

FALL | 2012

LAFAYETTE RECREATION



Fall Ball pg. 16

Adult Classes pg. 18

Senior Services pg. 29



Lafayette Parks, Trails, Recreation & Senior Services

Table of Contents

Special Events	2-4
Community News	5
Tot Drop Birthday Parties	6
Children's Classes	7-17
Tennis Classes	18
Youth Adult Classes	19-28
Adults 55+ Classes	29-33
General Information	34
Registration Form	35
Lafayette Recreation Photo Contest	36

On the cover: As the days shorten and the leaves start turning colors, Fall Ball returns to Lafayette. Providing players the opportunity to strengthen their baseball skills before the spring season, Fall Ball's seasoned coaches offer big league fundamentals for Little League players of all skill levels. **See page 16.**



Santa's Bag Boutique

A LAFAYETTE TRADITION

Fri: 11/30 • 11:00am–7:00pm

Sat: 12/1 • 9:00am–5:00pm

Sun: 12/2 • 9:00am–5:00pm

Lafayette Community Center

~Free~

Don't Miss the annual Celebrity Gift Baskets at the Boutique. All sales benefit the Lafayette Community Center Foundation.

Last year's basket donors:

Pee't's Coffee & Tea • Diablo Foods • Trader Joe's
 Storyteller Bookstore • Jeanne Hamlin Cleaners
 Nancy Goldner/Lafayette Jazzercise • Starbucks
 Friends of the Lafayette Library • Cora Bahl • Tot Drop
 JJ Buckley Fine Wines • Powell Candy Shoppe
 Kindergym at Lafayette Staff • Round Table Pizza

**For more information, call
 Judy Gregerson: (510) 918-2280
santasbag@comcast.net**

20TH Annual Lafayette

RESERVOIR RUN

**Sunday, 10/28
 Starting at 8:00am**

Registration before 10/28—\$30/ages 12 & up
 \$22/under age 12

Registration on race day begins at 6:30am
 and has an additional fee of \$5

5K run begins at 8:30am
 10K run begins at 8:45am
 2 mile run/walk begins at 8:00am

**For more information
 925-284-7404
www.LafayetteChamber.org**

Sponsored by the
 City of Lafayette, the Lafayette Chamber
 of Commerce and Oakwood Athletic Club



Annual Holiday Concert and Sing-Along

with the Rossmoor and Moraga
Community Chorus

Presented by Lafayette Senior Services

All ages welcome!

Friday, December 7 * 1:30-3:00pm * Live Oak Room



Kick off the festive season with an afternoon of holiday favorites and a rousing sing-along, all the while enjoying delicious appetizers and holiday treats. Enter the raffle and take a chance on winning one of many wonderful prizes. 100% of the funds raised from the sale of raffle tickets will go to The Lamorinda Spirit Van senior transportation program. Refreshments compliments of The Kensington (Independent & Assisted Living & Memory Care) and Home Helpers.

Call 284-5050 to reserve your spot and purchase raffle tickets any time.

Raffle Prizes Include:

- \$50 Trader Joe's Gift Card—All Seasons Homecare
- Holiday Gift Basket and Gift Card—BrightStar Healthcare
- 2 bottles of Cakebread Cellars Wine—Napa Valley, Judy Carney
- \$50 Macy's Gift Card—Chateaus of Pleasant Hill Independent and Assisted Living
- "Soup's On" Gift Basket—Eldercare Services
- Handcrafted Birdhouse—Mary and Howard Fuchs
- \$100 Nordstrom Gift Card—Hillendale Home Care
- \$25 Gift Certificate toward any Lafayette Recreation Center Event
- Holiday Plants—David and Ruth McCahan
- Wine and Cheese Gift Basket—Nightingale Home Care
- Kitchen Gift Basket—ResCare HomeCare
- Hand Made Stained Glass Treasure Box—Sandra Smith
- \$50 Gift Certificate to Chow Restaurant, Lafayette—Senior Helpers Home Care
- Two Tickets to a Production at Town Hall Theatre, Lafayette
- Cozy Coffee and Tea Gift Basket—Visiting Angels Home Care
- Pearl Necklace and Bracelet—Jim and Stefanie West

Fee: Members: \$3 | Non-members \$5
Raffle Tickets: \$1 each or \$5 for 6 tickets
You need not be present to win.

17th ANNUAL LAFAYETTE

Art & Wine Festival

Saturday, September 15: 10am–7pm
Sunday, September 16: 10am–6pm

Over 250 booths including vendors from Wineries, Restaurants, Micro-Breweries and Arts & Crafts. This year's event will include entertainment on 4 stages with music to dance to plus a kid's area for children of all ages. Come sample wine, beer and delicious food while you peruse the booths of artistic vendors.

For further information call: 925-284-7404
www.lafayettefestival.com

Sponsored by the Lafayette Chamber of Commerce



Lafayette Youth Commission's Annual

HAUNTED HOUSE

Friday, 10/26 & Sunday, 10/28

5:00-7:00pm — Not Too Scary

Parents accompany children 7 & under

7:30-9:30pm — Very Scary
for children 8 & over

Lafayette Community Center,
Live Oak Room

Ages 7 & Under: \$3 • Ages 8 & over: \$5

Please join us for a ghoulishly good time!

Sponsored by the Lafayette Youth Commission
Proceeds benefit Lafayette Youth Commission Projects

Tickling the Ivories

JAZZ PIANO CONCERT AT THE LIBRARY

by *Contra Costa Performing Arts Society*

Come and get your groove on with our cool cats. Songs from the Great American Songbook may include tunes by Gershwin, Cole Porter, Miles Davis, and Rodgers and Hammerstein, as interpreted by members of CCPAS. We promise to have something that will tickle your fancy! Refreshments provided by Byron Park Independent and Assisted Living.

Please call Lafayette Senior Services to reserve your spot

284-5050

Friday, 10/19, 1:30-2:30

Members: \$3 Non-Members: \$5

Lafayette Library, Community Hall

3491 Mt. Diablo Blvd.



Happy 6th Anniversary to the Lamorinda Spirit Van Program

Celebrating a New Vehicle, Graduation to a 2-Van Program, and Your Generosity



Passengers and drivers alike are very excited to have a brand new 9-passenger, wheelchair accessible, vehicle featuring a custom-made grocery rack for the Lamorinda Spirit Van Program, the result of a 2009 Federal Grant. We would especially like to thank our community of supporters for donating the \$5,047 “local match” for

an upcoming \$44,000 mini-van, to be awarded through the 2011 5310 Federal Grants Program.

Call **283-3534** for program information, to schedule a ride, or to volunteer as a Spirit Van driver or office volunteer. We transport Lamorinda seniors, age 60 and up, to destinations in Central Contra Costa County. Van fares are: \$5 one-way; \$10 round-trip. Rides to the C.C. Café are free.

Tax deductible donations are greatly appreciated and may be made payable to the City of Lafayette. Please write: Lamorinda Spirit Van on the memo line. Mail to Lamorinda Spirit Van, Lafayette Senior Services, 500 Saint Mary’s Road, Lafayette, CA 94549.

“I think I have learned that the best way to lift one’s self up is to help someone else.”

—Booker T. Washington



HARVEST CELEBRATION

At Lafayette
Community Garden
& Outdoor
Learning Center



The community of Lafayette is invited to join us to celebrate our first harvest at the garden.

We’ll have music, games, recipe competitions, a community potluck and pizza made from our own produce and herbs.

Save The Date!

Who: Anyone who wants to have some old fashioned fun

When: Sunday October 14, 2012
Noon to 3:00pm

Where: The beautiful community garden across from the reservoir

Getting There: Walk, bicycle, carpool

Bring: A garden inspired dish for the potluck

More details to come

www.lafayettcommunitygarden.com



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.

Andrea's Musical Adventure Birthday Parties

1-8 yrs

Kindergym Parties

up to 6 yrs

Indoor Awesome 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

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 Michelle McDonagh (925) 788-1020
Chef de Cuisine	LCC Kitchen	\$250	2 hrs	\$150	10 max	(925) 932-1114
Andrea's Musical Adventure	LCC	\$250/15 children \$5/addl. child	1.5 hrs	\$200	12/30	Andrea Gaspari (925) 280-7364 musicwithAndreaI@gmail.com www.musicwithandrea.com
Kindergym	Kindergym	\$195/\$250	1.5/2 hrs	--	15 max	(925) 284-2232
Indoor Awesome	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/22	Jonathan Katayanagi (925) 299-3252
Dodge Ball	Live Oak Rm	\$195	1.5 hrs	--	10/22	Jonathan Katayanagi (925) 299-3252
On the Rink	Multi-Sport Rink	\$250	1.5 hrs	--	12/24	Jonathan Katayanagi (925) 299-3252

ARTS & CRAFTS

FUNdamental Drawing

4-6 Yrs

Young Rembrandts FUNDamental drawing classes teach children to draw using a step-by-step method, where children develop observational skills, increase their fine motor skills, handwriting readiness and attention to detail so they will be successful in kindergarten.

DAY/DATE	TIME	LOCATION
Mon-Wed: 11/19-11/21	11:30-12:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$53 (3 Days)	4/15	Young Rembrandts

Holiday Card Making

7-13 Yrs

Create your own greeting cards while learning to draw a wonderful variety of still life drawings the Young Rembrandts way. Highlights and shading will enhance each drawing. Join us for 3 days of challenging lessons as we refine our drawing skills and create cards. *\$15.00 supply fee due to instructor on first day of class.*

DAY/DATE	TIME	LOCATION
Mon-Wed: 11/19-11/21	9:00-11:00am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$88 (3 Days)	4/20	Young Rembrandts

Kids' Carpentry

5-12 Yrs

Since 1982 Michael Glass, the director of Kids' Carpentry, has taught thousands of children the safe use of hand tools. Children may choose from a wide variety of projects. 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. Our motto: Building confidence and teaching with respect and humor in a safe and happy environment. Michael co-teaches with his talented wife, Jeab. **Skip 11/23.** www.kidscarpentry.net. *\$30 supply fee to be paid to instructor on the first day of class.*

DAY/DATE	TIME	LOCATION
Fri: 9/14-10/19	3:00-4:00pm	Arts and Crafts Room
Fri: 10/26-12/7	3:00-4:00pm	Arts and Crafts Room
Fri: 9/14-10/19	4:00-5:00pm	Arts and Crafts Room
Fri: 10/26-12/7	4:00-5:00pm	Arts and Crafts Room
Fri: 9/14-10/19	5:00-6:00pm	Arts and Crafts Room
Fri: 10/26-12/7	5:00-6:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	6/10	Michael & Jeab Glass

Friendship Bracelet Making

7-12 Yrs

Making friendship bracelets can be a lot of fun. Each week new patterns will be taught. Improve eye-hand coordination and increase attention span while tying knots with colorful embroidery thread. Add these beautiful bracelets to your favorite fashion accessories or give them as gifts to your friends.

DAY/DATE	TIME	LOCATION
Tues: 9/11-10/2	3:15-4:30pm	Arts and Crafts Room
Thurs: 10/4-10/25	3:15-4:30pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$53 (4 Wks)	3/6	Barbara Thomas

COOKING

Cooking with Kids

4-12 Yrs

The Cooking with Kids Foundation is pleased to offer these classes. Funds received support the foundation's work to bring these classes to the under served children who are at risk for obesity, diabetes, while needing the classes, can't afford them. Don't be surprised if your kids will want to show off what they have learned for you at home. We teach Healthy Eating as a lifestyle, kitchen safety and it's appliances. And don't forget the importance of proper clean up. Cooking can be a lot of FUN when you know your way around the kitchen. Instructor trained at LaVarenne Ecole de Cuisine in Paris. *\$12.00 supply fee paid to instructor on first day of class.*

Busy Bees Cooks (4-5 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 10/9-11/6	3:00-4:00pm	LCC—Kitchen

We Teach Your Kids to Cook (6-12 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 10/9-11/6	5:00-6:00pm	LCC—Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$133 (5 Wks)	5/8	Linda Rextroat & Staff



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 situation 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-percent discount!**
- Infant siblings are okay if in back/front packs.**
- Kindergym will be closed November 18-24.**

Kindergym

0 to 4 Yrs

Come play with us at the Lafayette Kindergym! We provide an exciting environment filled with fun and challenging gymnastic 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: 9/18-12/11	9:15-10:00am	Kinder Gym
Tues: 9/18-12/11	10:05-10:50am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Wed: 9/19-12/12	10:05-10:50am	Kinder Gym
Wed: 9/19-12/12	10:55-11:40am	Kinder Gym
Thurs: 9/20-12/13	10:05-10:50am	Kinder Gym
Thurs: 9/20-12/13	10:55-11:40am	Kinder Gym
Fri: 9/21-12/14	9:15-10:00am	Kinder Gym
Fri: 9/21-12/14	10:05-10:50am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/12	Mary Ann Hasbrook

DAY/DATE	TIME	LOCATION
Sat: 9/22-12/15	9:30-10:15am	Kinder Gym
Sat: 9/22-12/15	10:30-11:15am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/12	Stacey Mullins

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	AGES	TIME	LOCATION
Fri: 9/21-12/14	1-4 Yrs	3:00-3:50pm	Kinder Gym
Fri: 9/21-12/14	1-4 Yrs	4:00-4:50pm	Kinder Gym
Fri: 9/21-12/14	1-5 Yrs	5:00-5:50pm	Kinder Gym
Fri: 9/21-12/14	1-5 Yrs	6:00-6:50pm	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 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: 9/18-12/11	10:55-11:40am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Wed: 9/19-12/12	11:45-12:30pm	Kinder Gym
Thurs: 9/20-12/13	9:15-10:00am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/12	Mary Ann Hasbrook

Kindergym On My Own

3 1/2-6 1/2 Yrs

Come play with us at the Lafayette exciting environment filled with fun and challenging gymnastic 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. 2nd sibling can enroll in the same class for a 25 percent discount! **Skip 11/21.**



DAY/DATE	TIME	LOCATION
Wed: 9/19-12/12	1:30-2:20pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$132 (12 Wks)	4/9	Sossan Mahdavian

2012-2013 Lafayette Tiny Tots

3 1/2-5 Yrs

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.



DAY/DATE	AGE	TIME
Mon/Wed/Fri	3 1/2 to 5 Yrs	9:00am-1:30pm
Tues/Thurs	2 1/2 to 3 1/2 Yrs	9:00-11:45am

Lunch bunch program: Extend the Tues/Thurs day until 12:30pm.

Tues/Thurs spaces available now!

Fall 2012: Call Director for spaces available: 299-3266; please fill out an application from our winter Guide.

Fall 2013: The lottery will take place in January 2013.

KinderTots

2 Yrs

Kindertots is designed to develop the total child through gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs. **Skip 11/20 & 11/23.**

DAY/DATE	TIME	LOCATION
Tues: 9/18-10/23	11:30-12:00pm	Toyon Room
Tues: 10/30-12/11	11:30-12:00pm	Toyon Room
Fri: 9/21-10/26	11:30-12:00pm	Toyon Room
Fri: 11/2-12/14	11:30-12:00pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$69 (6 Wks)	6/9	Michelle McDonagh



Kinderdance

3-5 Yrs

Kinderdance is a developmental dance/movement and fitness program teaching the basics of ballet, tap, acrobatics and creative movement, while blending educational concepts. **Skip 11/20 & 11/23.**

DAY/DATE	TIME	LOCATION
Tues: 9/18-10/23	10:15-11:15am	Toyon Room
Tues: 10/30-12/11	10:15-11:15am	Toyon Room
Fri: 9/21-10/26	10:15-11:15am	Toyon Room
Fri: 11/2-12/14	10:15-11:15am	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	6/12	Michelle McDonagh



Parent and Me Gymnastics

1 1/2-3 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. Equipment incorporated into the class includes 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 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	9:15-9:55am	Kinder Gym
Mon: 10/29-12/17	9:15-9:55am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$101 (7 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 guiding children 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 more. Music games and group activities are incorporated into the class. **Skip 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	10:00-10:40am	Kinder Gym
Mon: 10/29-12/17	10:00-10:40am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$101 (7 Wks)	6/8	California Gymnastics

Mommy & Me Yoga

0-1 Yrs

Bond with your baby through yoga. Get back in shape after pregnancy and bond with your baby at the same time. This class is designed to strengthen your body after pregnancy and stretch the tired, strained muscles of a new mom. Each class will end with yoga poses designed for your baby to help nourish their growing bodies and minds. **Skip 10/31 & 11/21.**

DAY/DATE	TIME	LOCATION
Wed: 9/5-10/17	10:45-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$101 (7 Wks)	5/15	Katie Moreno
DAY/DATE	TIME	LOCATION
Wed: 10/24-12/12	10:45-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	5/15	Katie Moreno



Preschool Gymnastics

4-5 Yrs

This class is designed for children between the ages of 4-5 years. 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.

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	3:30-4:10pm	Kinder Gym
Mon: 10/29-12/17	3:30-4:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$101 (7 Wks)	6/9	California Gymnastics

Youth Gymnastics

5-9 Yrs

This class is for children between the ages of 5-9 years. 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 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	4:15-5:10pm	Kinder Gym
Mon: 10/29-12/17	4:15-5:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$119 (7 Wks)	6/9	California Gymnastics

Pretzel Kids® Yoga

7-10 Yrs

Strange as it may sound, children can be more stressed out than adults. Almost every aspect of their lives—from school to sports—involves competition. Yoga, however, gives children an outlet to get fit with no competition or judgment. The Pretzel Kids® curriculum incorporates traditional yoga postures with fun, imaginative games and relaxation techniques. By learning to appreciate what they can accomplish, children learn to feel comfortable with their bodies and their unique capabilities.

Skip 10/5 & 11/23.

DAY/DATE	TIME	LOCATION
Fri: 9/7-10/19	4:30-5:30pm	Elderberry Room
Fri: 11/2-12/14	4:30-5:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	4/12	Karen Bakar

The Art of Yo-Yo

7 Yrs & Up

Make a yo-yo go up and down, spin around and do tricks with the greatest of ease. Breathing, hand-eye coordination, focusing, integrative balance, movement and positive interaction with peers will be emphasized. A fun, interactive activity for parent and child to share with each other and for adults to rekindle the interest they had as a youngster. Come and take part in an activity that will touch your heart and bring much enjoyment into your life. There will be yo-yo's available for class use or purchase.

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	4:00-5:00pm	Toyon Room
Mon: 11/5-12/17	4:00-5:00pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (7 Wks)	2/12	Ken McNamara

FREE Trial Class | Sat: 9/8

Time: 12:30-1:30pm | Location: Toyon Room

MUSIC & DANCE

Music Piano and Me

3 1/2-6 Yrs

Children learn musical concepts they need for playing the piano. This will be done through games and activities. They will learn to create music as well as read music. It's the perfect pre-instrument class for your child. *\$10 supply fee to be paid to instructor on first day of class.* **Skip 11/19 & 11/23.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-12/17	4:15-4:50pm	Sequoia Room
Fri: 9/14-12/21	12:30-1:15pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	5/10	Andrea Gaspari

Mommy and Me Musical Babies

Up to 18 Months

In this class you will laugh, love and learn introductory musical concepts with you baby. Make new friends while you explore singing, dancing and playing musical instruments. This class is a perfect place to bond with your baby while they absorb information from the musical world around them. Andrea is a Bay Area Parent award winning instructor. Siblings are welcome!! To learn more visit www.musicwithandrea.com \$10 supply fee payable to the instructor. **Skip 11/19.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-12/17	11:20am-12:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	6/12	Andrea Gaspari

Let's Make Music

6 months-3 Yrs

Join Andrea on a Musical Adventure. You will enjoy this class as much as your child. Watch your child experience the world of musical concepts as we sing, play instruments, and story dance with our bodies. Come see why Andrea is a 3 time Bay Area Parent Family Favorite. *\$10 supply fee to be paid to instructor on first day of class.* **Skip 11/19.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-12/17	9:00-9:40am	Elderberry Room
Mon: 9/10-12/17	9:50-10:30am	Elderberry Room
Mon: 9/10-12/17	10:35-11:15am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	6/12	Andrea Gaspari

Music Together

Newborn to 5 Yrs

Music Together was voted Best Music Class by Lamorinda Moms in 2011 and has been recognized by *Bay Area Parent*, *Parents' Press*, *Oakland Magazine*, *East Bay Express* and Berkeley Parents' Network. Bring your newborn, toddler or preschooler to one of our fun-filled classes. Explore musical play, child-friendly instruments, songbooks and CDs that you use at home. And find out how nurturing our research-based music and movement program can be. Tuition includes 2 CDs, set song book and parent guide DVD.

DAY/DATE	TIME	LOCATION
Wed: 9/12-11/14	10:00-10:45am	Elderberry Room
Wed: 9/12-11/14	11:00-11:45am	Elderberry Room
Thurs: 9/13-11/15	8:30-9:15am	Elderberry Room
Thurs: 9/13-11/15	9:30-10:15am	Elderberry Room
Fri: 9/14-11/16	10:00-10:45am	Elderberry Room
Fri: 9/14-11/16	11:00-11:45am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$218 (10 Wks)	6/12	Music Together

*Celebrating 25 years
of family music and 15 years
with East Bay families!*

Beginning Guitar

T 10-17 Yrs

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 10/8 & 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-11/26	4:00-4:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Advanced Guitar

T 10 Yrs & Up

Open to those of any age who have completed the beginner class or who have prior experience on the guitar. Topics will include: scales and modes, barre chords, 7th and 9th chords, modulations, advanced strumming and picking techniques, tablature and theory. **Skip 10/8 & 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-11/26	5:30-6:15pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/10	Ted Crowley

Hip Hop Dance Jr.

4-6 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. **Skip 11/22.**

DAY/DATE	TIME	LOCATION
Thurs: 9/13-12/13	3:30-4:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$211 (13 Wks)	7/20	Studio 8 Dance

Hip Hop Dance

7-12 Yrs

Learn funky moves to the latest hip hop music. This is a high-energy class that will keep students moving. The students will learn a choreographed dance routine that they will perform for friends and family on the last day of class. This is a class for boys and girls! **Skip 11/22.**

DAY/DATE	TIME	LOCATION
Thurs: 9/13-12/13	4:30-5:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$211 (13 Wks)	7/20	Studio 8 Dance

SPECIAL INTEREST

Spanish Class

3-5 Yrs

This is a fun-filled one-hour class for kids ages 3-5 yrs. Kids will learn Spanish through circle time, songs, games, arts and crafts, story time and parachute play in a positive and nurturing environment. Classes are taught by Claudia Milano of Arroz Con Leche, LLC, and a native Spanish speaker with 10 years of teaching experience. Come join the fun! *\$15 supply fee payable to instructor at first class.* **Skip 11/22.**

AGE	DAY/DATE	TIME	LOCATION
3 Yrs	Thurs: 9/6-10/18	1:30-2:30pm	Cedar Room
3 Yrs	Thurs: 10/25-12/13	1:30-2:30pm	Cedar Room
4-5 Yrs	Wed: 9/5-10/17	1:30-2:30pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$108 (7 Wks)	5/10	Claudia Milano

AGE	DAY/DATE	TIME	LOCATION
4-5 Yrs	Wed: 10/24-12/12	1:30-2:30pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$123 (8 Wks)	5/10	Claudia Milano

Chess

6-11 Yrs

Chess is fun and can be learned quickly and easily. Studies have found that chess students show improved test results in reading, science, and math. It influences growth in critical cognitive abilities such as strategic thinking, logic, and judgment. Chess also encourages self-esteem, respect for others, patience and good manners—and did we mention it's fun? **Skip 11/20.**

DAY/DATE	TIME	LOCATION
Tues: 9/11-10/23	4:00-5:00pm	Sequoia Room
Tues: 10/30-12/18	4:00-5:00pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$117 (7 Wks)	10/20	Berkeley Chess

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: 11/18-11/18	9:00-2:30pm	Elderberry Room

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

SCIENCE & TECHNOLOGY

Creatures Big and Small

3 1/2-5 1/2 Yrs

Giant guys and small fries, creatures come in every size! We'll meet and learn all about the amazing animals we share the planet with. We'll get down and dirty with the squiggly-wiggly worms, take flight with our feathered friends, and go on fossil digs to see what we can discover about that famous Giganta-Saur T Rex! Kids will get a fun project to keep them thinking about science all the way home. **Skip 10/31.**

DAY/DATE	TIME	LOCATION
Wed: 10/3-11/14	4:00-4:45pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$108 (6 Wks)	8/16	Mad Science

Pre-Engineering With LEGO®

5-7 Yrs

Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars, and planes. With access to over 100,000 pieces of LEGO and the support of an experienced Play-Well instructor, students build what they have dreamt. Sign up for "Awesome Lunch Hour" if you need an extra hour or to bridge a full day camp experience for your child.

DAY/DATE	TIME	LOCATION
Wed-Fri: 1/2-1/4	9:00-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$113 (3 Days)	11/20	Play Well

Engineering Fundamentals with LEGO®

7-12 Yrs

Have your child become a Play-Well Engineer! Students explore concepts in physics, architecture, mechanical and structural engineering, from Gear Cars to Battleracks. The engineer-designed curriculum challenges new and returning students to reach higher levels of engineering comprehension while having fun. Sign up for "Awesome Lunch Hour" if you need an extra hour or need to bridge a full day camp experience for your child.

DAY/DATE	TIME	LOCATION
Thurs: 9/27-11/15	3:15-4:45pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$188 (8 Wks)	14/20	Play Well

DAY/DATE	TIME	LOCATION
Wed-Fri: 1/2-1/4	1:00-4:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$113 (3 Days)	11/24	Play Well

Video Game Creation

T 10-18 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. Skip 11/23.*

DAY/DATE	TIME	LOCATION
Fri: 9/7-9/28	5:00-6:00pm	Cedar Room
Fri: 10/5-10/26	5:00-6:00pm	Cedar Room
Fri: 11/2-11/30	5:00-6:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$145 (4 Wks)	2/6	Bobby Mazaheri

Far Out Science

6-10 Yrs

Science has many practical applications, but sometimes it's just really cool. In Far Out Science we'll do a whole lot of learning that seems like a whole lot of play. We'll explore the science behind toy making, movie effects, art and police-work. And class will seem like a magicians' convention (where, yes, the secrets are revealed!) as we experiment with optical illusions and dry ice. Join us for lots of hands on experiments and fun!

DAY/DATE	TIME	LOCATION
Wed: 9/12-10/17	4:00-5:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$108 (6 Wks)	12/24	Mad Science

The Extraordinary Earth

6-10 Yrs

See how plants turn sunshine and water into nutrients and their role into the air we breathe. Discover the importance of weather and how it affects us. Investigate the power of magnets. Undercover how rocks and gems are formed, and peek beneath the earth's crust. Find out how fossils are made!!

DAY/DATE	TIME	LOCATION
Wed: 11/7-12/12	4:00-5:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$108 (6 Wks)	12/24	Mad Science

SPORTS

Mini Kickers

2-5 Yrs

Challenger Sports' new and exciting year-round introductory soccer program, Mini Kickers, includes a fantastic Mini Kicker Skill Ball with the registration fee. The Mini Kicker program teaches basic soccer skills while developing strength, balance, coordination, listening skills, cooperation and teamwork in children 2-5 years old. Challengers Professional British coaching staff will engage your child through fun games and songs, providing your child a positive experience to structured athletic activity.

DAY/DATE	TIME	LOCATION
Tues: 9/11-10/16	2-3 yrs: 9:00-10:00am	LCP: Lower Field
Tues: 9/11-10/16	4-5 yrs: 10:15-11:15am	LCP: Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$83 (6 Wks)	6/20	Challenger Sports

Indoor Floor Hockey

4-5 Yrs

Play hockey indoors at the Lafayette Community Center! Floor Hockey is played in tennis shoes (not skates) with a stick and ball, all of which will be provided by the League. IFHL Season includes skills clinics and games. 45 minute games. **Skip 10/24.**

DAY/DATE	TIME	LOCATION
Wed: 9/26-11/7	4:00-4:45pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$69 (6 Wks)	12/20	Lafayette Staff

Little Kickers Indoor Soccer

4-5 Yrs

Learn the basics of soccer. 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 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
Tues: 9/25-11/6	4:00-5:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	20/30	Lafayette Staff

Little Hoopsters Indoor Basketball

5-6 Yrs

Dribble, pass and shoot your way to a great time in our basketball class for 5 to 6 year olds. Your little hoopster(s) will learn the basics of basketball, be part of a team and play a game every week. This introduction to the sport puts the focus on fun and learning. **Skip 10/24.**

DAY/DATE	TIME	LOCATION
Wed: 9/26-11/7	4:45-5:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$69 (6 Wks)	12/36	Lafayette Staff

Youth Floor Hockey on the RINK

6-10 Yrs

Come play hockey on the RINK with out skates. Have all the fun of playing hockey with out having to worry about all the equipment and skates. Floor hockey is played in tennis shoes. Shin guards, gloves and a helmet are recommended but not required. Game days and times are subject to change

DAY/DATE	TIME	LOCATION
Thurs: 9/27-10/18	5:00-6:00pm	The Rink
FEE	MIN/MAX	INSTRUCTOR
\$47 (4 Wks)	8/20	Lafayette Staff

Roller Hockey Youth Clinic

T 7-16 Yrs

Learn the game of hockey in our Roller Hockey Clinic. Players will work on skating, shooting, passing, positioning and game situations as they participate in drills and games at the roller hockey clinics. Every player must bring all required hockey equipment (helmet w/cage, gloves, elbow pads, knee-shin guards and mouth guard) and skates to every class.

DAY/DATE	TIME	LOCATION
Thurs: 9/27-10/18	6:00-7:00pm	The Rink
FEE	MIN/MAX	INSTRUCTOR
\$47 (4 Wks)	10/20	Lafayette Staff





MMAP Soccer Magic

5-7 Yrs

Students will be put into age and skill appropriate groups where they are taught correct techniques of kicking, trapping, heading, and passing. Advanced players will learn advance skills and techniques. End the day with a soccer game. Players are required to bring a ball, shin guards, water, and/or a snack

DAY/DATE	TIME	LOCATION
Wed: 9/26-10/31	4:00-4:45pm	The Rink
Wed: 11/14-12/19	4:00-4:45pm	The Rink
FEE	MIN/MAX	INSTRUCTOR
\$78 (6 Wks)	10/20	MMAP Sports

MMAP Basketball

5-12 Yrs

This is a class is lots of fun and will teach the basic techniques of the great game of basketball. Learn techniques of passing and 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: 9/25-10/30	3:30-4:15pm	The Rink
5-7 Yrs	Tues: 11/13-12/18	3:30-4:15pm	The Rink
8-12 Yrs	Tues: 9/25-10/30	4:40-5:25pm	The Rink
8-12 Yrs	Tues: 11/13-12/18	4:40-5:25pm	The Rink
FEE	MIN/MAX	INSTRUCTOR	
\$78 (6 Wks)	10/20	MMAP Sports	

Learn LAX (Lacrosse)

7-10 Yrs

Learn the basics of lacrosse in the Lafayette Little LAX clinic series. Play Lacrosse in the Lafayette Community Center Hockey rink. Learn LAX will provide sticks. Include clinics, instruction and games. This is great for a first time or beginning player.

DAY/DATE	TIME	LOCATION
Thurs: 9/27-10/18	4:00-5:00pm	The Rink
FEE	MIN/MAX	INSTRUCTOR
\$47 (4 Wks)	8/20	Lafayette Staff

Capture the Flag

7-13 Yrs

Infiltrate enemy lines and bring the their flag back to your team's base for victory! Players will wear flag football style flags (provided) that they must protect if they want to stay out of jail as they attempt to capture base flags from their opponents. Players will compete in capture the flag and capture the flag dodge ball. **Save \$42 if you sign up for both Capture the Flag and Dodge Ball. Skip 10/8.**

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	5:15-6:15pm	The Rink
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/30	Lafayette Staff



Dodge Ball

7-13 Yrs

Bring fun to your Mondays with Dodge Ball! Our experts coaches have years of experience and more than 10 games in their arsenal. Traditional dodge balls are a thing of the past—use our softer, easy to grab dodge balls for a rockin' time. **Save \$42 if you sign up for both Capture the Flag and Dodge Ball. Skip 10/8.**

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	4:00-5:00pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/22	Lafayette Staff

Fall Ball

5-12 Yrs

Big League Fundamentals for Little League Players—All the Training, without the Travel! Lafayette Recreation is teaming up with Lafayette Little League and reputed pitching coach Jeff Pick of The Baseball Academy and his well-trained team of coaches to offer a fall baseball program designed to improve the abilities of players at ALL skill levels. Learn the mechanics, get the repetitions, and see improvements that will make the game more fun. From the basics of catching, hitting and fielding to the complexities of team defense base running, this program will break it down to simple steps that can be worked on at home. Hard work in the fall will pay dividends in the spring season.

For field conditions, call 925-299-3258.

AGE	DAY/DATE	TIME	LOCATION
5-6 Yrs	Mon/Wed: 9/10-10/3	3:30-4:30pm	Buckeye Fields
5-6 Yrs	Mon/Wed: 10/8-10/31	3:30-4:30pm	Buckeye Fields
7-8 Yrs	Mon/Wed: 9/10-10/3	4:30-5:30pm	Buckeye Fields
7-8 Yrs	Mon/Wed: 10/8-10/31	4:30-5:30pm	Buckeye Fields
9-10 Yrs	Mon/Wed: 9/10-10/3	5:30-6:30pm	Buckeye Fields
9-10 Yrs	Mon/Wed: 10/8-10/31	5:30-6:30pm	Buckeye Fields
11-12 Yrs	Thurs: 9/13-10/4	3:30-5:30pm	Buckeye Fields
11-12 Yrs	Thurs: 10/11-11/1	3:30-5:30pm	Buckeye Fields

FEE	MIN/MAX	INSTRUCTOR
\$203 (4 Wks)	10/25	Jeff Pick

AGE	DAY/DATE	TIME	LOCATION
13-14 Yrs	Sun: 9/9-9/30	4:30-6:30pm	Lower Field
13-14 Yrs	Sun: 10/7-10/28	4:30-6:30pm	Lower Field

FEE	MIN/MAX	INSTRUCTOR
\$253 (4 Wks)	15/25	Jeff Pick

Northern Shaolin Kung Fu as a Performing Art!

7-13 Yrs

Learn the classical art of Northern Shaolin (Kung Fu) using drums, wood blocks, and gongs! Students learn classical martial art forms, grounded in soft spiraling stances, high kicks, and the physical theater tradition known as Chinese Opera (Jingju). This is the stuff you see in blockbuster movies. Think Jackie Chan and Jet Li! This class will emphasize performance skills, creative movement, self-expression, team building, self-esteem, maximum explosive power—and the ability to control it. (We will not practice sparring.) The word Kung Fu literally means: Meritorious Action! (Please wear loose comfortable clothing and gym shoes.) **Skip 11/20 & 11/22.**

DAY/DATE	TIME	LOCATION
Tues/Thurs: 9/11-12/20	4:00-5:00pm	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$378 (14 Wks)	5/20	Scott Phillips

Blue Angels Youth Ski & Snowboard Program

T 7-16 Yrs

Want to learn how to ski or snowboard or improve your current skills? Why not take it up a notch or two with professional coaching in a fun, friend-filled environment? With the Blue Angels Youth Ski & Snowboard Program at Sierra-at-Tahoe, participants will learn from PSIA certified instructors and develop a solid foundation to build upon for the future. This comprehensive program includes 5 full days of age/level specific professional instruction, roundtrip luxury transportation, lift tickets, lunch, a snow helmet and adult supervision on and off the slopes. **For more info and bus pick up locations: Visit www.blueangelsnow.com or call (925) 939-7669. Skip 1/19 & 2/16.**

DAY/DATE	TIME	LOCATION
Sat: 1/12-2/23	6:00-7:30pm	Offsite Location

FEE	MIN/MAX	INSTRUCTOR
\$849 (5 Wks)	20/100	Ski Blue Angels



Freestyle Ski & Snowboard Camp

T 12-16 Yrs

Want to learn how to or improve your slopestyle, superpipe and all-mountain riding skills? Ready to spin, grab and grind? With The Blue Angels Youth Ski & Snowboard Program, participants will learn how to tackle the terrain park like a pro! Open to upper-intermediate to advanced skiers and snowboarders only. This intensive training program includes five full days of professional coaching, roundtrip luxury bus transportation to Sierra-at-Tahoe, lift tickets, lunch, a Pro-Tec Snow helmet and adult supervision on and off the slopes. Equipment not included. **For more info and bus pick up locations: Visit www.blueangelsnow.com or call (925) 939-7669. Skip 1/19 & 2/16.**

DAY/DATE	TIME	LOCATION
Sat: 1/12-2/23	6:00-7:30pm	Offsite Location

FEE	MIN/MAX	INSTRUCTOR
\$849 (4 Wks)	20/100	Ski Blue Angels

Awesome Friday Nights

4-10 Yrs

Drop off the kids for an AWESOME Friday Night. While you are out having an amazing time your children will be having fun, doing arts and crafts, playing games (Toys, Game Tables and Just Dance) and watching a movie (Rated PG). Children may bring jammies and a sleeping bag if desired. Pizza, popcorn and drinks will be provided.

DAY/DATE	TIME	LOCATION
Fri: 9/28	5:30-9:00pm	Manzanita Room
Fri: 10/12	5:30-9:00pm	Manzanita Room
Fri: 11/2	5:30-9:00pm	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$23 (1 Day)	8/30	Lafayette Staff

Awesome Day

4-14 Yrs

Schools are taking the day off, 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. Early care and after care are available. After care campers will watch a movie, enjoy the game room and eat popcorn.

DAY/DATE	TIME	FEE
Mon: 10/8	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 Fall— Thanksgiving Break

4-14 Yrs

Enjoy Thanksgiving Break at Camp Awesome doing arts & crafts, sports and games (soccer, hockey, capture the flag, medic ball and more), 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. Camp Awesome Day After Care features movies and popcorn!

DAY/DATE	TIME	FEE
11/19-11/21	9:00-2:00pm	\$98 (3 Days)
Early Care	7:30-9:00am	\$33 (3 Days)
After Care Movie Club	2:00-5:00pm	\$48 (3 Days)

LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	20/75	Lafayette Staff



CHILDREN

Karate

T 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.*

Start any time. Cost is \$45/month, two classes per week, \$60/month, three classes per week. Register At class. www.kyokushinkarate-lafayette.com.

LEVEL	AGES	DAY/DATE	TIME
Open	Ages 5 & up	Mo/We: Ongoing	7:00-8:00 pm

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

LEVEL	AGES	DAY/DATE	TIME
Inter/Adv	Ages 7 & up	Tues: Ongoing	4:00-5:30 pm

MIN/MAX	INSTRUCTOR	LOCATION
5/12	Danielle Jolin	Toyon Room

CHILDREN



YOUTH & ADULTS



TENNIS

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. *Players will not be allowed to enter courts without white soled, non-marking shoes. No running shoes, no jeans, and no gum allowed.*

Beginning Pee Wee Tennis

4-5 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	3:00-3:30pm	Lafayette Tennis Club
Wed: 9/19-11/7	3:00-3:30pm	Lafayette Tennis Club
Sat: 9/15-11/3	9:00-9:30am	Lafayette Tennis Club
Sun: 9/16-11/4	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 that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	3:30-4:30pm	Lafayette Tennis Club
Wed: 9/19-11/7	3:30-4:30pm	Lafayette Tennis Club
Sat: 9/15-11/3	9:30-10:30am	Lafayette Tennis Club
Sun: 9/16-11/4	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 that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	4:30-5:30pm	Lafayette Tennis Club
Wed: 9/19-11/7	4:30-5:30pm	Lafayette Tennis Club
Sat: 9/15-11/3	10:30-11:30am	Lafayette Tennis Club
Sun: 9/16-11/4	10:30-11:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/20	Lafayette Tennis Club

Tennis

18 Yrs & Up

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/17-11/5	6:30-7:30pm	Lafayette Tennis Club
Wed: 9/19-11/7	6:30-7:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	6/14	Lafayette Tennis Club

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.

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.

FITNESS

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. The third part of the class will include hand-eye coordination and integrative balance movements.

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	10:30-11:45am	Toyon Room
Mon: 11/5-12/17	10:30-11:45am	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$45 (7 Wks)	2/12	Ken McNamara

FREE Trial Class | Sat: 9/8

Time: 10:30-11:45am | Location: Toyon Room

Yoga Workout

16 Yrs & Up

One of the most intelligent and therapeutic forms of exercise, Yoga gives you a good workout, stimulates your muscles, teaches relaxing stretches and proper body alignment. Class ends with breathing and relaxation techniques. Please bring blanket or Yoga mat, blocks and strap. www.yogaforfitness.net. See skip dates under each session below.

DAY/DATE	TIME	MIN/MAX	LOCATION
Mon: 9/10-12/17	9:00-10:15am	8/20	Sequoia Room

FEE	SKIP	INSTRUCTOR
\$159 (12 Wks)	10/22, 10/29, 11/5	Silloo Tarapore

DAY/DATE	TIME	LOCATION
Tues: 9/4-12/18	6:00-7:15pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$211 (16 Wks)	8/15	Elizabeth McIntyre

DAY/DATE	TIME	MIN/MAX	LOCATION
Wed: 9/5-12/19	9:15-10:30am	5/20	Sequoia Room

FEE	SKIP	INSTRUCTOR
\$198 (15 Wks)	11/21	Katie Moreno

DAY/DATE	TIME	MIN/MAX	LOCATION
Thurs: 9/6-12/20	6:00-7:15pm	6/15	Toyon Room

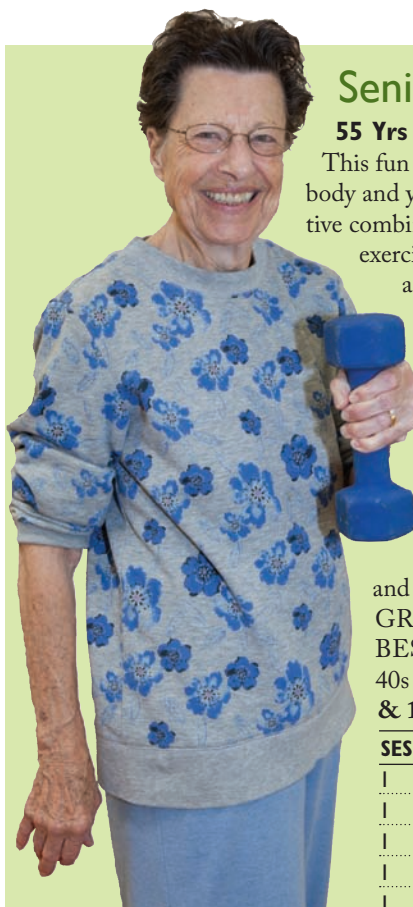
FEE	SKIP	INSTRUCTOR
\$172 (13 Wks)	10/25, 11/1, 11/22	Silloo Tarapore

Slow Method Pilates/Flexband

18 Yrs & Up

This class combines mat and slow method pilates, making it an ideal option for all levels. Workout will include roller self-massage, stretches and flexband to increase muscle strength. Flexbands in class \$7. Roller not required but bring your own (3 ft. by 6 in.) if interested. **Skip 10/8.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/22	6:30-7:20pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$75 (6 Wks)	8/15	Connie English



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 11/22 & 11/23.**

SESSION	DAY/DATE
1	Mon: 9/3-10/22
1	Tues: 9/4-10/23
1	Wed: 9/5-10/24
1	Thurs: 9/6-10/25
1	Fri: 9/7-10/26

SESSION	DAY/DATE
2	Mon: 10/29-12/17
2	Tues: 10/30-12/18
2	Wed: 10/31-12/19

All Seniorcise classes meet from 10:30-11:30am in the Live Oak Room.

FEE	MIN/MAX	INSTRUCTOR
\$43 (8 Wks)	10/40	Susan Funkhouser

SESSION	DAY/DATE
2	Thurs: 11/1-12/20
2	Fri: 11/2-12/21

FEE	MIN/MAX	INSTRUCTOR
\$38 (7 Wks)	10/40	Susan Funkhouser

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 14 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: 9/8	11:00-12:15pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	10/25	Howard Van Es

Intro to Yoga

T 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.

SESSION 1: DAY/DATE	TIME	LOCATION
Sun: 9/9-11/18	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	10/22	Howard Van Es
SESSION 2: DAY/DATE	TIME	LOCATION
Sun: 12/2-12/23	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$55 (4 Wks)	10/22	Howard Van Es

Yoga, Beginning/Advanced

T 16 Yrs & Up

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. Please bring a yoga mat and thick blanket. **Skip 10/23 & 11/23.**

SESSION 1: DAY/DATE	TIME	LOCATION
Tues: 9/4-11/27	9:15-10:30am	Sequoia Room
Tues: 9/4-11/27	7:15-8:30pm	Sequoia Room
Fri: 9/7-11/30	9:15-10:30am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	10/25	Howard Van Es
SESSION 2: DAY/DATE	TIME	LOCATION
Tues: 12/4-12/18	9:15-10:30am	Sequoia Room
Tues: 12/4-12/18	7:15-8:30pm	Sequoia Room
Fri: 12/7-12/21	9:15-10:30am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$42 (3 Wks)	10/25	Howard Van Es

Intro to Yoga Philosophy

T 16 Yrs & Up

In this interesting class we will review a brief history of yoga, examine "Yoga sutras" the seminal text for yoga, discuss the many different branches of yoga, explore the relationship between postures and yoga philosophy, discuss the concept of prana: life energy from a yoga perspective and much more. Everyone is welcome. Class taught by Howard VanEs who has been practicing yoga for over 21 years.

DAY/DATE	TIME	LOCATION
Wed: 9/26-10/17	7:00-8:15pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$60 (4 Wks)	10/22	Howard Van Es

Tai Chi

18 Yrs & Up

Tai Chi is a Chinese martial art known for its ability to blend softness with flexibility and strength. It uses mediation in motion to improve circulation, balance and dissolve stress. Tai Chi is a required component of the California Acupuncture license and for 5 years Scott taught this course for the American College of Traditional Chinese Medicine. Please wear loose comfortable clothing and flat comfortable shoes.

Skip 11/20.

DAY/DATE	TIME	LOCATION
Tues: 9/11-12/18	6:30-8:00pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$243 (14 Wks)	5/24	Scott Phillips

Wellness Bootcamp

18 Yrs & Up

Join thousands of people who've taken control of their health by modifying their diet. Learn how to lose weight, lower cholesterol, treat chronic diseases, and live a vibrant healthy life. Class topics include: Revolutionizing the plate, weight loss and beauty from the inside out, disease prevention, navigating restaurants, easy lunch box ideas, sugar—one lump or two, mindful eating and aging gracefully. *\$12 supply fee.*

DAY/DATE	TIME	LOCATION
Thurs: 9/27-10/18	7:00-8:00pm	Cedar Room
Thurs: 10/25-11/15	7:00-8:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$95 (4 Wks)	10/45	Karen Boateng

FREE Trial Class | Thur: 9/20
Time: 7:00-8:00pm | Location: Toyon Room

DANCE

Introduction to Ballroom

16 Yrs & Up

Once again we are offering dance classes which will get you read for fast footwork and graceful movements. This class will be 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. Check out date night on Fridays!

DAY/DATE	TIME	LOCATION
Tues: 9/4-11/6	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$123 (10 Wks)	8/25	Doris Bergman

Ballroom Dance—Date Night

16 Yrs & Up

Join us on Friday evenings in the Toyon Room and learn your favorite dance. Move to the music with your favorite partner and perhaps afterwards go out for a late supper and practice what you learned; you will be amazed that you can learn to lead and follow by the end of one session. Small classes are friendly and relaxed, with lots of personal attention. Wear comfortable leather shoes that stay on your feet (ladies, a small heel is advisable) to increase your dancing pleasure, tennis shoes stick. Sign up for one or several; 3 couple minimum for class to be held (invite some friends and make it a group night).

DAY/DATE	TIME	DANCE TYPE
Fri: 9/7	7:30-8:30pm	Country Swing
Fri: 9/14	7:30-8:30pm	Romantic Waltz
Fri: 9/21	7:30-8:30pm	Lively Swing
Fri: 9/28	7:30-8:30pm	Sultry Rumba
Fri: 10/12	7:30-8:30pm	Playful Cha Cha
Fri: 10/19	7:30-8:30pm	Smooth Foxtrot
Fri: 10/26	7:30-8:30pm	Exotic Samba
Fri: 11/9	7:30-8:30pm	West Coast Swing
Fri: 11/16	7:30-8:30pm	Tango
Fri: 11/30	7:30-8:30pm	Waltz
Fri: 12/7	7:30-8:30pm	Foxtrot (Progressive)
Fri: 12/14	7:30-8:30pm	Salsa
FEE	MIN/MAX	INSTRUCTOR
\$30 (per couple)	3/9	Doris Bergman

Ballroom Dance

16 Yrs & Up

We will learn to dance some Latin dances this session; cha-cha, rumba and a little salsa will keep you moving. Practice your moves with your favorite partner and get a little exercise as an added benefit. For your dancing enjoyment wear comfortable shoes that stay on your feet (ladies, a small heel is advisable), leather soles if possible. Class is friendly and relaxed; this is the “civilized” way to exercise. Classes are small with lots of personal attention. Great for our returning students who want to refresh their skills and learn new moves and practice technique. Check out date night on Fridays! **Skip 11/22.**

DAY/DATE	TIME	LOCATION
Thurs: 9/6-10/25	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$102 (8 Wks)	8/25	Doris Bergman
DAY/DATE	TIME	LOCATION
Thurs: 11/1-12/20	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$90 (7 Wks)	8/25	Doris Bergman



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 & 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, Nancy B: 934-5905

FEE	EFT FEE	LOCATION
\$12 Walk-in	\$45/mo. EFT Class Pass	LCC, Live Oak Room

*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.

Jazzercise Plus

90 minutes

Extended strength training segment for a longer workout.

DAY	START TIME	INSTRUCTOR
Sundays	9:00-10:30 am	Nancy B.
FEE	EFT FEE	FEE
\$15 Walk-in	\$30/mo. EFT	\$48/6 classes (2 mo. exp)

Belly Dancing

T 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 concurrently 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: 9/17-10/22	6:30-7:30pm	Toyon Room
Mon: 10/29-12/3	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. **Skip 9/24, 9/25, 10/1, 10/2 & 11/12.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/29	Beg: 12:30-1:30pm	Live Oak Room
Mon: 11/5-12/17	Beg: 12:30-1:30pm	Live Oak Room
Mon: 9/10-10/29	Beg/Int: 1:30-3:00pm	Live Oak Room
Mon: 11/5-12/17	Beg/Int: 1:30-3:00pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$45 (6 Wks)	10/40	John Trentacosti

DAY/DATE	TIME	LOCATION
Tues: 9/4-10/30	Beg/Int: 7:30-9:00pm	Live Oak Room
Tues: 11/6-12/18	Beg/Int: 7:30-9:00pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$52 (7 Wks)	10/40	John Trentacosti

COOKING

Healthy Stir-Fries

T 16 Yrs & Up

Chinese invented wok and stir-fry cooking technique and all Asian Cuisines adapted and modified this technique to call their own. Stir-frying is a fresh, quick, and easy food preparation, using freshest ingredients, taking little time to cook, and employing simplest technique. Let's make delicious and popular Asian stir-fried dishes from Chinese, Japanese, Thai, Vietnamese cuisine, etc. and make them healthier and more personalized by adding your own twists, such as Beef and Broccoli, Spicy eggplant and Thai basil, Chow Mein, Peppered Shrimp, Sweet and Sour, etc. Bring your favorite wok, chef knife, and beverage.

DAY/DATE	TIME	LOCATION
Tues: 11/27	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$55 (1 Day)	5/12	Chat MingKwan



International Crepes

T 16 Yrs & Up

Crepes can be found in one form or another all around the world, and they can be served as an appetizer, snack, salad, main entree or dessert. Let's try crepes of milk and creme from the West, and crepes of coconut and nectar from the East. Let's try fillings of cheeses and wines from Europe, and fish sauce and toddy from Indochina. Learn how to make different batters and fillings and try your hands on various techniques in streading and stuffing crepes. We will hands-on prepare the most popular crepes from both worlds, such as blintzes and cheese sauce, Chinese muu chu, French sweet crepe suzette with fresh seasonal fruits, and Thai and Vietnamese moon crepes. Bring your crepe pan, sharp chef's knife, cutting board, hand towel and your own beverage.

DAY/DATE	TIME	LOCATION
Tues: 9/11	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$58 (1 Day)	5/12	Chat MingKwan

Asian Tapas and Appetizers

16 Yrs & Up

Make your holiday seasons a tad different this year by adding a different kind of tapas. Easy, simple, and attractive are combined to create these Spanish tapas inspired Asian offerings. Ingredients and techniques of both worlds are infused in hands-on preparing one of a kind snacks, appetizers, and hors d'oeuvres such as Indian Roti, Noodles Birdnest, Hand torched Ahi, Kaffir lime Shrimp Cakes, Pumpkin and Fresh Mango pie, etc. Bring your sharp chef's knife, cutting board, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Tues: 12/11	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$55 (1 Day)	5/12	Chat MingKwan

Delicious Dim Sum

15 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
Thurs: 9/27	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$55 (1 Day)	5/12	Chat MingKwan

Korean Cooking

15 Yrs & Up

Intense and strong flavor is Korean cuisine character, not to mention spicy from both fresh and dried chilies. Let's make popular and delicious Korean dishes such as Pa jon-pan cakes, Chup Jah-glass noodles, BBQ ribs, spicy chicken, ect. Bring your sharp chef knife, cutting board, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Tues: 9/18	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$55 (1 Day)	5/12	Chat MingKwan



Thai Cooking

15 Yrs & Up

Recently returning from Thailand with new trends and his cookbook "Easy Thai," Chat invites you to get into Thai by cooking a Thai meal. 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. (Food fee is included.)

DAY/DATE	TIME	LOCATION
Mon: 11/12	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$55 (1 Day)	5/13	Chat MingKwan

Quick & Healthy Meals from Costco and Traders Joes

18 Yrs & Up

Are you too busy or tired to cook at the end of the day? Want some new, delicious and easy-to-prepare meals? Discover which products you can simply 'heat and eat', as well as how to use a few ingredients to create delicious, healthy meals in under 15 minutes. Really! If you are looking for inspiration, specific product information and simple, yet flavorful recipes, this class is for you whether you are cooking for one, two or more. Dinner will be served as participants sample over 25 items demonstrated and presented. Jamie is the author of 4 cookbooks, including her new book featuring healthy weight loss recipes using Trader Joe's products. Please register at least 2 days prior to class. \$7 supply fee payable to instructor at class.

DAY/DATE	TIME	LOCATION
Mon: 9/24	7:00-9:30pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	10/22	Jamie Davidson

Simple & Healthy Crock Pot Cooking

18 Yrs & Up

Simplify your life. Dust off that crock pot and put it to good use. Get tasty and healthy recipes that you, your family and friends will want again and again. Plus, save time and money. Recipes demonstrated are lower in calories, fat and salt than traditional crock pot recipes (and still taste great). Get tips to make crock pot cooking as easy, delicious and practical as it sounds. Save room for generous samples. *\$7 supply fee payable to instructor.*

DAY/DATE	TIME	LOCATION
Thurs: 10/18	7:00-9:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	10/22	Jamie Davidson

Pupusas from El Salvador

21 Yrs & Up

Pupusas are easy to prepare using masa, cornflour, melted cheese, refried beans and pork filling. You will learn to serve your pupusas with a mild tomato salsa and coleslaw. Bring a container.

DAY/DATE	TIME	LOCATION
Mon: 11/5	6:00-8:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	8/12	Sandra Mercado



ARTS & CRAFTS

Crocheting for Beginners

T 16 Yrs & Up

Join this seminar to learn how to crochet. Many say this is easier to learn than knitting and the project grows in leaps and bounds. We will work on a scarf; you will learn single, double and triple crochets and our project will include a simple hole pattern. Materials: 1 large or 2 small balls of light weight, soft yarn (solid color is easier to see); medium to large crochet hook. Doris Bergman learned to knit and crochet at her mother's knee as a young child in Germany and has been teaching continental knitting at the Community Center for several years. Learn a hobby that will keep on giving back.

DAY/DATE	TIME	LOCATION
Sat: 11/3	2:00-4:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	8/25	Doris Bergman

Continental Style Knitting Seminar

T 16 Yrs & Up

Join this seminar to learn the faster way to knit with a fluent movement of both hands—you never take your hand off the knitting to wrap the yarn around the needle. Materials: 1 large or 2 small balls of medium weight yarn (variegated is

fun), knitting needles size 9 or above. I will teach you how to cast on and start your scarf with the continental method. Doris Bergman learned to knit at her mother's knee as a young child in Germany and has been teaching continental knitting at the Community Center for several years. Learn a hobby that will keep on giving back.

DAY/DATE	TIME	LOCATION
Sat: 10/13	2:00-4:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	3/7	Doris Bergman

Botanical Illustration

T 14 Yrs & Up

This workshop introduces students to the practices of botanical illustration from a natural science perspective. We will be primarily working with b/w mediums using graphite and pen and ink. Some color theory and mediums may be introduced. Draw California flora while learning classification and identification. Some drawing experience is helpful and the course is open to all skill levels.

DAY/DATE	TIME	LOCATION
Sat: 11/10	2:30-5:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$52 (1 Day)	5/15	Quinn Fitzpatrick

Landscape & Portraiture Painting I

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: 9/4-10/23	9:30-12:00pm	Arts and Crafts Room
Tues: 10/30-12/18	9:30-12:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$94 (8 Wks)	7/14	Gary Bergren



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. **Skip 11/22.**

SESSION 1: DAY/DATE	TIME	LOCATION
Thurs: 9/6-10/25	9:30-12:30pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$123 (8 Wks)	6/16	Mark Jezierny
SESSION 2: DAY/DATE	TIME	LOCATION
Thurs: 11/1-12/20	9:30-12:30pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$108 (7 Wks)	6/16	Mark Jezierny

SPECIAL INTEREST

American Mah Jongg

18 Yrs & Up

Come and 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: 9/4-9/25	1:00-3:30pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	10/12	Alice Stern

Bridge—Heart Series

18 Yrs & Up

The Heart Series—Part I is an eight week course which concentrates on defensive bidding and play. It encompasses Leads against NT, Leads against Suit contracts, Second Hand play and Third Hand play. **Skip 9/17.**

DAY/DATE	TIME	LOCATION
Mon: 9/10-11/5	1:00-3:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$83 (8 Wks)	8/36	Carol Griffin

Mandarin—Conversational Chinese

18 Yrs & Up

Level I: To teach conversational Chinese and enable students 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. Knowledge learned in the class can be easily applied to travel, business, academic needs or personal interest.

Level II/III: In this continuation class, students will be introduced to cultures, characters, strokes, grammar, and use conversation scenarios to practice daily dialogue. Teaching will be focused on combining newly taught and previously learned vocabularies and grammar to create dialogs between partners in real-life scenarios. Upon completion, students will be able to apply sentences to daily communication or travel.

\$10 supply fee payable to instructor on first day of class.

Skip 10/8 & 11/12.

LEVEL	DAY/DATE	TIME	LOCATION
Level I	Mon: 9/10-12/17	9:00-10:15am	Cedar Room
Level II	Mon: 9/10-12/17	10:30-11:45am	Cedar Room
Level III	Mon: 9/10-12/17	12:00-1:15pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR	
\$198 (13 Wks)	3/6	Walnut Creek Chinese School	

Adult CPR

T 11 Yrs & Up

A 3-hour Acute Care Training (ACT) course covering: CPR and choke saving for unconscious and conscious adults—9 years and older. 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: 11/13	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/10	Adele Christensen



Pediatric CPR

T 11 Yrs & Up

A 3-hour Acute Care Training (ACT) course covering: CPR and choke saving skills for infants and children—0-8 years. **Must have any current CPR certification.** Please wear comfortable clothes. Certification is good for 2 years. **\$10 lab fee payable to instructor at first class.**

DAY/DATE	TIME	LOCATION
Thurs: 11/15	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/10	Adele Christensen

Emergency Preparedness for Individuals & Families

T 16 Yrs & Up

Don't put it off any longer! This quick and easy session will help you prepare yourself and your family for the next earthquake whether you are at home, work, or out and about. Emphasis will be on earthquake preparation, but the information applies to other emergencies as well. Bring pencil and paper. Materials will be provided.

DAY/DATE	TIME	LOCATION
Thurs: 10/25	7:00-9:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	15/30	Sherry Hoover

Neighborhood Captain's Training

T 16 Yrs & Up

Join other Lafayette residents in becoming a neighborhood captain in the Lafayette Emergency Action Response Network (LEARN). This session is designed to help you organize your block or neighborhood in becoming self-sufficient for the first 72 hours following a major disaster. Attendance at a basic preparedness class (as above, CERT or Red Cross class) is recommended, but not required, prior to attending this class. Bring paper and pencil. Written materials will be provided.

DAY/DATE	TIME	LOCATION
Thurs: 11/1	7:00-8:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	15/30	Emergency Prep Commission

Rejuvenate Your Retirement®

55 Yrs & Up

This unique and comprehensive course focuses on the issues and financial concepts that are important to retirees. In straightforward language, this course explains financial strategies designed to accomplish objectives such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. This course includes a 143-page illustrated workbook. Couples may attend together for a single registration fee.

DAY/DATE	TIME	LOCATION
Thurs: 10/18-10/25	1:00-3:00pm	Cedar Room
Tues: 10/23-10/30	9:30-11:30am	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$39 (2 Wks)	5/20	Bob Stafford, CFP®

Mastering College—How to Get a Great Education Without Going Broke

T 16 Yrs & Up

Obtaining and paying for a college education has become truly complex. This class is an opportunity to learn about often overlooked factors that can enable students and families to get the best possible education at the lowest out-of-pocket cost. Learn how to prepare and position students for selecting colleges to receive financial aid and likely graduate on time with a degree that can launch a successful career. We'll cover tactics by which families prepare financially, and build on student positioning, to maximize merit aid and other financial aid opportunities.

DAY/DATE	TIME	LOCATION
Sun: 10/14	1:00-3:00pm	Cedar Room
Thurs: 10/11	1:00-3:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$33 (1 Day)	3/20	Roger Merriam

Self Publish your Book!

T 16 Yrs & Up

Do you have a book you are working on or thinking about? In this workshop, Howard VanEs who has self-published over 8 books will show you how to get started. We'll look at pros and cons of self-publishing vs. traditional publishing, how the electronic format such as Kindle and Nook are changing the publishing world and making it easy for new authors to become successful, how to create titles that sell, how to format your book, where to find inexpensive designers, how to publish and market your book on Amazon and other marketing and publishing opportunities for your work.

DAY/DATE	TIME	LOCATION
Sat: 10/13	10:00-12:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$42 (1 Day)	10/22	Howard Van Es

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. 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 at first class. **Skip 10/31.**

DAY/DATE	TIME	LOCATION
Wed: 9/12-11/7	6:30-7:30pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$173 (8 Wks)	6/10	Barb Peppin



Introduction to Hawk Watching

T 16 Yrs & Up

Class will feature live raptor presentation (as permitted by the U.S. Fish and Wildlife Service) and will focus on raptor identification, conservation and migrations in the field. Geared for beginning to intermediate hawk watchers, it will consist of two classes, the first on optics and how to use binoculars, spotting scopes and digascoping. It will also have information on websites, news pamphlets, and other materials on raptors and the beginning of a two part power point presentation on hawk I.D. Sixteen different raptors will be covered and four will be brought in for live presentations. *\$8.00 lab fee to be paid to instructor on first day of class (not mandatory).*

DAY/DATE	TIME	LOCATION
Sat: 10/6-10/13	9:00-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$65 (2 Wks)	10/30	Jay Sheets

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 10/31.**

DAY/DATE	TIME	LOCATION
Wed: 9/12-11/7	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: Instructor permission. Develop skills to compete in AKC obedience trials. **Skip 11/1.**

DAY/DATE	TIME	LOCATION
Thurs: 9/13-11/8	8:30-9:30am	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$93 (8 Wks)	6/12	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 11/1.**

DAY/DATE	TIME	LOCATION
Thurs: 9/13-11/8	9:45-10:45am	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	6/12	Barb Peppin

Beginning Guitar

18 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 10/8 and 11/12

DAY/DATE	TIME	LOCATION
Mon: 9/10-11/26	4:45-5:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Beginning Acoustic Guitar

18 Yrs & Up

This is not your typical introductory guitar class. You don't need to have musical experience to start playing immediately. As we move through the class, you will learn the rudiments of reading music, notes below the 5th fret for all six strings, and popular and open chords. You'll learn techniques through the music of various contemporary artists. See that learning to play can be fun and rewarding. Please provide your own guitar. *\$15 supply fee for book and CD due to instructor on first day of class.*

DAY/DATE	TIME	LOCATION
Mon: 11/26-12/17	7:45-8:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$72 (4 Wks)	5/15	Glenn Staller



Beginning Ukulele

T 15 Yrs & Up

Just that . . . the basics of playing the ukulele. Focus is on learning chords, strumming, notes, and transitions through playing numerous songs. Get started playing the first class and see how easy and enjoyable it is playing the Ukulele is! *\$15 supply fee for book and CD due to instructor on first day of class.*

DAY/DATE	TIME	LOCATION
Mon: 9/10-10/15	7:45-8:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (6 Wks)	5/15	Glenn Staller

Blues and Jazz Guitar Boot Camp

T 14 Yrs & Up

This workshop is for students who have some playing experience and want to take their playing to the next level. During this hardcore session, you will learn guitar fretboard logic, scales, practice exercises, fundamental chords and progressions, essential strumming and fingerpicking patterns for Blues and Jazz Guitar. We'll cover standards and popular tunes. Music will be written in tablature and standard notation. Please bring an acoustic guitar. All materials included!

DAY/DATE	TIME	LOCATION
Sat: 11/10	12:30-2:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$52 (1 Day)	5/15	Quinn Fitzpatrick

Brazilian Guitar

18 Yrs & Up

Learn the fine sounds of the Brazilian guitar. Including Bossa Nova and Brazilian standards. Course covers chords and techniques using actual songs/pieces. No minimum experience required. Knowledge of the open position is helpful. *\$10 supply fee for book and CD due to instructor on first day of class.*

DAY/DATE	TIME	LOCATION
Mon: 10/22-11/5	7:45-8:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$62 (3 Wks)	5/15	Glenn Staller

Fingerstyle Guitar Boot Camp

T 14 Yrs & Up

Ready to stop strumming and start fingerpicking? This workshop is geared towards folks with some playing experience who want to learn how to play fingerstyle. You will learn how to play fingerstyle arrangements of songs in bluegrass, celtic, country, folk, gospel, rock, blues and jazz styles. You'll get easy to understand tablature and notation for all the arrangements. We'll start with the basics in arpeggio and travis picking patterns and move on to basic chord melody. This class will take your playing to the next level! Please bring an acoustic guitar.

DAY/DATE	TIME	LOCATION
Sat: 11/10	10:00-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$52 (1 Day)	5/15	Quinn Fitzpatrick

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

Membership Fees

ANNUAL FEE: July 1, 2012-June 30, 2013
\$10 per person

Event Fees

	MEMBERS	NON-MEMBERS
General Events:	\$1	\$3
Concerts:	\$3	\$5
Ongoing Caregiver Support Group:	No charge	\$1

Tickling the Ivories Jazz Piano Concert

Presented by Contra Costa Performing Arts Society

Come and get your groove on with our cool cats. Songs from the *Great American Songbook* may include tunes by Gershwin, Cole Porter, Miles Davis, and Rodgers and Hammerstein, as interpreted by members of CCPAS. We promise to have something that will tickle your fancy! Refreshments provided by Byron Park Independent and Assisted Living. Please call Lafayette Senior Services at 284-5050 to reserve your spot.

See page 4 for more information.

DAY/DATE	TIME	LOCATION
Friday, 10/19	1:30 – 2:30	Lafayette Library, Community Hall, 3491 Mt. Diablo Blvd.

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

Discovering Opera: Bizet's *The Pearl Fishers*

Presented by Bradford Wade, Opera Lover for 35 years

Georges Bizet is justifiably famous for his *Carmen*, but he wrote several other operas as well. The “best of the rest” is *The Pearl Fishers*. The orchestration and harmonies reflect the opera’s “exotic” setting in Ceylon (Sri Lanka), and the duet for tenor and baritone is one of opera’s loveliest. Wade will discuss the background of the story and present a guided tour of the opera, with a plot description interspersed with musical examples. Lecture is given in conjunction with Opera San Jose’s production of *The Pearl Fishers*, Sept. 8-23. Call Lafayette Senior Services at 284-5050 to reserve your spot.

DAY/DATE	TIME	LOCATION
Tuesday, 9/11	1:30-3:00pm	Lafayette Library, Arts & Science Discovery Rm

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

Annual Holiday Concert and Sing-Along

With the Ross Moor and Moraga Community Chorus

Presented by Lafayette Senior Services

All ages welcome!

Kick off the festive season with a rousing holiday sing-along, all the while enjoying delicious appetizers and holiday treats. Enter the raffle and take a chance on winning one of many wonderful prizes. **See page 3 for more information.**

DAY/DATE	TIME	LOCATION
Friday, December 7	1:30 – 3:00	Live Oak Room

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



'Common Threads' Stitching Group

Led by Ben Pettersson, Stitcher Extraordinaire

You will be amazed at the works of art Ben has created with needle, embroidery floss, and cross-stitch fabric. Whether a seasoned stitcher or newbie beginner, join this weekly, drop-in group for instruction, guidance, or simply a fun afternoon spent with fellow stitchers. Allow Ben to guide you regarding supplies and designs for a new project, or bring your own project, whether it be cross-stitch, needlepoint, knitting, crochet, etc. **Skip 11/21 & 12/26.**

DAY/DATE	TIME	LOCATION
Wednesdays, starting 9/12	2:00-3:30	Elderberry Room

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



Driver Safety 8-Hour Course

Offered through AARP

Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 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. 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
Tuesday 11/13 & Thursday 11/15	9:00am-1:00pm	Elderberry Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$12	\$14

Town Hall Theatre Sneak Peak:

It's a Wonderful Life

Presented by Clive Worsley, Creative/Artistic Director

Meet and talk with the actors up-close and personally at this behind-the-scenes look at the upcoming production of Frank Capra's timeless classic, *It's a Wonderful Life*. George Bailey, his life and finances in ruin, decides the world would be better off without him—until he is paid an unexpected visit.

Two-for-one tickets for the full production of the show will be offered to all those in attendance. Refreshments provided by the Chateaus Independent and Assisted Living. Please call Lafayette Senior Services to reserve your spot: 284-5050.

DAY/DATE	TIME	LOCATION
Wednesday, 11/14	10:30-noon	Town Hall Theatre 3535 School St., Lafayette
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Words of Wisdom...

From the Philosophical to the Lighthearted Discussion Group Led by Paul Fillinger, Long-time Lafayette Resident

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. Paul's stories and photographs will stimulate humorous discoveries regarding the benefits of becoming the 'elders of our tribe'.

DAY/DATE	TIME	LOCATION
Tuesday, 9/18	10:30-Noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Elder Law Clinics

Presented by Stefanie West, Attorney at Law

Everyone procrastinates, especially concerning their final affairs. Don't put it off any longer. Take part in this series of hands-on legal workshops to help you understand and even complete some of the basic estate planning forms including a Health Care Directive (medical decisions), financial power of attorney, beneficiary forms, personal items distribution list, Will, and perhaps a Living Trust.

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

Estate Planning: Let's Get It Done Together

In this workshop, Estate Attorney West will explain the basic estate planning forms in general. At upcoming workshops, each form will be explored in detail and some forms can be completed and notarized at the workshops at no charge.

DAY/DATE	TIME	LOCATION
Thursday, 10/18	10:30-noon	Cedar Room

Create A New Health Care Directive For Free!

An Advanced Health Care Directive is critical to communicating your preferences for end-of-life care. How long has it been since you updated your directive? Are the addresses and phone numbers for your agents correct? Has it been updated to include changes in the law? Estate Attorney Stefanie West will take you through the Directive and will notarize—at no charge—any directives completed at the workshop.

DAY/DATE	TIME	LOCATION
Thursday, 11/15	10:30-noon	Cedar Room

2013 Medicare Update and Plan Changes

Presented by a HICAP Counselor

Medicare's annual enrollment period runs from 10/15/2012-12/7/2012. Do you need help understanding whether to change or join a Medicare Prescription Drug Plan, HMO, or PPO plan for 2013? Do you want to know if you could be eligible for the 'Extra Help' program paying for prescription drug coverage? Medicare recommends that you review your plan each year as your needs may have changed or the plan's list of allowed drugs and copayments could change for next year. HICAP (Health Insurance Counseling and Advocacy Program) of Contra Costa County will provide information that can help lower your costs through various public or discount programs. HICAP does not sell or endorse insurance products.

A minimum of 16 participants is required in order for this class to take place. Please call 284-5050 by October 23rd to register.

DAY/DATE	TIME	LOCATION
Tuesday, 10/30	10:30-noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

A Beautiful Experience

Presented by Pam Speka, Image Consultant

First impressions are lasting. Would you like to update your 'look' but don't quite know how to go about it? Model, fashion stylist, and 'seasoned citizen' herself, Pam will share tips and ideas for jazzing up your wardrobe, accessories, makeup, and hair for that put-together look. Gifts, raffle prizes, and more. Bring your questions!

DAY/DATE	TIME	LOCATION
Tuesday, October 23	10:30-noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

What's All The Hype About Skype™?

Presented by Valerie Riveiro, MassMutual Financial Group

Skype is for doing things together, whenever you're apart. Skype's free video chat makes it simple to share experiences face-to-face with the people that matter to you, wherever they are. Come to this class for a live Skype demonstration and learn how to install it and use it on your own computer to chat with family and friends. If you'd like help installing and using it on your own computer, please bring your laptop or iPad.

DAY/DATE	TIME	LOCATION
Tuesday, 11/27	10:30-noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Hearing Screening

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

Appointment required. **Minimum of 2 sign-ups required for each session in order for screenings to take place.** Please call Lafayette Senior Services at 284-5050 to sign up for one of the following appointment times: 1:00, 1:20, 1:40, 2:00.

DAY/DATE	LOCATION	
1st Wed, Monthly: 9/5, 10/3, 11/7, 12/5	Cedar Room	
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Anne Randolph Workshops

Anne Randolph, RPT, has been practicing physical therapy for 32 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

Avoiding Falls

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

DAY/DATE	TIME	LOCATION
Fri: 9/28	11:30am-12:30pm	Sequoia Room

Building Your Bone Health

What are the factors that put you at risk for osteoporosis? Learn how to prevent osteoporosis or live with it safely.

DAY/DATE	TIME	LOCATION
Fri: 10/26	11:30am-12:30 pm	Cedar Room

FREE Memory Screening by Caring Solutions

Following the Anne Randolph Workshop Friday, Sept. 28
Appointment required.

Please call 284-5050 to sign up for one of the following appointment times: 12:30, 12:50, 1:10pm





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 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. Paths are accessible to wheelchairs and scooters. Join us every Wednesday or whenever you are able. **Skip 11/21 & 12/26.**

DAY/DATE	TIME	LOCATION
Every Wednesday	9:00-11:00am	Call Lafayette Senior Services for meeting place: 284-5050

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 at 284-5050 to sign up for one of the following appointment times: 10:00 or 11:00am. **Skip 11/21.**

DAY/DATE	LOCATION
3rd Wed, Monthly: 9/19, 10/17, 12/19	Cedar 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 Thurs. monthly: 9/13, 10/11, 11/8, 12/13	10:30-noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per Workshop:	\$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: 9/10, 9/24, 10/15, 10/29, 11/5, 11/26, 12/10, 12/17	1:30-2:30	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per Session:	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. **Skip 11/22 & 12/27.**

DAY/DATE	TIME	LOCATION
2nd and 4th Thursday, monthly, starting 9/13	10:00-11:30am	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per Session:	\$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. **Skip 12/26.**

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

Lafayette Senior Services Commission

The Commission typically meets the 4th Thursday of the month, 3:30-5:30pm at Lafayette Senior Services (Alder Room at Lafayette Community Center). Interested citizens may view meeting agendas at the City of Lafayette office or online: www.ci.lafayette.ca.us.

Fall Quarter Meetings: Thurs. 9/27, 10/25, 12/6

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 Appointments

DATE	APPOINTMENT TIMES	LOCATION
9/5, 10/3, 11/7, 12/5	10:00, 10:45, or 11:30am	Alder Room

Third Tuesday Monthly Appointments

DATE	APPOINTMENT TIMES	LOCATION
9/18, 10/16, 11/20, 12/18	10:00, 10:45 or 11:30am	Alder Room

**For appointments:
Lafayette Senior Services 284-5050**

Free Legal Assistance for Older Adults

- 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: 9/7, 10/5, 11/2, 12/7	10:00 or 11:00am	Cedar Room

**For appointment:
Lafayette Senior Services 284-5050**

“Aging Successfully In Our Community”

Annual Senior Symposium

Presented by Lafayette Community Foundation

If you are a senior, a family member, or caregiver for a senior, come to this free symposium featuring guest speakers, a panel of community experts, services and information for seniors.

Complimentary refreshments will be served.

Saturday, October 13, 9:00am-1:00pm
Lafayette-Orinda Presbyterian Church
49 Knox Drive, Lafayette

For information, contact Lafayette Community Foundation/Symposium: 925-284-8214 or Symposium.lcf@comcast.net

SERVICES

Lamorinda Sunrise Rotary “HOME” Team

Home Maintenance for the Elderly

To request a 2-person team to assist you with basic home maintenance and repairs at no cost, contact Sunrise Rotary at (925) 956-7396 or rotaryhometeam@gmail.com. For more information, visit their websites: www.rotaryhometeam.com | www.lamorindasunrise.org.

Contra Costa County Aging & Adult Services:

Information & Assistance for Seniors

1-800-510-2020
www.cccounty.us/ehsd

Meals on Wheels

925-937-8607
Hot meal home delivery program for seniors.



County Connection LINK service

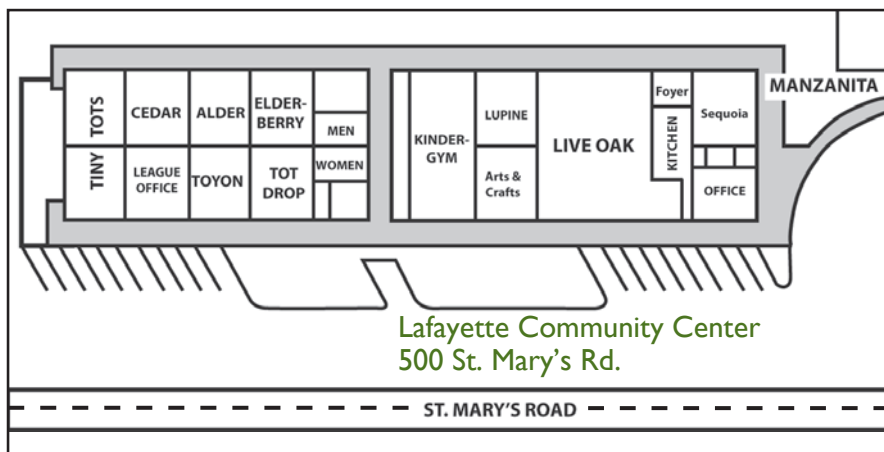
A door-to-door, advance registration, dial-a-ride service in central Contra Costa County for those who qualify under the American with Disabilities Act (ADA). Call (925) 938-7433 for an application or call Lafayette Senior Services at (925) 284-5050 before you come by to pick one up.

Lamorinda Senior Transportation

Lamorinda Spirit Van: 283-3534

See page 5 for more information

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
- Stanley Middle School
3477 School Street, Lafayette
- Buckeye Fields
711 St. Mary's Road, Lafayette

Community Contacts

- Lafayette Library & Learning Center
385-2280
3491 Mt. Diablo Blvd., Lafayette
- Lafayette Little League
284-3582
- 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
- Town Hall Theatre
3535 School Street, Lafayette
283-6673

Contact Us:

www.LafayetteRec.org

Jennifer Russell
Director | 299-3251
jrussell@ci.lafayette.ca.us

John Warshaw
Recreation Program Supervisor | 299-3260
jwarshaw@ci.lafayette.ca.us

Jonathan Katayanagi
Recreation Supervisor | 299-3252
jkatayanagi@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@lovelafayette.org
Maureen Neumann, Molly Cohen
- Lamorinda Sr. Transportation Program:
284-5546
- Tiny Tots Program:
299-3266
- Tot Drop Reservations/Cancellations:
284-3999
- RINK Hotline:
299-3258
- 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



Register NOW until classes are full using one of the following methods:

Online 24/7

Check out our secure, online registration at:
www.LafayetteRec.org



Phone

Accepted using MasterCard or Visa.
Office hours:
Monday-Friday, 9:00am-5:00pm
Call: (925) 284-2232

Walk-In

Register in person at our office, 500 St. Mary's Rd., Lafayette. Cash, check, Visa, and MasterCard are accepted. Office hours: Monday-Friday, 9:00am-5:00pm

Mail-In

Use registration form below and attach check, money order or credit card information. Make checks payable to City of Lafayette. Mail to: Lafayette Recreation, 500 St. Mary's Rd., Lafayette, CA 94559

Fax

Complete the registration form below; include your credit card information and fax to us.
Fax: (925) 284-1549

- Pre-registration is required and is on a first-come, first-served basis. Registration will continue as long as spaces are available. Waiting lists will be established when a class reaches its maximum.
- Liability Waivers and Medical Consent Forms will be required for activities that have a higher risk to the participant.
- **Returned check fee:** \$44.50 in addition to any bank fees.
- All Supply/Lab Fees are payable directly to instructors at first class.
- All classes (except classes in Adults 55+ section) include a \$3 administrative fee.
- When registering for classes with discounts, you must contact the office to receive the discount.
- If a class does not reach its minimum, it may be necessary to cancel. Participants will be notified 4 days prior to start date.
- **NO REFUNDS** will be issued unless the class is cancelled. Please choose your classes carefully.
- If you register by **MAIL, FAX, or PHONE**, a receipt will be e-mail/mailed to confirm your registration. The office will contact you by phone if the class you request is full.
- **WITHDRAWAL** or **TRANSFER** to another class must be done **10 days before the first day of class**. If you withdraw from a class 10 days prior, you will be issued a credit to your Lafayette Recreation account for use towards another class.
- Photographs may be taken of the participants during the course of activities or classes and these photographs may be used in City of Lafayette publications.

Fall 2012 Registration

Name: (Adult) _____ Home Phone: _____

Relationship: Mother Father Grandparent Guardian Self Work Phone: _____

Address/City/Zip: _____ Mobile Phone: _____

Email Address: _____ Emergency: _____

TITLE OF ACTIVITY	DAY/TIME	STUDENT'S FIRST & LAST NAME	AGE	D.O.B.	CLASS FEE
<i>Total Fee</i>					

VISA MasterCard #: _____ Exp. Date: _____

Authorized Signature _____

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

www.LafayetteRec.org

410 East Grantline Road
Tracy, CA 95376

PRSR STD
US POSTAGE
PAID
Wesco Graphics, Inc.
ECRWSS

Lafayette Recreation Photo Contest

Grand Prize:
\$100 Gift Certificate



Lafayette Recreation wants you to show everyone how fun your recreation classes are. Submit pictures of yourself or your family enjoying a Lafayette Recreation class or event. Your picture could be featured in a future brochure plus you'll win a \$100 Lafayette Recreation Gift Certificate. Submit your photos at www.LafayetteRec.org, no limit on your submissions.

Show support for your entries at www.facebook.com/lafayetterec.

