

WINTER | 2015

# LAFAYETTE RECREATION

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**CITY RECREATION  
PROGRAMS & SERVICES**



**Register for classes: (925) 284-5050**

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

## Membership Fees and Benefits

Members of Lafayette Senior Services pay no fee, or the discounted fee, for programs and services listed below. Additionally, the quarterly Activity Guide is mailed to each member. Your membership pays for itself after just 1 1/2 classes! You need not be a Lafayette resident to join.

**ANNUAL FEE:** January 1-December 31, 2015

\$15 per person

## Reservoir Walking Group

**Led by Jim Scala, Lafayette Today's "Walking the Reservoir" Columnist**

Join us every Thursday for camaraderie, fresh air and enjoyable exercise, all in magnificent surroundings. Optional bonus: at the end of the walk, Jim will lead you through easy yoga poses and breathing exercises in the most beautiful outdoor yoga studio: the band stage overlooking the water. Increase your balance and fitness—both physical and mental—and leave feeling uplifted and radiating with that overall sense of well-being! Jim is an author; nutritional expert; former Air Force pilot and consultant to the U.S. Olympic Ski Team and Mt. Everest expeditions. Please call 284-5050 to add your name to the email notification list. Bring quarters or credit card for parking meter. Annual senior (62+) parking passes may be purchased at the reservoir visitor center.

DAY/DATE	TIME	LOCATION
Every Tuesday	10:00-11:30pm	Meet at Res: Center Bench on the Dam
FEE:	MEMBERS	NON-MEMBERS
	Free	Free



## Apple Basics

**Facilitated by Sharon Beck, Owner of Mac-Senior**

This ongoing series covers topics such as the technology needed for wireless communication, your Apple ID, iTunes, iCloud and the basics of iPad and iPhone usage. Topics for future sessions are based on participants' input and needs. There will be time for Q&A at the end of each class. Please note: this series deals with Apple devices only.



DAY/DATE	TIME	LOCATION
1st & 3rd Thursdays 1/15, 2/5, 2/19, 3/5, 3/19	10:30am-Noon	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per class	Free	\$10

## '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. Please call Lafayette Senior Services for the book titles or to add your name to the email notification list: 284-5050.

DAY/DATE	TIME	LOCATION
3rd Tuesdays 1/20, 2/17, 3/17	1:00-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

## Origami

**Instruction by Julia Lam**

Learn the ancient art of origami: Japanese paper folding to create works of art. Although there are very intricate designs, beginning paper folders will start with a basic design. Julia will accommodate those who would also like to learn slightly more difficult, but still easily mastered, designs. Please bring one crisp, new one-dollar bill with which to make a special creation. Paper for all other projects will be provided.



DAY/DATE	TIME	LOCATION
Wed: 1/28	2:00-4:00pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	Free	\$10



## Men's Slow Pitch Softball

### 68 Yrs and Up

This Lamorinda team for players with varying levels of experience focuses on fun, camaraderie and safety. Games in this recreational league will be played Wednesdays, 9:30-11:30am, with practices Mondays, 9:00-10:30am. First-year start-up fees are estimated at \$55/player plus the annual Lafayette Senior Services membership fee. Fees in subsequent years will be lower. A waiting list will be started when the team is full. For more information, please contact Alan at (925) 876-9974 or alkanije@aol.com. Please write "Softball" in subject line of email.

## Drop-In Mah Jongg

Calling all Mah Jongg players! Bring your card and mah jongg set, and join us every Tuesday afternoon. This ongoing, drop-in group is for all levels.

DAY/DATE	TIME	LOCATION
Every Tue Starting 1/6	Noon-3:00pm	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

## Free Peer Counseling

Contra Costa Health Services offers free one-to-one counseling with senior (55+) counselors who use their life experiences to help 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 1/13, 2/10, 3/10	10:00 or 11:00am Appointment	Alder Room
FEE:	MEMBERS	NON-MEMBERS
	Free	Free

## Cultivating Your Creativity

### Facilitated by Ted Fuller, Lafayette Author and Editor

This 5-week course will include exercises and challenges that generate ideas; creations of innovative, even quirky, individuals; and problem-solving guidelines. Field trip(s), a guest speaker or two and myriad resources are all part of this innovative class. Limited to 15 participants.

DAY/DATE	TIME	LOCATION
Wed: 2/25, 3/4, 3/11, 3/18, 3/25	10:30am-Noon	Toyon Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10



## Digital Cameras

### Presented by Fred Winslow

FEE:	MEMBERS	NON-MEMBERS
Per class	Free	\$10

## How to Take Photos

There is much more to taking good photos than just clicking the shutter on your digital camera. Learn the basics of composition and lighting, and how to use the many settings and options that ensure the best quality for saving, sending and printing your treasured photographs.

DAY/DATE	TIME	LOCATION
Wed: 1/21	10:30am-Noon	Cedar Room

## Q&A Session

Bring your questions to this open forum where Fred will provide as many answers as time will allow. You will learn new tips, tricks and techniques through Fred's answers to participants' questions. Topics may range from the very basic to the more advanced--there will be something for everyone.

DAY/DATE	TIME	LOCATION
Wed: 2/18	10:30am-Noon	Cedar Room

## Hearing Screening and Telephone Distribution

### Audiologists from Hearing Science of Walnut Creek/ Diablo Valley Ear, Nose, and Throat

As a service in addition to your hearing screening, if it is determined that you are eligible for specialized telephone equipment, a representative from the California Telephone Access Program (CTAP) will provide you with a free adaptive telephone at your appointment. Minimum of 2 sign-ups required in order for screenings to take place. Appointment required: 284-5050.

DAY/DATE	TIME	LOCATION
1st Wednesday Monthly 1/7, 2/4, 3/4	1:00-2:20pm	Alder Room
FEE:	MEMBERS	NON-MEMBERS
Free		\$10

## Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy since 1977. She provides outpatient therapy in Lafayette and specializes in the care of those 55 and over.

FEE:	MEMBERS	NON-MEMBERS
Per class:	Free	\$10

## 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
Wed: 1/28	11:30am-12:30pm	Elderberry Room

## Posture

Poor posture can lead to discomfort, pain and other problems. Discussion, demonstration and exercises will be offered to improve posture, decrease pain and help in the never ending battle against gravity.

DAY/DATE	TIME	LOCATION
Wed: 2/25	11:30am-12:30 pm	Elderberry Room

## Art of Balance

If you are worried about falling or are 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
Wed: 3/25	11:30am-12:30 pm	Elderberry Room

## Lamorinda Dance Social

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

DAY/DATE	TIME	LOCATION
Every Wednesday	12:30-3:00pm	Live Oak Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

## Document Your Life Story

### MFA Candidate in Creative Writing, St. 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. You will be guided through the process of leaving a living history for future generations—what a gift! These are not drop-in classes but are meant to be taken as a complete course. Dates, times and meeting rooms to be determined. Please call Lafayette Senior Services for details: (925)284-5050.

DAY	TIME	LOCATION
TBD	TBD	Lafayette Community Ctr.
FEE	MEMBERS	NON-MEMBERS
Per class	Free	\$10

## Smart Driver 4-Hour 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
Thu: 2/26	9:00am-1:30pm	Elderberry Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$15	\$20



ADULTS 55+





## Lamorinda Nature Walk and Bird-Watching

**Led by Ben Petterson, 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 are 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 <b>Skip 1/7</b>	9:00am-Noon	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	Free	Free

## The ‘Services’ Side of Lafayette Senior Services

It’s true that we offer wonderful programs for your enjoyment and enrichment, but did you know we also serve as a resource center for all things related to older adults? Although we don’t offer endorsements for resources, we do answer your questions and share resource information regarding:

- Independent Housing
- Transportation
- In-home Care
- Assisted Living
- Memory Care
- Respite Programs
- Geriatric Care Management
- Veterans’ Benefits
- California Assistive Technology Program
- Elder Abuse
- Legal/Advocacy Assistance
- ...and much more

Call us at (925) 284-5050, visit us at Lafayette Senior Services located in the Alder Room at Lafayette Community Center, 500 St. Mary’s Road, Lafayette, or click on the “Seniors” tab at [www.LoveLafayette.org](http://www.LoveLafayette.org) for more information.

## 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 1/20, 2/17, 3/17	10:30am-Noon	Sequoia Room

FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10



## Positive Living Forum (“Happiness Club”)

**Moderated by 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 1/8, 2/12, 3/12	10:30am–Noon	Elderberry Room

FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

## 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: 1/12, 1/26, 2/9, 2/23, 3/9, 3/23	1:30-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

## Health Insurance Counseling and Advocacy Programs (HICAP)

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

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. For appointments, call Lafayette Senior Services: 284-5050. HICAP does not endorse or sell insurance products.

### First Wednesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
1/7, 2/4, 3/4	10:00am, 11:00am, or Noon	Alder Room

### Third Tuesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
1/20, 2/17, 3/17	10:00am, 11:00am, or Noon	Alder Room

## Free Legal Assistance for Older Adults (60+)

Appointment required. **NOTE: A \$15 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.** In order for legal counseling to take place, both time slots must be filled. Please send check, made payable to Senior Legal Services, to Lafayette Senior Services, 500 St. Mary's Road, Lafayette, CA 94549. Call Lafayette Senior Services for an appointment: 284-5050.

- 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
Thur: 1/15, 2/19, 3/19	10:00 or 11:00am	Alder Room

## Lamorinda Spirit Van News

By the time you receive this publication, the Lamorinda Spirit Senior Van Program will have received a new 12-passenger, wheelchair-accessible vehicle through the 5310 Federal Grant Program. This will give us a total of three reasonably new vehicles of varying sizes and one older vehicle as a back-up.

We continue to look for additional volunteer drivers so that we can operate two vehicles during peak times, increasing our service hours from 60 to 80 per week. We love to say, "Yes!" when passengers call us for a ride. 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 for our 9-passenger and 4-passenger vehicles. You will be joining a great group of people.

*Your tax-deductible donations make this service possible. If you would like to support this program, you may make your check payable to the City of Lafayette. Write Lamorinda Spirit Van on the memo line, and mail to Lamorinda Spirit Program, Lafayette Community Center, 500 St. Mary's Road, Lafayette, CA 94549.*

## Lamorinda Senior Transportation

### An Alliance of Transportation Providers

**Lamorinda Spirit Van 283-3534**

Transportation for Lamorinda older adults 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.

**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**

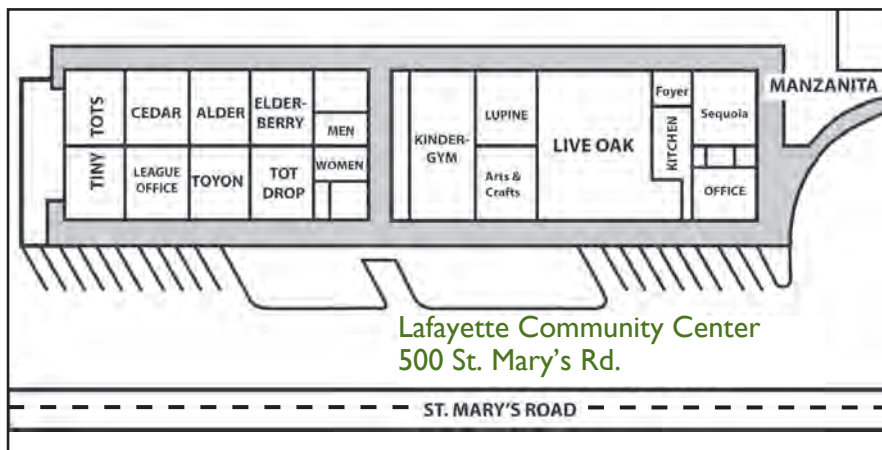
Volunteer drivers serving Contra Costa seniors with rides to doctors' appointments during the week. Grocery shopping on Saturdays.

**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.)

**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
- Buckeye Fields  
711 St. Mary's Road, Lafayette
- Lafayette Library & Learning Center  
3491 Mt. Diablo Blvd., Lafayette  
385-2280
- Burton Valley Elementary  
561 Merriewood Drive, Lafayette
- Happy Valley Elementary  
3855 Happy Valley Road, Lafayette
- Lafayette Elementary  
950 Moraga Road, Lafayette
- Springhill Elementary  
3301 Springhill Road, Lafayette

## Community Contacts

- 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

**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)**

## 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 | [mbruns@ci.lafayette.ca.us](mailto:mbruns@ci.lafayette.ca.us)  
Mary Bruns

• Tiny Tots Program:  
299-3266

• Tot Drop Reservations/Cancellations:  
284-3999

• Lafayette Jazzercise:  
937-6768





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

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» **Lafayette Rec**