



ADULTS 55+

ALCOSTA SENIOR & COMMUNITY CENTER

9300 Alcosta Blvd
Ph: (925) 973-3250 • Fax: (925) 829-6128

Office Hours
Monday–Friday 8:30am–5:00pm

Senior Travel Desk

(925) 973-3256
Tuesdays 10:00am–1:00pm

Visit the Travel Desk for information about upcoming trips to destinations near and far.

Services

Health Insurance Counseling, transportation and housing information, legal and health services, Senior Peer Counseling sponsored by Contra Costa Health Services, County Connection senior discount tickets available for purchase, and information on home delivered meals. Call for more information.

Senior Fees

Many programs are offered at a nominal fee. Game tables, library, social services, outdoor patio and lounge available at no charge.

Senior Lunch Program

Hot, nutritional lunches served Tuesday - Friday at noon for a donation of \$2 ages 60+/\$5 under 60. Reservations required 24 hours prior to each meal.

Senior Express Van

Transportation is provided for residents to and from the Senior Center, Tuesday-Friday, \$2 each way. The morning route begins at 8:30am. The return trip at 3:00pm on Tuesday, Thursday and 1:30pm on Wednesday, Friday. Phone or sign up 24 hours in advance.

Shopping Shuttle

The San Ramon Senior Express Van provides service to CVS, Wal-Mart, Lucky's and Nob Hill. Shuttle runs on Thursdays only, beginning at 10:30am with pick-ups at the Senior Center, Sunny Glenn, Valley Vista and Villa San Ramon. Please sign up 24 hours in advance. \$2 round trip. Call for more details.

Services • Weekly Schedule

WEEKLY SCHEDULE

Monday

| | |
|----------------------------|---------------|
| Low Impact Aerobics I | 8:30-9:25am |
| Low Impact Aerobics II | 9:30-10:25am |
| Strength Training & Toning | 10:30-11:30am |
| Line Dancing | 10:30-11:30am |
| Pinochle | 12:00-3:00pm |
| Table Tennis | 12:00-4:00pm |

Tuesday

| | |
|--------------------------------|----------------|
| Card Games | 8:30-11:00am |
| Advanced Line Dancing | 9:00-11:00am |
| Boutique Workshop | 10:00am-1:00pm |
| Learn Bridge While Playing | 10:30-11:30am |
| Senior Lunch Program | 12:00-1:00pm |
| Party Bridge | 12:00-3:00pm |
| Bingo (<i>special fee</i>) | 1:00-3:00pm |
| Chinese Calligraphy* | 1:30-2:30pm |
| Low Level Total Body & Balance | 2:00-2:45pm |
| Chinese Brush Painting | 2:30-4:30pm |

Wednesday

| | |
|----------------------------|---------------|
| Low Impact Aerobics I | 8:30-9:25am |
| Low Impact Aerobics II | 9:30-10:25am |
| Bocce Ball | 9:30-11:00am |
| Sound Out | 10:00-11:30am |
| Strength Training & Toning | 10:30-11:30am |
| Intermediate Line Dancing | 10:30-11:30am |
| Senior Lunch Program | 12:00-1:00pm |
| Table Tennis | 12:00-4:30pm |
| Low Impact Kickboxing | 2:00-2:45pm |

*No class until 3/4/14

Thursday

| | |
|------------------------------|----------------|
| Card Games | 8:30-11:00am |
| Advanced Line Dancing | 9:00-11:00am |
| Painting Group | 9:00am-3:00pm |
| Balance Through Movement | 10:00-10:45am |
| Boutique Workshop | 10:00am-1:00pm |
| Low Level Total Body Workout | 11:00-11:45am |
| Senior Lunch Program | 12:00-1:00pm |
| Pinochle | 12:00-3:00pm |
| Table Tennis | 12:00-4:00pm |
| Silver Tones Chorus | 1:00-2:00pm |
| Longevity Fitness | 3:30-5:00pm |

Friday

| | |
|---|---------------|
| Low Impact Aerobics I | 8:30-9:25am |
| Card Games | 8:30-11:00am |
| Low Impact Aerobics II | 9:30-10:25am |
| Strength Training & Toning | 10:30-11:30am |
| Longevity Dance | 10:30-11:30am |
| Senior Lunch Program | 12:00-1:00pm |
| Table Tennis | 12:00-4:00pm |
| Advanced Bridge | 12:30-4:00pm |
| Creative Writing (<i>1st & 3rd Fridays</i>) | 1:00-3:00pm |
| Karaoke | 1:00-4:45pm |
| Tai Chi Kuen | 1:30-3:30pm |

ENCORE SENIOR NEWSLETTER

For more Senior Program & Services information download or pickup a copy of the quarterly Encore Senior Newsletter. Available online at www.SanRamon.ca.gov or at the Alcosta Senior & Community Center.

ENRICHMENT

101A Getting from Start to Solitaire

Learn the basic parts of a computer, how to turn it on and off, basic screen displays, and play the game of Solitaire to practice using the mouse.

Ages 55+
1 Class \$9(R)/\$11(N)

Alcosta Senior and Community Center

| | | |
|---------|-------------------|------------|
| Tue 1/7 | 10:00am-11:15am | Act#89379 |
| Tue 2/4 | 10:00 am-11:15am | Act #86158 |
| Tue 3/4 | 10:00 am-11:15 am | Act #86159 |
| Tue 4/1 | 10:00 am-11:15 am | Act #86160 |
| Tue 5/6 | 10:00 am-11:15 am | Act #86161 |

101B-Creating A Document

In this class you will learn about Windows and basic terminology. You will write and save an original text document using basic word processing. Must have completed 101A before enrolling in this class.

Ages 55+
1 Class \$9(R)/\$11(N)

Alcosta Senior and Community Center

| | | |
|----------|-------------------|------------|
| Tue 1/14 | 10:00 am-11:15am | Act# 89380 |
| Tue 2/11 | 10:00 am-11:15 am | Act #86162 |
| Tue 3/11 | 10:00 am-11:15 am | Act #86163 |
| Tue 4/8 | 10:00 am-11:15 am | Act #86164 |
| Tue 5/13 | 10:00 am-11:15 am | Act #86165 |

101C - Editing & Printing Documents

You will practice basic word processing operations on your documents from the Creating a Document class. Must have completed 101A and 101B before taking this class.

Ages 55+
1 Class \$9(R)/\$11(N)

Alcosta Senior and Community Center

| | | |
|----------|-----------------|------------|
| Tue 1/21 | 10:00am-11:15am | Act#89381 |
| Tue 2/18 | 10:00am-11:15am | Act #86166 |
| Tue 3/18 | 10:00am-11:15am | Act #86167 |
| Tue 4/15 | 10:00am-11:15am | Act #86168 |
| Tue 5/20 | 10:00am-11:15am | Act #86169 |

101D - Filing & Organizing

Learn about folders, shortcuts, and organizing all your files. You must have completed 101A, 101B and 101C classes before enrolling in this class.

Ages 55+ 1 Class \$9(R)/\$11(N)

Alcosta Senior and Community Center

| | | |
|----------|-------------------|------------|
| Tue 1/28 | 10:00am-11:15am | Act#89382 |
| Tue 2/25 | 10:00 am-11:15 am | Act #86170 |
| Tue 3/25 | 10:00 am-11:15 am | Act #86171 |
| Tue 4/22 | 10:00 am-11:15 am | Act #86172 |
| Tue 5/27 | 10:00 am-11:15 am | Act #86173 |

AARP Smart Driver Course

AARP offers the standard 8-hour class for both new and renewing students, and an accelerated 4-hour class for renewing students only. Those enrolling in the 4-hour class must provide the date on which the 8-hour class was completed and must have completed the 8-hour course within the past 3 years. Students completing the class will receive a Certificate of Completion, which entitles them to an automobile insurance discount. New Fees beginning in January 2014 are \$15 for AARP members (with proof of membership) and \$20 for non-members. Fees must be paid by CHECK ONLY - MADE OUT TO AARP and should be given to the instructor upon arrival at the class. Please pre-register at the Senior Center front desk to reserve your space.

Ages 55+ 1 Class
Fee paid to instructor at class

Alcosta Senior and Community Center

| | | |
|----------|------------------|------------|
| Sat 1/11 | 8:30 am- 5:00 pm | Act #86306 |
| Sat 3/8 | 8:30 am- 5:00 pm | Act #86307 |
| Sat 5/10 | 8:30 am- 1:00 pm | Act #86308 |

Zumba Gold

Instructor: Carolynne Levers

Zumba Gold fuses slower Latin rhythms and easy to follow moves, specifically for the active older adult. Participants experience an exciting hour of calorie burning, energizing movements. Latin flavor and International zest make this Zumba Gold class!

55+ 6 Classes \$48(R/GO)/\$60(N)

Alcosta Senior and Community Center

| | | |
|-----------------|----------------|-----------|
| Wed 1/15 - 2/19 | 9:00am-10:00am | Act#89430 |
| Wed 3/5 - 4/9 | 9:00am-10:00am | Act#89431 |
| Wed 4/23 - 5/28 | 9:00am-10:00am | Act#89432 |

Wisdom Wednesday Workshops

Free workshops are offered each month on various Wednesdays from 10:30am – 12:00pm. These workshops are geared towards informational sessions that benefit seniors, their families and/or caregivers. The topics vary and include information on such things as health, finance, travel, retirement, Medicare, Social Security, safety and much more! Schedules are located on the City website under Adult 55+ and at the Senior Center. Call (925) 973-3250 for more information.

FITNESS

55+ Gentle Yoga

Instructor: Marcia Conroy

Basic foundations of yoga are taught in a gentle, modified style. The focus includes stretching to promote flexibility in the muscles and joints, various weight bearing poses to enhance bone health, sequences of poses in a slow rhythm to slightly increase the heart rate, and restorative poses to relieve stress. Please bring a yoga mat.

Ages 55+

Alcosta Senior and Community Center

13 Classes \$104(R)/\$130(N)

| | | |
|---------------|------------------|------------|
| Tue 1/7 - 4/1 | 9:00 am-10:15 am | Act #87406 |
| Thu 1/9 - 4/3 | 6:00 pm- 7:15 pm | Act #87408 |

10 Classes \$80(R)/\$100(N)

| | | |
|-----------------|------------------|------------|
| Tue 4/8 - 6/10 | 9:00 am-10:15 am | Act #87407 |
| Thu 4/10 - 6/12 | 6:00 pm- 7:15 pm | Act #87447 |

55+ Yoga for Health

Instructor: Michiyo Ambrosius

Gentle yoga suited for beginners and continuing students. Various Yoga postures are modified for seniors to develop strength, flexibility and balance. Includes breath work and meditation to explore inner spiritual self. Teachings are based on the instructor's spontaneous remission experience from cancer. Yoga mat required. Wear loose comfortable clothing.

Ages 55+

Alcosta Senior and Community Center

13 Classes \$104(R)/\$130(N)

| | | |
|----------------|----------------|------------|
| Fri 1/10 - 4/4 | 9:00am-10:15am | Act #87453 |
|----------------|----------------|------------|

10 Classes \$80(R)/\$100(N)

| | | |
|-----------------|----------------|------------|
| Fri 4/11 - 6/13 | 9:00am-10:15am | Act #87454 |
|-----------------|----------------|------------|