



City of West Sacramento

AGE-FRIENDLY

NEWSLETTER

WINTER 2025

Your Guide to Staying Connected with the City

www.cityofwestsacramento.org/agefriendly

To update your contact information, please call

(916) 617-4500

NEWS

COMMUNITY ACADEMY APPLICATIONS OPEN FOR 2025

The City of West Sacramento's 2nd annual Community Academy is gearing up, and applications open this January! This free, seven-session program offers residents a unique, interactive look behind the scenes of city government. Participants will connect with City leaders, learn how services are delivered, and explore how key decisions are made. Graduates will leave informed, engaged, and ready to advocate for policies, join advisory commissions, or simply better understand how their city operates. The 2025 Academy kicks off in March—don't miss your chance to join this exciting program! Learn more or apply today at <https://wsac.city/community-academy>.



CITY COUNCIL JOINS SENIORS FOR A MEAL AT CAFÉ YOLO

On Wednesday, December 11, members of the City Council enjoyed a special opportunity to “break bread” with local seniors at Café Yolo, located inside the West Sacramento Community Center. Every Wednesday, an average of 17 seniors gather here for a delicious congregate meal, provided by Meals on Wheels Yolo.



Meals on Wheels Yolo, a non-profit organization, is vital in supporting West Sacramento's senior community. With the help of 72 dedicated volunteers, the program delivers approximately 1,000 meals each week to 239 homebound seniors in the city—that's an incredible 56,000 meals annually!

The City is proud to support this important program and the incredible volunteers who make it happen.

RECYCLE YOUR CHRISTMAS TREE IN WEST SACRAMENTO!

When the holiday season comes to a close, give your Christmas tree a second life by recycling it! Here are four easy ways to dispose of your tree responsibly:

1. Curbside Pickup: Place your tree (up to 5 feet long) next to your organics cart on your regular service day from December 26 through January 22. Trees can also be cut into smaller sections and placed inside the organics cart.

- 2. Cub Scouts Pack 49:** Support local Scouts while recycling your tree! Contact Pack 49 at Pack49Trees@gmail.com to schedule a pickup in exchange for a donation.
- 3. Yolo County Central Landfill:** Drop off your tree for free daily from December 26 through January 15 (closed New Year's Day) at 44090 County Road 28H, Woodland, CA.
- 4. WM Recycling Bin:** Visit WM's free Christmas tree recycling drop-off site at 4250 West Capitol Avenue from December 26 through January 8, daily from 7 a.m. to 3 p.m.

Reminder: Remove all tinsel, lights, stands, and ornaments before recycling your tree.

RESOURCES

ALERT YOLO

The Yolo County Office of Emergency Services has launched Alert Yolo, a new emergency notification system. This system serves residents of West Sacramento, Davis, Winters, Woodland, and the Yocha Dehe Wintun Nation, providing critical alerts during emergencies.

This system will send important alerts directly to your phone, ensuring you receive timely updates when it matters most.

West Sacramento residents can sign up at www.AlertYolo.org or text “YOLO” to **888-777** for emergency alerts. Stay informed, stay prepared!



DOWNLOAD THE APP AND SIGN UP TO RECEIVE ALERTS

Text **YOLO** to **888-777** to join. Reply **STOP** during the verification if you do not want to share personal information.



No Device? No Problem!
Call 2-1-1

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

Volunteer Income Tax Assistance (VITA) volunteers provide **FREE** Income Tax Preparation Assistance to low-income, elderly, disabled and limited English speaking people. Please contact Yolo County Children’s Alliance at **(916) 572-0560** to make an appointment.

YOLO COUNTY LIBRARY’S BOOKS BY MAIL

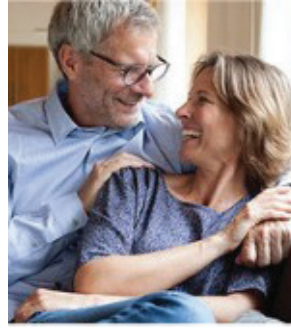


Books by Mail is a free service from the Yolo County Library that brings library materials to you through the mail on a long-term or short-term basis.

It is a free service available to any resident who has a disability, illness or lack of transportation that prevents access to a Yolo County Library branch.

For more information, please contact Yolo County Library at **(530) 757-5588**.

EYES OF HOPE



VSP® Eyes of Hope® gift certificates provide adults and children in need with access to eye care and new glasses at no cost through a VSP network doctor in their community.

Gift certificates are available to those who qualify. Please call **916-617-5320** for more information.

Who’s Eligible:

- Individuals of any age.
- Family income at or under 200% of Federal Poverty Level guidelines.
- No coverage through a private insurer or government program for services covered by the gift certificate.

PARATRANSIT VOUCHERS



Yolo Adult Day Health Center has implemented a West Sacramento inclusive program that provides YoloBus Special vouchers to medically designated, disabled seniors who are 60+ and eligible, registered participants for YoloBus Special paratransit services.

Funded by Area 4 Agency on Aging, it is designed to encourage

independent community mobility for disabled seniors who, due to a disability, are unable to travel to a boarding and disembarking location on fixed bus routes.

For eligible candidates, limited vouchers are available from Active Aging Programs. For inquiries or to pick up an application, call the Community Center at **(916) 617-4620**.

FOOD ASSISTANCE



Yolo County Food Bank is here to help any Yolo County resident in need of food assistance. Through its network of partner agencies, programs, and collaboration with Yolo 2-1-1, it can provide referrals specific to need and region. To contact Yolo County Food Bank, please call: **(530) 668-0690**, or call **2-1-1**

UPCOMING EVENTS



JANUARY

7	What I Wish My Parents Knew - Youth Mental Health Film Screening + Discussion at Recreation Center	4pm to 5:30pm
8	English Conversation Group at Arthur F. Turner Library	3:30pm to 4:30pm
9	Hora de Cuentos Bilingual Spanish Storytime at Arthur F. Turner Library	4pm to 4:30pm
9	Yoga at the Library at Arthur F. Turner Library	6pm to 7pm
10	English Conversation Group at Arthur F. Turner Library	1:30pm to 2:30pm
11	Двухязычный русский Bilingual Russian Storytime at Arthur F. Turner Library	10am to 11am
11	Heroes & Villains Zumba at Community Center	11am to 1pm
13	Family Storytime at Arthur F. Turner Library	4pm to 4:45pm
14	Hug-a-Bye Baby at Arthur F. Turner Library	11am to 12pm
15	English Conversation Group at Arthur F. Turner Library	3:30pm to 4:30pm
15	Evening Book Club at Arthur F. Turner Library	6pm to 7pm
15	City Council Meeting at City Hall	7pm to 11pm
16	Hora de Cuentos Bilingual Spanish Storytime at Arthur F. Turner Library	4pm to 4:30pm
16	Yoga at the Library at Arthur F. Turner Library	6pm to 7pm
16	English Conversation Group at Arthur F. Turner Library	1:30pm to 2:30pm
17	Lego Block Party at Arthur F. Turner Library	3pm to 5pm
18	Двухязычный русский Bilingual Russian Storytime at Arthur F. Turner Library	10am to 11am
20	Martin Luther King Jr. Day	City Offices CLOSED
24	Try-It-Weekend at Recreation Center	7am
29	Friends of the Library at Arthur F. Turner Library	6pm to 7pm



FEBRUARY

1	Двухязычный русский Bilingual Russian Storytime at Arthur F. Turner Library	10am to 11am
3	Cooking Matters Education Series at Community Center	11am to 12pm
3	Family Storytime at Arthur F. Turner Library	4pm to 4:45pm
4	Hug-a-Bye Baby at Arthur F. Turner Library	11am to 12pm
5	English Conversation Group at Arthur F. Turner Library	3:30pm to 4:30pm
6	Hora de Cuentos Bilingual Spanish Storytime at Arthur F. Turner Library	4pm to 4:30pm
6	Yoga at the Library at Arthur F. Turner Library	6pm to 7pm
10	Cooking Matters Education Series at Community Center	11am to 12pm
12	Evening Book Club at Arthur F. Turner Library	6pm to 7pm
17	President's Day	City Offices CLOSED
21	Lego Block Party at Arthur F. Turner Library	3pm to 5pm
22	Family Fun Knight at Community Center	6pm to 9pm
24	Cooking Matters Education Series at Community Center	11am to 12pm
28	Family Movie at Arthur F. Turner Library	3pm to 5pm



MARCH

1	Двухязычный русский Bilingual Russian Storytime at Arthur F. Turner Library	10am to 11am
3	Cooking Matters Education Series at Community Center	11am to 12pm
12	Evening Book Club at Arthur F. Turner Library	6pm to 7pm
18	Food Processing and Marketing Workshop at Community Center	1pm to 2pm
20	Hora de Cuentos Bilingual Spanish Storytime at Arthur F. Turner Library	4pm to 4:30pm
28	Retro Family Movie at Arthur F. Turner Library	3pm to 5pm
31	César Chávez Day	City Offices CLOSED

Age-Friendly West Sacramento

West Sacramento City Hall
1110 Capitol Avenue
West Sacramento, CA 95691

PRESORT
STANDARD
US POSTAGE
PAID
CPS

2-1-1 YOLO

If you need help with healthcare, including COVID-19 related questions, housing, transportation, etc. call 2-1-1!

2-1-1 Yolo is the information hub for Yolo County, linking residents to vital health and human services, information, and resources in the community.

2-1-1 Yolo is free, multilingual, confidential, and available 24 hours per day, every day of the year.

Please keep this number handy as you can call them to ask for information and services that you may need now or in the future!



YOLO COUNTY

211 is 24/7!

**Available 7 days a week,
24 hours a day**



**AGE-FRIENDLY
WEST SACRAMENTO**