



## SSC "Cheers to 70 years" Anniversary Luncheon

*Cresta Blanca*

Join us as we celebrate LARPD's 70 amazing years of service. **Please dress in your favorite decade between 1947 - 1987.** Catered by A Tasteful Affair with a delicious buffet that includes Chicken Cordon Bleu, Vegetarian Lasagna, a beautiful fresh fruit platter, fingerling potatoes, grilled vegetables, Focaccia bread... and fresh apricot pie ala mode. Entertainment will be acoustic soloist, Mark Clarin, a local personality. Mark is a musician and long-time resident and of Livermore, as well as the talented winemaker at McGrail Winery on Greenville Road.

Plus, door prizes and live entertainment. No Refunds.

**Sign Up NOW!**

Call **373-5700** for reservations.  
RSVP deadline: by **4 pm on 5/31.**

8200.201 W 6/7 11:30am -1:00pm



## Hearing Aid Cleaning and Minor Repairs

Stay Connected to the sounds of life with a free hearing aid cleaning on the second Wednesday of each month 9:30 am - 12:30 pm **by appointment.** Call the Senior Services office at 925-373-5760 to schedule an appointment.

## Golden Circle - New Start Time

As of June 1st, Golden Circle Craft Group will meet at **1:30 pm** in the Larkspur South Room.

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**All senior activities, programs and services are subject to change!**

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## In The Fall!

- ◆ **Spanish Class**
- ◆ **Paint Night**
- ◆ **Introduction to Adult Coloring**
- ◆ **Integrative Movement & Meditation**
- ◆ **Senior Center Month Social**

**Suggestions welcome for offerings in 2018!**

## Newcomers' Welcome

New to Livermore? Newly retired? Never been to the Robert Livermore Community Center? Come and meet the staff and learn about senior programs and services available. Tour our state-of-the-art facility.



**Call the Senior Services Office, 373-5760, to schedule an appointment. Tours are available on the second Thursday of each month at 11 am.**

*Good Thyme Cafe* 373-5764

# Senior Services

Some services listed are made possible through the cooperation of HICAP, LAS, and Senior Support of the Tri-Valley. Call 373-5760 to make appointments. **Office Hours for SSC Mon. - Thur. 9 am - noon & 12:30 - 4 pm**

## Health Insurance

### Counseling (HICAP)

Need help understanding Medicare or other health insurances? Services and appointments available by calling 373-5760.

## 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 and provides nutritional information from 10:00 am- noon the second and last Tuesdays of the month. Hearing tests and diabetes screenings, are available by appointment.



## Foot Care

Appointments are offered by Senior Support of the Tri-Valley from 9:30 am-noon and 12:30-1:30 pm on the same days as health screening. There is a \$20 suggested donation for foot care appointments. Call 373-5760

## Wheels Transit Consults

Call SSC Office 373-5760 to make an appointment. Learn how to use the transit system throughout the Tri-Valley.

## 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, when application is received.

## Newcomers Welcome

Learn about programs and services. Tour the facility with trained volunteers.



Call the Senior Services Office at 373-5760 for more information.

## 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 *fund-ed through private donations.*

## Legal Assistance

Legal Assistance for Seniors provides a lawyer for consultations by telephone. Seniors 60 and over as well as persons assisting a person 60 or over may use this service. Call the Senior Services Office at 373-5760 for details.

## BART

Seniors can now use the *Clipper Card* to obtain discount prices. The green paper ticket can still be used as long as money is on the card. Paper tickets are available in the SSC Office while the supply lasts.



## Eyeglass Cleaning

Do your glasses need a little TLC? Free eyeglass minor adjustments and repairs, including cleaning lenses will be provided by an optician. First Tues. of the month 11:30am-1:30pm.



## Good Thyme Café - 60+ Lunch

(Doors open at 11:00 am) Lunch served starting at noon Mon.- Fri. Walk-ins accepted until 12:45 pm. Soup and main entrée daily, served restaurant style. *The suggested donation* for the lunch is just \$3 for adults 60+. Persons under 60 are \$5. Meal tickets available for purchase. Reservations *encouraged*, 373-5764. Open Heart 60+ Lunch Program, call (925) **373-5764** from 10 -2 pm M-F

## Dial-A-Ride

Vouchers are available for purchase during office hours.



## Notary Services

On 2nd Wednesday of month, 6 - 7 pm by appointment. \$15 Fee per signature. Call 373-5760.

## Numbers to know



Senior Hotline	373-5702 ext. 5
Senior Services Center	373-5760
Open Heart Lunch 60+	373-5764
Meals on Wheels-Spectrum	421-4657
Wheels Dial-a-Ride	455-7510
LARPD District Office	373-5700
Senior Support	931-5379
Alzheimer Assoc.	800-272-3900
Ombudsman	510 638-6878
HMO Complaint Hotline	800 400-0815
Wheels (bus)	455-7500
Social Security	800 772-1213
or <i>Hayward Office</i>	866 964-5054
Elder Care Locator	800 677-1116
	www.eldercare.gov
CRIL	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

## Venture Trips

Explore the Bay Area and beyond on day and overnight trips.

Call 373-5760 for information.

See the *Summer 2017 "Venture Trips" Flyer*



### Day

June Filoli Gardens / Saturday in the City – SF Zoo

July Kitchen Kut-Ups and Graton Casino / Treasure Island Culinary / "9 to 5" at CA Musical Theater

### Extended & Overnight Tours

Aug. 22 - Aug. 23 Point Reyes and Occidental

Nov. 27 - Dec. 2 Branson at the Holidays

March 6 - 21, 2018 Panama Canal

### Summer Trip Registration:

Sat 6/10/2017 8:15 - 10:45 am

Check in SSC office for trip availability. Trips are **not** available through LARPD on-line or LARPD phone-in registration. Register in the Trip Office: M - Th 9 am - 2 pm or in the SSC Office; M - Th 9 am - 12 noon and 12:30 - 3:45 pm.

*For LARPD/SSC Refund Policy - see front of the "Venture" Trips flyer or LARPD brochure.*



## Drop in Programs - Subject to Change

*RLCC Rooms Vary*

New players welcome.

Mon.	9 am - 4 pm	Billiards/Cards/Games
	1 - 4 pm	Pinochle (RSVP 960-9225)
Tue.	9 am - 12:45 pm	Billiards
Wed.	9 am - 12:45 pm	Billiards
	1 - 4 pm	Pinochle (RSVP 960-9225)
	1:30 - 3:30 pm	Bingo
Thu.	9 am - 12:45 pm	Billiards
	1 - 4 pm	Bridge (RSVP 447-2735)
	1:30 - 4 pm	Mahjong
Fri	9 am - 12:45 pm	Billiards
	1 - 4 pm	Bridge (RSVP 447-2735)
	12:30-3:30 pm	Pinochle (RSVP 960-9225)

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

# LIVE & LEARN



## Senior Driver Ombudsman Presentation

*Rosemary Robles, DMV Senior Driver Ombudsman*

*RLCC - Sycamore Room*

Take control of your driving future! The "Senior Driver Ombudsman Presentation"



covers; License renewal options, compensating for age related changes, transportation alternatives, individual appropriate options and much more! Call 373-5700 for reservations.

Reservation deadline: **4 pm on 6/6.**

8192.201 T 6/13 10:30 - 11:30am



## Emergency Preparedness

*Livermore-Pleasanton Fire Department*

*RLCC - Sycamore Room*

Are you ready for "The Big One"?

It is n secret that the Bay Area is considered earthquake country and the question is not if, but when the next one will strike.

Are you prepared? Does your family know what to do? Come learn what you can do not to protect yourself for the next major disaster.

Call 373-5700 for reservations.

Reservation deadline: **4 pm on 7/3.**

8190.201 T 7/11 10:30 - 11:30 am



## SSC Policy on Popular Programs & Classes:

Some of our programs are very popular. It is important to sign up in advance because the class size may be limited. Walk-ins are not allowed when we are at maximum capacity and there is a waiting list.

We will take a waiting list for Programs or Classes that reach their maximum enrollment. If we are able to increase the enrollment, persons on the waiting list will be called, in order, and told they are on the list.

**Please call us in advance at 373-5700 and let us know if you are signed up and are unable to attend to allow us time to call seniors on the waiting list.**



**Senior Services Office Hours:**  
**Mon. - Thur.** 9 am - noon & 12:30 pm - 4 pm  
 -----  
**Holiday Closures**  
**Tuesday July 4 Independence Day**

**More Movie Madness**

Limited to the first 25 attendees



Show time: 1:00

- M 6/5 The Bishop's Wife (NR) Comedy/Drama
- Th 6/15 Yankee Doodle Dandy (NR) Musical
- M 7/3 Fathers & Daughters (R) Drama
- Th 7/20 The Meddler (PG) Comedy

Viewers are advised to consider the film ratings.

**Bingo**

*Palo Verde Room*

This game is low-key for those who want a casual afternoon of bingo. There is a drop-in fee of \$2.00 plus 5 cents a card, with a limit of 6 cards per game. New players welcome.

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE OR BONUS	49	63
5	23	35	58	73
3	30	32	52	75

8162.101 W 1:30 - 3:30 pm \$2 Drop-in fee



**Public Transit Consultation**

Learn more about how to use the Wheels transit system to travel throughout the Tri-Valley. A Wheels representative can be available by appointment. Call Senior Services at 373-5760 for an appointment.

**AARP Smart Driver Course**

*American Assoc. of Retired Persons (AARP)*

*Sycamore Room*



Content covers the aging process and how it affects the mature driver. Completion of this course allows seniors 50+ to receive auto insurance discounts. Pre-registration with payment is required.

**Only checks made payable to AARP**

accepted. No cash or credit card. Call the Senior Services office at **373-5760** for more information.

8167.101 Th 1 - 5:30 pm 6/8, 6/15 \$15/\$20

**AARP Smart Driver Refresher Course**

*American Assoc. of Retired Persons (AARP)*

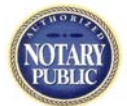
*Sycamore Room*

This 4 hour refresher course is for people who have taken the 8hr. class within the last 3 years. Condensed content version of the full day class. A certificate of completion will be provided. Pre-registration with payment is required. **Only checks made payable to AARP** accepted. No cash or credit card. Call the Senior Services Office at **925-373-5760** for more information.

8168.201 F 9am-1:30pm 8/11 \$15/\$20

**Notary Services**

A local notary will come and assist you on 2nd Wednesday of each month, 6 - 7 pm, **by appointment**. \$15 fee per signature. Please call the Senior Services 925-373-5760 for more information about this service.



**Mahjong (American Version)** *Larkspur South*

Looking for someone to play this ancient tile game with?

Here's your chance to play on a regular basis. Mahjong is great for improving your memory and critical thinking skills. New players welcome.



8164.101 Th 1:30 - 4 pm \$2 Drop-in

**Pinochle**

*RLCC*

Pinochle is played on Mondays, Wednesdays and Fridays 1-4 pm. If you would like to learn to play, or haven't played in a long time, Jeanette Sparks is willing to teach you. Call Jeanette at 960-9225.



8160.101 M W F Varies by day \$2 Drop-in fee

**Are you a Crafty person????** If so-----

JOIN the **Golden Circle Craft Group**

*Palo Verde Room*

**New members are always welcome.**

Enjoy working in a social setting year round sewing, knitting, crocheting and other textile projects-- all to benefit various charities in Livermore.



8163.101 M 1:30 - 3:30 pm Weekly No Fee



# SSC Fitness Classes

Pre-registration required for classes to avoid cancellations.

**Drop-in Must register at front desk before class!**

## GET FIT, STAY FIT

### Zumba Gold Basic

Christina Kim

The Studio

Dance/fitness class with easy to follow steps for active 55+. Receive a total body aerobic workout through dance. Created to emphasize the basics, this low impact program is easy-to-follow. Enjoy dancing and exercising with Latin and international music. Wear workout shoes and bring water. No dance experience necessary. Drop-in fee \$8 per class. M 6 classes, Th 6 classes.



No class 7/3, 7/6.

8069	M	9:30 - 10:20 am	6/5 - 7/17	\$33
8069	M	9:30 - 10:20 am	7/24 - 8/28	\$33
8904	M	Drop-in	\$6	
8070	Th	9:30 - 10:20 am	6/8 - 7/20	\$33
8070	Th	9:30 - 10:20 am	7/27 - 8/31	\$33
8905	Th	Drop-in	\$6	

### Zumba Gold Basic

Alice Johnson

Studio & Palo Verde

Ready to Zumba? Low-impact fitness exercise class with easy-to-follow moves to Latin inspired music like salsa and cha-cha. It's an energizing way to burn calories and get fit while having fun! No prior Zumba or dance experience is necessary. Bring water and wear comfortable exercise shoes and attire. Drop-in fee \$8 per class.



Wed 6 classes. Sat. 6 classes. No Class 7/5, 7/1.

8065	W	9:00 - 10:00 am	5/31 - 7/12	\$33
8065	W	9:00 - 10:00 am	7/19 - 8/23	\$33
8900	W	Drop-in	\$8	
8066	Sat	9:00 - 10:00 am	6/3 - 7/15	\$33
8066	Sat	9:00 - 10:00 am	7/22 - 8/26	\$33
8901	Sat	Drop-in	\$8	

## Stretch and Tone

Ayn Wieskamp

Larkspur So.

Enjoy floor exercises to improve body tone, flexibility and attitude. Leg and arm weights may be used to increase workout. Ongoing classes. Sign up at class. Enroll for 2, 3 times a week.



5210 MWF 8:30 - 9:30 June \$30 (2) \$36 (3)

5210 MWF 8:30 - 9:30 July \$30 (2) \$42 (3)

## Zumba Gold Basic 30+ Toning/Balance

Alice Johnson

RLCC-The Studio

Have you always wanted to try Zumba? This 30 min Zumba Class is great if you are looking for a "quick" workout or just starting your fitness program. The class is low-impact with easy-to-follow moves to get you energized and get fit! A quick Toning and Balance workout follows the 30 min Zumba. No prior Zumba or dance experience is necessary. Bring water, wear comfortable exercise shoes/attire and be ready to enjoy a fitness workout while having fun. Drop-in fee \$6 per class. 30 minute Zumba+Toning/Balance. T 6/6, Th 7/6 classes. No Class 7/4



8068	T	8:30 - 9:10 am	5/30 - 7/11	\$21
8068	T	8:30 - 9:10 am	7/18 - 8/24	\$21
8903	T	Drop-in	\$6	
8071	Th	8:30 - 9:10 am	6/1 - 7/13	\$24
8071	Th	8:30 - 9:10 am	7/20 - 8/24	\$21

## Chair Yoga

Carol Atkinson

Sycamore

Discover how to do yoga poses with a chair to help increase flexibility, balance and strength while enhancing mind-body awareness and ability to relax. Classes taught in an easy-going, noncompetitive atmosphere and suitable for participants who do not want to get up and down from the floor. Inform instructor of any conditions, injuries or limitations. 7 classes.



8050	M	9:30 - 10:30 am	6/12 - 7/24	\$45
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## Move Easily Again with the Feldenkrais Method

Carol Atkinson

Sycamore

Learn how the Feldenkrais Method of awareness through Movement's gentle lessons teach you to move with less effort and by connecting movement and thought, increase mental alertness along with physical improvement. Most lessons done on the floor. Anyone needing assistance should inform the instructor for accommodations. 6 classes.



8055	T	5 - 6 pm	6/13 - 7/25	\$75
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Read receipt for class cancellations and make-up classes for these Tai Chi classes.

### Tai Chi for Seniors Level 1

Barbara Reynolds Sycamore/Larkspur So.

Opportunity to enjoy a gentle exercise that integrates mind and body. Proven through scientific study to increase flexibility, muscular strength and fitness. Promotes correct body posture, improved breathing, blood pressure balance. Developed for people with arthritis but everyone benefits. Chairs available as balance aid. 6/5 classes.



8061 F 10 - 10:50 am 6/2 - 7/7 \$57

### Tai Chi for Seniors Level 2 (Beginner)

Barbara Reynolds Larkspur South

For participants who have already taken Tai Chi Level 1 and are familiar with this modified Sun Style. 5/5 classes. No class 7/4.

8062 T 9 - 9:50 am 6/6 - 7/11 \$48

### Tai Chi for Seniors Level 2(Intermediate)

Barbara Reynolds Larkspur South

This section of Level 2 is intended for people who have taken Level 2 and are continuing. 6/5 classes.

8063 Th 9 - 9:50 am 6/1 - 7/6 \$57

### Tai Chi Combined Levels 2 & 3

Barbara Reynolds Larkspur South

This class is for participants who have completed Level 1 and Level 2 Beginner. It will progress from Level 2 Intermediate into Level 3. 6/5 classes.

8074 F 11 - 11:50 am 6/2 - 7/7 \$57

### Tai Chi for Seniors Level 3

Barbara Reynolds Larkspur South

For advanced students who have already taken Level 2. Class progresses into Sun Style, 73 forms. 5/5 classes.

8064 M 10 - 10:50 am 6/5 - 7/3 \$48

### Senior Community Support - \$\$\$\$\$

(Financial assistance for classes and activities)  
Open to persons residing in LARPD boundaries who are unable to participate in the LARPD senior programs due to financial hardship. Applications may be obtained at the front counter or mailed to you. This is funded through private donations. Contact Maureen at 373-5765 for information.

### Light and Easy Aerobics

Jollene Berghoff

The Studio

Come enjoy a combination of low impact aerobics, strength training and stretch. Dance to soft, motivating music as you decrease your risk of falling and increase functionality with everyday tasks. Bring light weights and water. 10/6 classes. No Class 7/4



8052 T 9:30 - 10:20 am 5/30 - 7/11 \$48  
8052 T 9:30 - 10:20 am 7/18 - 8/22 \$48  
8906.102 Drop In \$9

### Yoga for Self Care

Carol Atkinson

The Studio

Discover how to use yoga poses and Iyengar-inspired therapeutic techniques to relieve physical and mental stress, increase flexibility, balance and strength and enhance mind/body awareness and ability to relax. Suitable for students able to get to and from the floor. Inform instructor of any conditions, injuries or limitations. 6 classes. No class 7/4.

8051 T 1 - 2:30 pm 6/13 - 7/25 \$45

### Walking With Purpose

RLCC

Walking with Purpose is designed to be flexible. All levels of walkers welcome. Walk at a pace that is comfortable for you! Groups leave from RLCC lobby to walk around the park and other Livermore



locations. Focus is on time not distance. Goal is to walk a minimum of 15 minutes per day at your own pace. Ongoing registration.

**Must be registered to join the walking group.**

8079 M - Th 10:30 am 6/5 - 8/31 \$15



**Reminder: Pre-registration is required for all classes to avoid cancellations.**





Welcome

### New Staff Member for Senior Services

Hello Livermore! My name is **Kathy McCarty Lake**, your new Senior Recreation Leader II here at LARPD. I am excited to be onboard, planning new activities and events for the 55+ crowd at the Robert Livermore Community Center. As a Livermore native, I am proud to be back here permanently, enjoying the amenities and growth of our beautiful city, and helping to provide greater opportunities for our senior population. My resume includes planning group trips and travel training adventures for the City of Pleasanton Senior Center, as well as working with seniors at Frontier Airlines in Denver. In my spare time, I love to camp, ride horses and spend time with family, friends, and my dogs! I look forward to meeting all of you, and hearing your ideas about future fun activities to plan for LARPD. Feel free to stop by and say hello!

### Free Oakland A's Game Tickets for 60+

A limited number of free day game tickets are donated for **age 60+**. Want to go to a game? Contact Phyllis Ihle in the Senior Services Office, 373-5760 to be added to the list. You will be called on a rotating basis when tickets are available. As there is limited number of tickets, each person may only pick up 2 tickets for a game. Go A's!



## Food Safety Education - Fight BAC! (Keep food safe from Bacteria)

### True or False?

**Cross Contamination does not occur in the refrigerator - it is too cold. False**

Some bacteria can live and even multiply in the refrigerator. Wrap or cover foods with plastic-wrap or foil or put foods in plastic bags or clean covered containers. Make certain foods do not leak juices onto other foods.

**Freezing will kill ready-to-cook food contaminated with bacteria. False**

Many kinds of bacteria can live even at freezing temperatures. If a frozen food contains enough bacteria that survive freezing, the food can make you sick, if you don't cook it at temperatures high enough to kill the bacteria before you eat it.

**Microwaving will kill bacteria that might be present in ready-to-cook foods. True**

*If you follow the package instructions.* If the directions say that a ready-to-cook food should be cooked - not just warmed up - by microwave, be sure to use the power level and amount of time specified.

**Pasteurized egg products can be used in eggnog or Caesar dressing. True**

But using **unpasteurized** eggs can make you sick because some might carry the bacterium Salmonella or other organisms. They should not be eaten raw. Look on product packaging, it will tell you if the product has been pasteurized.

**WARNING:** Raw Cookie Dough: Do not eat raw cookie dough, cake mix, batter or any other raw dough or batter product that is supposed to be cooked or baked.



## Greetings!

My name is Russell Meglio and I am the new Senior Recreation Leader I for LARPD Senior Services. I'm looking forward to providing excellent programs for all of you. I have been with LARPD for 7 years, mainly in Aquatics, but I have also worked with ESS as well. I'm excited to get to know everyone and learn as much as I can during my time here.

# SSC Special Interests

Sign up in advance to avoid cancellations - call 373-5700

## 3D Greeting Cards

Katrin Field

RLCC-Sycamore

Learn to create gorgeous 3-dimensional greeting cards. You will receive enough supplies to create at least 5 cards, including all occasion cards featuring flowers and other summer themes. Materials mostly imported from Holland and



Germany and the UK. Bring a pair of scissors and tweezers and be prepared to have a lot of fun. Class for beginners and experienced paper crafters. Class size is limited. **Supply fee is \$20.** 1 class.

8115.201	F	1:30 - 3:30 pm	6/2	\$6	(\$26)
8115.202	F	1:30 - 3:30 pm	7/7	\$6	(\$26)

## Estate Planning

### Estate Planning: Trust vs. Wills

Jennifer Thaete, estate planning and probate attorney  
Sycamore Room

Review the primary options in creating an estate plan including: Trusts, Wills, Financial and Health Care Powers of Attorney. Review what a Will is and how a Will works versus a Trust and how a Trust works. A general overview of Probate and Estate Taxes presented. All information in plain English.



8122.201	T	7 - 8:30 pm	6/20	\$15
8123.201	Th	7 - 8:30 pm	8/3	\$15

## Retirement Income Challenge

Summit Financial Group, LLC



RLCC

The focus of this class is to discuss some of the challenges a prospective retiree faces and describe some of the strategies employed to meet those challenges. 2 classes

5618	W	6:30 - 8:30 pm	7/11 & 7/18	\$43
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**Celebrate LIFE at Your Senior Center!**



## How to Write a Book In 6 Weeks

Barbara Flores, Author

RLCC

Whether you're dabbling with an idea or have a completed manuscript, this class teaches writing techniques that will put you on the fast track to writing a successful book and turn your writing into page-turners. All prose genres accepted: fiction, nonfiction, memoir, children's, and playwriting. Class taught by award-winning, 3-time author Barbara Flores. Fee includes professional editing of your work by the instructor. 6 classes.



5616	Th	7 - 9:30 pm	6/8 - 7/13	\$103
5616	Th	7 - 9:30 pm	7/27 - 8/31	\$103

## Hope Hospice Workshops

Hope Hospice is presenting a series of workshops to aid families with healthcare needs. The presentations are held at **6377 Clark Avenue, Ste. 100, Dublin CA**  
**Contact Debbie Emerson, (925) 829-8770.**

Register online [www.HopeHospice.com](http://www.HopeHospice.com)  
Coffee and refreshments will be available at 9:30 am.

### Navigating the Health Care Environment/ Becoming an Advocate for your Loved One.

Sat 6/10 10 am - 12 noon No Fee

### Living with Dementia: Optimal Well-Being and Activities of Daily Living.

Sat 6/24 10 am - 12 noon No Fee

### Technology Tools for the Caregiver

Sat 7/8 10am - 12 noon No Fee





# Free Nutrition Class

Register in advance to avoid cancellations - call 373-5700

## Finding Wellness - Series 2

Sponsored by Senior Support of the Tri-Valley through grants Amy Jones RLCC-Sycamore

Explore your health and well-being as it relates to the brain, heart, liver and gut. In this fun interactive 4 week class, you will learn tips and trick on how to maintain a healthy lifestyle from a nutritional, physical and emotional perspective. Must be 60+ to attend. No other prerequisites. Class limited to 25. 4 classes.



Registration Deadline: 4 pm on 5/29

8007.201 T 1:30 - 2:30pm 6/6 - 6/27



## A Free Garbage Service offered to qualified seniors

If you are unable to complete the weekly task of placing your garbage/recycle containers curb side due to your physical limitations, mobility issues, can weight etc., call your physician and ask him to write a note verifying why you are unable to complete the task. Depending upon your provider, Livermore Sanitation or Waste Management, they will provide a **free** service. They will, on your garbage day, take your receptacle from the location outside your home to your curb, empty and return the can to its original location. If you feel you qualify you should write to Livermore Sanitation or Waste Management and include your name, address, phone number and your physician's note:



Livermore Sanitation - 7000 National Drive - 449-7300  
Waste Management - 6175 So Front Road - 447-1300



# Free Health Class

Register in advance to avoid cancellations - call 373-5700



## The Savvy Caregiver

Alzheimer's Association RLCC-Palo Verde

The Savvy Caregiver Program is a FREE, six-session clinical level training series for dementia family caregivers offered by the Alzheimer's Association. Each class is 2 hours. Participants will graduate with: skills to assess the abilities of their loved one; confidence to set and alter caregiving goals; strategies to manage activities of daily living; and the perspective on the course of Alzheimer's and related disorders.

**Registration & Brief Phone Screen Required:**  
1-925-284-7942.

Registration Deadline: 4 pm on 7/18.

8172.201 T 10:30 am - 12:30 pm 7/25 - 8/29



## Improve Your Balance

Ida Hirst - Physical Therapist RLCC -Sycamore

Have you ever wondered about the different balance systems in our body, how they work together and what happens when things go wrong? Learn simple ways to improve your balance and safety. Better balance and believing in yourself will enable you to maintain as much independence as possible!



Registration deadline by 6/13.

8002 T 9:15 - 11:30 am 6/20





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

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

Board of Directors: Maryalice Faltings,  
David Furst, Jan Palajac, Philip Pierpont, Beth Wilson.

***“LARPD Parks Make Life Better”***

### **Prime Time Subscription**

Prime Time is published 5 times a year. The subscription is \$12 per year, which includes a monthly mailing of menus and updates.

The Prime Time newsletter is available free at the Robert Livermore Community Center and all Livermore Libraries. The current newsletter is posted on the LARPD Website, [larpd.org](http://larpd.org). Click on Senior Services which gives you a pull-out menu; click on Prime Time Newsletter. To subscribe call 373-5760.

To purchase or renew a subscription, mail a \$12 check (payable to -LARPD/SSC) to RLCC/ Senior Services, 4444 East Avenue, Livermore, CA 94550

### **Medicine Disposal - Livermore Household Hazardous Waste Facility**



**Livermore HHW Facility accepts most Prescription  
Medicine & Drugs.**

Controlled substances, including Narcotic pain medications, sleeping pills, ADD/ADHS drugs, antidepressants, and cough syrups with codeine, are not accepted. Controlled substances can be taken to Alameda County Sheriff's Eden Township Substation at 15001 Foothill Blvd., San Leandro.

**Prescription Medicine & Drugs can be dropped off  
on Fridays 9am-2:30pm and Saturdays 9:00am-  
4:00pm at 5584 La Ribera St., Livermore.**

For any further information please contact Livermore  
HHW Facility at 800-606-6606.