

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

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. Programs and membership are open to persons of any age and residency.

Membership Fee

ANNUAL FEE: January 1–December 31, 2013
\$10 per person

Diablo Ballet Summer Get Movin' Dance Movie Series

Presented by Diablo Ballet in conjunction with Lafayette Senior Services and the Lafayette Library Foundation

Join us as we screen some of the best dance films from Hollywood, hosted by dancers from Diablo Ballet. Learn fun, behind-the-scenes information about the making of these films. Light refreshments generously provided by Chateau Pleasant Hill Independent and Assisted Living. Please call Lafayette Senior Services to reserve your spot: (925) 284-5050.

Singing' in the Rain

Wed., July 10th 1:00–3:30pm Lafayette Library Community Hall

Seven Brides for Seven Brothers

Thu., August 15th 1:00–3:30pm Lafayette Library Community Hall

FEE	MEMBERS	NON-MEMBERS
	\$3	\$5

Computer Question & Answer Session

Facilitated by Fred Winslow, Technology Enthusiast

Here is your opportunity to have those burning computer-related questions answered and learn from the ensuing discussion. Come prepared with questions regarding any computer-related topic. Fred will answer as many questions as possible in the time allotted.

DAY/DATE	TIME	LOCATION
Wed: 6/12	10:30–Noon	Cedar Room

FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

See page 24 for Seniorcise Class

Maximize Your Memory

Presented by Craig Wingate, Alzheimer's Association

Concerned about your memory? Join us and learn how to tell the difference between normal age-related memory loss and dementia. You will also learn tips and strategies for improving memory. Come prepared for an informative and interactive workshop.

DAY/DATE	TIME	LOCATION
Tues: 6/11	10:30–Noon	Cedar Room

FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

BART Senior Clipper Card Distribution

Submit an application and receive your card on the spot.

The green Senior BART ticket has been replaced by the Senior Clipper Card (minimum age: 65). This card is encoded to automatically calculate the discounted cash fare or monthly pass fare each time you use it. You must apply for the Senior Clipper Card in person. The card will be issued immediately. Any one of the following required forms of identification will be accepted as proof of your eligibility: birth certificate, driver's license or identification card issued by any state, alien registration/permanent resident card, matricula consular/consular identification card, passport, S.F. City ID Card.

DAY/DATE	TIME	LOCATION
Tues: 6/25	1:00–3:00pm	Elderberry Room

FEE: No Charge



'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 title of the book currently being read.

DAY/DATE	TIME	LOCATION
3rd Tues Monthly 6/18, 7/16, 8/20	1:00–3:00	Toyon Room

FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

Discovering Opera: Wagner's *The Flying Dutchman*

Offered by Bradford Wade, opera lover for 35 years

Take the legend of a mysterious, accursed sea captain who is condemned to sail the seven seas forever unless he can find a woman whose redemptive love will relieve his curse; add Richard Wagner's unique musical voice, seasoned by his firsthand experience of a storm at sea; and you get an opera in which "if you open the score at any page, the North Wind blows out." Lecturer Bradford Wade will describe the background of *The Flying Dutchman* and discuss its plot, complete with musical examples.

DAY/DATE	TIME	LOCATION
Thurs: 6/20	1:00–3:30pm	Lafayette Library, Arts & Science Room
FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

Driver Safety 4-Hour Refresher Course

Offered through AARP

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 Saint Mary's Rd., Lafayette, CA 94549. Withdrawal or transfer (space permitting) to another class must be made at least 7 days prior to the original class date. No refunds if less than 7 days. **Important: Prior to sending check, please call 284-5050 to determine space availability.**

DAY/DATE	TIME	LOCATION
Thurs: 8/1	9:00am–1:30pm	Sequoia Room
FEE	AARP MEMBERS	NON-MEMBERS
	\$12	\$14

Yak n'Yarn

Do you knit or crochet but wish you could do it in a more social setting with people of similar interests? Wish you had someone of equal or greater expertise with whom to brainstorm when instructions make no sense? Join us to work on your current project while enjoying an afternoon of camaraderie. All levels are welcome and encouraged. There is no formal instruction in this drop-in group.

DAY/DATE	TIME	LOCATION
1st & 3rd Thurs monthly 6/20, 7/18, 8/1, 8/15	1:00–3:00pm	Sequoia Room
FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

Anne Randolph Workshops

Anne Randolph, RPT, has been practicing physical therapy for 35 years. She provides outpatient therapy in Lafayette and specializes in the care of those 55 and over. Please call 284-5050 to register.

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

Exercise for Daily Living

If you think you're too tired to exercise, too busy, or that exercise is too boring, think again. Exercise can actually boost your mood, increase your energy, and keep you going strong! Anne will demonstrate simple, low-key exercises you can perform anytime, anywhere.

DAY/DATE	TIME	LOCATION
Fri: 6/28	11:30am–12:30pm	Sequoia Room

Pain Management

Learn how improving posture and muscle strength can reduce or eliminate pain altogether. Stop suffering and take control.

DAY/DATE	TIME	LOCATION
Fri: 7/26	11:30am–12:30pm	Sequoia Room

Arthritis

Live the best life you can with arthritis! Understand the challenges and changes arthritis brings and find practical solutions to make daily activities easier.

DAY/DATE	TIME	LOCATION
Fri: 8/23	11:30am–12:30pm	Sequoia Room

FREE Memory Screening by Caring Solutions

Following the Anne Randolph Workshop Friday, July 26, 12:30 to 2:00, Toyon Room
Appointment required.
Please call 284-5050 to sign up for one of the 30-minute appointments



Drop-In Mah Jongg

Calling all (American) Mah Jongg players! Bring your card, a mah jongg set, and a snack to share (optional) 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	1:00–3:30	Sequoia Room
FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

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. Trail maps will be distributed. 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 at 9:00am. For more information or to place your name on the route email/phone list call Lafayette Seniors Services, 284-5050.

DAY	TIME	MEET
Every Wed	9:00–11:00am	Alder Room

Hearing Screening

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

Appointment required. **Minimum of 2 sign-ups are 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 Wed Monthly:		
Wed: 7/3	1:00–2:20pm	Elderberry Room
Wed: 8/7	1:00–2:20pm	Sequoia Room
FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

Lafayette Senior Services Commission

The Commission typically meets the 4th Thursday of the month at Lafayette Senior Services. Interested citizens may view meeting agendas at the City of Lafayette office or online: www.ci.lafayette.ca.us.

Summer Quarter Meetings

DAY/DATE	TIME	LOCATION
Thurs: 6/27, 7/25, 8/22	3:30–5:30pm	Alder Room

Free Peer Counseling

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

DAY/DATE	TIME	LOCATION
3rd Wed Monthly 6/19, 7/17, 8/21	10:00am–Noon	Toyon 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.

DAY/DATE	TIME	LOCATION
2nd Thurs Monthly 6/13, 7/11, 8/8	10:30am–Noon	Sequoia Room

FEE:	MEMBERS	NON-MEMBERS
Per Session	\$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
Mon: 6/17, 7/1, 7/15, 7/29, 8/26	1:30–2:30	Toyon Room
Mon: 8/12	1:30–2:30	Alder Room

FEE	MEMBERS	NON-MEMBERS
	No Charge	\$1

Self-Discovery and Aging— Creative Writing Workshop

Judith Rathbone, Creative Writing and English Instructor

Write to explore issues around aging, emotion and perception, or get support to write on any topic. Sessions include writing prompts, feedback and encouragement, and information about the world of writers, writing, and publishing.

DAY/DATE	TIME	LOCATION
2nd & 4th Fri, Monthly 6/14, 6/28, 7/12, 7/26, 8/9, 8/23	3:00–5:00pm	Alder Room

FEE	MEMBERS	NON-MEMBERS
	\$1	\$3

Lamorinda Dance Social

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

DAY/DATE	TIME	LOCATION
Wednesdays	12:30–3:00pm	Live Oak Room
NOTE TIME CHANGE FOR 7/17: 12:30–2:30		
FEE	MEMBERS	NON-MEMBERS
	\$2	\$4

Health Insurance Counseling and Advocacy Programs (HICAP)

HICAP provides free, objective one-on-one 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 Appointments

DATE	APPOINTMENT TIMES	LOCATION
7/3, 8/7	10:00am, 11:00am or Noon	Alder Room

Third Tuesday Monthly Appointments

DATE	APPOINTMENT TIMES	LOCATION
6/18, 7/16, 8/20	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 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

Appointment required

DAY/DATE	APPOINTMENT TIMES	LOCATION
Fri: 7/5	10:00 or 11:00am	Elderberry Room
Fri: 8/2	10:00 or 11:00am	Toyon Room

For appointment:
Lafayette Senior Services 284-5050

Because “A Picture is Worth a Thousand Words”

Please call 925-283-3534 and ask the Lamorinda Spirit Senior Van Program to mail you or an older adult you know the *new picture-filled passenger brochure* that highlights the many activities for which senior van transportation can be used.

We invite older adults to use this service which takes Lafayette, Moraga, and Orinda seniors to medical appointments, errands, grocery/sundry shopping, lunch at the C.C. Café, Lafayette Senior Services events, Sun Valley and Broadway Plaza Malls, Costco, Kohls, the Library, and—now that the weather is warming up—to occasional mini-day trips. It's a good time to get out and about so, let us know where you would like to go, perhaps lunch and a movie with a friend, an appointment for a manicure or pedicure...



Lamorinda Senior Transportation

An Alliance of Transportation Providers

Lamorinda Spirit Van 283-3534

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

Contra Costa Yellow Cab and DeSoto Company 284-1234

20% discount for Lamorinda seniors.

Orinda Seniors Around Town 402-4506

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

Senior Helpline Services Rides for Seniors 284-6161

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

County Connection LINK Reservation Line 938-7433

For people with disabilities.