Valentine's Dance and Social
RLCC Cresta Blanca Ballroom
Join our very own Bob Olness of the NIGHTLIFE Band for LIVE MUSIC and dancing to the lovely sounds of the big band era! Bring your Valentine, or come solo to enjoy and meet up with friends. Dancing and delicious refreshments served. Call 925-373-5700 to register.

Volunteer Spotlight: Lucy Dobson
Lucy Dobson has been volunteering with the LARPD Senior Services and Special Events since 2018. She retired from the lab and found a home with us at the Senior Center.

You can find her at senior socials, hosting Movie Madness, playing board games at Game Day, helping with the trip program or playing pool in the Arroyo room with Judy. Be sure to say hi if you see her in the hall!

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Newcomers Welcome: Call the SSC office to receive your welcome packet and schedule a tour of the Senior Services Center.

Dial-A-Ride: Para-transit vouchers are available for purchase during SSC office hours. A sheet of 10 tickets costs $37.50. Cash or check made payable to Wheels are accepted.

BART 65+: Green paper tickets are still valid with money still on the card. Paper tickets available in SSC office.

Emergency Financial Assistance: Applications for the Wiesner Memorial Fund (60+) can be obtained by calling the Senior Office at 925-373-5760. A Wiesner board member will contact you.

HICAP Health Insurance Counseling: If you need help understanding Medi-Care or other health insurances call the HICAP Office at 510-839-0393 to schedule an appointment with experienced counselors. (1st and 3rd Wednesday)

Health Screenings / Foot Care (60+): Senior Support of the Tri-Valley conducts Health Screenings (blood pressure checks, nutritional info, etc.) and Foot Care on the 2nd and last Tuesday of each month. Call the SSC office to schedule an appointment. ($20 suggested donation for foot care)

Hearing Aid Screening, Cleaning, Repair: Call the SSC Office at 925-931-5760 for an appointment.

Legal Assistance for Seniors (LAS): provides legal consultations by telephone for seniors 60+ or persons assisting them. Call 510-832-3040 for information.

Legal Assistance for Seniors: Housing Clinic: This pilot program offers housing advice for seniors on housing related issues. For more information contact 510-832-3040

If you have questions or need help with issues regarding housing, medi-care, medi-cal, legal assistance, health care or financial emergencies call 925-373-5760 for assistance.
drop in programs

Drop in programs are $2 for Livermore residents and $3 for non-residents per day (Golden Circle is free)

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<td>RSVP for Pinochle: 925-344-9656</td>
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movie matinées

Free in the Vintage Lounge at 1 pm

Valentine’s Day PG-13
Dirty Dancing PG-13
Skyfall PG-13
Crazy Rich Asians PG-13
I Feel Pretty PG-13
Dodgeball PG-13
Monday, 2/3
Thursday, 2/20
Monday, 3/2
Thursday, 3/19
Monday, 4/6
Thursday 4/16

free tech tutoring

Volunteers
While technology is exciting, it can also be frustrating. Smart phones, computers and tablet assistance is available by a volunteer on a one-to-one basis.

Call 925-373-5760 for an appointment.

coloring club

SSC Staff
RLCC Sycamore Room
Held every Wednesday! Come express your creativity, reduce stress, and relax with friends in this social setting! Coloring books provided; gel pens to share.
BYO colored pencils.
W 1/8 - 4/29 10:30 am - 12 pm $2/$3 NR

AARP Free Tax Preparation

Recreation Bldg. Fiesta Room

Call the Senior Services office at (925) 373-5760 to schedule an appointment for 2019 tax returns. Tax preparation begins February 4, 2020.

Appointments are held 11am - 4pm and they fill up quickly!
Dementia Care Consultations

Dori Sproul of the Alzheimer’s Association
RLCC Consultation Room

Caregiving for someone with dementia? If you are stressed, overwhelmed and need support and information, schedule an appointment on the third Thursday of each month with Dori for advice, education or to develop a plan for the road ahead. Call 925-284-7942 to schedule an appointment.

2/20, 3/19, 4/16 10 am - 2 pm

Living OUT in Livermore

Join this safe and confidential drop-in peer support group for LGBTQ persons 50+. Share thoughts, feelings, resources, information while providing support for each other. Group meets the first Tuesday of each month and is facilitated by trained peers. 2/4, 3/3, 4/7. 2 pm - 3:30 pm

For more information contact Anne at 510-548-8283 ext. 126 or anne@pacificcenter.org.

Dementia Caregivers Support Group

Asbury United Methodist Church 4743 East Avenue
The Alzheimer’s Associations’ support group is 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 information, contact Heather at 800-272-3900 or by email at heather.gray@alz.org.

Meets the first Wednesday of each month at 12 pm

senior trips

Call 925-373-5763 for more info or to register.

FEBRUARY
2/15 San Francisco Movie Tour
2/24-26 Blossom Trail

MARCH
3/1 “Black Comedy” in Hayward
3/3 Treasure Island Culinary
3/7 Saturday in the City
3/11 Camelot at Sierra Rep
3/21 San Francisco Movie Tour
3/25 Delta Tour and Lunch
3/31 “Bandstand” at the Gallo

APRIL
4/2 River and Railroads in Sacramento
4/22 Church Basement Ladies

POP-UP TRIPS
If you would like to be added to the pop-up trip email list call the trip office at 925-373-5763

SUMMER TRIP REGISTRATION:
Saturday, June 6, 2020 8:15 am

Be the first to sign up for all your Summer 2020 trips before they sell out!

Check the trip office for the Summer Trip Schedule

SENIOR SERVICES OFFICE   |   PH: 925-373-5760   |   M - TH   |   9a - 12 and 12:30 - 4p
Historic Neighborhood Walk of Livermore Homes

Richard Finn, meet at Carnegie Library 2155 Third St.
Livermore Heritage Guild Docent
Take a walk with Livermore Historian, Richard Finn to learn about the history and stories of the historic homes on the south side of town. Livermore Heritage Guild donations appreciated. Call 925-373-5700 to register.

8296 Tu 2/4 10am - 12pm FREE

meditation for beginners

Barbara Reynolds RLCC Sycamore Room
A meditation class designed for those who have never meditated or who may think they will not enjoy it. This class is secular. Individuals may bring their own meaningful symbols to look at while they meditate. Participants may want to bring a pillow.

8175 Th 3/5 - 4/23 4 - 4:50 pm $43/47NR

senior activities

Mystery Craft Making Social
Kathy Lake and Gayle Thorsen-McCune RLCC Palo Verde Room
Come prepared for fun and creativity! What you will create is a mystery. Enjoy dessert and refreshments before walking out with your hand-crafted masterpiece. You may feel mystified, but you won’t be disappointed!
Call 925-373-5700 to register by 3/13.

8270 Th 3/19 2 - 4 pm $10/$11NR

zumba

The low-impact, total body workout to improve balance, coordination, flexibility, and stamina!

Zumba Gold Basic
Christina Kim RLCC Studio
8069 M 3/9 - 4/27 9:30 - 10:20 am $41/45NR
8070 Th 3/12 - 4/30 9:30 - 10:20 am $43/47NR
($8 drop-in)

Zumba Gold Basic
Alice Johnson RLCC Studio
8065 W 3/11 - 4/29 9 - 10 am $46/51NR
8066 Sat 3/7 - 4/25 9 - 10 am $46/51NR
($8 drop-in)

Zumba Gold Basic (30 Min)
Alice Johnson RLCC Studio
8068 Tu/Th 3/10 - 4/30 8:30 - 9 am $46/51NR
($5 drop-in)
Learn a skill, make a friend, see a show or do it all. Join us for fun outings and good times.

**Ranching 101**

SSC Staff  
Robertson Park Covered Arena  
3000 Robertson Park Road

Watch for our series of informative and entertaining ranching demonstrations with our very own local cowpoke folks. Come to appreciate the rich ranching history of our Livermore Valley and longtime ranch families. This month’s presentation: TBD. Call 925-373-5700 to register.

8187  T  3/24  1 - 2:30 pm  FREE

**Line Dance Social**

Sue Kraft  
RLCC Cresta Blanca Ballroom

Join us for fun and practicing the dances you have learned in our beginning line dance classes with Sue Kraft! Refreshments served. Call 925-373-5700 to register.

8082  Th  3/5  1:30 - 3:30 pm  $6/$7NR

**Paint & Sip Night at Pinot’s Palette**

Pinot’s Palette  
153 S. L St. Livermore

Complete your 16x20 canvas painting with step-by-step instructions while sipping wine, beer or soda (sold separately). Hot appetizers for purchase. No painting experience necessary! Come with your adult children to share the creative fun. No outside beverages allowed. Call 925-373-5700 to secure your reservation by 3/2. No refunds.

8101  T  3/3  6:30 - 8:30 pm  $27/$29NR

**Hagemann Ranch Tour and Picnic**

Heritage Guild Docents  
455 Olivina Avenue

Enjoy an informative tour of one of Livermore’s little-known treasures located in the heart of Livermore. The Ranch is on National Register of Historic Places in Alameda County and represents the Livermore Valley ranches of the early 20th Century. Bring a picnic lunch. Call 925-373-5700 to register by 4/13. Donations to the Livermore Heritage Guild Appreciated.

8195  W  4/15  10:45 - 1:30 pm  Free

**Paint & Sip Night Project**
fitness classes

yoga for self care

Sindy Pangali                RLCC Studio
Discover how yoga poses can relieve physical and mental stress, increase flexibility, balance and strength, mind/body awareness and ability to relax. Suitable for all participants able to get to and from the floor.

8051  T  2/25 - 3/31 11:15 am - 12:15 pm $48/$53NR
8051  T  4/14 - 5/19 11:15 am - 12:15 pm $48/$53NR

deep relaxation through guided meditation

Sindy Pangali                RLCC Elbow Room
Guided Meditations help the body reduce mental, physical, emotional fatigue and stress and can also aid towards more restful sleep. Some benefits include self-awareness, being in the present moment, increase creativity, imagination, acceptance of self and others.

8055  M  2/24-3/30  11:15 am - 12 pm $48/$53NR
8055  M  4/20-5/18  11:15 am - 12 pm $44/$47NR

light & easy aerobics

Jollene Berghoff            RLCC Studio
Low impact aerobics, strength training and stretch. Dance to soft, motivating music as you decrease you risk of falling and increase functionality with everyday tasks.

8052  Tu  3/3-4/28  9:30 - 10:20am $74/$81NR
8906 (Drop-In) $9

tao chi

Gentle exercise that integrates your mind and body. Increases flexibility, muscular strength, and fitness. Promotes correct body posture, improved breathing and balance. Instructor: Barbara Reynolds

Seniors Level 1
8061  F  3/6 - 4/24  10 - 10:50 am $73/$80NR

Seniors Level 2
8062  Tu  3/10 - 4/28  9 - 9:50 am $66/$73NR

Seniors Level 3
8064  M  3/9 - 4/27  10 - 10:50 am $55/$61NR

walking with purpose

Experience the beauty of Livermore. All levels welcome. We focus on time and fun over distance.
No Meetings on Holiday Closures

8079  M-Th  10:30am 1/2 - 4/30 $15/17 NR (ongoing registration)

beginning line dancing for seniors

Sue Kraft                RLCC Palo Verde Room
Come join this beginning Line Dancing class where you can unwind, meet new friends, and exercise. You'll learn the basic steps for each line dance. Steps are taught slowly, easily and repeated until you feel comfortable. No partner needed.

8081  F  2/7 - 2/28  10 - 11am $27/$30NR
8081  F  3/6 - 3/27  10 - 11am $27/$30NR
8081  F  4/3 - 4/24  10 - 11 am $27/$30NR
8081  F  10 - 11 am $8 Drop-in

SENIOR SERVICES OFFICE | PH: 925-373-5760 | M - TH | 9a - 12 and 12 - 4p
Sing For Fun: Music Sing-A-Long

Nancy Marling  RLCC Sycamore Room
Come lift your spirits by singing familiar tunes with other folks and piano accompaniment. The words to the songs will be provided. No musical experience or vocal expertise necessary. No class 2/17, 4/13. Call 373-5700 to register.

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3D Greeting Cards

Katrin Field  RLCC Sycamore Room
This is a fun class for beginners or experienced paper crafters alike. With the upcoming holidays in mind, you will receive enough supplies to create five unique 3-dimensional greeting cards. Imported European materials. Bring a pair of scissors & tweezers. Supply Fee: $20, cash only paid to instructor. Call 925-373-5700 to register.

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Estate Planning: Trust vs. Wills

Jennifer Thaete, Estate Planning and Probate Attorney  RLCC Sycamore Room
Review the primary options of estate planning from trusts, wills, financial and health care powers of attorney and receive a general overview of probate and estate taxes. Registration for each person is required.

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Workshops for you to enjoy, learn, and get the resources you need from local experts.

**use your smart phone like a pro**

Crystal Lin  
RLCC - Palo Verde Room

Are you having trouble with your smart phone? Register for this free class for onsite training to teach you how to use your smart phone. Presented by the CA Telephone Access Program. Call 373-5700 to register.

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<td>2/18</td>
<td>1 - 3 pm (Android)</td>
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**Senior Driver Ombudsman**

Rosemary Robles  
RLCC Palo Verde Room

Turning the big 7-0 and need to take the DMV test? Then this course is for you! Learn from the DMV to help maintain your driving privilege. Call 925-373-5700 to register by 3/6.

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**Culinary Angels Presentation**

Lisa McNaney  
RLCC Cresta Blanca North

Learn from the Culinary Angels volunteers to prepare nutrient-rich meals for loved ones going through a serious health challenge. Organic, healing foods support our bodies’ natural instinct to be well! Taste the results. Fresh garden bounty donated by partner, Sunflower Hill. Call 925-373-5700 to register by 4/3. Non-profit donations appreciated. (Photo below)

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**explore livermore: neighborhood park tours**

**Park Ambassadors**  
Meet at RLCC

Explore Your Livermore: Free Neighborhood Park Tours

Did you know there are 44 parks offered for your enjoyment by the Livermore Area Recreation and Park District?

We are excited to launch monthly tours hosted by our Neighborhood Park Ambassadors who are dedicated to keeping Livermore’s parks clean, safe and green. Tours will include the history of the “park of the month”, its namesake, flora and fauna, and more! We’ll walk, talk and learn about the community we love. Park tours will meet at Robert Livermore Community Center then hop in the LARPD van and head to the park. Limited space available. Call 925 373-5761 to register.

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we want your feedback

Senior Services staff is looking for feedback from participants as we continue to develop future programs and improve our services to best serve the Livermore senior community.

You can give your feedback in two ways:
1) Complete a short survey at bit.ly/larpdseniors
2) Join us for our focus group taking place on Thursday, February 6 from 1 - 2 pm

For more information or to sign up for the focus group, please stop by the SSC Office by Monday, February 3. Limited space available.

AARP Smart Driver Course

Mike Harris
RLCC Sycamore Room
Participants learn the effects of aging and how it affects our ability to drive safely. Discussions on changing laws, roads, vehicles, and our own bodies, as well as discussions on medications, vision and hearing. Participants leave with a renewed confidence in driving. Checks made payable to AARP. Call the Senior Services Office at 925-373-5760 for more information.

Sat 4/4 9 - 5 pm $15/$20 Non AARP

Community Support Program (Fee Assistance)

Community Support Program (Fee Assistance): Persons 50+ unable to enjoy LARPD Senior programs due to financial hardship may contact the front counter at 925-373-5700 for scholarship information. This program is funded through the Livermore Area Recreation and Park District Foundation.

Senior Services Mission Statement

To improve the quality of life for Livermore’s older adults and their families by educating and advocating for health and social services while providing recreation, socialization and meaningful volunteer opportunities to encourage active and healthy lives.