

WINTER | 2014

LAFAYETTE RECREATION

Children pg. 7

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CITY RECREATION PROGRAMS & SERVICES

Special Events

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LAFAYETTE YOUTH COMMISSION

Tri-City Dance CALENDAR

January 25th
7th Grade Dance
\$5

February 21st
8th Grade Dance
\$5

March 21st
7th & 8th Grade
Dance featuring
Inflatables
\$12

Sign Up at www.LafayetteRec.org

JM, OIS & Stanley students welcome. Strict dress code enforced. Participants will be asked to bring a themed donation to each dance (canned food, school supplies). These safe, drug and alcohol free events are put on by the Lafayette Youth Commission. Proceeds will benefit LYC projects. Past projects include donations to the American Cancer Society, Lafayette Library, Lamorinda Skate Park, Child Abuse Prevention, Toys for Tots and more!

Father Daughter DANCE

This is a special way to create wonderful childhood memories. Girls get to spend the evening with the most important man in their lives. This year's dance will have a luau theme. Dads are welcome to wear Hawaiian print shirts, and daughters can come dressed in their favorite island attire! The evening includes a DJ (playing age-appropriate music), dancing, cake and punch, arts and crafts, and a special memento of the evening for each young lady.

Friday, February 28th ~ 7:00-9:00pm
\$20 per couple ~ Live Oak Room



Thank You, Paper Kite Art!



Paper Kite Art was started by two local artists and moms who truly believe that a beautiful space not only gives a sense of comfort to a little child, it also inspires creativity and imagination. Neesha Merani and Shweta Srivastava spent over 47 hours this summer to create the park mural in the Lafayette Kindergym. www.paperkiteart.com



CITY OF LAFAYETTE with SYNERGY THEATER

IMPROV COMEDY

THIRD SATURDAY OF EVERY MONTH!

Full length improvised theater based entirely on audience suggestions!

Lafayette Community Center, 500 St. Mary's Road, Lafayette
Saturdays @ 8:00 pm — December 21, January 18, February 15,
March 15, April 19

Also! KENN ADAMS' ADVENTURE THEATER!

An interactive comedy show for heroes of all ages!
Sunday, 11:00am, December 22



Tickets at www.SynergyTheater.com

Lamorinda Spirit Van Update



The Lamorinda Spirit Van Program is looking forward to receiving a new wheelchair-accessible minivan through the 5310 Federal Grant Program and the generosity of community donations. This vehicle will have a smoother ride and get better gas mileage than our larger vehicles. With the advent of new senior housing in Lafayette and Orinda, we are gearing up to deliver more rides. To make this possible, we need at least five additional volunteer drivers. Please consider providing this valuable gift of service to

your community by calling 284-5546 to inquire. Training is provided, and a regular Class C driver's license is sufficient. If you serve on the Board of a foundation or service group, consider advocating for the funding of programs that serve seniors. There is a critical need. **See page 33 for more information about the Lamorinda Senior Transportation providers.**

Tax deductible donations are greatly appreciated. You may make your check payable to the City of Lafayette. Please write: Lamorinda Spirit on the memo line, and mail to Lamorinda Spirit, Lafayette Community Center, 500 Saint Mary's Road, Lafayette, CA 94549.

Lamorinda Senior Transportation

Lamorinda Spirit Van: 283-3534



Thank You

On behalf of the Lafayette Community Center Foundation, please accept our heart-felt thanks for all the beautiful *Local Celebrity* gift basket donations. Thanks to these donations, the Community Center Foundation will continue to improve the facilities and programs at the Lafayette Community Center where people of all ages and abilities benefit from wonderful programs and special events.

Members:

Anne Wondolowski, *Chair*,
Susan Callister, Sue Cross,
Judy Gregerson, Ruth Kaiser,
Steve Robinson, Julie Taylor,
Sheri Woodruff

Lafayette Tiny Tots

Kids Holiday Camp



with teachers
Heather & Sossan



Monday, December 23rd
9:00am-1:30pm

Ages 3-7

Cost \$45



Location:

Lafayette Community Center, Yellow Room
Snack provided, please bring a lunch!

Children will make their own snack and a take home treat, go caroling and make hot chocolate. We will play board games, visit the Lafayette Kindergym and end the day with a piñata! Ole!



To register for camp please call 299-3266 or return payment to the Tiny Tots classroom.

~Spaces are limited~

Lafayette Tiny Tots

2014-2015 School Year
First day of school 9/2/14



Lafayette Tiny Tots offers parents a variety of classes for your active pre-schooler. Your child will enjoy interacting with other pre-schoolers in a warm and loving environment. Each class offers a comprehensive early childhood program with emphasis on providing activities and experiences for children to work, play and grow according to their own pattern of development. The instructors are experienced and possess degrees in early childhood education. These classes are not parent participation classes, but parents are welcome to stay until their child is comfortable with the environment.

Registration Procedure for NEW Students

Complete and return the form below, with a copy of your child's birth certificate, by Friday, Jan. 31, 2014 at 5:00pm. On Thurs., February 6th, all forms will be placed in a box and randomly chosen by the program director until programs are full. We will continue to randomly select any remaining forms to create waiting lists. All people will be notified of their status by Fri., Feb. 14th. (2013-14 waiting list people do not carry over to the 2014-15 program.)

***Tuition is non-refundable** • Costs are for each 9-week session • **Session 1 payment is due May 1, 2014**
 Registration Fee: \$25 annually (non-refundable) due 3/15/14



Check the Appropriate Program

MON/WED/FRI
 9 wks, begins 9/3/14

AGES
 3 1/2-4 1/2 (Must be 3 1/2 by 9/1/14)

TIME
 9:00am-1:30pm

FEE
 \$765
 \$25

Bring a lunch to enjoy at school
 Annual Registration Fee

TUES/THURS
 9 wks, begins 9/2/14

AGES
 2 years, 4 months-3 1/2 years

TIME
 9:00-11:45am*

FEE
 \$475
 \$25

*optional Lunch Bunch until 12:30
 Annual Registration Fee

CHILD'S FIRST AND LAST NAME _____

BIRTHDATE (copy of birth certificate must be attached) _____

NAME (Adult) _____ **RELATIONSHIP TO CHILD** _____

PHONE(S) Day _____ Night _____ Email _____

STREET _____ **CITY** _____ **ZIP** _____



The Bay Area's only PRESCHOOL ON DEMAND!

TOT DROP

Only Come When You Want. Only Pay When You Come.

YOU make your own schedule. 9:00 am-1:00 pm

As little as 1 hour or up to 12 hrs/wk. \$10/hr. **You** set your days and arrival & pick up times. Come occasionally, or weekly spots are available. **FREE** cancellation when your plans change.

Never Tried TOT DROP?

Come and see what you've been missing!



COUPON



1 FREE Hour

\$10 value—New Families Only.
(1 per family)

DIAPER WEARERS WELCOME. NEW STUDENTS MAY ENROLL AT ANY TIME.

Call to get started

925-284-3999

Open YEAR ROUND!

Lafayette, Walnut Creek, Pleasant Hill
www.totdrop.com



Themed Birthday Parties

Kinderdance Parties

3-5 yrs
Ballet, creative movement and acrobatics in a music filled movement and dance party.

Chef de Cuisine's Cooking Parties

5-13 yrs
Notify of any food allergies when reserving dates.

Kindergym Parties

up to 6 yrs



Indoor Sport Parties

4-7 Yrs:
Combo: Soccer, Hockey, Basketball
7-13 Yrs:
Dodge Ball
Nerf Guns
Nerf & Dodge Ball

Dodge Ball Parties

7-12 yrs
"...best party any of our kids have had yet. Crew members were unbelievable."
—Megan Stern

Parties on the Rink

7+ yrs
Sport Combo
Options: Floor Hockey, Scooters, Capture the Flag, Dodge Ball, Flag Football, Soccer, Basketball & more!



PARTY THEME	LOCATION	FEE	TIME	DEPOSIT	MIN/MAX	CONTACT INFO
Kinderdance	Toyon Rm	\$200/12 children \$8/addl. child	1 hrs	50%	--	Kira Lancaster: (415) 385-6501
Chef de Cuisine	LCC Kitchen	\$260	2 hrs	\$130	10 max	(925) 932-1114
Kindergym	Kindergym	\$195/\$250	1.5/2 hrs	--	15 max	(925) 284-2232
Indoor Sport	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
Dodge Ball	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
On the Rink	Multi-Sport Rink	\$250/\$333	1.5/2 hrs	--	12/24	Ace: (925) 284-2234

ARTS & CRAFTS

Kids' Carpentry

5-12 Yrs

Since 1982, director Michael Glass has taught thousands of children the safe use of hand tools. Children may choose from a wide variety of projects after first completing their sanding block and top. While building their projects from scratch children are introduced to concepts like applied math, problem solving, fine motor skills and empowered with the opportunity to use a large variety of woodworking tools. www.kidscarpentry.com. (Casey was a Kids' Carpentry student at age 7. Now he is a dad, an accomplished boat builder, and a wonderful K. C. teacher.) *\$40 supply fee to be paid to instructor at first class.*

DAY/DATE	TIME	LOCATION
Fri: 2/7-3/28	3:00-4:00pm	Arts and Crafts Room
Fri: 2/7-3/28	4:00-5:00pm	Arts and Crafts Room
Fri: 2/7-3/28	5:00-6:00pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$119 (8 Wks)	5/8	Casey Nutt



Comic Book Illustration

7-12 Yrs

Students will study the essential elements of how to illustrate and create their own comics. Class time includes the study and practice of basic drawing techniques character design, story boarding, scripting and paneling with a variety of tools and techniques students have an excellent opportunity to express their creativity.

DAY/DATE	TIME	LOCATION
Thurs: 1/16-2/20	4:00-5:00pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$111 (6 Wks)	8/15	Nuskuarts



CHILDREN

COOKING

Cooking with Kids

4-12 Yrs

HEY kids we are doing something NEW! We are going to have more fun in our cooking classes by changing our time to 1-1/2 hours. Now we can make TWO recipes per class. We will learn to cook and taste our creations and share them with your whole family. Parents your young chefs will have fun while they learn the life skill of cooking tasty, healthy and affordable foods. And as a matter of course we will learn proper clean up. *\$15 materials fee payable to instructor at first class.*

Busy Bees Cooks (4-5 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 2/4-2/18	1:30-3:00pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$162 (3 Wks)	4/8	Cooking with Kids

We Teach Your Kids to Cook (6-10 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 2/4-2/18	4:00-5:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$162 (3 Wks)	4/10	Cooking with Kids

Chef de Cuisine's Cooking Parties

5-13 yrs

Your child can have a cooking-themed birthday party in the Lafayette Community Center Kitchen. We provide the chef instructor, the ingredients and the recipes, you provide the guests, favors and cake. For information or to book a party, call (925) 932-1114.

FEE	DEPOSIT	MIN/MAX
\$250 (2 Hrs)	\$150	10 max

Kindergym at Lafayette

All your senses shout "WOW!" when you see our two spacious rooms with their mats, hanging apparatus, tunnels, basketball hoops, balance beam, slides, slopes and more. Visually, we're a colorful wonderland! Kindergym promotes an adult/child one on one setting where the adult provides encouragement and positive reinforcement through play. Each wonderful 45-minute class concludes with a circle time of favorite songs, rhythms and rhymes led by our exceptional and experienced staff.

All children must be accompanied by an adult. Second sibling enrolled in the same class gets a 25% discount!

Infant siblings are okay if in back/front packs.



Kindergym

0-4 Yrs

Come play with us at the Lafayette exciting environment filled with fun equipment that will excite your child's senses. Our dedicated and friendly staff will enhance your child's playtime experience and conclude each class with a circle time filled with rhythms, rhymes and songs. These classes offer children the opportunity to learn through play and physical exploration. They will jump, hop, climb, and balance on a variety of gymnastics equipment. Come enjoy a special bonding time with your child in a safe and clean environment. Each class closes with music and songs facilitated by our wonderful staff.

DAY/DATE	TIME	LOCATION
Tues: 1/14-3/25	9:15-10:00am	Kindergym
Tues: 1/14-3/25	10:05-10:50am	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/26	10:55-11:45am	Kindergym
Wed: 1/15-3/26	10:05-10:50am	Kindergym
Wed: 1/15-3/26	9:15-10:00am	Kindergym
Thurs: 1/16-3/27	10:05-10:50am	Kindergym
Fri: 1/17-3/28	9:15-10:00am	Kindergym
Fri: 1/17-3/28	10:05-10:50am	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Elaine Cable

DAY/DATE	TIME	LOCATION
Sat: 1/18-3/29	9:30-10:15am	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Nelita Inzerillo

Play!

Kindergym Plus

1-5 Yrs

All the fun of the traditional Kindergym class PLUS a different theme each week to stimulate children's imagination and learning.

DAY/DATE	TIME	LOCATION
Fri: 1/17-3/28	4:30-5:20pm	Kindergym
Fri: 1/17-3/28	5:30-6:20pm	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Stacey Mullins



Pre-Kindergym

Crawlers and Beginning Walkers

This class gives babies the opportunity to explore and develop their physical skills (readiness for rolling, crawling, walking and learning) in a fun and safe environment. A brief closing circle with music ends each class.

DAY/DATE	TIME	LOCATION
Tues: 1/14-3/25	10:55-11:40am	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Thurs: 1/16-3/27	9:15-10:00am	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Elaine Cable

Parent and Me Gymnastics

1½-3 Yrs

This popular class, designed for parents and toddlers, will enhance your child's motor development and confidence in a fun and social environment. Emphasis is placed on movement, rolling, climbing, handing and jumping. Incorporated into the class are gymnastic, incline and barrel mats, single and double bars, balance beams, vaulting blocks, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and more. Music games and group activities are incorporated into the class. Parent participation is required. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-2/24	9:15-9:55am	Kinder Gym
Mon: 3/3-3/31	9:15-9:55am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$73 (5 Wks)	6/10	California Gymnastics

Tiny Tumblers Gymnastics

3 Yrs

This class is designed to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun and social environment and also introducing children to learn to participate in a structured class without their parents. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and various other equipment. Music games and group activities are incorporated into the class. **Skip 1/20, 2/17**

Date	Time	Location
Mon: 1/13-2/24	10:00-10:40am	Kinder Gym
Mon: 3/3-3/31	10:00-10:40am	Kinder Gym
Fee	Min/Max	Instructor
\$73 (5 Wks)	6/8	California Gymnastics



Preschool Gymnastics

4-5 Yrs

This class teaches beginning gymnastics and tumbling skills. Students will flip over the opportunity to learn the basics of all gymnastic events, as well as additional skills to enhance strength, coordination, agility, and confidence. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and various other equipment. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-2/24	3:30-4:10pm	Kinder Gym
Mon: 3/3-3/31	3:30-4:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$73 (5 Wks)	6/9	California Gymnastics



Youth Gymnastics

5-9 Yrs

This class teaches beginning and intermediate gymnastics and tumbling skills and is designed to develop strength, flexibility, agility, and confidence in a fun, non-competitive environment. Students learn the basics of all gymnastic events including tumbling, vaulting skills, single bars and balance beams. Students are also introduced to strength and flexibility exercises with fun and challenging games. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, and various other equipment. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-2/24	4:15-5:10pm	Kinder Gym
Mon: 3/3-3/31	4:15-5:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$83 (5 Wks)	6/10	California Gymnastics

MUSIC & DANCE

Kindermusik Village for Babies— Feathers!

Up to 18 Months

The musical poems of Woody Guthrie, bird songs and the naturally occurring sounds in nature help babies develop an appreciation—an accelerated aptitude—for language, movement and music in this class. *\$35 materials fee payable to instructor at first class.* **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	10:15-11:00am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$147 (8 Wks)	5/12	Miss Kat

Music Together

Newborn to 5 Yrs

Celebrating 25 years of family music fun, and 15 years with over 35,000 East Bay families. Songs, dance, instruments and rhythmic chants. The award winning music program for newborns through 5 years with the adults who love them. The internationally recognized program was created by the groundbreaking researchers who pioneered parent participation, developmental early childhood music education. Lamorinda Moms, *Bay Area Parent* 2000-2013 and *Parents' Press*: Best Music Class. Price of class includes CD set songbook, parent guide DVD, Musical Growth Chart and two makeup classes. Second child discount for siblings over 6 months—\$125.

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/19	9:30-10:15am	Elderberry Room
Wed: 1/15-3/19	10:30-11:15am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$218 (10 Wks)	6/12	Riki Juster
DAY/DATE	TIME	LOCATION
Thurs: 1/16-3/20	10:30-11:15am	Elderberry Room
Thurs: 1/16-3/20	9:30-10:15am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$218 (10 Wks)	6/12	Julia McLeod

CHILDREN



Kindermusik Wiggle & Grow— Up in the Sky

1.5-3 Yrs

This music filled class celebrates the unique joys of your growing child. Each week your children will love singing, dancing and playing instruments with you and their new friends, and you'll love helping them practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. We'll also share tips and ideas for using music throughout the week. This session, we'll start by exploring all of the floating, flying, fluttering things we can find Up in the Sky; then we'll slither like snakes and pounce like leopards in Wild Animal Park. This is one musical adventure you wont want to miss! *\$22 materials fee payable to instructor at first class.* **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	11:15-12:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$147 (8 Wks)	5/12	Miss Kat

Mini Hip Hoppers

3-5 Yrs

Designed for young boys and girls, they'll learn fun and funky moves to age appropriate hip hop music that will keep them moving. Encourages creativity, imagination, coordination and rhythm. Students will learn basic techniques as well as creative movement. Young dancers will perform a hip hop routine for friends and family on the last day of class.

DAY/DATE	TIME	LOCATION
Thurs: 1/9-3/13	3:30-4:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$163 (10 Wks)	7/14	Studio 8 Dance

Hip Hop Dance Jr.

6-9 Yrs

Designed for young boys and girls, they'll learn fun and funky moves to age appropriate hip hop music that will keep them moving. Encourages creativity, imagination, coordination and rhythm. Students will learn basic techniques as well as creative movement. Young dancers will perform a hip hop routine for friends and family on the last day of class.

DAY/DATE	TIME	LOCATION
Thurs: 1/9-3/13	4:30-5:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$163 (10 Wks)	7/20	Studio 8 Dance

Beginning Irish Step Dancing

T 5-16 Yrs

The McBride School of Irish Dance is now offering classes in Lafayette! For those who have never Irish danced before, this is the class for you! Our mission is to offer quality Irish Dance instruction, while providing a safe, supportive and positive learning environment that lends itself to developing well-rounded and confident dancers.

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/26	3:30-4:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$168 (11 Wks)	3/10	McBride School

Intermediate & Advanced Irish Step Dancing

T 5-16 Yrs

Welcome to the McBride School of Irish Dance! This class is offered for children ages 5-16 who have had experience Irish dancing or are continuing their dancing with us. Our mission is to offer quality Irish Dance instruction, while providing a safe, supportive and positive learning environment that lends itself to developing well-rounded and confident dancers.

LEVEL	DAY/DATE	TIME	LOCATION
Intermed.	Wed: 1/15-3/26	4:15-5:00pm	Toyon Room
Advanced	Wed: 1/15-3/26	5:00-6:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR	
\$168 (11 Wks)	3/10	McBride School	

Guitar

T 10 Yrs & Up

Most pop songs use only 3 or 4 simple chords, so you will be playing real songs in just a few weeks. It's easy, and small class size allows for individual attention from instructor. Instructor has BA and MA in music and over 20 years of teaching experience. **Skip 2/17**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 1/13-3/24	4:45-5:30	Elderberry Room
Advanced	Mon: 1/13-3/24	6:45-7:30	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR	
\$153 (10 Wks)	3/6	Ted Crowley	

Beginning Piano for Teens

T 10-17 Yrs

Most popular songs use only 3 or 4 simple chords. You can learn to play your favorites on the piano in just a few weeks. Only 6 students per class so everyone will get the help they need. No prior experience is required. It's easy and fun! 10 classes. Student provides own instrument. **Skip 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/24	4:00-4:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Club Jam—Singing Percussion

5-6 Yrs

Club Jam is an introductory music course for grades K-1 incorporating both singing and percussion. Students will participate in simple and engaging music games and activities as well as singing songs as a class. Class will also include an introduction to rhythm where students will sing, clap and play fun percussive beats. All in all this is FUN class that will build a strong musical foundation to sharpen student's minds (Fusing creative and analytical thought development) paving the way for further academic study whether it be music or not. (Hand drums and percussive instruments provided.)

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/5	3:00-4:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$131 (8 Wks)	8/15	Nuskuarts

Hit The Note—Singing Program

7-13 Yrs

Do you aspire to be a singer? Do you want to learn how to sing and let your voice shine? Now is your opportunity to hop into class, tune your vocal chords, and hit the note. In this class students will learn how to sing contemporary music in a fun and engaging setting. Starting with practice through intervals, scales, and rhythms; then moving on to practice and perform popular songs. All students are welcome from absolute beginners to experienced singers. This class will benefit all and give you the leg up on your vocal performance.

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/5	4:00-5:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$123 (8 Wks)	8/15	Nuskuarts

SPECIAL INTEREST

Spanish Class

3-5.5 Yrs

Hola amigos, vamos a divertirnos aprendiendo Español con maestra Miriam. Hello friends let's have fun learning Spanish with teacher Miriam. Join in this hands on-interactive and stimulating environment. In this class your child will develop social skills, fine And gross motor skills while learning Spanish. Students will explore Spanish through singing, creating art, and many other fun activities. \$5 supply fee payable to instructor at first class.

DAY/DATE	TIME	LOCATION
Tues: 1/14-2/11	9:30-12:00pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$128 (5 Wks)	5/12	Miriam Lattanzi

DAY/DATE	TIME	LOCATION
Tues: 2/18-3/25	9:30-12:00pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	5/12	Miriam Lattanzi



Babysitting for Beginners

10-14 Yrs

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a lunch and dress to play outside.

DAY/DATE	TIME	LOCATION
Sun: 1/26	9:00am-2:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	8/30	Suzy McCreary

Chess

6-11 Yrs

Chess improves children's ability to think rationally and critically, increases their aptitude for recognizing patterns, and teaches the value of hard work, concentration and commitment. Chess is an exercise of infinite possibilities for the mind, one which develops mental abilities used throughout life. And chess is fun!



DAY/DATE	TIME	LOCATION
Thurs: 1/16-2/13	4:00-5:00pm	Sequoia Room
Thurs: 2/27-3/27	4:00-5:00pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$94 (5 Wks)	10/20	Berkeley Chess

SCIENCE & TECHNOLOGY

Mad Science Crazy Chemistry

6-11 Yrs

Use your hands as a real Mad Scientist in this whirlwind class on how a lab works! Students will learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. We will explore the pH extremes with our Reaction Tubes in what is sure-to-be a popping experience! Create slime using the Mad Science recipe, and then enter the Slime Olympics to test your polymers. Probe the properties of light and explore some unusual applications of glow-in-the-dark technology! We will melt metal in boiling water and freeze water with just a breath of dry ice!

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/5	4:00-5:00pm	Cedar Room

FEE	MIN/MAX	INSTRUCTOR
\$188 (8 Wks)	12/24	Mad Science

Mad Science Light and Energy

6-10 Yrs

Electrons, Photons, and Protons! Jump into this exciting electrical adventure and survive the circuit maze! Be amazed as we fish for feathers with electrons and conduct hair raising experiments with an electrostatic generator. Discover the light properties of colors, use a prism to separate the wavelengths of light, and mix things up with a Technicolor Blender. Watch an underwater volcano demonstrate the properties of heat and bounce with Boinks while connecting with kinetic energy.

DAY/DATE	TIME	LOCATION
Wed: 2/5-3/12	4:00-4:45pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	12/16	Mad Science

2D Video Game Design

T 7-17 Yrs

This class will give students hands-on learning in video game development. Students will create their own platformer video game including developing and animating characters, enemies and levels. We use cutting edge industry technologies designed to provide a valuable and pertinent experience. We teach the same industry technologies that are used in Facebook, iPhone and Android games. *\$40 supply fee to be paid to instructor on first day of class.*

DAY/DATE	TIME	LOCATION
Fri: 1/3-1/24	5:00-6:00pm	Cedar Room
Fri: 1/31-2/21	5:00-6:00pm	Cedar Room
Fri: 2/28-3/21	5:00-6:00pm	Cedar Room

FEE	MIN/MAX	INSTRUCTOR
\$148 (4 Wks)	3/6	Bobby Mazaheri

SPORTS

Little Kickers Indoor Soccer

4-5 Yrs

This 7-week soccer league will help players learn the game and give them a chance to play on a team as they run, kick and score their way to a good time. Participants will play games on teams that will be made after the first week of class. Participants will play a 45 min. game each week. Game times will rotate with starting times at 4:00 and 4:45. For the first kickers class: Last name A-J: 4:00 to 4:45; K-Z: 4:45 to 5:30. (If you have a friend that is not in your time slot, that you NEED to be with for the first day, then come at the time that works best for you.) We'll take team requests at the first meeting. After the first week you will receive a schedule and roster the will tell you your game times for the rest of the season.



Indoor Sports—No Rainouts!

DAY/DATE	TIME	LOCATION
Tues: 1/14-2/25	4:00-5:30pm	Live Oak Room
Rotating game times (4:00pm or 4:45pm). One game per week.		

FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	20/40	Lafayette Staff

Indoor Floor Hockey



4-5 Yrs

Learn the game of hockey in your sneakers (no skates) indoors at the Lafayette Community Center. All equipment is provide. Players will participate in drills to learn hockey and play in a game each week. We will take team requests at the first meeting.

DAY/DATE	TIME	LOCATION
Thurs: 1/16-2/27	3:45-4:30pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	12/20	Lafayette Staff

Little Hoopsters Indoor Basketball



5-6 Yrs

Dribble, pass and shoot your way to a great time in our basketball league. Your little hoopster(s) will learn the basics of basketball, be part of a team and play a game each week. Participants will play games on teams that will be made the first week of class. This is a perfect, low pressure, introduction to league sports. Participants will have one 45 min. class (game) each week. Class (game) times will rotate with starting times at 4:00 or 4:45. For the first hoopsters class: Last Name A-J: 4:00 to 4:45 K-Z: 4:45 to 5:30 (If you have a friend that is not in your time slot, that you NEED to be with for the first day, then come at the time that works best for you.) We will take team requests at the first meeting. After the first week you will receive a schedule and roster the will tell you your game times for the rest of the season.

DAY/DATE	TIME	LOCATION
Wed: 1/15-2/26	4:00-5:30pm	Live Oak Room
Rotating game times (4:00pm or 4:45pm). One game per week.		

FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	12/40	Lafayette Staff

Little Sportsters



4-6 Yrs

Stay active and never worry about rain with the Little Sportsters class. This class will feature two days of floor hockey, two days of hoopsters basketball, two days of kickers soccer and one sportsters day with all three sports. This is a great way to try out the sports you have not played or just have fun playing a variety of sports! *Game dates and times subject to change.

DAY/DATE	TIME	LOCATION
Tues: 3/4-3/25	4:00-4:45pm	Live Oak Room
Tues: 3/4-3/25	4:45-5:30pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	8/20	Lafayette Staff

MMAP Parent and Tots Soccer

3-4 Yrs

This class is lots of fun and will teach toddlers the basic techniques of the great game of soccer. Learn kicking, passing, and trapping through fun age appropriate games and drills. This class will be a blast for both parents and tots! Players are required to bring a ball, shin guards, and water.

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/5	10:00-10:30am	LCP-Field LOWER
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	10/20	MMAP Sports

Kidz Love Soccer

KLS class status hotline: 1 (888) 372-5803

Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Mommy/Daddy & Me Soccer

2-3.5 Yrs

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age-appropriate activities, your child will be developing large motor skills and socialization skills. The fun happens on the field, and parents are part of the action—not watching from the sidelines! **Skip 2/14**

DAY/DATE	TIME	LOCATION
Fri: 1/24-3/21	5:10-5:40pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$109 (8 Wks)	5/20	Kidz Love Soccer

Tot Soccer

3.5-4 Yrs

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun games and introduces small children to group settings. **Skip 2/14**

DAY/DATE	TIME	LOCATION
Fri: 1/24-3/21	5:50-6:20pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$109 (8 Wks)	5/24	Kidz Love Soccer

Pre-Soccer

4-5 Yrs

Teaches the basic techniques of the game and builds self-esteem through participation and fun activities. Children learn to follow instructions in a nurturing, age-appropriate setting. **Skip 2/14**

DAY/DATE	TIME	LOCATION
Fri: 1/24-3/21	6:20-6:55pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$109 (8 Wks)	5/24	Kidz Love Soccer

MMAP PeeWee Soccer

4-5 Yrs

Pee Wee Soccer will teach the basic techniques of the great game of soccer. Learn kicking, passing, trapping and other age-specific skills through fun games and drills. This class will be a blast! Players are required to bring a ball, shin guards, and water.

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/5	10:30-11:10am	LCP - Field LOWER
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	10/20	MMAP Sports

Soccer I

5-6 Yrs

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. **Skip 2/14**

DAY/DATE	TIME	LOCATION
Fri: 1/24-3/21	4:15-5:00pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$109 (8 Wks)	5/24	Kidz Love Soccer

Soccer Skillz & Scrimmages

7-10 Yrs

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! **Skip 2/14**

DAY/DATE	TIME	LOCATION
Fri: 1/24-3/21	3:30-4:15pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$109 (8 Wks)	5/24	Kidz Love Soccer



Indoor Sport Parties

4-13 yrs

Your child can have an indoor sport themed birthday party in the Lafayette Live Oak Room, perfect for winter birthdays. Kids 4-7 years will enjoy combo soccer, hockey and basketball fun, while 7-13 year olds will revel in dodge ball and Nerf guns. For information or to book a party, call "Ace" at (925) 284-2234.

FEE	MIN/MAX
\$195 (1.5 Hrs) or \$260 (2 Hrs)	10/24 max

MMAF Basketball

5-12 Yrs

This class is lots of fun and will teach the basic techniques of the great game of basketball. Learn passing, dribbling and shooting through fun games and drills. This class will be a blast! Please bring water.

AGE	DAY/DATE	TIME	LOCATION
5-7 Yrs	Tues: 1/14-3/4	4:00-4:45pm	Roller Hockey Rink
8-12 Yrs	Tues: 1/14-3/4	4:45-5:30pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR	
\$111 (8 Wks)	10/20	MMAF Sports	

BeyBlade™ Battle League

7-13 Yrs

Drop participants off at this fun and social class to learn, practice and compete while making friends who share a passion for BeyBlades. The instructor will organize tournaments, enforce rules and encourage creative battles to keep the class interesting. Bring your own beys or use ours; no trading or selling permitted. Pair this class with Nerf® Strike for 2 hours of fun!

DAY/DATE	TIME	LOCATION
Thurs: 3/6-3/27	3:30-4:30pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	8/20	Lafayette Staff

Nerf® Strike

7-13 Yrs

From the coaches that brought Dodge Ball and Capture the Flag to the Community Center comes Nerf Strike. Participants will shoot at targets in our awesome firing range, participate in quick draw challenges, work on trick shots and participate in tag style games. Guns and eye protection will be provided. Pair this class with BeyBlade™ Battle League for 2 hours of fun!

DAY/DATE	TIME	LOCATION
Thurs: 3/6-3/27	4:30-5:30pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	8/20	Lafayette Staff

Dodge Ball

7-13 Yrs

Big or small it doesn't matter . . . some throw hard . . . some are hard to hit . . . Dodge Ball is for anyone who wants to have fun! Our expert coaches have years of experience and more than 10 games in their arsenal. Traditional dodge balls are old school—we use softer, easy to grab dodge balls for a rockin' time.

DAY/DATE	TIME	LOCATION
Thurs: 1/16-2/27	4:30-5:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	15/26	Lafayette Staff

Awesome Day featuring Games2U

4-14 Yrs

Schools are taking the day off on 2/14, so spend the day at Camp Awesome! Campers will enjoy doing an art project, playing in our game room and playing games like dodgeball and soccer. Campers must bring a lunch. Earlycare and Aftercare are available.

DAY/DATE	TIME	FEE
Fri: 2/14	9:00-2:00pm	\$43 (1 Day)
Early Care:	7:30-9:00am	\$13 (1 Day)
After Care Movie Club	2:00-5:00pm	\$23 (1 Day)
LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	10/50	Lafayette Staff

Camp Awesome Winter Break by the Day

4-14 Yrs

Camp Awesome by the day! Price for this class is by the day. Choose the days you want, change the quantity to the number of days, and let us know what days you plan to attend in the custom questions. Enjoy Winter Break at Camp Awesome doing arts and crafts, sports and games, Games2U, hikes and a ton of Awesome fun. Snack will be provided, wear sporty clothing, bring a water bottle, lunch and be ready for fun! Campers will be divided into groups based on age. Early Care and After Care available!

DAY/DATE	TIME	FEE
Mon: 12/23	9:00-2:00pm	\$35 (1 Day)
Thurs: 12/26	9:00-2:00pm	\$35 (1 Day)
Fri: 12/27	9:00-2:00pm	\$35 (1 Day)
Mon: 12/30	9:00-2:00pm	\$35 (1 Day)
Tues: 12/31	9:00-2:00pm	\$35 (1 Day)
Thurs: 1/2	9:00-2:00pm	\$35 (1 Day)
Fri: 1/3	9:00-2:00pm	\$35 (1 Day)
Early Care	7:30-9:00am	\$10 (1 Day)
After Care	2:00-5:00pm	\$21 (1 Day)
LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	20/75	Lafayette Staff



Karate

5 Yrs & Up

Classes are divided by and catered toward different skill levels. Open class is offered for all skill levels and is designed to build self-confidence while learning how to throw, strike, block and fall without hurting oneself. Intermediate/Advanced class is available to current students who rank above 8th kyu and is designed to build upon the basics, learn more advanced techniques, and cultivate a higher understanding of karate. All students will be given the opportunity to compete in AAU sanctioned tournaments, as well as Open Karate tournaments. *Annual AAU insurance—\$12-Youth, \$35-Adult—is required. Belt ranking fees also apply, please inquire in class.*

Start any time. The Open class is for 5 Yrs & up. The Inter/Adv class is for 7 Yrs & up. Register At class. www.kyokushinkarate-lafayette.com.

LEVEL	FEE	DAY/DATE	TIME
Open	\$45/mo	Mo/We: Ongoing	7:00-8:00 pm

MIN/MAX	INSTRUCTOR	LOCATION
5/30	Danielle Jolin	Live Oak Room

LEVEL	FEE	DAY/DATE	TIME
Inter/Adv	\$50/mo	Tu/Th: Ongoing	4:00-5:30 pm

MIN/MAX	INSTRUCTOR	LOCATION
5/12	Danielle Jolin	Tu: Toyon Room/Th: Cedar Room



Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierra's with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of 5 full Saturday's of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch and snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills. Please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information. **Skip 1/18, 2/15**

2014 Program Dates: 5 Saturdays, 1/11-2/22

Pick up Location: Please visit www.BlueAngelSnow.com for locations and times

Program Fee: \$899 for the series.

Lafayette Recreational Trails

Lafayette-Moraga Regional Trail

This 7.65-mile trail parallels St. Mary's Road through Lafayette and Moraga along a historic railroad route. It accommodates hiking, bicycling, and equestrian use. There are opportunities for restroom stops at the Lafayette Community Center and Park. Please call 1-888-EBPARKS (1-888-327-2757) or visit www.ebparks.org for more information.

City of Lafayette Neighborhood Trails

Neighborhood trails provide connections to regional trails and other recreational facilities or make loops within a neighborhood. Maps and detailed descriptions of the trails are available at the Lafayette Parks, Trails & Rec. Office at 500 St. Mary's Road or at www.ci.lafayette.ca.us.

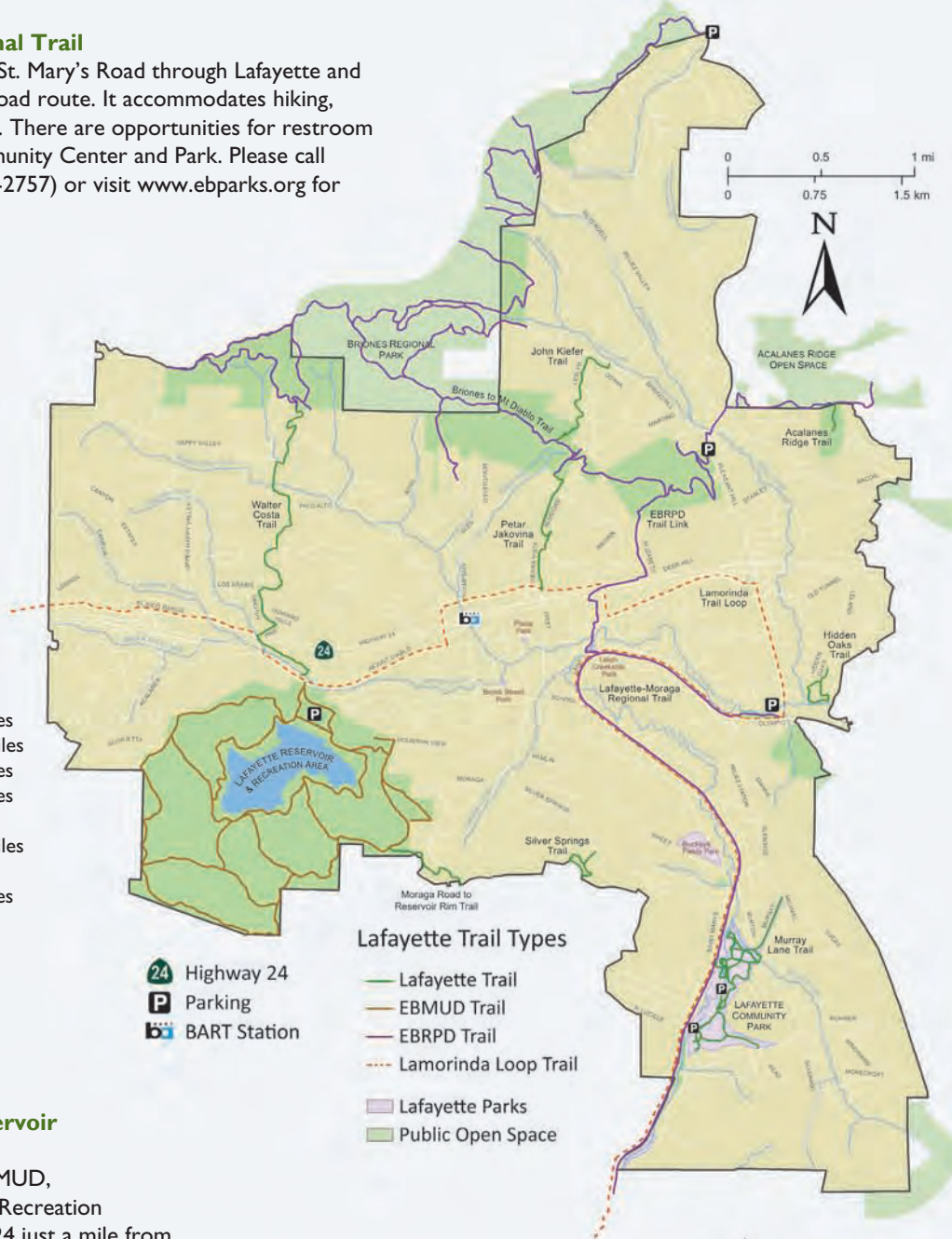
Walter Costa Trail	2.2 miles
Springhill Valley Trail	0.75 miles
Hidden Oaks Trail	0.5 miles
Murray Lane Trail	0.3 miles
Petar Jakovina Trail	1 mile
John Kiefer Trail	0.78 miles
Moraga Rd. to Reservoir Rim Trail	0.5 miles

Lafayette Community Park Trails

3 miles of multi-use trails.

EBMUD's Lafayette Reservoir and Recreation Area

Owned and operated by EBUD, the Lafayette Reservoir and Recreation area is located off Highway 24 just a mile from Lafayette BART. This all-year, day-use area is ideal for hiking, jogging, fishing, boating and picnicking. Hikers will love the 2.8-mile paved Shore Trail that completely encircles the Reservoir. The Rim Trail is a more challenging 4.3-mile dirt trail that traverses the ridge tops surrounding the Reservoir. Please call 284-9669 or go to www.ebmud.com for more information.



Lafayette Trail Types

- Lafayette Trail
- EBMUD Trail
- EBRPD Trail
- Lamorinda Loop Trail
- Lafayette Parks
- Public Open Space

- 24 Highway 24
- P Parking
- b BART Station





Tennis Club at 937-2582 for specific program questions.

Tennis classes are for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

Classes are subject to change based on enrollment numbers. If your class is cancelled, you will be notified four days prior to the first class and offered options. **Players will not be allowed to enter courts without white soled, non-marking shoes. No running shoes, no jeans, and no gum allowed.**

Rainouts: Call Lafayette Tennis Club at 937-2582; the hotline is updated at 8:00 am and 2:00 pm daily. All rainouts will be made up the following week(s) after the end of the session on the same day.

Beginning Pee Wee Tennis

4-5 Yrs

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip Mon: 1/20, 2/17; Sat: 2/15; Sun: 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	3:00-3:30pm	Lafayette Tennis Club
Tues: 1/21-3/11	9:00-9:30am	Lafayette Tennis Club
Wed: 1/22-3/12	3:00-3:30pm	Lafayette Tennis Club
Thurs: 1/23-3/13	9:00-9:30am	Lafayette Tennis Club
Sat: 1/25-3/22	9:00-9:30am	Lafayette Tennis Club
Sun: 1/26-3/23	9:00-9:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$68 (8 Wks)	4/20	Lafayette Tennis Club

Beginning Junior Tennis

6-9 Yrs

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip Mon: 1/20, 2/17; Sat: 2/15; Sun: 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	3:30-4:30pm	Lafayette Tennis Club
Wed: 1/22-3/12	3:30-4:30pm	Lafayette Tennis Club
Sat: 1/25-3/22	9:30-10:30am	Lafayette Tennis Club
Sun: 1/26-3/23	9:30-10:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/20	Lafayette Tennis Club

Beginning Youth Tennis

10-14 Yrs

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	4:30-5:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/10	Lafayette Tennis Club

Intermediate/Advanced Youth Tennis

9-14 Yrs

This class is for players who are able to serve overhead full court and keep a 20 ball full court rally. Players will need to already understand match play scoring. Must have taken at least 5 weeks of summer camp or 3 beginner tennis classes through the Lafayette Tennis Club.

DAY/DATE	TIME	LOCATION
Tues: 1/21-3/11	4:00-5:30pm	Lafayette Tennis Club
Thurs: 1/23-3/13	4:00-5:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$198 (8 Wks)	4/10	Lafayette Tennis Club

Tennis

18 Yrs & Up

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/17	6:30-7:30pm	Lafayette Tennis Club
Wed: 1/22-3/12	6:30-7:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	6/14	Lafayette Tennis Club

FITNESS

FREE Introductory Yoga Class

16 Yrs & Up

Join us for this FREE introductory yoga class and find out why yoga has become so popular. No prior experience is needed. Learn about the many health benefits of yoga, a little about yoga philosophy, experience yoga postures, breathing practices and more. Wear comfortable clothing and bring a yoga mat and blanket if you have one. Your instructor will be Howard VanEs who has over 16 years of teaching yoga and is the author of 3 yoga related books. Space is limited so register for this free class today.

DAY/DATE	TIME	LOCATION
Sat: 1/11	10:00-11:15am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	10/25	Howard Van Es

Intro to Yoga

16 Yrs & Up

If you have been thinking about trying yoga or have very little experience this is the class for you! Introduces basic yoga postures, breathing and yoga philosophy. Improve flexibility, reduces stress, and build energy. Bring a yoga mat and blanket.

DAY/DATE	TIME	LOCATION
Sun: 1/12-3/30	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	10/24	Howard Van Es

Yoga, Beginning/Advanced

16 Yrs & Up

If you've been thinking about trying yoga or have some yoga experience, this is the class for you! The practice of yoga improves flexibility, reduces stress, improves balance and builds energy. Please bring a yoga mat and thick blanket.

DAY/DATE	TIME	LOCATION
Tues: 1/7-3/25	9:15-10:30am	Sequoia Room
Fri: 1/10-3/28	9:15-10:30am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	10/24	Howard Van Es
DAY/DATE	TIME	LOCATION
Tues: 1/4-3/25	7:15-8:30pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	8/20	Ronda Cuddeback

Yoga Workout

16 Yrs & Up

This Yoga class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body while also focusing on body alignment—a holistic approach. You are introduced to the therapeutic aspects of Yoga and Yoga philosophy. Classes end with relaxation and breathing techniques. It's a friendly, gentle atmosphere. Silloo has trained with the internationally renowned B.K.S. Iyengar for 8 years and has taught Yoga for more than 30 years. Printed handouts are available. Bring a blanket. You may try one class for free. All levels are welcome. **Skip 1/20, 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/6-3/24	9:00-10:15am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$133 (10 Wks)	5/14	Silloo Tarapore
DAY/DATE	TIME	LOCATION
Thurs: 1/16-3/27	6:00-7:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	5/20	Silloo Tarapore

Yoga

16 Yrs & Up

This class provides a solid foundation of yoga through postures, movement, breathing and relaxation. Appropriate for beginners or those with yoga experience.

DAY/DATE	TIME	LOCATION
Tues: 1/7-3/25	6:00-7:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	8/15	Elizabeth McIntyre
DAY/DATE	TIME	LOCATION
Wed: 1/8-3/26	9:15-10:30am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	5/15	Jenn Stedman
DAY/DATE	TIME	LOCATION
Fri: 1/10-3/28	6:00-7:15pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	8/15	Angela Moreira



jazzercise®

Enjoy Jazzercise Everyday!



Jazzercise is unlike any fitness program you have ever experienced. A 60-minute class offers a blend of Jazz dance and exercise science. Each class is choreographed and set to your favorite music—Top 40, jazz, funk, country and classics. Choreography is easy to follow and will motivate and challenge you. Workout includes warm up, cardio, muscle toning, strength training with weights and stretching. Wear aerobic shoes and bring a mat. www.jazzercise.com.

On-going. Sign-up anytime. Register at class.

Contacts: Nancy G. 937-6768 Cyndi B. 528-9836



LOSING POUNDS
and gaining
confidence

FEE	EFT FEE	LOCATION
\$12 Walk-in	\$50/mo EFT Unlimited Class Pass	LCC, Live Oak Rm
Weekend Rate Available		

*EFT = Electronic Fund Transfer, month to month payment plan

DAY	START TIME	INSTRUCTOR
Mon/Wed/Fri	6:00 am	Nancy G.
Mon/Tue/Wed/Thu/Fri	9:10 am	Nancy G.
Mon/Wed	5:45 pm	Cyndi B.
Tue/Thu	6:00 pm	Cyndi B.
Sat	9:00 am	Nancy G.
Sun	9:00 am	Cyndi B.

Re-Balance the Body-Mind-Spirit Connection

18 Yrs & Up

An integral approach to rebuilding the union between the body, mind and spirit. They each have a meaning and cannot be separated. The first part of the class will include targeted stretching and a systematic series of slow graceful movements that help release physical tension and enhance awareness of the body and mind. The second part of the class will include exercises to increase memory and focus. A meditation will be taught. The third part of the class will include hand-eye coordination and integrative balance movements.

DAY/DATE	TIME	LOCATION
Mon: 1/13-2/24	10:30-11:45am	Toyon Room
Mon: 3/3-4/14	10:30-11:45am	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$45 (7 Wks)	2/15	Ken McNamara

Seniorcise

55 Yrs & Up

This fun class exercises your body and your mind. It's an effective combination of low-impact exercise, weight training and stretching. Each one-hour session is designed to increase strength, cardiovascular endurance, flexibility and balance. ALL fitness levels are welcome! Bring a mat, a pair of 3 lb hand weights and come exercise with GREAT people to the BEST music from the 40s and 50s! Skip 1/20, 2/17

Location: Live Oak Room
Instructor: Susan Funkhouser

DAY/DATE	FEE
Mon: 1/6-3/24	\$53 (10 Wks)
Tues: 1/7-3/25	\$63 (12 Wks)
Wed: 1/8-3/26	\$63 (12 Wks)
Thurs: 1/9-3/27	\$63 (12 Wks)

All Seniorcise classes meet from 10:30-11:30am.
Min/Max: 10/45



DANCE & MUSIC

Introduction to Ballroom

16 Yrs & Up

Introduction to Ballroom will get you ready for fast footwork and graceful movements. This class is an overview of the most popular social dances including swing, cha cha, tango, waltz, foxtrot, rumba and salsa. We work on 2 or 3 dances per evening with lots of follow up and review; this is the civilized way to exercise. Great for beginners and our returning students who want to refresh their skills and learn new moves and practice technique. Wear comfortable leather shoes that stay on your feet to increase your dancing pleasure.

DAY/DATE	TIME	LOCATION
Tues: 1/7-2/25	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	8/25	Doris Bergman

Wedding Dance seminar

16 Yrs & Up

Bring your partner and learn a few steps in the Waltz or Foxtrot; entrance, picture ending, and tips for a first dance you will always remember. For your dancing enjoyment wear comfortable shoes that stay on your feet and bring your petticoat or a long skirt (ladies, a small heel is advisable), leather soles if possible. Classes are small with lots of personal attention. Fee is per couple.

DAY/DATE	TIME	LOCATION
Sat: 2/8	2:00-4:00pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$75 per couple	8/25	Doris Bergman

Ballroom Dance

16 Yrs & Up

This session we will be offering salsa and the lively Swing to get you moving. Get ready for fast footwork, and sultry moves. Class is friendly and relaxed; this is the “civilized” way to exercise. Great for beginners and our returning students who want to refresh their skills and learn new moves and practice technique. Wear comfortable leather shoes that stay on your feet to increase your dancing pleasure.

DAY/DATE	TIME	LOCATION
Thurs: 1/9-2/27	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	8/25	Doris Bergman

Belly Dancing

16 Yrs & Up

Belly dance your way to increased fitness and joy! Learn basic steps and dance isolations of Raks Sharki, also known as belly dance! Learn to play finger cymbals and dance with a veil. Optional student performance parties every quarter. Pre-registration advised. (Under 16 years OK if enrolled currently with parent). Optional dance supplies (CDs, finger cymbals, and silk veils) available for purchase in class. Soft leather soled shoes recommended—hermes sandals, jazz or ballet practice shoes. Thick socks okay but no rubber soles or bare feet please.

DAY/DATE	TIME	LOCATION
Mon: 1/6-2/10	6:30-7:30pm	Toyon Room
Mon: 2/17-3/24	6:30-7:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$85 (6 Wks)	3/15	Surreyya Beth Hada

Line Dancing

18 Yrs & Up

Picture rows of people dancing a set of choreography as an ensemble. Learn new and traditional line dances in a comfortable, welcoming, fun filled class. Line dancing isn't just country western anymore. It's also a rich blend of other music and dance styles including latin, popular and swing. Enjoyable exercise that will free the dancer in you. No partners needed. Beginners and intermediates welcome. No perfume or fragrances please. **Skip 1/20**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 1/6-2/10	12:30-1:30pm	Live Oak Room
Mon: 2/24-3/24	12:30-1:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (5 Wks)	10/40	John Trentacosti

Beginning/Intermediate

DAY/DATE	TIME	LOCATION
Mon: 1/6-2/10	1:30-3:00pm	Live Oak Room
Mon: 2/24-3/24	1:30-3:00pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (5 Wks)	10/40	John Trentacosti
DAY/DATE	TIME	LOCATION
Tues: 1/7-2/11	7:30-9:00pm	Live Oak Room
Tues: 2/18-3/25	7:30-9:00pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$45 (6 Wks)	10/40	John Trentacosti



Guitar

T 10 Yrs & Up

Most pop songs use only 3 or 4 simple chords, so you will be playing real songs in just a few weeks. It's easy, and small class size allows for individual attention from instructor. Instructor has BA and MA in music and over 20 years of teaching experience. **Skip 2/17**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 1/13-3/24	4:45-5:30	Elderberry Room
Advanced	Mon: 1/13-3/24	6:45-7:30	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley



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

COOKING

Delicious Dim Sum

18 Yrs & Up

Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and a fun light appetizer, lunch, snack, or as a special treat. We will learn to use a variety of specialties to create popular items, and learn techniques of filling and wrapping in hands-on preparing delicious dim sum, such as Pork & Shrimp Dumplings, BBQ Pork Buns, Chinese Broccoli, Sesame Seeds Balls, etc. Some can be made a lot in advance and frozen for several meals. Bring your sharp chef knife or cleaver, cutting board, hand towel, beverage, and a to-go box.

DAY/DATE	TIME	LOCATION
Mon: 1/27	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan

Thai Cooking

18 Yrs & Up

Get into Thai cooking by preparing an "Easy Thai" meal with chef and author Chat. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing 5 dishes hands-on for your dinner. Learn to use herbs and spices, such as lemongrass, galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage.

DAY/DATE	TIME	LOCATION
Mon: 3/17	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan



COOKING

Burmese Cooking

18 Yrs & Up

Myanmar (Burma) has been a mystery for quite some time, but its cuisine is not that elusive. Burmese cuisine is very unique with its own characteristics that stir interests in the UC culinary scene. Learn to cook popular Burmese dishes in this hands-on class and prepare delicious dishes, such as laphet salad, hot and sour fish soup, curried noodles, pea fritters, ect. Bring your sharp chef's knife, apron and beverage.

DAY/DATE	TIME	LOCATION
Mon: 2/10	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat MingKwan

Peru's Cuisine—Fusion of Cultures

T 16 Yrs & Up

The language of Peruvian cuisine speaks of a mixing bowl of cultures. The lemons brought by the Spanish flavors the native Peruvian potato in Crab Causa Rool, your entree, a cool seasoned potato with a delectable crab filling, garnished with olives from Peru and salsa criolla. Hot Stone Shrimp, still cooked with hot stones in rural areas, will be your appetizer. For dessert, Three Milks, a cake infused with a delicious three-milk combination, sprinkled with cinnamon, the colonial way. \$16.00 supply fee due at class. <http://norafrazier.wix.com/peruviancuisine>

DAY/DATE	TIME	LOCATION
Thurs: 3/20	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	4/12	Nora Frazier

Peru: Its Cuisine—A Traditional Menu

T 16 Yrs & Up

Prepare fish ceviche, “presentation card” and pride of Peruvians, as your appetizer. Lomo Saltado with Rice Peruvian, a family favorite throughout Peru, stir-fried in a frying pan or wok, depicting strong Asian influence, will be your entrée. Both dishes are seasoned with Aji Amarillo, the soul of Peruvian food! For dessert, A Limena Woman's Sigh, poetic name for a (surprise) delicate, delicious colonial dessert. \$16.00 supply fee due at class. <http://norafrazier.wix.com/peruviancuisine>

DAY/DATE	TIME	LOCATION
Thurs: 1/16	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	4/12	Nora Frazier

Gastronomy of Peru—Tasting New Flavors

T 16 Yrs & Up

Peruvian cooking has been in creation for thousands of years between natives and immigrants. You will start with Yuquitas with Huancaína Sauce, a preferred restaurant nibble: a cheese sauce from the Andes highlands with a wonderful yuca you will learn all about. Chicken Escabeche in your entree, a result of 800 years of Moorish and Spanish influence. Arroz Zambito, an Afro-Peruvian dessert from colonial Lima, will teach you more about the culinary history and importance of our desserts in Peruvian gastronomy. \$15.00 supply fee due at class.

<http://norafrazier.wix.com/peruviancuisine>

DAY/DATE	TIME	LOCATION
Thurs: 2/27	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	4/12	Nora Frazier



Painting for Fun and Beauty

18 Yrs & Up

A basic multi-level painting class. Topics include color theory, composition, brush and palette knife techniques, creating atmospheric and textural effects, developing style, use of painting mediums and various other painting applications and techniques. Students may work in any style from abstract to realism and in any paint medium such as acrylic, alkyd, oil or watercolor.

DAY/DATE	TIME	LOCATION
Thurs: 1/9-2/13	9:30-12:30pm	Arts and Crafts Room
Thurs: 2/20-3/27	9:30-12:30pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$93 (6 Wks)	6/16	Mark Jezierny

Landscape & Portraiture Painting

18 Yrs & Up

Class is designed to expand your creativity and art education while having fun. Learn to create strong design and attain accurate color, values and representation through demonstrations and individual instruction. www.westernpainter.com Beginners welcome.

DAY/DATE	TIME	LOCATION
Tues: 1/7-2/11	9:30-12:00pm	Arts and Crafts Room
Tues: 2/18-3/25	9:30-12:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$81 (6 Wks)	7/14	Gary Bergren



Intro to Improv

19 Yrs & Up

Get creative with the art of improvisation! Kenn Adams, veteran improviser and author of the book, *How to Improvise a Full-Length Play: The Art of Spontaneous Theater*, will teach you the three basic rules of the craft—be spontaneous, make your partner look good, and build on your partner's idea—and, in no time flat, you'll be creating outrageous characters, improvising hysterical scenes and stories, and having the time of your life! No experience is necessary.

DAY/DATE	TIME	LOCATION
Wed: 1/8-2/12	7:00-9:00pm	Sequoia Room
Wed: 2/19-3/26	7:00-9:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Kenn Adams

Improv II

19 Yrs & Up

Ready to take the next step? For those students who have completed our Intro to Improv! class, or have taken an introductory improv class elsewhere, Improv II will review the basics and then move on to a deeper look at character development, scene work and exciting performance structures.

DAY/DATE	TIME	LOCATION
Tues: 1/7-2/11	7:00-9:00pm	Manzanita Room
Tues: 2/18-3/25	7:00-9:00pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Kenn Adams

MUSIC

Guitar

10 Yrs & Up

Most pop songs use only 3 or 4 simple chords, so you will be playing real songs in just a few weeks. It's easy, and small class size allows for individual attention from instructor. Instructor has BA and MA in music and over 20 years of teaching experience. **Skip 2/17**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/24	4:45-5:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Advanced

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/24	6:45-7:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Beginning Piano for Adults

18 Yrs & Up

Most popular songs use only 3 or 4 simple chords. You can learn to play your favorites on the piano in just a few weeks. Only 6 students per class so you will get the help you need. No prior experience is required. It's easy and fun! Students provide own instrument. **Skip 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/13-3/24	6:00-6:45pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley



SPECIAL INTEREST

Bridge—Diamond Series

18 Yrs & Up

The Diamond Series is the ACBL intermediate course focusing on the play of the hand. The main objective is to develop a plan by declarer, including the counting of winners or losers, developing tricks, finessing, eliminating losers, managing the trump suit, and considering entries. There are four pre-dealt hands to play each session. **Skip 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/27-3/31	1:00-3:00pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$93 (9 Wks)	8/24	Carol Griffin

Rusty Bridge

18 Yrs & Up

Rusty Bridge is specially designed for those who want to update their bidding skills, improve their communication with their partners, and/or revive their "college days" playing skills. It begins with an complete basic bidding review, followed by an introduction to preemptive and slam bidding, the Stayman convention, leads against NT vs. Suit Contracts, bidding in the "balancing seat", and the distinction between forcing and nonforcing bids. Each session will consist of 1/2-hour lecture and 1-1/2 hours supervised play with predealt hands that illustrate the subject of the day. A workbook is available from the instructor at a cost of \$10. **Skip 2/17**

DAY/DATE	TIME	LOCATION
Mon: 1/27-3/31	3:15-5:00pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$93 (9 Wks)	8/24	Carol Griffin

American Mah Jongg

18 Yrs & Up

Come join us and learn Mah Jongg. After 4 classes, you will be able to play with other new players, while building your skills.

DAY/DATE	TIME	LOCATION
Tues: 1/7-1/28	1:00-3:30pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	8/13	Alice Stern



CPR, Adult

T 11 Yrs & Up

A 3-hour Acute Care Training (ACT) course covering CPR and choke saving for adults (9 + years). Please wear comfortable clothes. Certification is good for 2 years. *A \$10.00 lab fee will be collected at the beginning of class.*

DAY/DATE	TIME	LOCATION
Tues: 2/25	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/10	Adele Christensen

Basic First Aid

T 11 Yrs & Up

A 3 hour Acute Care Training (ACT) course teaching students the causes, prevention and care of first aid emergencies. Instruction includes treatment of head and bleeding injuries, fractures, wounds, burns, poisonings, animal/insect bites, etc. Certification is good for 2 years. *A \$10.00 lab fee will be collected at the beginning of class.*

DAY/DATE	TIME	LOCATION
Thurs: 2/27	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/20	Adele Christensen

Conversational Mandarin Chinese

18 Yrs & Up

This class will teach conversational Chinese and enable students to start learning Mandarin Chinese. Through conversation, games, cultural introduction, students learn phonic skill, greetings, numbers, family member titles, date/time, basic grammar and character writing. Knowledge learned in the class can be easily applied to travel, business, academic needs or personal interest. *\$10 supply fee payable to instructor on first day of class.* **Skip 1/20, 2/17**

LEVEL	DAY/DATE	TIME	LOCATION
Level I	Mon: 1/6-3/24	9:00-10:15am	Cedar Room
Level II	Mon: 1/6-3/24	10:30-11:45am	Cedar Room
Level III	Mon: 1/6-3/24	12:00-1:15pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR	
\$153 (10 Wks)	2/6	Walnut Creek Chinese School	



Passport to Retirement

40 Yrs & Up

Passport to Retirement is a comprehensive retirement system that educates and helps attendees overcome the roadblocks to a successful retirement. Learn how to: • Define and create your retirement; • Assess the costs of retirement; • Evaluate sources of income; • Invest for the future; • Protect your health and wealth; • Manage your estate distribution . . . and more. The system is filled with compelling statistics, case studies, and the workbook includes a wealth of self-analysis quizzes.

DAY/DATE	TIME	LOCATION
Thurs: 2/27-3/6	6:30-9:30pm	Cedar Room
Tues: 3/4-3/11	6:30-9:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$49 (2 Wks)	5/20	Bob Stafford, CFP



Beginning Dog Obedience

Puppies 3 Mos-1 Yr; No dogs older than 1 Yr

T All Ages; Children must be accompanied by a parent

Basic obedience instruction for puppy owners and their puppies. Puppies will learn: sit, down, come, stay, stand and heel as well as solutions for puppy behavior problems including jumping, biting, etc. Bring proof of vaccinations to first class. Equipment required: 6 foot leather leash, martingale collar. Attendance is mandatory at the first week of class. No dogs at first class.

Skip 2/12

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/12	6:30-7:30pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$173 (8 Wks)	6/12	Barb Peppin

Intermediate Dog Obedience

T All Ages; Children must be accompanied by a parent

Prereq: Completion of LCC Beg. Obedience or instructors permission. Develop skills to pass the AKC Canine Good Citizen Class. Introduction to Agility. **Skip 2/12**

DAY/DATE	TIME	LOCATION
Wed: 1/15-3/12	7:45-9:00pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	6/12	Barb Peppin

Advanced Dog Obedience

T All Ages; Children must be accompanied by a parent

Prereq: Completion of LCC Intermediate Obedience Class or instructor permission. Develop skills to compete in AKC obedience trials. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Thurs: 1/16-3/13	8:30-9:30am	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$93 (8 Wks)	6/10	Barb Peppin

Canine Good Citizen/Intermediate Dog Obedience

For Dogs over 1 Yr

T All Ages; Children must be accompanied by a parent

Prereq: Basic obedience exercises. Develop skills to pass the AKC Canine Good Citizen Test. Introduction to competitive obedience and off leash obedience exercises. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Thurs: 1/16-3/13	9:45-10:45am	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	6/12	Barb Peppin



Have Your Next Event At The Lafayette Community Center



The Lafayette Community Center is set in beautiful Burton Valley adjacent to Las Trampas Creek. This natural setting is perfect for indoor/outdoor functions. A spacious patio and lawn area are located behind the Center.



The commercial kitchen is equipped with a 6-burner range plus large griddle area and two ovens, fridge, ice maker, plus stainless steel sinks and countertops offer you and your caterers a stress-free food preparation experience.



The Lafayette Community Center has three rooms available to suit your needs. The Live Oak Room accommodates up to 225 people with an adjacent commercial kitchen. This room is ideal for wedding receptions, fundraisers, reunions, anniversaries or your special event. The Manzanita Room is the next largest room accommodating up to 100 people, perfect for teen events, coaches trainings or dog clubs.



The Sequoia Room holds up to 50 people and includes carpeting and a gas fireplace. Our facilities are available Friday nights, Saturdays and Sundays. Fees range from \$45-\$95 per hour. We also have discounts for 7 hour blocks of time. To find out more, call (925) 284-2232 or email us at recreation@ci.lafayette.ca.us

In addition to our indoor facilities, we also have a large outdoor RINK. This facility can be used for basketball, hockey, skating, scooters, dancing and parties . . . or create your own event.



The Lafayette City Staff will create an Awesome Party on the rink or in our air conditioned Live Oak Room. We offer Dodge Ball, Soccer, Basketball, Floor Hockey, Nerf and Rink parties. Prices start at \$195 for 1 1/2 hours. Call "ACE" to book your Awesome Party today at (925) 284-2234.



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.

Annual Membership Fee

Membership and programs 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's home.

ANNUAL FEE: January 1-December 31, 2014

\$10 per person

Document Your Life Story

Yuska Lutfi, MFA Candidate in Creative Writing, Saint Mary's College

If you have wanted to write the stories, memories, and experiences of your life but haven't known where to start, wait no longer. Yuska will guide you through the process of leaving a living history for future generations—what a gift! Included will be optional outings to St. Mary's for their creative writing reading series, "Afternoon Craft Conversations."

WRITING WORKSHOPS:	TIME	LOCATION
2nd and 4th Thurs 2/13 and 2/27, 3/13 and 3/27, 4/10 and 4/24, 5/8 and 5/22	10:00-11:30am	Lafayette Community Center, Cedar Room

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

CRAFT CONVERSATIONS:	TIME	LOCATION
Wednesdays 2/19 3/12 4/9	2:00-3:35pm	Hagerty Lounge, St. Mary's College, 1928 St. Mary's Rd., Moraga

FEE:
No charge

Lafayette Oral History Project

Ryan McKinley, MFA Candidate in Creative Writing, Saint Mary's College

Do you have stories about Lafayette in the days of yore? Allow Ryan to document that history which will then be included in the Lafayette Historical Society archives, preserved for generations to come. All you have to do is tell those stories to Ryan; he'll do the writing. You will receive a copy of the final document at the time of completion. Call Lafayette Senior Services for details and to be a part of this project: (925) 284-5050.

DAY/DATE	TIME	LOCATION
TBD	TBD	TBD

FEE:
No charge

www.LafayetteRec.org | (925) 284-5050

Almost Like Being in Love Jazz Piano Concert at the Library

Presented by Contra Costa Performing Arts Society

We are extending Valentine's Day another week! Come fall in love with our jazz tunes and discover why we love Bill Evans, Chet Baker, Sonny Rollins and more! Refreshments generously provided by The Kensington Independent, Assisted Living and Memory Care; and Senior Helpers Home Care. Please call Lafayette Senior Services to reserve your spot: (925) 284-5050.

DAY/DATE	TIME	LOCATION
Friday, 2/21	1:30-2:30	Lafayette Library, Community Hall, 3491 Mt. Diablo Blvd.

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

Discovering Opera: Puccini's Madama Butterfly

Presented by Bradford Wade, opera lover for 35 years

Madama Butterfly tells the story of a young Japanese woman who gives her heart to a visiting American sailor, maintains her devotion to him throughout his 3-year absence, and is devastated when he returns with his "real" American wife. Puccini sets this heart-breaking story to some of the most ravishingly beautiful music ever written. Lecturer Bradford Wade will give a guided tour of the opera, with a description of the plot interspersed with musical examples, and discuss some of the opera's literary background. This lecture is given in conjunction with Opera San Jose's production of *Madama Butterfly*, Feb. 15-March 2.

DAY/DATE	TIME	LOCATION
Thursday: 2/6	10:30am-Noon	Lafayette Library, Arts & Science Rm.

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





Smart Driver Refresher Course

Offered through AARP

This abbreviated refresher course is for those who have taken an AARP driving course within the last four years. Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 pre-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. Important: Prior to sending check, please call 284-5050 to determine space availability.

DAY/DATE	TIME	LOCATION
Friday: 2/28	9:00am-1:30pm	Cedar Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$15	\$20

Saving Endangered Species

Presented by Linda Riebel, author of Endangered Species: Saving Them and Ourselves, Board Member of SaveNature.Org, and Volunteer at Lindsay Wildlife Museum

Have you met a golden lion tamarin? Ever heard of a pangolin? What about a snow leopard? These are just a few of earth's wonderful creatures that are now endangered. Conservationists work worldwide to preserve them and their habitats. Discover some fascinating, beautiful animals, the ingenious ways they are being protected, and how you can help save them.

DAY	TIME	LOCATION
Thursday: 2/20	10:30am-Noon	Cedar 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 1/21, 2/18, 3/18	10:30am-Noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Lunch n' Learn: Digital Cameras

The Cities of Lafayette and Orinda and the Town of Moraga present a two-part digital camera series facilitated by Fred Winslow, digital photography enthusiast. Attend one or both classes.



Lecture/Q&A:

10:30-Noon. Lunch: Noon-1:00pm. 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

Digital Camera 101

You've got your digital camera. You've taken some photographs. Now what? Learn the basics of how to take photos efficiently, download them to your computer, organize, view and print them. Lunch and beverages provided by Aegis Living of Moraga; and From the Heart Home Care.

DAY/DATE	TIME	LOCATION
Wednesday: 2/12	10:30am-1:00pm	Orinda Parks & Recreation 28 Orinda Way

Digital Camera 102

Don't lose those precious photos you've taken with your digital camera! This class will teach you how to back up your photos for safekeeping. Lunch and beverages provided by Byron Park Independent and Assisted Living; and ResCare Home Care.

DAY/DATE	TIME	LOCATION
Wednesday: 3/26	10:30am-1:00pm	Elderberry Room, Lafayette Community Center

Drop-In Mah Jongg

Calling all 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	12:30-3:00pm	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3



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. Bring a water bottle; binoculars will be helpful if you have them. Join us every Wednesday or whenever you are able. Meet at Lafayette Senior Services (Alder Room at the Community Center) 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 Starting 1/15	9:00-Noon	Alder Room
FEE:	No charge	

Hearing Screening

By Audiologists from Hearing Science of Walnut Creek/
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 2/5, 3/5	1:00-2:20pm	Alder Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy for over 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

Parkinson's

Living with Parkinson's disease (PD) can be challenging, but there are things you can do to maintain your quality of life and live well. Learn about the stages of PD and how to optimize your physical ability as long as possible.

DAY/DATE	TIME	LOCATION
Friday, 1/24	11:30am-12:30pm	Elderberry Room

Perfecting Posture

Not only does poor posture not look good, it can lead to discomfort, pain, and other problems. Discussion, demonstration, and exercises will be offered to improve your posture, decrease your pain, and help in the never-ending fight against gravity.

DAY/DATE	TIME	LOCATION
Friday, 2/28	11:30am-12:30 pm	Elderberry Room

Art of Balance

If you are worried about falling or at risk of falling, you should know about activities that improve balance. Learn how to gain increased balance and avoid the risk of falling.

DAY/DATE	TIME	LOCATION
Friday, 3/28	11:30am-12:30pm	Elderberry Room

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 1/9, 2/13, 3/13	10:30am–Noon	Sequoia Room
FEE:	MEMBERS	NON-MEMBERS
	\$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: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24	1:30-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per Session:	No charge	\$1

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. Please call Lafayette Senior Services for meeting dates, times and room (925) 284-5050.

DAY	TIME	LOCATION
TBD	TBD	Lafayette Community Center, Room: TBD
FEE:	MEMBERS	NON-MEMBERS
Per session	\$1	\$3

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. **Skip 1/1/14**

DAY/DATE	TIME	LOCATION
Wednesdays	12:30-3:00pm	Live Oak Room
FEE:	MEMBERS	NON-MEMBERS
	\$2	\$4

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
2nd Tuesday Monthly 1/14, 2/11, 3/11	10:00am–Noon	Alder Room
FEE:	No Charge	



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.

Winter Quarter Meetings:
Thursday 1/23, 2/27, 3/27 Lafayette Community Center, Alder 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
2/5, 3/5	10:00am, 11:00am, or Noon	Alder Room

Third Tuesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
1/21, 2/18, 3,18	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: 1/3, 2/7, 3/7	10:00 or 11:00am	Alder Room

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



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. \$10.00 round-trip. Rides to lunch are free. *Tax-deductible donations may be made to support this much-appreciated program by making a check payable to the City of Lafayette. Write Lamorinda Spirit Van on the memo line, and mail to: Lamorinda Spirit Van Program, Lafayette Community Center, 500 Saint Mary's Road, Lafayette, CA 94549.*

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.

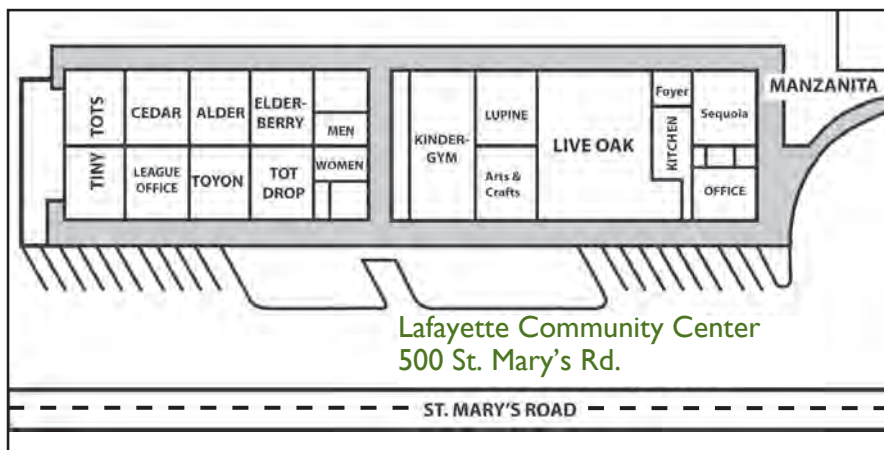
Senior Helpline Services Rides for Seniors 284-6161

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. (Older adults often have "age-based" disabilities. By describing your disability, you can become eligible for this service.)

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
- 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

- Jennifer Russell
Director | 284-0832
jrussell@ci.lafayette.ca.us
- John Warshaw
Recreation Supervisor | 284-0830
jwarshaw@ci.lafayette.ca.us
- Jonathan “Ace” Katayanagi
Recreation Supervisor | 284-2234
jkatayanagi@ci.lafayette.ca.us
- Greg Travers
Park Maintenance
gtravers@ci.lafayette.ca.us
- Anne Blodgett | Donica Katayanagi
Administrative Assistants
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
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



Lafayette Community Center
500 Saint Mary's Road
Lafayette, CA 94549
(925) 284-2232
www.LafayetteRec.org

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RESIDENTIAL CUSTOMER

Look inside... for programs and services offered by Lafayette Senior Services

- Lamorinda Nature Walk & Bird Watching and more:
- Lafayette Oral History Project
 - Writing Workshops
 - Lunch n' Learn Digital Cameras
 - Jazz Piano Concert
 - Educational/Informational Presentations
 - Discussion Groups
 - Driver Safety Courses
 - Hearing Screening
 - Free Services: Legal, Medicare and Peer Counseling
 - Lamorinda Dance Social
 - Caregiver Support Group
 - Drop-in Mah Jongg

