

CWC SATURDAY CLUB

A SATURDAY SOCIAL PROGRAM FOR DEPENDENT ADULTS IN YOLO COUNTY



*Are you caring for an
older adult at home?*

WE CAN HELP!



Who Benefits from Saturday Club?

- * A caregiver who could use a break from caregiving responsibilities
- * A chronically impaired senior who could benefit from social interaction in a structured setting
- * A family who wants their loved-one in a safe, caring environment

Program Cost

AN AFFORDABLE OPTION There is a basic session fee of \$40 (\$8/hour)/five hours or \$30/three hours. Sliding scale arrangements are available.

**For more information call
Citizens Who Care at 758-3704**

Is the only weekend program in Yolo County to offer on-site social respite activities. Offered two Saturdays a month, Saturday Club provides caregivers a five hour break each program day. A healthy lunch and stimulating activities such as music, art, and exercises are provided. Everyone has fun! Participants are matched one-on-one with a volunteer who visits with them and assures that their day is enjoyable and needs are being met throughout the day. Located at the Davis Senior Center.

Davis Program Days/Times

**2nd & 4th Saturdays each month
10 am to 3pm, or 10 am to 1 pm**

Location

**Davis Senior Center
646 A Street**

ASSESSMENT Our registered nurse will initially assess participants' needs and evaluate if the Saturday Club can meet those needs and is a good fit for your loved one. Assessments will be updated periodically.

SOCIAL ACTIVITIES Arts and crafts ■ Exercises and outdoor walks ■ Music and dance (with or without wheelchairs) ■ Games: cards, board games, indoor "bowling" ■ Entertainment ■ Every effort is made to accommodate individual interests.

NUTRITION A healthy lunch, snacks, and beverages

PROFESSIONAL PROGRAM STAFF

Our program director and certified nursing assistants plan and supervise each Saturday Club session.

ONE-ON-ONE INTERACTION Volunteers are matched one-on-one with each participant. Volunteers are invited from the community, UC Davis, and local high schools.

TRANSPORTATION Within Davis and Woodland city limits transportation is available through Yolo Transit. Telephone: 757-4408 (Davis) 666-2877 (Woodland)