



LAFAYETTE RECREATION



# FALL 2020 REC GUIDE

Virtual & Outdoor Recreation



[WWW.LAFAYETTEREC.ORG](http://WWW.LAFAYETTEREC.ORG)

925-284-2232



# Classes for Kids

## Online Chess – Beginners

Ages: 6-12 Yrs

Fee: \$154.00 / 10 Week Session

Instructor: Pacific Chess Academy

Location: Virtual Classroom.

The program is a great opportunity for kids to learn how to overcome obstacles, think strategically, and stay focused. Designed for various levels (Beginners, Intermediate, Advanced) the course offers easy-to-follow instructions, individual recommendations, unlimited fun games, tournament chess games as well as games against the instructor. No ZOOM or SKYPE is needed! Lessons, games, chess worksheets, tournaments? ALL-IN-ONE program combines everything on our website! BEGINNERS class is designed for kids who have never played chess before. Participants will get the good understanding of checkmate and basic tactics by the end of the semester.

### **Tuesday:**

Tue, September 15 - Tue, November 17 – 3pm-4pm.

[Click to Register](#)

## Online Chess - Intermediate & Advanced

Ages: 6-12 Yrs

Fee: \$154.00 / 10 Week Session

Instructor: Pacific Chess Academy

Location: Virtual Classroom.

The program is a great opportunity for kids to learn how to overcome obstacles, think strategically, and stay focused. Designed for various levels (Beginners, Intermediate, Advanced) the course offers easy-to-follow instructions, individual recommendations, unlimited fun games, tournament chess games as well as games against the instructor. No ZOOM or SKYPE is needed! Lessons, games, chess worksheets, tournaments? ALL-IN-ONE program combines everything on our website! INTERMEDIATE & ADVANCED class covers most chess tactics, openings and endgame patterns, and prepare kids for serious tournaments.

### **Tuesday:**

Tue, September 15 - Tue, November 17 - 4pm to 5pm

[Click to Register](#)

## ALOHA Mind Math

Ages: 6-12 Yrs

Fee: \$192.00 / 8 Week Session

Mon, September 14 - Mon, November 2 – 3pm – 4pm

Instructor: Hausmann, Hali

Location: Virtual Classroom

Become a math rock star! This STEM program offers small online classes led by a qualified instructor to help develop your child's skill and confidence in math. Your child will learn to use an abacus to practice kinesthetic math, and we'll introduce mind math, where students will amaze themselves at what they can do by visualizing numbers. Number sense activities and games round out this engaging class. Abacus and workbook included.

[Click to Register](#)

## Classes for Kids (Cont.)

### Beginning Pee Wee Tennis

Ages: 3-5 Yrs

Fee: \$34.00 / 3 Week Session

Wed, September 16 - Wed, September 30 – 3:00pm-3:30pm

Instructor: Lafayette Tennis Club

Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549

This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.

#### Session I:

Wed, September 16 - Wed, September 30 – 3:00pm-3:30pm

[Click to Register](#)

#### Session II:

Wed, October 7 - Wed, October 21 – 3:00pm-3:30pm

[Click to Register](#)

#### Session III:

Wed, October 28 - Wed, November 11 – 3:00pm-3:30pm

[Click to Register](#)

# Classes For Adults

## Dog Obedience - Beginning

Ages: 16 and up

Fee: \$204.00 / 8 Week Session

Wed, September 9 - Wed, November 4 – 6:00pm-7:00pm

Instructor: Barb Peppin

Location: Jennifer Russell Building Outdoor Patio at Lafayette Community Center

Basic obedience instruction for puppy owners and their puppies. Puppies will learn sit, down, come, stay, stand and heel. Solutions for puppy behavior problems including jumping, biting, etc. Bring proof of vaccinations to 1st class. Equipment required: 6 foot leather leash, martingale collar. Attendance is mandatory at the first week of class. No Dogs older than 9 months! Skip 10/21

[Click to Register](#)

## Beginning Pickle Ball

Ages: 18 and up

Fee: \$58.00 / 3 Week Session

Instructor: Lafayette Tennis Club

Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549

Beginning pickle ball instruction. Scoring, technique, and doubles play for the beginner to intermediate level.

**Session I:**

Mon, September 14 - Mon, September 28 - 4:30pm to 5:30pm

[Click to Register](#)

**Session II:**

Mon, October 5 - Mon, October 19 - 4:30pm to 5:30pm

[Click to Register](#)

**Session III:**

Mon, October 26 - Mon, November 9 - 4:30pm to 5:30pm

[Click to Register](#)

## Beginning Adult Tennis

Ages: 18 and up

Fee: \$58.00 / 3 Week Session

Instructor: Lafayette Tennis Club

Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549

This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.

**Session I:**

Wed, September 16 - Wed, September 30 - 5:30pm to 6:30pm

[Click to Register](#)

**Session II:**

Wed, October 7 - Wed, October 21 - 5:30pm to 6:30pm

[Click to Register](#)

**Session III:**

Wed, October 28 - Wed, November 11 - 5:30pm to 6:30pm

[Click to Register](#)

## **Classes For Adults (Cont.)**

### **Mandarin - Conversational Chinese**

Ages: 18 and up

Fee: \$246.00 / 12 Week Session

Location: Virtual Classroom

Instructor: Walnut Creek Chinese School

To teach conversational Chinese and enable students start learning Mandarin Chinese. Through conversation, games, cultural introduction, students learn phonic skills, greetings, numbers, family member titles, date/time, basic grammar and character writing knowledge. 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.

#### **Level I**

Mon, September 14 - Mon, December 14 - Noon to 1:15pm

[Click to Register](#)

#### **Level II**

Mon, September 14 - Mon, December 14 - 9am to 10:15am

[Click To Register](#)

#### **Level III**

Mon, September 14 - Mon, December 14 - 10:30am to 11:45am

[Click to Register](#)

### **Tong Ren Healing and Qi Gong**

Ages: 18 and up

Wed, September 2 - Wed, December 16 – 7pm-8:30pm

Location: Virtual Classroom

Fee: \$54.00 / 16 Week Session

Instructor: Henry Yu

Location: Virtual Classroom

Tong Ren healing and qi gong. Helpful for chronic mental and physical health issues. Effective and easy to learn.

[Click to Register](#)

### **Yoga with Silloo**

Ages: 16 and up

Instructor: Silloo Tarapore

Location: Virtual Classroom

This Yoga class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body. It also focuses on body alignment and the therapeutic aspects of Yoga. Each class ends 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. She has taught for many years and has written about Yoga. The Zoom video and audio make individualized poses possible, along with individual attention. All levels are welcome. Bring a blanket

#### **Monday:**

Fee: \$134.00 / 13 Week Session

Mon, September 14 - Mon, December 14 - 9:15am to 10:30am

[Click to Register](#)

#### **Thursday:**

Thu, September 10 - Thu, December 17 - 6pm to 7:15pm

Fee: \$144.00 / 14 Week Session

[Click to Register](#)

## **Classes For Adults (Cont.)**

### **Yoga Beginning/Advanced Beginning**

Ages: 18 and up

Fee: \$65.00 / 5 Week Session

Instructor: Howard Van ES

Location: Virtual Classroom

This class is for those with some yoga experience or athletic beginners. Deepen your experience of basic postures, learn more challenging postures, posture flow and breathing practices. Yoga improves flexibility, reduces stress and builds energy. Please bring a yoga mat and thick blanket.

#### **Session I:**

Tue, September 1 - Tue, September 29 - 9:30am to 10:45am

[Click to Register](#)

#### **Session II:**

Tue, October 6 - Tue, October 27 - 9:30am to 10:45am

[Click to Register](#)

#### **Session III:**

Tue, November 3 - Tue, November 24 - 9:30am to 10:45am

[Click to Register](#)

#### **Session IV:**

Tue, December 1 - Tue, December 22 - 9:30am to 10:45am

[Click to Register](#)

### **Outdoor Yoga with Howard VanEs**

Ages: 18 and up

Fee: \$36.00 / 2 Week Session

Sun, September 13 - Sun, September 27 - 9:30am to 11:00am

Instructor: Howard Van ES

Location: Patio at the Lafayette Community Center

Join us for a safe, socially distanced yoga class outdoors! In this 1 ½ hr. class we will work on flexibility, strength, stress reduction, and improve concentration. There will be time for breathing exercises as well. Please bring a yoga mat, yoga strap, thick blanket, and 2 yoga blocks. Please dress in layers as mornings can be cool. You must have some yoga experience to attend this class.

[Click to Register](#)

### **Evening Hatha Yoga**

Ages: 16 and up

Fee: \$186.00 / 13 Week Session

Tue, September 8 - Tue, December 15 - 7:15pm to 8:30pm

Instructor: Nancy Anderson

Location: Virtual Classroom

This beginning/intermediate beginning class promotes strength building and flexibility through proper physical alignment of the asanas (postures) as well as relaxation techniques through various breathing practices. Poses are adjusted to suit different ages and body types. Bring a yoga mat and thick blanket.

[Click to Register](#)

## **Classes For Seniors**

In-person classes are cancelled due to COVID-19. To register for the online classes below or request a one-to-one Zoom tutorial, contact Lafayette Senior Services: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) or 925-284-5050

### **Membership in Lafayette Senior Services**

Classes are free for members, \$10 per meeting for non-members.

Membership: \$15/person per calendar year (January 1 – December 31, 2020).

Accepted credit cards are Visa, MasterCard, Discover and American Express.

To pay your membership fee:

- Online 24/7: [www.lafayetterec.org](http://www.lafayetterec.org)
- Phone: 925-284-5050. The Senior Services office is closed due to COVID-19 but we are responding to voicemail.
- Email: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) - The Senior Services office is closed due to COVID-19 but we are responding to email.
- Visit our webpage for helpful resources and information:  
<https://www.lovelafayette.org/city-hall/quick-links/senior-services>

### **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. To register, contact Lafayette Senior Services: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) or 925-284-5050. The Zoom link will be emailed the day before the class.

1st and 3rd Thursday monthly                      10:30am - noon      via Zoom

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. To register, contact Lafayette Senior Services: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) or 925-284-5050. The Zoom link will be emailed the day before the class.

3rd Tue Monthly                      10:30am – Noon      via Zoom  
8/18, 9/15, 10/20, 11/17, 12/15

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

## **Classes For Seniors (Cont.)**

### **Are Your Legal Documents in Order?**

#### **Session 1: The Basics**

##### **Stefanie West, Estate Planning Attorney**

Are you aware of the basic documents you should have in place? Stefanie will cover the essential forms: Living Trust, Will, Health Care Directive, Financial Power of Attorney, beneficiary forms, personal items distribution list and POLST. In addition to taking your questions, she will shed light on the following:

- Why do I need these documents?
- What happens if I don't have them?
- Are my old documents valid? What has changed in the law? How should they be updated?

To register contact Lafayette Senior Services: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) or 925-284-5050. The Zoom link will be sent via email the day before the class.

Tuesday, September 8      1:00 – 2:30      via Zoom

Fee per meeting: Members: no charge    Non-members: \$10

### **Are Your Legal Documents in Order?**

#### **Session 2: The Details**

##### **Stefanie West, Estate Planning Attorney**

Creating a trust and making decisions regarding the distribution of assets brings up questions and issues, some of which can be complicated, such as:

- Can my children inherit my house without a property tax increase?
- Can my children's inheritance be protected if, in the future, they divorce?
- What can I do to keep my heirs from fighting over their inheritance?
- How do I best plan for my beloved household pets?

Stefanie will provide answers to these, and other questions you may have. To register, contact Lafayette Senior Services: [seniors@lovelafayette.org](mailto:seniors@lovelafayette.org) or 925-284-5050. The Zoom link will be sent via email the day before the class.

Thursday, September 10      1:00 – 2:30      via Zoom

Fee per meeting: Members: no charge    Non-members: \$10



## **Classes For Seniors (Cont.)**

### **Health Insurance Counseling and Advocacy Program (HICAP)**

NOTE: Due to COVID-19, all counseling and community education presentations will be done over the phone or via Zoom through the end of the year.

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.

To make an appointment, contact HICAP: 925-602-4168.

For additional information, visit their website: [www.cchicap.org](http://www.cchicap.org)

Free

### **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:

Go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Promo code for 25% discount: DRIVINGSKILLS

Good through December 31, 2020

- Smart DriverTEK Online Workshop: Smart Driver TEK is a new, free educational program being offered in Northern California. Developed jointly by AARP Driver Safety and The Hartford, Smart DriverTEK is a 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>

Free

**REGISTER  
TODAY!**

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