



4444 East Avenue, Livermore CA 94550-5053 (925) 373-5760

January /February /March 2010

Vol. XXIII, No. I

The newsletter of the Livermore Area Recreation and Park District Senior Services Center

Special Luncheons

Doors open 11 am - Lunch served at noon

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### New Year's 40th Anniversary Luncheon Friday Jan. 8, 2010

Purchase tickets by: Jan. 4, 2010

Menu: *Lasagna (Vegetarian upon request),  
Salad, Garlic Bread & Dessert*

Entertainment



### St. Patrick's Day Luncheon

Wednesday, March 17, 2010

Purchase tickets by: March 10th

Menu: *Corn Beef & Cabbage,  
Potatoes, Carrots & Dessert*

Entertainment



**Robert Livermore Community Center**

\$8.00 per person (55 & Older)

Tables for 6 & 8 may be reserved

### Senior Services Center Hours

Mon. - Fri. 9 am - noon & 12:30 pm - 4 pm

Tue. evenings 4:30 to 5:30 pm

Second Sat. each month 9 am - noon

*All senior programs are at the  
Robert Livermore Community Center (RLCC)*

### Closed on Holidays

Christmas: Thu. & Fri. - Dec. 24 & 25

New Years: Fri. - Jan. 1

MLK Day: Mon. - Jan. 18

President's Day: Mon. - Feb. 15

### Arroyo Room Schedule

Mon. 9 am - 1 pm Billiards  
1 pm - 4 pm Pinochle  
Tue 9 am - 1 pm Billiards  
1 pm - 4 pm Billiards/Cards/Games  
Wed. 9 am - 1 pm Billiards  
1 pm - 4 pm Pinochle  
Thu. 9 am - 12:45 pm Billiards  
1 pm - 4 pm Bridge  
Fri. 9 am - 4 pm Billiards/Cards/Games

**There is a \$2 fee for all drop-in activities.**

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### Consultations by Appointment

*RLCC-Consult Rm.*

Our Senior Services office offers consultation appointments. If you have questions or need help with issues such as defining various levels of housing and placement needs, Medicare and MediCal information, legal assistance, Health Care Directive information, financial emergencies, etc., we are an information and referral source. We are here to assist you. For information or an appointment call Senior Services office, 373-5760.

# Senior Services

Some services listed are made possible through the cooperation of HICAP, Senior Support of the Tri-Valley and Lynn Stein, paralegal. Call 373-5760 to make an appointment. All are offered at the Robert Livermore Community Center.

## Health Insurance Counseling

Trained volunteer counselors are here from 10 a.m.-1p.m. the 2nd and 4th Wednesdays of each month to see you by appointment.

## Information & Referral

During business hours Senior Services staff are available to provide information and referral on a variety of services.

## Health Screening

Senior Support of the Tri-Valley conducts blood pressure checks, diabetes screenings, and provides nutritional information from 10:00 a.m.- noon the second and last Tuesdays of the month. Hearing tests are available by appointment.

## Foot Care

Appointments are offered by Senior Support of the Tri-Valley from 9:30 a.m.-noon and 12:30-1:30 p.m. on the same days as health screening. There is a \$10 suggested donation for foot care appointments.

## Mobile Health Unit

The Valley Care Mobile Health Unit is at the Livermore Senior Center in the Robert Livermore Community Center parking lot on the third Friday of each month. 9:30 a.m. to 3:30 p.m. Patients are seen on a first come first served basis. Registration is held during first hour. For Information call 373-4529

## Notary Service

A notary is available from 10-11:30 a.m. the first Monday of the month to notarize documents for persons 60 years of age or older. Call 373-5760 for a required appointment.

## Legal Assistance

A Legal Assistance for Seniors representative is available from 2 - 4 pm the third Wednesday of each month, by appointment.

## Wiesner Memorial Fund

Seniors, 60 and older, who need financial assistance in the event of an emergency can call the Senior Services office at 373-5760. The request will be immediately referred to a Wiesner Board member.

## Newcomers' Day

Learn about programs and services. Tour the facility with trained volunteers. Attendees are invited to stay for lunch for a suggested donation of \$3.25 (Srs. 60+). After lunch stay for a free movie and popcorn. Call the Senior Services office at 373-5760 at least 24 hours in advance for lunch reservations. Third Thursday each month 11:15 a.m. Meet in the Vintage Lounge.

## Senior Scholarships

Persons 60 and older residing in the Livermore Area Recreation and Park District unable to participate in the LARPD senior programs due to financial hardship may contact Maureen Gandara Swinbank at 373-5765 for scholarship information. Senior Scholarships are *funded through private donations.*

## Spectrum Lunch Program

Spectrum serves lunches at noon Mon-Fri. *Choose from the regular menu or enjoy a chef's salad.* On soup days a Hamburger or a Veggie Burger can be ordered. *The suggested donation* for the lunch is just \$3.25 for adults 60+. Reservations are required a minimum of 24 hours in advance. For reservations, Meals on Wheels, or general meal program information, call (925) 373-5764 from 10 a.m.-2 p.m. Monday - Friday. Menus are available in the Spectrum and Senior Services offices.

## Dial-A-Ride

Vouchers are available for purchase during office hours.

## BART

Senior (65 & over) BART tickets are available during office hours.

## Numbers to know



|                                              |                   |
|----------------------------------------------|-------------------|
| Senior Services Center                       | 373-5760          |
| Spectrum Lunch Program                       | 373-5764          |
| Dial-a-ride                                  | 455-7510          |
| LARPD District Office                        | 373-5700          |
| Senior Support                               | 931-5379          |
| Ombudsman                                    | 510 638-6878      |
| HMO Complaint Hotline                        | 800 400-0815      |
| Senior Hotline                               | 373-5702 ext. 5   |
| Wheels (bus)                                 | 455-7500          |
| Social Security                              | 800 772-1213      |
| <i>or Hayward Office</i>                     | 866 964-5054      |
| Elder Care Locator                           | 800 677-1116      |
|                                              | www.eldercare.gov |
| CRIL                                         | 925 371-1531      |
| (Community Resources for Independent Living) |                   |
| Alameda County Senior Programs               |                   |
| Adult Protective Services                    | 866 225-5277      |
| Area Agency on Aging                         | 800 510-2020      |
| Public Guardian                              | 866 658-5820      |

# January



## Weekdays

Noon Meal Program by Spectrum Larkspur North

### Monday

|                |                          |             |
|----------------|--------------------------|-------------|
| 8-9:15 am      | Wellness & Moving Body*  | Studio      |
| 8:30-9:45 am   | Chair Yoga               | Sycamore    |
| 9-1 pm         | Billiards                | Arroyo      |
| 10-11 am       | Arthritis Exercise Prog. | Palo Verde  |
| 10-11:30 am    | Notary Service (1/4)     | Consult     |
| 12:30-2:30 pm  | Golden Circle            | Larkspur So |
| 1:30 - 2:30 pm | Zumba for Seniors        | Studio      |
| 1-4 pm         | Pinochle                 | Arroyo      |

### Tuesday

|               |                                |             |
|---------------|--------------------------------|-------------|
| 8-9:15 am     | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm        | Billiards                      | Arroyo      |
| 9:20-10:35 am | Gentle Stretch & Relax *       | Studio      |
| 9:30-1:30 pm  | Foot Care (1/12, 1/26)         | Consult     |
| 10-11 am      | Songwriter's Series            | Sycamore    |
| 10:00-noon    | Health Screen (1/12, 1/26)     | Consult     |
| 11:00 am      | Case Management (1/5)          | Appointment |
| 1-2:30 pm     | Yoga Introduction              | Studio      |
| 1-4 pm        | Billiards/Cards/Games          | Arroyo      |
| 5-6 pm        | Yoga on the Ball               | Sycamore    |
| 6:30-8:30 pm  | Making the most of YOU         | Sycamore    |

### Wednesday

|               |                         |             |
|---------------|-------------------------|-------------|
| 8-9:15 am     | Wellness & Moving Body* | Studio      |
| 9-1 pm        | Billiards               | Arroyo      |
| 9:30-11:30 am | Italian                 | Sycamore    |
| 10:00 am      | Wii - Open Play         | Vintage     |
| 10-1 pm       | HICAP (1/13, 127)       | Consult     |
| 1-4 pm        | Pinochle                | Arroyo      |
| 1:15-3:30 pm  | Bingo                   | Larkspur No |
| 2:00 pm       | Wii - Lessons           | Vintage     |
| 2-4 pm        | Legal Assistance (1/20) | Consult     |
| 2-4 pm        | Kitchen Spa (1/27)      | Palo Verde  |

### Thursday

|                |                                |             |
|----------------|--------------------------------|-------------|
| 8-9:15 am      | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm         | Billiards                      | Arroyo      |
| 9:20-10:35 am  | Gentle Stretch & Relax*        | Studio      |
| 10 am          | Movie Madness (1/21)           | Vintage     |
| 10-11:50 am    | Spanish for Life*              | Palo Verde  |
| 10-noon        | Transit Consult (1/14)         | Consult     |
| 10:30-noon     | Writing (1/28)                 | Sycamore    |
| 11:15-12:30 pm | Newcomers' Day (1/21)          | Vintage     |
| 1 pm           | Movie Madness (1/21)           | Vintage     |
| 1-4 pm         | Bridge - RSVP 447-2735         | Arroyo      |
| 1-4 pm         | Mah Jongg - RSVP 447-8813      | Larkspur So |
| 1-5 pm         | AARP Safe Driver (1/14, 1/21)  | Sycamore    |
| 3-7:30 pm      | Gourmet Class Asian (1/21)     | RLCC        |

### Friday

|        |                       |        |
|--------|-----------------------|--------|
| 9-4 pm | Billiards/Cards/Games | Arroyo |
|--------|-----------------------|--------|

\* Quest Classes begin 1/19/10

**ALL SENIOR ACTIVITIES, PROGRAMS AND SERVICES SUBJECT TO CHANGE**

# February



## Weekdays

Noon Meal Program by Spectrum Larkspur North

### Monday

|               |                          |             |
|---------------|--------------------------|-------------|
| 8-9:15 am     | Wellness & Moving Body*  | Studio      |
| 8:30-9:45 am  | Chair Yoga               | Sycamore    |
| 9-1 pm        | Billiards                | Arroyo      |
| 10-11 am      | Arthritis Exercise Prog. | Palo Verde  |
| 10-11:30      | Notary Service (2/1)     | Consult     |
| 12:30-2:30 pm | Golden Circle            | Larkspur So |
| 1:30-2:30 pm  | Zumba for Seniors        | Studio      |
| 1-4 pm        | Pinochle                 | Arroyo      |
| 1-5 pm        | Tax Assistance           | Sycamore    |

### Tuesday

|               |                                |             |
|---------------|--------------------------------|-------------|
| 8-9:15 am     | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm        | Billiards                      | Arroyo      |
| 9:20-10:35 am | Gentle Stretch & Relax *       | Studio      |
| 9:30-1:30 pm  | Foot Care (2/9, 2/23)          | Consult     |
| 10-11 am      | Songwriter's Series            | Sycamore    |
| 10-11 am      | Music for Health (2/23)        | Sycamore    |
| 10:30-11:30   | Business of Vitamins (2/16)    | Larkspur S  |
| 10:00-noon    | Health Screen (2/9, 2/23)      | Consult     |
| 11:00 am      | Case Management (2/2)          | Appointment |
| 1-2:30 pm     | Yoga Introduction              | Studio      |
| 1-4 pm        | Billiards/Cards/Games          | Arroyo      |
| 2-3:30 pm     | Flower Making (2/2, 2/9)       | Palo Verde  |
| 5-6 pm        | Yoga on the Ball               | Sycamore    |
| 6:30-8:30 pm  | Making the most of YOU         | Sycamore    |

### Wednesday

|                |                          |             |
|----------------|--------------------------|-------------|
| 8-9:15 am      | Wellness & Moving Body * | Studio      |
| 9-1 pm         | Billiards                | Arroyo      |
| 9:30 -10:30 am | Beginning Salsa Dance    | Studio      |
| 9:30-11:30 am  | Italian                  | Sycamore    |
| 10:00 am       | Wii - Open Play          | Vintage     |
| 10-1 pm        | HICAP (2/10, 2/24)       | Consult     |
| 1-4 pm         | Pinochle                 | Arroyo      |
| 1:15-3:30 pm   | Bingo                    | Larkspur No |
| 2:00 pm        | Wii - Lessons            | Vintage     |
| 2-4 pm         | Legal Assistance (2/17)  | Consul      |

### Thursday

|                |                                |             |
|----------------|--------------------------------|-------------|
| 8-9:15 am      | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm         | Billiards                      | Arroyo      |
| 9:20-10:35 am  | Gentle Stretch & Relax*        | Studio      |
| 10 am          | Movie Madness (2/18)           | Vintage     |
| 10-11:50 am    | Spanish for Life*              | Palo Verde  |
| 10-11:30 am    | Lounge Day (2/4)               | Vintage     |
| 10:30-noon     | Writing                        | Sycamore    |
| 11:15-12:30 pm | Newcomers' Day (2/18)          | Vintage     |
| 1 pm           | Movie Madness (2/18)           | Vintage     |
| 1-4 pm         | Bridge - RSVP 447-2735         | Arroyo      |
| 1-4 pm         | Mah Jongg - RSVP 447-8813      | Larkspur So |

### Friday

|                |                                      |             |
|----------------|--------------------------------------|-------------|
| 8:30 - 5:30    | Wheels Ride the Bus (2/5)            | Vintage     |
| 9-4 pm         | Billiards/Cards/Games                | Arroyo      |
| 9:30 - 3:30 pm | Valley Care Mobile Health Unit(2/19) |             |
| 1:15-3:30 pm   | Bingo                                | Larkspur No |

### Saturday

|              |                 |          |
|--------------|-----------------|----------|
| 11 am - noon | DNA & Nutrition | Sycamore |
|--------------|-----------------|----------|

# March



## Weekdays

Noon Meal Program by Spectrum Larkspur North

## Monday

|               |                          |             |
|---------------|--------------------------|-------------|
| 8-9:15 am     | Wellness & Moving Body*  | Studio      |
| 8:30-9:45 am  | Chair Yoga               | Sycamore    |
| 9-1 pm        | Billiards                | Arroyo      |
| 10-11 am      | Arthritis Exercise Prog. | Palo Verde  |
| 10-11:30      | Notary Service (3/1)     | Consult     |
| 12:30-2:30 pm | Golden Circle            | Larkspur So |
| 1:30-2:30 pm  | Zumba for Seniors        | Studio      |
| 1-4 pm        | Pinochle                 | Arroyo      |

## Tuesday

|               |                                |             |
|---------------|--------------------------------|-------------|
| 8-9:15 am     | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm        | Billiards                      | Arroyo      |
| 9:20-10:35 am | Gentle Stretch & Relax*        | Studio      |
| 9:30-1:30 pm  | Foot Care (3/9, 3/30)          | Consult     |
| 10-11 am      | Music for Health               | Sycamore    |
| 10:00-noon    | Health Screen (3/9, 3/30)      | Consult     |
| 11:00 am      | Case Management (3/2)          | Appointment |
| 1-2 pm        | Designer in You (3/2)          | Sycamore    |
| 1-2:30 pm     | Yoga Introduction              | Studio      |
| 1-4 pm        | Billiards/Cards/Games          | Arroyo      |
| 2-3:30 pm     | Flower Making (3/2, 3/9)       | Palo Verde  |
| 5-6 pm        | Yoga on the Ball               | Sycamore    |

## Wednesday

|               |                         |             |
|---------------|-------------------------|-------------|
| 8-9:15 am     | Wellness & Moving Body* | Studio      |
| 9-1 pm        | Billiards               | Arroyo      |
| 9:30-10:30    | Intermediate Salsa      | Studio      |
| 9:30-11:30 am | Italian                 | Sycamore    |
| 10:00 am      | Wii - Open Play         | Vintage     |
| 10-1 pm       | HICAP (3/10, 3/24)      | Consult     |
| 10:30-noon    | LPD Presentation (3/24) | Palo Verde  |
| 1-4 pm        | Pinochle                | Arroyo      |
| 1:15-3:30 pm  | Bingo                   | Larkspur No |
| 2:00 pm       | Wii Lessons             | Vintage     |
| 2-4 pm        | Legal Assistance (3/17) | Consult     |

## Thursday

|                |                                |             |
|----------------|--------------------------------|-------------|
| 8-9:15 am      | Dance Aerobics/Body Sculpting* | Studio      |
| 9-1 pm         | Billiards                      | Arroyo      |
| 9:20-10:35 am  | Gentle Stretch & Relax*        | Studio      |
| 10 am          | Movie Madness (3/18)           | Vintage     |
| 10-11:50 am    | Spanish for Life*              | Palo Verde  |
| 10-11:30 am    | Lounge Day (3/4)               | Vintage     |
| 10-noon        | Transit Consults (3/11)        | Consult     |
| 10:30-noon     | Writing                        | Sycamore    |
| 11:15-12:30 pm | Newcomers' Day (3/18)          | Vintage     |
| 1 pm           | Movie Madness (3/18)           | Vintage     |
| 1-4 pm         | Bridge - RSVP 447-2735         | Arroyo      |
| 1-4 pm         | Mah Jongg - RSVP 447-8813      | Larkspur So |

## Friday

|                |                                      |             |
|----------------|--------------------------------------|-------------|
| 9-4 pm         | Billiards/Cards/Games                | Arroyo      |
| 9:30 - 3:30 pm | Valley Care Mobile Health Unit(3/19) |             |
| 1:15-3:30 pm   | Bingo                                | Larkspur No |

# Venture Trips



Explore the Bay Area and beyond on day and overnight trips. Call 373-5760 for information.

See the **Winter 2010 Venture Trips Flyer** for trip details available at the Robert Livermore Community Center and online at [www.larpd.dst.ca.us](http://www.larpd.dst.ca.us).

## Day

Jan. Red Hawk Casino/  
Palace of the Legion of Honor

Feb. Monterey Aquarium/Tulipmania at Pier 39/  
"Guys & Dolls"/Delta College Showcase

Mar. Red Hawk Casino/ Delta Tour/  
SF Flower & Garden Show

Apr. Telephone Museum/Disney Family Museum/  
"Dial M for Murder" at the Fallon/  
Wildflower Drive/Asparagus Festival/  
"100 Years of Broadway"

May Fort Point/Mystery Trip/  
"Stand By Your Man" at the Fallon/  
"Stars on Ice"/John Muir House

June Filoli House & Gardens/Bay Model, Sausalito/  
"Peter Pan" in SF

## Extended & Overnight Tours

March 10 -12 San Simeon

May 11-13 Chukchansi & Yosemite

June 1-8 Mt. Saint Helens, 30 Years Later

**Trip dates are subject to change.**

## Winter/Spring Registration:

Sat. 1/9/10 8:45 - 11 am Larkspur

## Learn Mah-Jongg while you play

Come sit in with fellow seniors while learning to play this very popular game. Learn in a relaxed atmosphere. There is a \$2 drop in fee.



Every Thursday 1-4pm Larkspur So. \$2

## BINGO!!!! Every Wed. & Fri.

There is a \$2 drop in fee.

W/F 1:15-3:30pm Larkspur North

|   |    |    |    |   |
|---|----|----|----|---|
| 7 | 9  | 10 | 0  | 1 |
| 1 | 5  | 2  | 8  | 4 |
| 4 | 10 |    | 10 | 3 |
| 0 | 3  | 6  | 8  | 7 |
| 6 | 10 | 9  | 5  | 2 |

## Tax Assistance for Seniors

American Association of Retired Persons (AARP)

RLCC-Sycamore

Trained AARP volunteers will be available to provide free help with your 2008 income tax returns. For an appointment, call the Senior Services office at 373-5760.

M 1-5 pm 2/1-4/12 No fee



## Lounge Days

*Vintage Lounge*

Come and join your friends old and new and listen to guest speakers.

Refreshments Served!

First Thursday 10 - 11:30 am No fee.

1/7 - No Lounge Day

2/4 - Preserving your Photo's

3/4 - Eating Healthy with Squash

(food demonstration & tasting)



## Wii Games

*RLCC-Vintage Lounge*

Wii games most Wednesdays. A great way to have fun and exercise. Ten am is open play for those who know how.

Need instruction? Volunteer instruction by appointment is available in

Bowling, Golf, Baseball and more. Call by noon Tuesday to arrange for instructor, 373-5760.

W

10 am & 2 pm

Free



## SSC Free Programs

### Nutrition "Mini" Workshop

*Sponsored by Senior Support of the Tri-Valley*

*Debbie Whiteside, RD*

*RLCC-Larkspur South*

### The Business of Vitamins!

Do you take vitamin and mineral supplements? Should you take them? Focusing on

Vitamin D, Calcium and Iron, what is the latest recommendation? Bring your supplements

so we can look at amounts of some of the various nutrients that you're taking. Bring your questions!

8231 T 10:30-11:30 am

2/16

Free



## Newcomers' Day

*RLCC-Vintage Lounge*

**January 21 February 18 March 18**

Learn about programs and services and tour the facility with trained volunteers at the monthly Newcomers' Day.

Attendees are invited to stay for lunch for a suggested donation of \$3.25 for seniors 60 and older. After lunch join us for an afternoon movie and popcorn. Call the Senior Services office 373-5760 at least 24 hours in advance for lunch reservations.

Third Thursday

11:15 am

No Fee

## AARP Driver Safety Program

This class is designed and taught by the American Association of Retired Persons (AARP). Completion of this course allows seniors 50 and older to receive auto insurance discounts. Pre-registration is required.

Call Senior Services 373-5760 for information.

**Only checks made to AARP will be accepted.**

**No cash or credit card.**

Th January 14 & 21 1 pm to 5 pm Sycamore

Sat March 13 8am to 5 pm Sycamore

Cost of Class - \$12 member and \$14 non-member



## DNA & Nutrition: What's the Connection?

*Sandra Rangel & Jandra Bell*

*RLCC-Sycamore*

Does the caterpillar and butterfly have the same DNA? Yes, because DNA doesn't change. The caterpillar needs good nutrition

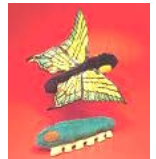
to become a butterfly. If the right plants are not available, it won't become a butterfly. Did you know even slight modifications to your diet could make a big difference in overall health? It's all in your blueprint...

You're DNA. Good nutrition can improve various chronic health conditions. The right amounts of minerals and vitamins can achieve a healthier life.

8240 Sat 11 am-noon

2/20

Free



## Livermore Police Presentation

*LPD Community Service*

*RLCC-Palo Verde*

A presentation on Community Service Specialists.

8032 W 10:30-11:30 am

3/24

Free

## Senior Support Case Management

*Senior Support of the Tri-Valley*

*RLCC-Consult Rm.*

Care managers will be available by appointment to talk privately about individual needs on the 1<sup>st</sup> Tuesday of each month. Services would include In-home Assistance, Alzheimer Program, Visitor Program and Drug & Alcohol Program. For an appointment, call the Senior Services office on 373-5760.

## Social Security Visits Monthly RLCC

A representative from the Hayward Social Security office will be available monthly to answer questions you have about Social Security benefits. For dates and times call the Senior Services office at 373-5760.

## SSC Class Registration

Pre-registration required for classes in advance to avoid cancellations. On-line registration and phone-in registration available with Visa/Mastercard payment.

Winter/Spring Registration - January 6, 2010

## SSC Exercise Classes

### Zumba for Seniors

Sher Butler

RLCC-The Studio

Would you like to dance your way to fitness? Zumba combines Latin and international music with a mixture of fitness moves to easy to follow dance steps.



No class 2/15. 8 classes

8056 M 1-2 pm 1/25-3/22 \$69

### Arthritis Exercise Program

Sher Butler

RLCC-Palo Verde

The Arthritis Foundation Exercise Program is designed specifically for people with arthritis and related ailments. Individuals from basic to advanced capabilities will benefit from the program.

No class 2/15. 8 classes.

8057 M 10-11 am 1/25-3/22 \$67

## SSC YOGA Classes

See Winter/Spring 2010 Brochure for complete Yoga Class descriptions.

### Chair Yoga

Carol Atkinson

RLCC-Sycamore

Discover how to do yoga poses with a chair. No class 2/15. 9 classes.



8050 M 8:30-9:45 am 1/25-3/29 \$46

### Yoga Introduction

Carol Atkinson

RLCC-The Studio

Discover how this ancient system of poses can help you increase your flexibility, balance and strength. 10 classes.



8060 T 1-2:30 pm 1/26-3/30 \$60

### Yoga on the Ball

Carol Atkinson

RLCC-Sycamore

Discover a new way to do yoga that emphasizes balance, flexibility and core muscle strength. Must bring your own exercise ball. 10 classes.



8061 T 5-6 pm 1/26-3/30 \$41

## SSC Classes

### Writing from Personal Experience

Susan Wilson

RLCC-Sycamore

This workshop will show how to write stories and articles based on your life. 4/6 classes.

8135 Th 10:30 am-noon 1/28-3/4 \$53

8135 Th 10:30 am-noon 3/11-4/15 \$53

### Italian

Ahmad Bina

RLCC-Sycamore

Learn the basics of Italian and develop conversational skills. This is a friendly and fun class. 6 classes.



8155 W 9:30-11:30 am 2/3-3/10 \$39

### Beginning Salsa Dance for Seniors

Luis Valverde

RLCC-The Studio

This course is designed to introduce the student to the basics of Salsa dance. No partners required for class. 6 classes.

8088 W 9:30-10:30 am 2/3-3/10 \$75

### Intermediate Salsa Dance

Luis Valverde

RLCC-The Studio

This course is for students who know the basics of Salsa dance. No partners required for class. No class 4/7. 6 classes.



8088 W 9:30-10:30 am 3/17-4/28 \$75

## Quest Classes

Las Positas College and the LARPD Senior Services cosponsor Quest. Quest classes are credit classes. Spring session is January 19 to May 28. For space availability, concerns about the Quest Program or about registration, call Gail Ehrhorn (925) 424-1115 and leave a message. Registration the first two weeks in class.

No class 2/15, 4/5-4/8.

### Exercise Classes

RLCC-The Studio

Wellness & The Moving Body MW 8-9:15 am

Dance Aerobics/Body Sculpting TTh 8-9:15 am

Gentle Stretch/Relaxation TTh 9:20-10:35 am

### Language Class

RLCC-Palo Verde

Spanish for Life Th 10-11:50 am

## California Senior Winter Games

The 2010 California Senior Winter Games will be hosted at Dodge Ridge, Pinecrest, CA. March 11-14, 2010. Men and women ages 50+ are encouraged to participate. For information call (209) 536-1143 or [GO.Enterprises@hub3.net](mailto:GO.Enterprises@hub3.net)





# Enrichment Classes

## The Art of Nylon Flower Making

Deborah Hall

RLCC-Palo Verde

It's time to learn a new technique: the fine art of creating lifelike flowers from fine nylon. Popular in the seventy's, this floral technique has found new interest. Surprisingly simple to create and exquisitely beautiful, these flowers will add a special touch to your home, wedding or a lovely gift for that special someone. Supplies included. 2 classes.

|      |   |           |         |      |
|------|---|-----------|---------|------|
| 8115 | T | 2-3:30 pm | 2/2-2/9 | \$23 |
| 8115 | T | 2-3:30 pm | 3/2-3/9 | \$23 |

## Living Gourmet Classes for Seniors

Kim Billingsley

RLCC

### The Asian Dinner

Bring a friend (spouse or buddy). Come and spend a few hours cooking a 4 course dinner with an Asian flare. We will cook and enjoy a meal together; you will leave with some great recipes, a full tummy and having met some new friends. The recipes are great together for a special meal or individually for a weekday evening meal. We'll end our meal with homemade sorbet.



|      |    |           |      |      |
|------|----|-----------|------|------|
| 8175 | Th | 3-7:30 pm | 1/21 | \$26 |
|------|----|-----------|------|------|

## Kitchen Spa Products

Kim Billingsley

RLCC- Palo Verde

Come learn to make bath salts, bath teas and foot soaks. You will make samples to bring home and get a chance to try the foot soak. What a great way to relax on winter afternoons. These are great ideas for gifts as well.



|      |   |        |      |      |
|------|---|--------|------|------|
| 8176 | W | 2-4 pm | 1/27 | \$28 |
|------|---|--------|------|------|

## Songwriter's Series

Jennifer Geiger

RLCC-Sycamore

Are you a lover of music? Join us for a casual but educational time together as we dive into our favorite songwriters. Highlights include Irving Berlin, the duo of Rodgers & Hammerstein, Willie Nelson & John Denver (do you know his real name?). In honor of LARPD-Senior Services' 40<sup>th</sup> anniversary, we will start with songwriters of the 1940's and work our way to the present day. There will be time to share your favorites as well. 4 classes.



|      |   |          |           |      |
|------|---|----------|-----------|------|
| 8100 | T | 10-11 am | 1/26-2/16 | \$43 |
|------|---|----------|-----------|------|

## Music for Health & Wellness:

### Relaxation Focus

Jennifer Geiger

RLCC-Sycamore

Got Stress?? Bust it! Discover how to use relaxation tools to help you cope with daily stressors. Learn how music is a natural agent of stimulating the relaxation response in a supportive group environment 5 classes

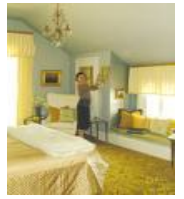
|      |   |          |           |      |
|------|---|----------|-----------|------|
| 8101 | T | 10-11 am | 2/23-3/23 | \$53 |
|------|---|----------|-----------|------|

## The Designer in You

Susan Duthie

RLCC-Sycamore

To redesign your home to reflect your true self, you must know who that person is. Guests entering your home see a reflection of you. What do you want that reflection to be? Susan Duthie, owner of Castle Comforts Interior Design, has helped clients enjoy the process of creating their perfect space for over 25 years. Getting to know one's true self is a lifelong journey. Let's get started. Bring your questions and let's have fun!



|      |   |        |     |     |
|------|---|--------|-----|-----|
| 8181 | T | 1-2 pm | 3/2 | \$5 |
|------|---|--------|-----|-----|

## Making the most of YOU

Tamara Ubanks, Kathleen Bagatelos, Jane Perkins

RLCC-Sycamore

Birthdays bring changes to your hair, skin and body. Do you feel your routine needs a boost? Enjoy this fun educational three week series geared for women 45 and over. Local salon experts from Salon Chic



and Personal Harmony will help you understand good hair; skin care changes and a holistic health approach (self massage and brain-body connection) that can make you feel better and Make the Most of You! Each week focuses on a different topic. Supply fees to be paid to instructor the night of the class. 3 classes.

|      |   |              |          |      |
|------|---|--------------|----------|------|
| 8188 | T | 6:30-8:30 pm | 1/26-2/9 | \$20 |
|------|---|--------------|----------|------|



## Learn to Ride the Bus

Yolanda Merz, Travel Trainer from LAVTA/Wheels

## Museum of Crafts & Folk Art in SF

Enjoy a trip on the Wheels Bus and BART to San Francisco to take a tour of the Museum of Craft & Folk Art and enjoy lunch while learning how easy public transportation can be! The price will be approximately \$11 plus the cost of lunch. We will return at approximately 5:30 pm.

|      |   |         |     |
|------|---|---------|-----|
| 8037 | F | 8:30 am | 2/5 |
|------|---|---------|-----|



## Wheels Transit Consultations

RLCC-Consult Rm.

Learn more about how to use the Wheels transit system to travel throughout the Tri-Valley. A representative from Wheels will be available the second Thursday every other month to meet with you. Call Senior Services at 373-5760 for an appointment.

|    |             |         |             |        |
|----|-------------|---------|-------------|--------|
| Th | 1/14 & 3/11 | 10-noon | Appointment | No Fee |
|----|-------------|---------|-------------|--------|

## Senior Services Hotline

373-5702 - Press 5 for Senior Services



Livermore Area  
Recreation & Park District  
*An independent special district*

SENIOR SERVICES CENTER  
4444 East Avenue  
Livermore CA 94550  
(925) 373-5760  
www.larpd.dst.ca.us

Board of Directors: Maryalice Faltings,  
David Furst, Steve Goodman, Scott Kamena,  
Beth Wilson.

Postmaster: **Dated Materials**

Seniors Helping Seniors Fundraiser

*Love Through the Years*

Thursday, February 11, 2010

5 - 8 pm



Tickets available 1/4/10 - 2/5/10

Space is limited

**\$15.00 per Ticket**

A benefit for the LHS Class of 2010 and  
Senior Services Activities

Menu: *Chicken breast in mushroom sauce,  
Garlic mashed potatoes, Caesar Salad,  
Dinner roll and Dessert*

**Come enjoy a night of dancing, socializing, and  
dining with Livermore High School Class of 2010**

For more information, see flyers or call  
the Senior Services office at 373-5760.

Th 2/11/2010 5-8 pm \$15

**\*\*NEW TO THE TRI VALLEY AREA\*\***

Lincoln Kinship

Are you a grandparent raising grandkids? You're not alone. Lincoln Kinship offers Caregiver Support Group Meetings each month w/free childcare. Speakers and workshops for caregivers from 10:00am-12:00pm; childcare continues from 12:00 to 2:00pm. Activities & lunch for the children. Location: Child Care Links, 1020 Serpentine Lane, Suite 104, Pleasanton. Call (510)583-8026 to RSVP and tell us how many children to expect. We have additional meetings and services at our Hayward office. [www.lincolncc.org/kinship](http://www.lincolncc.org/kinship)



**Donations**



Tax deductible donations are accepted throughout the year to support the senior events and provide scholarships. Call Senior Service office, 373-5760.

Thank you to Casa Orozco for their \$150.00 donation supporting Senior events.