights Accessibility Grant**

May provide up to \$5,000 for eligible seniors 62+ years of age to make home improvements for safety and accessibility.

Phone: (916) 231-2230.

- **Renters Helpline**

Provides free help with landlord-tenant and fair housing services.

Phone: (916) 389-7877.

- **Safe at Home Program**

Provides minor home modifications to improve home accessibility and safety.

Phone: (916) 455-1880.

- **Senior Companions Program**

Helps adults with physical, emotional, or mental health limitations retain their dignity and independence.

Phone: (916) 875-3631.

## SERVICES

- **Agency on Aging—Area 4**

A national network responding to the needs of seniors in local communities.

Phone: (916) 486-1876.

- **All Seasons Café**

Operating in 20 locations throughout Sacramento County providing hot noontime meals. Phone: (916) 444-9533.

Transportation is also available.

Phone: (916) 393-9026 (ext. 342).

- **Alzheimer's Aid Society**

Provides support groups, compassion, and education.

Phone: (916) 483-2002.

- **Health Insurance Counseling & Advocacy Program (HICAP)**

Assists with Medicare problems and other health insurance concerns.

Phone: (916) 498-1000.

- **Meals on Wheels**

Provides eligible homebound seniors hot or frozen home-delivered meals.

Phone: (916) 444-9533.

- **Parkinson Association of Northern California**

Provides support groups to enhance the lives of people with Parkinson's, their families and care partners.

Phone: (916) 357-6641.

## SERVICES (Continued)

- **Senior Legal Hotline**

Provides both in-person and over the phone assistance with various legal issues.

Phone: 916) 551-2140.

## VOLUNTEERING

- **Citrus Heights City Hall, Police Department & Community Center**

Join the City's team to serve the public and assist with special events.

Phone: (916) 725-2448.

- **Foster Grandparent Program**

Helps seniors who enjoy working with children and infants.

Phone: (916) 875-3569.

- **Retired & Senior Volunteer Program (RSVP)**

Helps seniors make a difference in the lives of others by sharing their talents and experience.

Phone: (916) 875-3631.

- **Veteran History Project**

Collect accounts and documents of veterans to preserve their stories of experience and service for future generations.

Phone: (916) 875-4460.

- **Volunteers of America (Sacramento)**

Help provide social services and strengthen communities. Phone: (916) 265-3400.