

Saturday, Sept. 21st 10–7 PM

Sunday, Sept. 22 10-6 PM

Downtown Lafayette



**FREE**

- Admission
- Parking at BART
- Shuttle to Event
- Bike Valet Parking

Take  
**BART**  
Just I block away

**4 LIVE STAGES—2 FULL DAYS**

- ZEBOP • THE SUN KINGS • AJA VU
- EAST BAY MUDD • BOB ATHAYDE & FRIENDS
- THE SPAZMATICS • OTHER PEOPLE'S MONEY
- THE VOLTONES • ANNIE SAMPSON • SPIN OUT
- COVER 2 COVER • RED HOUSE ALLSTARS
- JUICE • PETTY THEFT • FLEETWOOD MASK
- MERSEY BEACH • SAVANNAH BLUE
- CHUBBY'S ALLSTARS • DOMINANT 7

[www.lafayettechamber.org](http://www.lafayettechamber.org)



[www.facebook.ca/lafayettefestival](http://www.facebook.ca/lafayettefestival)



@friendlychamber#Laffest



## Santa's Bag Boutique

A LAFAYETTE TRADITION

Fri: December 6 • 11:00am–7:00pm

Sat: December 7 • 9:00am–5:00pm

Sun: December 8 • 9:00am–5:00pm

Lafayette Community Center

Featuring Handcrafts from 60+ Artists

~Free~

Don't Miss the annual Celebrity Gift Baskets at the Boutique. All sales benefit the Lafayette Community Center Foundation.

Last year's basket donors:

Peet's Coffee & Tea • Diablo Foods • Trader Joe's  
Storyteller Bookstore • Jeanne Hamlin Cleaners  
Nancy Goldner/Lafayette Jazzercise • Starbucks  
Friends of the Lafayette Library • Cora Bahl • Tot Drop  
JJ Buckley Fine Wines • Powell Candy Shoppe  
Kindergym at Lafayette Staff • Round Table Pizza

For more information, call  
Judy Gregerson: (510) 918-2280  
[santasbag@comcast.net](mailto:santasbag@comcast.net)



Lafayette Youth Commission's Annual

## HAUNTED HOUSE

Friday, 10/25 & Sunday, 10/27

5:00-7:00pm — Not Too Scary

Parents accompany children 7 & under

7:30-9:30pm — Very Scary  
for children 8 & over

Lafayette Community Center,  
Live Oak Room

Ages 7 & Under: \$3 • Ages 8 & over: \$5

Please join us for a ghoulishly good time!

Sponsored by the Lafayette Youth Commission  
Proceeds benefit Lafayette Youth Commission Projects

## Autumn Leaves

### JAZZ PIANO CONCERT AT THE LIBRARY

by *Contra Costa Performing Arts Society*

Come hang out with our swingin' performers and celebrate autumn! Songs from the Great American Songbook may include tunes by Thelonious Monk, Jerome Kern, Duke Ellington and more, as interpreted by members of CCPAS. Refreshments generously provided by Chateau Pleasant Hill Independent and Assisted Living, and Visiting Angels Living Assistance Services.



Please call Lafayette Senior Services to reserve your spot  
**284-5050**

Friday, 10/18, 1:30-2:30

Members: \$3 Non-Members: \$5

Lafayette Library, Community Hall

3491 Mt. Diablo Blvd.

**PLEASE CALL (925) 284-5050 to sign up for Senior Services events**

Unless noted, all programs, events and services are held at the Lafayette Community Center, 500 St. Mary's Road, Lafayette.

## Membership Fees

Programs and membership are open to persons of any age and residency. Members of Lafayette Senior Services receive the discounted rate for all programs and events listed below. Additionally, the quarterly Activity Guide is mailed to each member.

**ANNUAL FEE:** January 1-December 31, 2013

\$10 per person

## Autumn Leaves Jazz Piano Concert at the Library

### Presented by Contra Costa Performing Arts Society

Come hang out with our swingin' performers and celebrate autumn! Songs from the Great American Songbook may include tunes by Thelonious Monk, Jerome Kern, Duke Ellington and more, as interpreted by members of CCPAS. Refreshments generously provided by Chateau Pleasant Hill Independent and Assisted Living, and Visiting Angels Living Assistance Services. Please call Lafayette Senior Services to reserve your spot: 284-5050.

DAY/DATE	TIME	LOCATION
Friday, 10/18	1:30-2:30	Lafayette Library, Community Hall, 3491 Mt. Diablo Blvd.

FEE:	MEMBERS	NON-MEMBERS
	Members: \$3	Non-Members: \$5

## Discovering Opera: Hänsel und Gretel

### Presented by Bradford Wade, opera lover for 35 years

Yes, it's the Grimm brothers' fairy tale, translated into operatic form by the "original" Engelbert Humperdinck, not the pop singer of recent fame. With a Wagnerian range of colors and textures applied to music of melodic and rhythmic appeal, but without Wagner's philosophical undertones, his first opera remains highly popular 120 years after its premiere. Lecturer Bradford Wade will describe the background of *Hänsel und Gretel* and discuss its plot, complete with musical examples.

DAY/DATE	TIME	LOCATION
Wednesday: 11/13	1:00-2:30pm	Lafayette Library, Arts & Science Rm.

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

## Bus Trip: Livermore Winery Tours, Wine Tasting, Lunch, and Bocce Ball

Join us for our first Lamorinda Travelers day trip to Livermore. The Livermore Valley is home to more than 50 wineries and is rich in viticulture history dating back to the 1840's. Taste amazing wines at The Steven Kent Winery, Wente Vineyards and Garré. Enjoy lunch on the Garré patio and challenge a friend to a game of bocce after lunch! The bus departs at 10:00am sharp. Fee includes transportation, admission to wineries, tastings, lunch and bocce. Payment is due by 9/25. No refunds can be given. Please send check, made payable to Lafayette Senior Services, to 500 St. Mary's Road, Lafayette, CA 94549. Space is limited; first come, first served by receipt of payment. For more information, call Lafayette Senior Services (925) 284-5050. Winery destinations are subject to change. Cost is \$69 per person.

DAY/DATE	TIME	MEETING PLACE
Thursday, 10/3	10:00am-4:00pm	Hacienda de las Flores 2001 Donald Drive, Moraga

## 'As the Page Turns' Book Club

### Facilitated by JoAnne Schaarschmidt, Lafayette Library 'Friends Corner Book Shop' Volunteer

Looking for a good book to discuss with others? Join this informal group of booklovers and enjoy enrichment, lively discussion, fellowship and refreshments. *The Shadow of the Wind* by Carlos Zafon will be discussed at the September meeting. October's book is *A Fatal Grace* by Louise Penny. November's book is yet to be determined; please call Lafayette Senior Services for the title or to add your name to the email notification list: 284-5050.

DAY/DATE	TIME	LOCATION
3rd Tuesdays: 9/17, 10/15, 11/19	1:00-2:30	Elderberry Room Skip December

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3



ADULTS 55+





## Driver Safety 8-Hour Course

### Offered through AARP

Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 paid registrants. First come, first served, by date check is received. Send check, made payable to AARP, to Lafayette Senior Services, 500 St. Mary's Rd., Lafayette, CA 94549. Withdrawal or transfer (space permitting) to another class must be made at least 7 days prior to the original class date. No refunds if less than 7 days. Important: Prior to sending check, please call 284-5050 to determine space availability.

DAY/DATE	TIME	LOCATION
Tues 10/22 & Thur 10/24	9:00am-1:00pm	Elderberry Room
<b>FEE:</b>	<b>AARP MEMBERS</b>	<b>NON-MEMBERS</b>
	\$12	\$14

## Hearing Aids: Fact vs. False Advertising

### Presented by Diablo Valley Ear, Nose and Throat Audiologists

Have you noticed the recent spike in hearing aid advertisements that seem too good to be true? Consumers are often lured in with 'bait' such as highly-discounted products and false promises, only to be sold more expensive goods. Discover the truth about hearing aids, acceptable price ranges, and what your rights are as a consumer. Plenty of time will be allowed for questions and answers.

DAY/DATE	TIME	LOCATION
Thursday: 9/19	10:30am-Noon	Lafayette Library, Arts & Science Rm.
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
	\$1	\$3

## Maintain Your Home's Interior

### Presented by Mark Shaw, Realtor and Violinist

Interior maintenance tasks are critical to the long-term performance of your home. Regularly-scheduled maintenance can help you avoid serious problems, or at least identify issues early so problems can be addressed in a timely manner with minimal adverse effects. Mark Shaw, 15-year real estate broker, will share his professional knowledge of keeping your home in tip-top shape and maintaining its value.

DAY/DATE	TIME	LOCATION
Thursday: 11/7	10:30am-Noon	Lafayette Library, Arts & Science Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
	\$1	\$3

## Lunch n' Learn: Computers

The cities of Lafayette and Orinda and the Town of Moraga are partnering to offer a three-part technology series. Staying in touch with people who matter in your life is made easy with tools such as Facebook and Skype. Learn how simple it is to stay connected!

Do you have an iPad? Gain an understanding of how your device works and all you can do with it. Call Lafayette Senior Services to reserve your spot **at least 3 days prior** to each class: (925) 284-5050.



FEE:	MEMBERS	NON-MEMBERS
Includes Lunch	\$10/class	\$11/class

## Facebook

Lunch & refreshments provided by The Stratford at Countrywood Senior Living and Memory Care, and Nightingale Nursing Services.

DAY/DATE	TIME	LOCATION
Tuesday: 9/17	10:30am-1:00pm	Lafayette Community Center Manzanita Room

## Skype

Lunch & refreshments provided by The Kensington Senior Living and Memory Care, and Senior Helpers Homecare.

DAY/DATE	TIME	LOCATION
Tuesday: 10/15	10:30am-1:00pm	Orinda Parks & Recreation 28 Orinda Way

## iPad

Lunch & refreshments provided by Aegis of Moraga Assisted Living and Memory Care, and BrightStar Homecare.

DAY/DATE	TIME	LOCATION
Tuesday: 11/19	10:30am-1:00pm	Hacienda de las Flores, 2100 Donald Dr, Moraga

## Hearing Screening

**By Audiologists from Hearing Science/Diablo Valley Ear, Nose, and Throat**

Appointment required. Minimum of 2 sign-ups required in order for screenings to take place. Please call Lafayette Senior Services at 284-5050 to sign up for one of the 20-minute appointments.

DAY/DATE	TIME	LOCATION
1st Wednesday Monthly 9/4, 10/2, 11/6, 12/4	1:00-2:20pm	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

## Words of Wisdom...

**From the Philosophical to the Lighthearted**

**Discussion Group Led by Craig Janke**

Take part in this free-wheeling exchange of inspiration, information, and humor. Topics—from soup to nuts—will be explored, examined, and discussed by participants. Stories and photographs will stimulate humorous discoveries regarding the benefits of becoming the 'elders of our tribe'.

DAY/DATE	TIME	LOCATION
3rd Tuesday Monthly 9/17, 10/15, 11/19, 12/17	10:30am-Noon	Elderberry Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

## Free Peer Counseling

Contra Costa Health Services offers free one-on-one counseling with senior (55+) counselors who use their life experiences to help other older adults cope with life changes, problems, crises, and challenges. Confidentiality is strictly observed. Appointment required. Please call Lafayette Senior Services to sign up for one of the 60-minute appointments: 284-5050

DAY/DATE	TIME	LOCATION
3rd Tuesday Monthly 9/17, 10/15, 11/19, 12/17	10:00am-Noon	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

## Drop-In Mah Jongg

Calling all American Mah Jongg players! Bring your card and mah jongg set, and join us every Tuesday afternoon. This group is for all levels. No need to RSVP—just show up and pay at the door.

DAY/DATE	TIME	LOCATION
Every Tuesday Skip 11/26, 12/24, 12/31	1:00-3:30pm	Cedar Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

## Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy for 35 years. She provides outpatient therapy in Lafayette and specializes in the care of those 55 and over.

FEE:	MEMBERS	NON-MEMBERS
Per Presentation:	\$1	\$3

## Osteoporosis

What are the risk factors for developing osteoporosis? What are some of the treatment options? Learn how to maintain or possibly increase your bone mass. Get tips on how you can take control and keep your bones in the best shape possible.

DAY/DATE	TIME	LOCATION
Fri: 9/27	11:30am-12:30pm	Sequoia Room

## Therabands

You've probably seen people using those stretchy, multi-colored exercise bands. Come learn how to use them yourself to easily maintain and increase strength and feel your best!

DAY/DATE	TIME	LOCATION
Fri: 10/25	11:30am-12:30 pm	Sequoia Room



## County Connection LINK service

A door-to-door, advance registration, dial-a-ride service in central Contra Costa County for those who qualify under the American with Disabilities Act (ADA). Call (925) 938-7433 for an application or call Lafayette Senior Services at (925) 284-5050 before you come by to pick one up.



## Lamorinda Nature Walk and Bird-Watching

Led by Ben Pettersson, Experienced Hiker and Bird-Watcher

Experience nature at its finest along our local trails. Delight in the beauty that unfolds around each bend, all the while learning to identify a variety of birds. Trail maps will be distributed. Bring a water bottle; binoculars are helpful if you have them. Join us every Wednesday or whenever you are able. Meet at Lafayette Senior Services at 9:00am. For more information or to place your name on the route email/phone list call Lafayette Seniors Services, 284-5050.

DAY/DATE	TIME	LOCATION
Every Wednesday	9:00-11:00am	Alder Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
	No Charge	No Charge

## Creative Writing Workshop

Judith Rathbone, Creative Writing and English Instructor

Examine the possibilities of self-expression through writing. This friendly group, with an ever-changing membership but lots of returning participants, will welcome you and any of your writing efforts. Find encouragement and feedback and bring out the writer in you. If you can speak, you can write, and we will show you how! Beginners to established writers welcome.

DAY	TIME	LOCATION
Thursdays 9/12 and 9/26, 10/10 and 10/24, 11/7 and 11/21, 12/5 and 12/19	10:30-Noon	Cedar Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
Per session	\$1	\$3

## Positive Living Forum (“Happiness Club”)

Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF, Author of *Happy 4 Life: Here’s How to Do It*

Brighten your day and take part in this interactive gathering which features speakers on a wide range of topics that guide participants toward a more ideal and positive life experience. Drop-ins welcome!

DAY/DATE	TIME	LOCATION
2nd Thursday Monthly 9/12, 10/10, 11/14, 12/12	10:30am-Noon	Sequoia Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
	\$1	\$3

## Caregiver Support Group

Carol Shenson, MA, Certified Geriatric Care Manager, ResCare HomeCare

If you are a family member helping to care for an older adult, join our support group to find balance and joy as you manage your responsibilities. Drop-ins are welcome.

DAY/DATE	TIME	LOCATION
Mondays: 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 12/16	1:30-2:30pm	Elderberry Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
Per Session:	No charge	\$1

## Lamorinda Dance Social

Enjoy afternoon dancing every Wednesday and learn some great new dance moves. The first Wednesday monthly, professional dancers Karen and Michael will provide a dance lesson and live DJ services, playing your favorites and taking requests.

DAY/DATE	TIME	LOCATION
Wednesdays Skip 10/23, 11/27, 12/25	12:30-3:00pm	Live Oak Room
<b>FEE:</b>	<b>MEMBERS</b>	<b>NON-MEMBERS</b>
	\$2	\$4

## Lafayette Senior Services Commission

The Commission typically meets the 4th Thursday of the month, 3:30-5:30pm. Interested citizens may view meeting agendas at the City of Lafayette office or online:

[www.ci.lafayette.ca.us](http://www.ci.lafayette.ca.us).

Fall Quarter Meetings:

Thursday 9/26 Lafayette Library, Arts and Science Room  
Thursday 10/24, 12/5 Lafayette Community Center, Elderberry Rm



## Health Insurance Counseling and Advocacy Programs (HICAP)

HICAP provides free and objective counseling and advocacy services to Contra Costa Medicare beneficiaries and their families who need assistance with Medicare enrollment and issues involving Medicare and associated insurance programs, including prescription drug coverage.

**Long-Term Care Insurance or Health Insurance (HMOs, Medicare, Kaiser, etc.)**

### First Wednesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
9/4, 10/2, 11/6, 12/4	10:00am, 11:00am, or Noon	Alder Room

### Third Tuesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
9/17, 10/15, 11/19, 12/17	10:00am, 11:00am, or Noon	Alder Room

**For appointments:  
Lafayette Senior Services 284-5050**

## Free Legal Assistance for Older Adults

**NOTE: A \$10 deposit, fully-refundable at the time of your appointment, is required to reserve your spot.** Refund will be issued if cancellation is made at least 24 hours prior to appointment. Please send check, made payable to Lafayette Senior Services, to Lafayette Senior Services, 500 St. Mary's Road, Lafayette, CA 94549.

- Landlord/Tenant Problems
- Durable Powers of Attorney
- Rights of Nursing Home & Long-term Care Residents
- Medi-Cal Issues
- SSI Overpayment

DAY/DATE	APPOINTMENT TIMES	LOCATION
Fri: 9/6, 10/4, 11/1, 12/6	10:00 or 11:00am	Alder Room

**Appointment required:  
Lafayette Senior Services 284-5050**



## On the Road Again

The Lamorinda Spirit Van passengers are “on the road again”, going to the Monday through Friday lunch at the C.C. Café, the monthly lunch at a local restaurant, and the warm weather monthly outings to local places of interest. At the Senior Mobility Action Council event, “Out of Isolation, The Mobility Connections”, UCSF’s Dr. Carla Perissinotto reported on her study of older adults. She suggests, “If you ‘sometimes’ feel lonely or isolated, ask yourself: What gives your life meaning? Are there things you used to do that you don’t do now? Staying engaged is good for our health and longevity.” We here at the Lamorinda Spirit Van are passionate about helping you get out and about.



## Lamorinda Senior Transportation

### An Alliance of Transportation Providers

#### Lamorinda Spirit Van **283-3534**

Transportation for Lamorinda Seniors to medical appointments, errands, grocery shopping, special events, and lunch at the C.C. Café. Make ride reservations as soon as possible, but at least two business days in advance by 1:00 p.m. Wheelchair and walker accessible. Ask about contributing to the Angel Fund. \$10.00 round trip. Rides to lunch are free.

#### Contra Costa Yellow Cab and DeSoto Company **284-1234**

20% discount for Lamorinda seniors.

#### Orinda Seniors Around Town **402-4506**

Volunteer drivers serving Orinda seniors with free rides to appointments and errands.

#### Senior Helpline Services Rides for Seniors **284-6161**

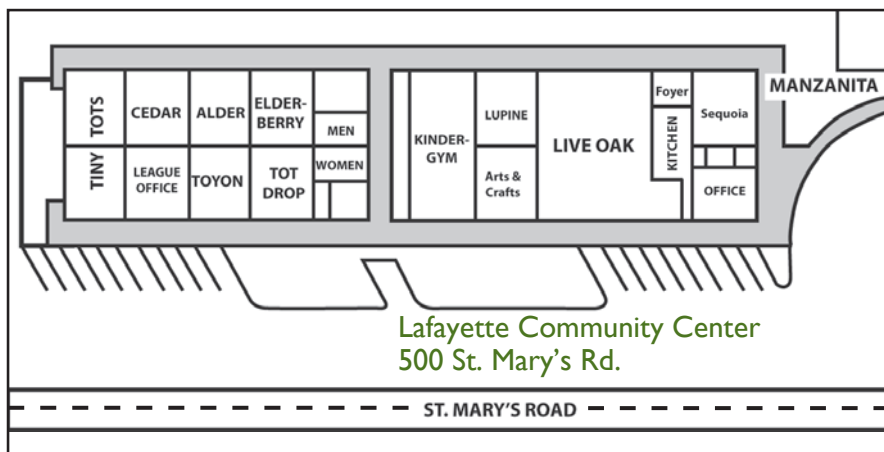
Volunteer drivers serving Contra Costa seniors with rides to doctors' appointments during the week. Grocery shopping on Saturdays.

#### County Connection LINK Reservation Line **938-7433**

For people with disabilities.

### Wanted: Volunteer Drivers

## Lafayette Class Locations



Patrons are advised to arrive 5 minutes early to locate their classroom.

## Off-Site Locations

- Lafayette Community Park  
480 St. Mary's Road, Lafayette
- Lafayette Tennis Club  
3125 Camino Diablo Road, Lafayette  
937-2582
- Stanley Middle School  
3477 School Street, Lafayette
- Buckeye Fields  
711 St. Mary's Road, Lafayette

## Community Contacts

- Lafayette Library & Learning Center  
3491 Mt. Diablo Blvd., Lafayette  
385-2280
- Lafayette Little League  
284-3583
- Lafayette–Moraga Regional Trail  
(EBRPD) | (510) 635-0135
- Lafayette–Moraga Youth Association  
(LMYA) | 377-5692
- Lafayette Reservoir & Recreation Area  
(EBMUD) | 284-9669
- Lafayette Chamber  
284-7404
- Lafayette City Offices  
284-1968

## Contact Us:

[www.LafayetteRec.org](http://www.LafayetteRec.org)

- Jennifer Russell  
Director | 299-3251  
[jrussell@ci.lafayette.ca.us](mailto:jrussell@ci.lafayette.ca.us)
- John Warshaw  
Recreation Supervisor | 284-0830  
[jwarshaw@ci.lafayette.ca.us](mailto:jwarshaw@ci.lafayette.ca.us)
- Jonathan “Ace” Katayanagi  
Recreation Supervisor | 284-2234  
[jkatayanagi@ci.lafayette.ca.us](mailto:jkatayanagi@ci.lafayette.ca.us)
- Greg Travers  
Park Maintenance  
[gtravers@ci.lafayette.ca.us](mailto:gtravers@ci.lafayette.ca.us)
- Anne Blodgett | Donica Katayanagi  
Administrative Assistants  
[recreation@ci.lafayette.ca.us](mailto:recreation@ci.lafayette.ca.us)

- Lafayette Parks, Trails & Recreation Office:  
284-2232 | Mon-Fri, 9:00am-5:00pm
- Lafayette Senior Services:  
284-5050 | [seniors@ci.lafayette.ca.us](mailto:seniors@ci.lafayette.ca.us)  
Maureen Callanan Neumann, Molly Cohen
- Lamorinda Sr. Transportation Program:  
283-3534
- Tiny Tots Program:  
299-3266
- Tot Drop Reservations/Cancellations:  
284-3999
- Lafayette Jazzercise:  
937-6768

**Donate your car, truck, RV or boat to benefit the Lafayette Community Center**

The Lafayette Community Center Foundation wishes to thank all those who have donated their vehicles to help support the Lafayette Community Center. Get rid of your unneeded vehicle and get a tax deduction! Call or go online today.

**1-888-6TO-GIVE (1-888-686-4483) or [www.cardonationservices.com](http://www.cardonationservices.com)**

