

SATURDAY CLUB

Saturday Club is the only weekend program in Yolo County to offer on-site social respite activities. Offered two Saturdays a month, Saturday Club provides caregivers with a five-hour break each program day.

A healthy lunch and stimulating activities such as music, art, and exercises are provided for participants. Everyone has fun! Participants are matched one-on-one with a volunteer who visits with them and assures that their day is enjoyable and their needs are met. The program is located at the Davis Senior Center.

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



Who Benefits from Saturday Club?

- A caregiver who could use a break from care-giving 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 Services

Assessment: Our registered nurse does an initial assessment of participants' needs, to evaluate if the Saturday Club can meet those needs and is a good fit for your loved one. Assessments are updated on a periodic basis.

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 are provided.

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. They are supervised by professional staff.

Transportation: Within Davis and Woodland city limits, transportation is available through Yolo Transit. Please call (530) 757-4408 (for Davis) or (530) 666-2877 (for Woodland).

Program Cost

An Affordable Option: There is a basic session fee of \$50 (\$10/hour)/five hours or \$30/three hours. Sliding scale arrangements are available.

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

Who Are We?

Saturday Club (formerly Time Off for Caregivers) is offered as a program Citizens Who Care. CWC has served the needs of the frail elderly and their caregivers in Yolo County since 1975.

Citizens Who Care also provides in-home caregiver relief and friendly visiting services, as well as education workshops and support for caregivers. CWC merged with YoloCare in 2018.



How can I help?

- Volunteer my time and talents with older adults
- Serve on a committee or Board
- Help with a fundraising event
- Donate \$_____ to Citizens Who Care
- Help establish a permanent endowment
- Donate in honor of a special person

All financial donations are tax deductible.

Name _____

Address _____

Telephone _____

Can Citizens Who Care help you or a loved one?

Please call today: 530-758-3704

1909 Galileo Court, Davis, CA 95618

www.citizenswhocare.us

CWC does not discriminate in hiring or services. We are open to all persons without regard to any background or characteristic protected under state and federal law.

SATURDAY CLUB

**A Saturday Social Program
for Dependent Adults**



CWC
Citizens Who Care

A program of

YoloCare
PALLIATIVE MEDICINE AND SUPPORTIVE CARE