

## **Lafayette Senior Services** **Summer 2020**

Programs for members of Lafayette Senior Services are taking place via Zoom during this time of sheltering in place. In-person programs are cancelled at this time. If you need assistance in using Zoom, we are happy to do a one-to-one tutorial with you.

In addition to offering programs and interest groups, we serve as a resource center for all matters related to aging and older adults. Contact us at [Seniors@lovelafayette.org](mailto:Seniors@lovelafayette.org) or 925-284-5050. General and COVID-related resources can also be found on our webpage: <https://www.lovelafayette.org/city-hall/quick-links/senior-services>

### **To Join Lafayette Senior Services and Register for Classes**

Membership: \$15/ person per calendar year (January 1 – December 31, 2020). Accepted credit cards are Visa, MasterCard, Discover and American Express.

- **Online 24/7:** [www.LafayetteRec.org](http://www.LafayetteRec.org)
  - **Email:** [Seniors@lovelafayette.org](mailto:Seniors@lovelafayette.org)
  - **Phone:** (925) 284-5050
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## **Apple Mobile Devices**

Sharon Beck, Owner of Mac-Senior

This ongoing class covers many topics such as Apple IDs, iCloud, apps and general iPad and iPhone usage. Topics for upcoming sessions are based on participants' input and needs. There is always time for Q&A. Please note: this class deals with Apple devices only. You may join the class at any time. The Zoom link will be sent via email the day before each class.

1<sup>st</sup> and 3<sup>rd</sup> Thursday monthly  
10:30am - noon

Fee per meeting   Members: Free   Non-members: \$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 book lovers and enjoy enrichment, lively discussion and camaraderie. The group is made up of both men and women, and everyone gets to participate in the selection and discussion of the books. You can join this group at any time. The Zoom link is sent via email the day before each class.

3<sup>rd</sup> Tuesday monthly  
1:00-2:30pm

Fee per meeting   Members: Free   Non-members: \$10

## **Words of Wisdom Discussion Group**

Led by Craig Janke

Share your opinions in a freewheeling exchange of ideas from current events to philosophy to the inspirational. There may be agreement or there may be differing opinions -- it's all in the spirit of learning, sharing, enrichment and good humor. Our "elder perspective" frequently sounds a lot like wisdom! You may join this group at any time. The Zoom link is sent via email the day before each class.

3<sup>rd</sup> Tuesday Monthly  
10:30am – Noon

Fee per meeting   Members: Free   Non-members: \$10

## Health Insurance Counseling and Advocacy Program (HICAP)

NOTE: Due to COVID-19, all counseling and community education presentations will be done virtually through the end of the year. To make an appointment, contact HICAP: 925-602-4168 or visit their website [www.ccchicap.org](http://www.ccchicap.org)

Through free, one-to-one, confidential and objective counseling, you will learn how Medicare works in order to make informed decisions about your coverage. HICAP counselors will also help with Medicare claims and appeals; provide information to those needing help with healthcare costs; and when necessary, make referrals for legal assistance with health insurance matters. The counselors are registered with the State of California and do not sell or endorse insurance products.

Free to all

## AARP Smart Driver Courses

NOTE: Due to COVID-19, AARP has cancelled all in-person classes through the end of the year. The following classes are being offered online:

- **Smart Driver:** Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. AARP is extending a 25% discount through the end of the year:

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Promo code for 25% discount: DRIVINGSKILLS

Good through December 31, 2020

- **Smart DriverTEK Online Workshops:** Smart Driver TEK is a new educational program being offered in Northern California. Developed jointly by AARP Driver Safety and The Hartford, Smart DriverTEK is a free 90-minute workshop, presented by an AARP-trained volunteer. The workshop is designed to help drivers understand current and emerging vehicle safety technologies, how to use them and to recognize how these technologies might extend their safe driving years. NOTE: This class does not qualify for the insurance premium discount that the “Smart Driver 8-Hour or 4-Hour” courses do. Visit <https://learn.aarp.org/smart-drivertek-online-workshops>

We are working remotely during our normal business hours, Monday – Thursday, 9:00am – 5:00pm, and responding to email and voicemail.

Lafayette Senior Services

[Seniors@lovelafayette.org](mailto:Seniors@lovelafayette.org)

925-284-5050