

Try International Dancing?



The Sacramento International Folk Dance and Arts Council, a non-profit 501c3 organization, and Dances of the World are offering a **FREE** Beginners' Festival on Thursday, September 15, 2011, 7:00 to 9:00 p.m. at the YLI Hall,

1400 27th St. @ N, Sacramento. No partner needed. No experience needed. Wear comfortable shoes. Learn dances from faraway places with strange-sounding names, e.g. Macedonia, Bulgaria, Serbia, Romania, Albania, Greece, France,

and many others. This free event will be followed by weekly classes, Thursdays, 7:00 to 8:30 p.m. for \$5 per session.

For more information, call (916)923-1555, or visit our website, www.folkdancesac.org

Eskaton Connects Residents with Online Social Network

Sacramento—Residents of Eskaton communities throughout Northern California can now explore social networking via the digital frontier. The new "eLiving" platform provides the 2,700-plus older adults within Eskaton's independent living, assisted living, skilled nursing and memory care campuses with a convenient, free connection to other residents, staff and family members.

"Eskaton is launching eLiving both in response and anticipation of our residents growing interest in online communication," explains Charles Garcia, Eskaton vice president, information technology.

The secure online portal, created and powered by Sitelligence Resident Portal, offers residents and their families simple online access to current programs, information and news about the community; the opportunity to share profiles to establish new friendships and interest groups; and connections to dozens of stimulating programs. Users can also access favorite shopping sites, explore virtual museums around the world, and more.

"The more residents become engaged with eLiving, the more enthusiastic they become," Garcia notes. "The simple two-way video

conferencing and vast media library are especially popular features."

Eskaton also introduces the portal as a way for prospective residents to begin connecting with the vibrant community by making plans to visit with friends or participate in a class.

Eskaton provides community living and home support for more than 14,000 individuals annually. Additional information on the nonprofit aging services organization is available online at www.eskaton.org and the new blog, <http://LongevityRules.blogspot.com>.



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