

Rodeo Days Hoo Haw Luncheon 100th Anniversary - June 7th

Cresta Blanca

Join us as we celebrate 100 years of Livermore Rodeo! Don your western duds and join us for a delicious catered meal! Door prizes! Live entertainment.



Call 373-5700 to register by 6/1.
Sign up early, event sells out. No refunds.

8200 Th 6/7 11:30 am - 1:30 pm \$12 /\$14 NR

Alviso Adobe Park Tour and Picnic - May 22

Park Naturalist, Elena Frink

3465 Old Foothill Rd, Pleasanton

Pleasanton's Alviso Adobe Community Park offers a rare glimpse of Amador Valley history. Enjoy a guided walking tour, then milk Fiona the Cow, make some butter, adobe bricks and campfire S'mores! Picnic lunch provided. **Call 373-5700 to register by 5/16.**



8195 T 5/22 10:00 am - 2:00 pm \$26 /\$28 NR

Senior Services Office Hours:

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

Holiday Closure

M 5/28 Memorial Day

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Scottish Highland Fling Social May 16

Palo Verde

Spend an afternoon in tartan plaid and celebrate with Scottish food, music, games and trivia. Door prizes! Surprise guests!



Call 373-5700 to **register by 5/11.**

8263 W 5/16 2:00 - 3:30 pm \$6/\$7 NR



GAME Day - June 28

Larkspur North

Bring your friends and spend the afternoon enjoying classic table games. Mexican Train, Scrabble, Yahtzee, Checkers, Boggle, Monopoly, Trivia and more!



8264 Th 6/28 Drop-in 2 - 4 pm \$2/ \$3 NR

Wheels Bus Field Trip to Downtown Livermore Cinema 13

Staff

Meet in Vintage Lounge

Its \$5 Tuesday! Hop the Wheels bus with your LARPD Guide to discover the route to downtown Livermore Cinema 13. Stay cool and be entertained*. Get comfortable with public transportation, a great alternative to driving! **Call 373-5700 to register by 6/25.**

8038 T 6/26 10:00 am - 3:00 pm

Bring Clipper card or \$4 for R/T bus fare.

*\$5 movie price not included.

Senior Services (SSC)

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 Medi-care or other health insurances? Appointments available by calling 373-5760. 1st & 3rd Wed. of the month.

Information & Referral

During SSC Office hours staff are available to provide information and referral.

Health Screening 60+

Senior Support of the Tri-Valley conducts  blood pressure checks and provides nutritional information from 10:00 am - noon the second and last Tuesday each month. Hearing tests and diabetes screenings need appointments.

Foot Care 60+

By appointment with Senior Support of the Tri-Valley nurses from 9:30 am - noon & 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 if you are interested.

Wiesner Memorial Fund

60+
Applications for emergency financial assistance are obtained by calling 373-5760. A Wiesner Board member will be notified immediately by SSC staff when your application is received. A Wiesner Board member will contact you.

Newcomers Welcome

Learn about what we can offer YOU! Tour the facility the second Thursday of each month at 11 am. Call 373-5760 for details.



Community Support

Persons 50+ unable to enjoy LARPD senior programs due to financial hardship may contact Maureen Gandara Swinbank at 373-5765 for scholarship information. *Funded through LARPD Foundation.*

Legal Assistance (LAS)

Legal Assistance for Seniors provides legal consultations by telephone for seniors 60 + or persons assisting them. Call SSC 373-5760 for details.

BART 65+

The green paper ticket is still valid as long as money is on the card. Paper tickets are available in the SSC office.



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.



Hearing Aid Cleaning and Minor Repairs

On the second Wednesday quarterly. 9:30 am - 12:30 pm by appointment. Call SSC Office 925-373-5760 to schedule an appointment.

Good Thyme Café 60+ Lunch (Open Heart Lunch Program)

- Restaurant style service starting at 12 noon M - F. Doors open 11:30
- Walk-ins accepted until 12:45 pm.
- *Suggested donation* \$3 for adults 60+, spouses or caregivers.
- Meal tickets available.

Reservations recommended.

(925) 373-5764 from 11:30 - 2 M-F.

Dial-A-Ride

Para-transit vouchers are available for purchase during office hours.



Notary Services

On 2nd Wednesday of the 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 Assc.	800-272-3900
Ombudsman	510 638-6878
HMO Complaint Hotline	800 400-0815
Wheels (bus)	455-7500
Social Security	800 772-1213
or Hayward Office	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	510-577-3585

Venture Trips

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

Call 373-5760 for information.

See the *Winter/Spring 2018 "Venture Trips" Flyer*



Day

May 49 Mile Drive Adventure / Mystery Trip / Asian Art Museum, SF by BART

June Rosie the Riveter NHP / "Singing in the Rain" CA Musical Theater / "Beauty and the Beast" at Sierra Rep Theater

Overnight & Extended Trips

May 12 - 26 Ireland & Scotland

Aug 12 - 15 Pageant of the Masters

Aug 28 - 29 Redwoods to the Ocean Getaway

Oct 4 - 17 Danube River Cruise

Summer 2018 Trip Registration:

Sat 6/9/2018 8:15 - 10:15 am Room Opens 8 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. Trip Office hours are posted weekly. Call 373-5763 or 373-5760.

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.

M	9 am - 4 pm	Billiards/Cards/Games
	1 - 4 pm	Pinochle (RSVP 960-9225)
T	9 am - 12:45 pm	Billiards
W	9 am - 12:45 pm	Billiards
	1 - 4 pm	Pinochle (RSVP 960-9225)
Th	9 am - 12:45 pm	Billiards
	1 - 4 pm	Bridge (RSVP 400-9955)
	1:30 - 4 pm	Mahjong
F	9 am - 12:45 pm	Billiards
	1 - 4 pm	Bridge (RSVP 400-9955)
	12:30-3:30 pm	Pinochle (RSVP 960-9225)

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

Non-Resident fee \$3 a day.

Non-Resident fees apply starting in Sept. 2017.

"LARPD Parks Make Life Better"

AARP Smart Driver Course

American Assoc. of Retired Person (AARP)

Sycamore Room



Learn how the aging process affects the mature driver. **Completion of this 8 hr. 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 details.

8165 Th 1 - 5:30 pm 6/7 & 6/14 \$15/\$20 NM

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

(Financial assistance for classes.)

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.

Walking With Purpose

RLCC

Walking with Purpose is designed to be flexible. *All levels of walkers welcome.* Walk and talk at a pace that is comfortable for you! Group leaves 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. No walk 5/28.

Must be registered to join the walking group.

8079 M - Th 10:30 am 5/1 - 8/30 \$15/\$17NR

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.

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. Drop-in Fee. No Mahjong 12/28.



8164 Th 1:30 - 4 pm \$2/\$3 NR fee

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. Drop-in fee. No Pinochle 2/15, 4/2.



8160 M W F Varies by day \$2/\$3 NR

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

JOIN the **Golden Circle Craft Group**

May in Palo Verde Room / June in Larkspur S

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 M 12:30 - 2:30 pm Weekly in May & June 4

8163 M 1:30 - 3:30 pm June 11 - Aug. 27

Hearing Aid Cleaning and Minor Repairs **FREE**



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

W May 9, 2018 9:30 am - 12:30 pm



Staff RLCC-Vintage Lounge

New to Livermore? Newly retired? Never been to the Robert Livermore Community Center? Come meet the staff and learn about senior programs and services. Call the Senior Services office at 925-373-5760, to reserve a space for a tour on the **second Thursday of each month at 11am.**

More Movie Madness

Limited to the first 25 attendees

Show time: 1:00



Viewers are advised to consider the film ratings.

M	5/7	Hidden Figures (PG) Drama (True Story)
Th	5/17	Jackie (R) Drama
M	6/4	The Shack (PG) Drama
Th	6/21	The Big Country (NR) Classic Western
M	7/2	Denial(PG) Drama



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.

Notary Services



A local notary will assist you on the 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.

HICAP (Health Insurance Counseling)

Need help understanding Medicare or other health insurances? Extra Appointments during Open Enrollment Period. Appointments available the 1st & 3rd Wednesday. Call 373-5760.

Hope Hospice Workshops

Presentations Saturdays 10 am - 12 Noon held at

6377 Clark Avenue, Ste. 100,

Dublin CA

Contact Debbie Emerson, (925) 829-8770.

Register online www.HopeHospice.com

Coffee and refreshments available at 9:30 am.

May 19 - *Necessary Evils:*

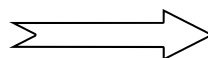
Exploring Legal and financial Issues.

June 9 - *Living with Dementia:*

Optimal Well-Being and Activities of Daily Living.



Paint & Sip Night
February 2018



SSC Fitness Classes

Pre-registration required for classes to avoid cancellations.

Call 373-5700 to Register

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. M 5/28, Th 5/31.



8069	M	9:30 - 10:20 am	5/7 - 6/25	\$38/\$42 NR
8904	M	Drop-in	\$8	
8070	Th	9:30 - 10:20 am	5/3 - 6/28	\$43/\$47 NR
8905	Th	Drop-in	\$8	

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.

8065	W	9:00 - 10:00 am	5/9 - 6/27	\$43/\$47 NR
8900	W	Drop-in	\$8	

Zumba Gold Basic 30 min. (T & Th)

Alice Johnson

RLCC-The Studio

This 30 min Zumba Class is great if you are looking for a "quick" workout or just starting your fitness program. Low-impact with easy-to-follow moves to get you energized and get fit!



No prior Zumba or dance experience is necessary. Bring water, wear comfortable exercise shoes/attire.

8068	T & Th	8:30 - 9:00 am	5/8 - 6/28	\$43/\$47 NR
8903	T & Th	Drop-in	\$5	

NR - Non Resident. A NR fee will be charged on all Classes and Activities.

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.

8050	M	9:30 - 10:30 am	6/11 - 7/23	\$45/\$50 NR
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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, enhance mind/body awareness and ability to relax. Taught in an easy-going, non-competitive atmosphere. Suitable for all participants able to get to and from the floor. Inform the instructor of any injuries, medical conditions or limitations.

8051	T	1 - 2:30 pm	6/12 - 7/24	\$34.50/\$38 NR
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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. 9 classes.

8052	T	9:30 - 10:20 am	5/1 - 6/26	\$71/\$79 NR
8906	T	Drop-in	\$9	

Move Easily Again

with The Feldenkrais Method

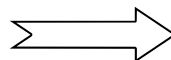
Carol Atkinson

Sycamore

Learn how the Feldenkrais Method of Awareness through Movement's gentle lessons can teach you to move with less effort and by connecting movement with thought, increase mental alertness. Most lessons are done on the floor. Anyone needing assistance, please contact instructor. Accommodations will be made. 10 classes.

8055	T	5 - 6 -pm	6/12 - 7/24	\$87/\$96 NR
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McGrail Winery Seasons of a Vineyard presentation



Read receipt for class cancellations and make-up classes for these Tai Chi classes.

Call 373-5700 to Register for classes.

Tai Chi for Seniors Level 1

Barbara Reynolds *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 and balance. Chairs available as balance aid.



8061 F 10 - 10:50 am 5/18 - 6/14 \$38/\$42 NR

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.

8062 T 8:30 - 9:20 am 5/15 - 6/12 \$38/\$42 NR

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.

8063 Th 8:30 - 9:20 am 5/17 - 6/14 \$38/\$42 NR

Tai Chi Combined Levels 2 & 3

Barbara Reynolds *Sycamore Room*

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

8074 F 11 - 11:50 am 5/18 - 6/15 \$28/\$31 NR

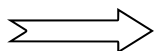
Tai Chi for Seniors Level 3

Barbara Reynolds *Larkspur South*

For advanced students who have already taken Level 2. Class progresses into Sun Style, 73 forms. No class 5/28.

8064 M 10 - 10:50 am 5/14 - 6/18 \$23/\$31 NR

Valentine's
Dessert
February
2018



Free Nutrition Class 60+

Register in advance to avoid cancellations - call 373-5700

Age Defying Nutrition (60+)

Sponsored by Senior Support of the Tri-Valley through grants

Nancy Bennett RDN

Sycamore Room

Learn what lifestyle slows down the aging process and what foods boost strength, memory and energy levels.

Register by 5/8.

8029 Th 10 - 11 am 5/10



Older and Out 60+

FREE peer group for LGBTQ community members age 60+.

T 1:15 - 2:45 pm

Arroyo Room

Funded by Alameda County Behavior Health Care Services Sponsored by Pacific Center for Human Growth

Topics may include: dating, loss of friends, wisdom that comes with aging, unique strengths, invisibility in the LGBTQ community, learning about Alameda County services, issues with exes and children, ageism, resiliency.

No reservations or advance notice required, come join us!

For More info contact Anne: anne@pacificcenter.org or Call 510-548-8283 ext. 126.



California Senior Legislature

The California Senior Legislature has been working to improve the lives of California's six million seniors since 1981. This volunteer nonpartisan organization has sponsored over 200 new laws helping seniors with financial abuse, health care, the Silver Alert program, and more.

The California Senior Legislature is entirely dependent on donations. You can support the California Senior Legislature by going to 4csl.org for more information.



SSC Special Interests

Sign up in advance to avoid cancellations -

Call 373-5700 to register.

Estate Planning

Estate Planning: Trust vs. Wills

Jennifer Thaete, estate planning and probate attorney

RLCC

Review the primary options of estate Planning from trusts, wills, finance & health care power of attorney and receive a general overview of probate and estate taxes. All information in plain English. Registration for each person is required.



8121	T	5/8	7 - 8:30 pm	\$15/\$17NR
8122	Th	6/14	7 - 8:30 pm	\$15/\$17NR

Beginning Conversational Spanish

Spanish Academy staff

RLCC-Sycamore

Learn Spanish in a fun, engaging and interactive way! This is a conversational, hands-on visual course. Each class will be thematic-based (foods, family, etc., and songs), including learning the basics (ABC's, numbers, colors) in a very fun, tactile and visual manner. We will use visual aids (posters, flashcards, etc.) and instructional objects to motivate, engage and mobilize your learning of the Spanish language. New materials added each session. Supply Fee: \$10 to be paid to instructor on first day of class cash or check made payable to Spanish Academy. **Register 10 days in advance to avoid class cancellation.**

8140	F	9:30 - 10:30 am	5/4 - 6/15	\$59/\$65 NR
plus \$10 supply fee to instructor				

Sing-For -Fun Music Sing-A-Long

Nancy Marling

RLCC-Sycamore



Do you enjoy singing, humming and/or whistling? Come and sing familiar tunes with other folks with piano accompaniment. The words to the songs will be provided. Sing for fun! No musical training required. 3 Classes.

8100	M	11 am - 12 noon	5/7 - 5/21	\$6/\$7 NR
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The Savvy Caregiver

Express Program

Alzheimer's Association

RLCC Sycamore Room

The Savvy Caregiver Express Program is a FREE, three-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:

Please contact Grace Liu at [1-925-284-7942](tel:1-925-284-7942) or

gliu@alz.org. **Registration Deadline: 5/23**

8172	W	5/30-6/13	10:30 am-12:30 pm	Free
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Mexican Cooking Fiesta Cooking Camp for 50+

Spanish Academy

RLCC Kitchen Classroom

Join the fiesta with these hands-on 5 day cooking classes. Learn the how-to of Mexican cooking. Take home samples of delicious dishes such as: enchiladas, Mexican rice, beans, tortillas from scratch, and much more.



Apron recommended. **\$20 additional material fee** -pay in cash or check made payable to Spanish Academy on the first day of class. **Registration deadline: 6/8.**

8142	M - F	9 - 11 am	6/18 - 6/22	\$78
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Spanish Camp - Beginning Conversational/Interactive 50+

Spanish Academy

Sycamore Room

Five days of Spanish back-back –back to increase your learning curve! Join the fun learning Spanish in an engaging, and interactive way! This is a conversational, hands-on visual course. Each class will be thematic-based (Foods, Family, etc., and Songs), including learning the basics (ABC's numbers, colors) in a very fun, tactile and visual manner. We will use visual aids (posters, flashcards, other) and instructional objects to motivate, engage and mobilize the students, in learning the Spanish language. **\$12 additional material fee** to be paid in cash or check made payable to Spanish Academy on the first day of class.

Registration deadline 6/8.

8141	M - F	6/18 - 6/22	12 - 2 pm	\$78
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SSC Special Interests

Sign up in advance to avoid cancellations -

LIVE & LEARN

Because You Never Stop Learning

Drug Safety for Seniors

Mary Ellen Taylor, Office on Women's Health,
U.S. Dept. of Health and Human Services
Palo Verde Room

Taking multiple medications? Not sure what all those supplements and vitamins are for? Bring your questions and ask the expert from the Office on Women's Health. Call 925-373-5700 to **register by 4/30**.

8236 M 5/7 10:30 -11:30 am



Identity Theft and Real Estate Fraud

Nancy O'Malley, Alameda County District Attorney
Palo Verde Room

Learn about the latest scams directed at seniors
And how to prevent them from happening to you!
Open to the public. Call 925-373-5700 to **register by 5/8**.

8237 T 5/15 6 - 7pm



California End of Life - Options Act

Vicki Browning, Palliative RN *Palo Verde Room*

Many people have questions about the California End of Life Options Act and what it means. Vicki will explain how the law works, who is eligible and when it can be considered. Open to the public. Call 925-373-5700 to **register by 5/24**.

8238 Th 5/31 1:30 - 2:30pm

8239 Th 5/31 6 - 7pm



Celebrate **LIFE** at
Your Senior Center!

Good Thyme Café

Daily Lunch for the 60+ (M-F)

Open Heart 60+ lunch program

RLCC Larkspur Room

Funded in part by Alameda County Area on Aging.

Please join us for a healthy lunch with soup, entrée and dessert after an exercise class or before a movie.

Lunch served restaurant-style by volunteers M-F, 12 noon-12:45 pm. You may walk in until 12:45 pm to be served. Doors open at 11:30 am. The menu is prepared by a registered dietitian meeting dietary guidelines for persons 60 and over. Take-out lunches are *not available* until 12:45 pm. Although not required, **reservations are highly encouraged** by calling 24 hours in advance (925) 373-5764. Suggested donation is \$3.00 per person 60+. Meal tickets with 10 punches are available for \$30. We hope to see you soon!



Lunch served restaurant-style by volunteers M-F, 12 noon-12:45 pm. You may walk in until 12:45 pm to be served. Doors open at 11:30 am. The menu is prepared by a registered dietitian meeting dietary guidelines for persons 60 and over. Take-out lunches are *not available* until 12:45 pm. Although not required, **reservations are highly encouraged** by calling 24 hours in advance (925) 373-5764. Suggested donation is \$3.00 per person 60+. Meal tickets with 10 punches are available for \$30. We hope to see you soon!

Volunteers Needed - Good Thyme Café

If you want to help seniors enjoy lunch in a friendly atmosphere, please consider volunteering for The Good Thyme Café. This senior lunch program is at the Robert Livermore Community Center M-F. Please contact Open Heart Kitchen at (925) 580-1619 to learn more.

Name That Tune

Vicky Weseloh

Good Thyme Café

Vicky connects you with the music classics from the 1940's thru the 60's during lunch time in the Good Thyme Café. Fun entertainment for all who are 60 and over.

The second Thursday of each month 12:15-12:45 pm

Th 5/10 12:15 - 12:45 pm

Th 6/14 12:15 - 12:45 pm



T.G.I.D.F. Dog Walk

Almond Avenue Park

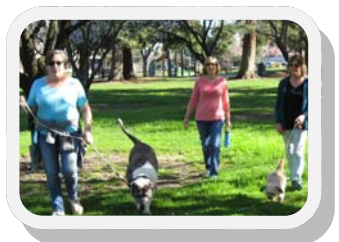
Thank Goodness It's Dog Friday!

Meet up with other dog lovers each month for a walking adventure with your 4-legged best friends. Leashed, friendly dogs only, please. Dogs must be up to date on vaccines.

Register by Thursday before each walk.

8080 F 5/11 9 - 10:30 am

8080 F 6/1 9 - 10:30 am



Art Classes

Call 373-5700 to register.

Paint and Sip Night at Pinot's Palette

153 S. L St. Livermore

age 50+

Complete your 16x20 canvas painting with step-by-step instructions while sipping wine, beer or soda (sold separately). No painting experience necessary. Munchies will be provided. Call (925) 373-5700 to secure your reservation by **6/12**. *Additional fees apply if **under** age 50. *No outside beverages allowed.



8101 Th 6/14 7 - 9:00 pm \$37/\$41 NR

*Under 50 use class number below.

8105 Th 6/14 7 - 9:00 pm \$47/\$51 NR



Block Printing

Savnit Kaur

RLCC-Sycamore

Learn to create the ancient Indian art of printing with blocks while creating a colorful Indian pattern on a silk scarf. Additional supply fee of \$55 paid to instructor in cash or by check.

Register by Sat. 5/26.

8116 Sa 10 am -12 noon 6/2 \$100

plus \$55 supply fee to instructor



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 F 1:30 - 3:30 pm 5/11 \$6/\$7 NR

plus \$20 (cash only) supply fee to instructor

8115 F 1:30 - 3:30 pm 6/08 \$6/\$7 NR

plus \$20 (cash only) supply fee to instructor

Recovery International Support Group(18+)

Are you struggling with - overwhelming stress; nervous tension; sleep problems; worry; depression; anger; guilt or fear; anxiety or panic; lack of energy; not knowing what to do; wanting to give up; other emotional problems?



If so Recovery International Support Group can help. Weekly meetings offer - Reassurance through meeting friendly people with similar problems; Understanding of what you are going through; A Safe Place to express your feelings and fears without being judged. Hope from others who have been helped; Support and acceptance; Help through learning and practicing a simple set of coping tools which encourage personal growth and improved mental health; Encouragement to keep trying. Just show up, no RSVP needed.

For more information contact:

Ken 510-754-4599 or Barbara 916-335-8836



Sunday's at 4 pm Arbor Vista, 1300 S. Livermore Ave.

Dementia Caregiver Support Group

Alzheimer's Association

The Alzheimer's Associations' support groups are open for families and caregivers of persons suffering from Alzheimer's or a related disorder. It provides a safe environment for individuals to: express feelings, give and receive support, learn about Alzheimer's disease and related dementias, and discover effective ways to cope with and care for Alzheimer's patients. For detailed information contact, including other meeting locations, please call Heather at 800-272-3900 or email her at heather.gray@alz.org. Open discussion with a trained facilitator. Walk-ins welcome.

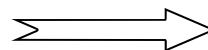


Meets the first Wednesday of each month at 12 noon at Asbury United Methodist Church, 4743 East Ave., Livermore.



Alzheimer Association now offering Family Caregiver consults! See page 10

Flower Arranging Social
November 2017





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. Click on Senior Services which gives you a pull-out lunch 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

Free Caregiver Support Consultations

Offered by the Alzheimer Association

RLCC Consult Room

3rd Thursday of each month: 10 am - 2 pm

For appointment call Dori Sproul at 925 284-7942 or dsproul@alz.org

Drop-ins accepted - call Senior Services Office
925) 373-5760 for *day of* drop-ins.



Thank You!!!!

- Cochran Landscaping - rock donations for Rock Painting Class
- IMPACT - Valentine's Dessert Event
- Heritage Estates - Coffee Cart Sponsorship M - Th
- Golden Circle - donation \$500
- LARPD Foundation - \$2000 for Holiday Luncheon