

Program Services

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. They are supervised by professional staff.

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

Program Cost

AN AFFORDABLE OPTION There is a basic session fee of \$50/five hours or \$35/three hours. Sliding scale arrangements are available.

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

CWC 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 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**



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

CWC Saturday Club (formerly Time Off for Caregivers) is operated by Citizens Who Care for the Elderly, a volunteer-driven nonprofit organization, that has served the needs of the frail elderly and their caregivers in Yolo County since 1975. Citizens Who Care also provides in-home respite, visiting services, and senior peer counseling, as well as education workshops and support for caregivers.

CWC SATURDAY CLUB

HOW CITIZENS WHO CARE IS FUNDED

■ *Citizens Who Care is funded by community donations and public and private grants including: Woodland United Way, Davis Community Block Grant, Biberstein Social Action Fund, The Episcopal Church of St. Martin/Davis, All Things Right & Relevant, an annual Benefit Concert and Davis Beer & Cider Festival, private donations and in-memoriam contributions.*

■ *Over 80 percent of our revenues are directly applied to program services.*

■ *All funding is spent locally.*

Clients are encouraged to financially support the program. However, no one is refused services because of an inability to pay.

A SATURDAY SOCIAL PROGRAM FOR DEPENDENT ADULTS IN YOLO COUNTY



Are you caring for an older adult at home?

WE CAN HELP!

Can Citizens Who Care help you or a loved one?

Please call today: 530-758-3704
Email: citizenswhocare@omsoft.com



409 Lincoln Ave.
Woodland, CA 95695
www.citizenswhocare.us



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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.