

Encore!



Programs to Fit Your Lifestyle

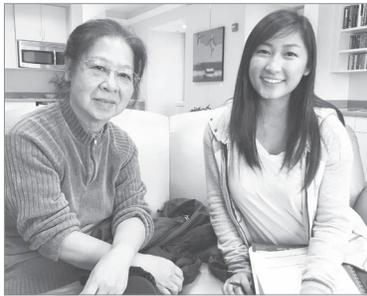


OCTOBER NOVEMBER DECEMBER 2016

Beauty in Age

Interviews: Thursday, October 6, 10:30am

Don't miss out! On Thursday, October 6, student artists will be at the Alcosta Senior and Community Center to interview the senior participants who have volunteered to be part of the Beauty in Age project.



Beauty in Age is a collaborative portraiture project between Dougherty Valley High School's AP student artists and San Ramon's senior citizens. Student artists will interview, photograph and create individual portraits of participating adults 55 and older, capturing a piece of their life story, through the beauty of age. Portraits will be completed in various media and sizes and will be displayed during the month of February at the Alcosta Senior and Community Center.

Rotary Holiday Lunch

Thursday December 8, 12:00-1:30pm

The San Ramon Rotary will host their annual Holiday Lunch for the Alcosta Senior Center seniors on December 8. Reservations for this special lunch begin on Monday, November 14 for Encore members and November 17 for non-members. Space is limited. Please note that this event including the food, entertainment and prizes are generously donated by the San Ramon Rotary Club members. Please remember to show your appreciation to the members the day of the event. Thank you!

Must register in person



Holiday Boutique

Saturday, November 5, 9:30am-4:00pm

Get a head-start on your holiday shopping!

The Holiday Boutique is your one-stop-shop for everything from stocking stuffers to fine artisan goods. The San Ramon Senior Center Foundation will host their annual Holiday Boutique on Saturday, November 5, 9:30am-4:00pm at the Alcosta Senior and Community Center.

Vendor Information

Vendors interested in participating are invited to sign-up for a table (size 5'x2') at a cost of \$40. Application forms may be picked up at the Alcosta Senior and Community Center or by contacting May Chung, may.wc888@yahoo.com.

Deadline for applications is October 21 (no refund on or after October 28). Detailed information is provided on the application form. Selection of vendors will be based on space limitations and variety of products being sold.

Holiday Variety Show

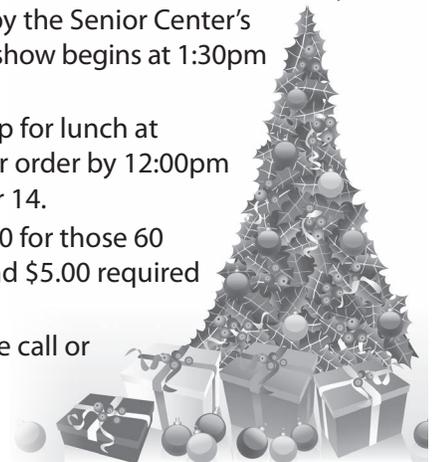
Thursday, December 15, 1:30-3:00pm

Come have a ball with us at the annual Holiday Variety Show! Bring your family and friends and welcome the holidays with entertainment provided by the Senior Center's homegrown talents! The show begins at 1:30pm following lunch.

If you would like to sign up for lunch at 12:00pm please place your order by 12:00pm on Wednesday, December 14.

Donation for lunch is \$2.00 for those 60 years of age and older, and \$5.00 required for those under 60.

To register for lunch please call or stop by the front desk.



Behind the Scenes

Sponsorship Recognition

The City of San Ramon would like to recognize the following agencies who have become Senior Program Sponsors for the Alcosta Senior and Community Center. Their sponsorships support events and programs throughout the year. The programs benefit everyone from seniors who need support services to adult, children, and caregivers of seniors. Many of these agencies have supported the Senior Center for many years. We applaud them!

Express Van Sponsorship

San Ramon Regional Medical Center
San Ramon Senior Center Foundation

Silver Sponsors

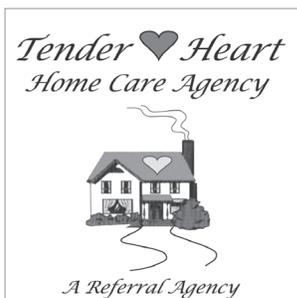
Tender Heart Home Care
Pleasanton Nursing and Rehabilitation Center
Hired Hands Homecare
First Light Home Care
From The Heart Home Care
San Ramon Senior Center Foundation

Bronze Sponsors

Hope Hospice
Visiting Angels
Villa San Ramon

In-Kind Sponsors

Hospice of the East Bay
San Ramon Valley Fire Protection District
Brookdale



Behind the Scenes

In addition to Senior Program Sponsors, San Ramon is privileged to have two groups actively working to support our center and its programs.

The San Ramon Senior Center Foundation:

The Foundation sponsors the Computer Lab, the Spring Fashion Show, Monday Movie Matinee, Holiday Boutique, all of the coffee, and much more. In addition to sponsoring multiple programs and events, the foundation is the primary source of fundraising for the Senior Center. Without the help of the foundation, many of the programs and activities would not be possible.

Members

Carol Neilsen - President	Phil Tafoya
Mary Davis - Vice President	Angie Merjano
Yaeko Kennelly - Secretary	Gigi Merritts
May Chung	Angie Roncagliolo
Jackie Esse	

Senior Advisory Committee:

The San Ramon Senior Advisory Committee meets on the first Monday of every month at 10:00am. The public is welcome to attend. The SAC has placed a Suggestion Box across from the front desk. Please use this box to make suggestions about the facility, senior activities, volunteers, or staff. The SAC and staff will review the suggestions on the first Monday of each month at their meetings.

Advisory Committee Members

Mark Powers	Susan Chen
Monzelle McFaddin	Ethelyn Ryan
Inez Mahon	Nancy Bambino

Volunteer Leaders

Pat York - Front Desk
Don Wilfong - Senior Scholars

Senior Center Staff

Becky Adams - Recreation Supervisor
Jessica Reaber - Recreation Coordinator
Serena Martinez - Office Technician
James Spielvogel - Facility Technician
Angie Roncagliolo - Nutrition Program
Grace Stanfield - Nutrition Program
Susan Lopez - Nutrition Program

Alcosta Senior & Community Center

9300 Alcosta Blvd

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

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

Services

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

Senior Fees

Many programs are offered at a nominal fee. Game tables, library, social services, outdoor patio and lounge are available at no charge. Drop-in fees are \$3(R)/\$4(N).

Senior Express Van

Transportation is provided for San Ramon residents to and from the Alcosta Senior and Community Center, Monday-Friday. Riders must sign-up 24 hours in advance. \$3 each way, \$1 discount for Encore GO Members.

NEW Van Schedule

Day	Departure from Center AM	Departure from Center PM
Monday*	8:30am	1:00pm
Tuesday	8:30am	3:15pm
Wednesday	8:30am	1:00pm
Thursday	8:30am	2:30pm
Friday	8:30am	1:00pm

*2nd & 4th Mondays afternoon departure is 3:00pm

Grocery Shopping Shuttle

Service is provided to local grocery and drug stores the first and third Thursday of each month. Service begins at 10:00am with pick-ups at the Senior Center, Sunny Glenn, Villa San Ramon and Valley Vista Apartments, and drop-offs at various shopping locations. Return to your original pick-up point by noon. Call 24 hours in advance to make a reservation. Call front desk for this month's scheduled dates. Cost: \$3

Senior Lunch Program

Monday through Friday, 12:00pm

See the Monthly Menu at the Front Desk or online.

\$2 suggested donation for 60 years and older

\$5 required for under 60

Please remember that you must sign-up by 12:00pm the business day before you would like lunch. If you are unable to come for lunch after you have ordered, please call the Senior Center at 973-3250 to cancel your order. You may order a seafood salad, veggie burger, hamburger or chef's salad instead of the designated lunch. Be sure to indicate your choice when signing up for lunch.

If you arrive after 12:10pm without calling the front desk, your lunch may be given to someone else.

Nutrition Pass

No need to carry cash for your lunch donation! Patrons may make their donation for daily nutrition/lunch program by loading these onto their existing activity card. The program will work exactly like the other drop-in programs. If you purchase Nutrition Passes, you will check in with the front desk prior to lunch and the staff will scan your card and give you a slip indicating that you made a donation with your activity card.

Coffee Donations

Please remember that a nominal fee of 50 cents per day is requested for coffee. The Senior Foundation generously supports the coffee stations and requests everyone to contribute to enable them to continue this service. Thank you for your donation to help maintain our coffee stations.

Community Garden Allotment Reservations!

The Community Gardens are beginning another year. Gardening is a great way to keep healthy and stay active. Enjoy nature and the beauty of being out in the wonderful outdoors. Reservations will begin in December. Details and registration packets will be available at the front desk of the senior center by mid November. For more information please contact James Spielvogel at 973-3252.

Drop-in Schedule

A Welcoming Community

The Alcosta Senior and Community Center is a place for all people to participate, establish relationships, and share similar interests with others in a friendly environment. Patrons are welcome to sit wherever they wish and are encouraged to participate in multiple activities. Join us in continuing to make this a welcoming Center by saying "hello" to someone new, inviting someone to join you for lunch or holding the door for someone. If participants wish to sit together, please wait for your party to arrive before choosing seats.

Code of Conduct

The City of San Ramon believes all participants and spectators have a right to a positive, safe and enjoyable experience while participating in programs and events offered through the Parks and Community Services Department. It is therefore expected that everyone treats people and facilities with respect and abides by all City and Department policies, rules and guidelines. The City of San Ramon reserves the right to refuse service to anyone for failure to abide by these guidelines.

1. The safety and security of all participants, staff, contractors and volunteers is paramount.
2. All participants, staff and volunteers will be treated with courtesy, respect, dignity and in an equitable and fair manner.
3. Do not discriminate against any participant, staff, or volunteer with regards to disability, race, color, ethnic origin, gender, sexual orientation, religion or age. Everyone should feel included.
4. Treat facilities and parkland with respect and care, following all program, City and Department policies, rules and guidelines.

Monday

Low Impact Aerobics I	8:30am - 9:25am
Low Impact Aerobics II	9:30am - 10:25am
Strength Training & Toning	10:30am - 11:30am
Beginning Line Dancing	10:30am - 11:30am
Self Healing Techniques.....	10:30am - 12:00pm
Pinochle	12:00pm - 3:00pm
Monday Movie Matinee (2nd & 4th Mon)	1:00pm - 3:00pm
Instructional Tai Chi.....	2:00pm - 3:00pm

Tuesday

Card Games	8:30am - 12:00pm
Int./Advanced Line Dancing	9:00am - 11:00am
Boutique Workshop	10:00am - 12:00pm
Strength Training & Toning.....	10:30am - 11:30am
Party Bridge	11:30am - 3:00pm
Intermediate Chinese Calligraphy (2nd Tues) ...	12:30pm - 1:30pm
Bingo (special fee)	1:00pm - 3:00pm
Low Level Total Body & Balance.....	2:00pm - 2:45pm
Intermediate Chinese Brush Painting	2:00pm - 4:00pm

Wednesday

Low Impact Aerobics I	8:30am - 9:25am
Intermediate Bridge	9:00am - 12:30pm
Low Impact Aerobics II	9:30am - 10:25am
Bocce Ball	9:30am - 11:00am
Sound Out.....	10:00am - 11:30am
Ukulele and Hula For Everyone!	10:00am - 12:00pm
Strength Training & Toning	10:30am - 11:30am
Name That Tune (2nd Wed)	12:30pm - 1:15pm
Karaoke	1:00pm - 4:45pm
Intermediate Line Dancing.....	1:30pm - 4:00pm
Low Impact Kickboxing	2:00pm - 2:45pm

Thursday

Card Games	8:30am - 12:00pm
Int./Advanced Line Dancing.....	9:00am - 11:00am
Painting Group.....	9:00am - 3:00pm
Balance Through Movement.....	10:00am - 10:45am
Boutique Workshop	10:30am - 12:00pm
Low Level Total Body Workout	11:00am - 11:45am
Pinochle.....	11:30am - 2:30pm
Intermediate Bridge	12:30pm - 4:00pm
Silver Tones Chorus.....	1:00pm - 2:00pm
Longevity Fitness	3:30pm - 5:00pm

Friday

Low Impact Aerobics I	8:30am - 9:25am
Card Games	8:30am - 12:00pm
Low Impact Aerobics II	9:30am - 10:25am
Strength Training & Toning.....	10:30am - 11:30am
Longevity Dance	10:30am - 11:30am
Creative Writing (1st & 3rd Fridays).....	1:00pm - 3:00pm
Karaoke	1:00pm - 4:45pm
Tai Chi Kuen.....	1:30pm - 3:30pm

*Lunch is served daily at 12:00pm. Sign up 24 hours in advance.

Drop-in Activities

Games

DROP-IN FEES \$3(R)/\$4(N)

Pinochle

Mondays, 12:00pm-3:00pm
Thursdays, 11:30am-2:30pm



Party Bridge

Tuesdays, 11:30am-3:00pm

Drop-in players should have a basic understanding of the game and have played before. Party Bridge is always looking for new players.

Intermediate Bridge

Thursdays, 12:30-4:00pm

Previously, Advanced Bridge, is now Intermediate Bridge to accommodate players of varying skill level. New players are welcomed in this drop-in format and everyone is encouraged to bring a friend.

Card Games/Games of Chance

■ Beginning & Advanced Level of Play

Tuesdays & Thursdays, 8:30am -12:00pm
2nd & 4th Thursday, 1:00 - 4:00pm

■ Advanced Level of Play

Fridays, 8:30 -11:00am

Games could include 5 Card Stud, Texas Hold 'em, or Caribbean Stud.

Bingo

Tuesdays, 1:00-3:00pm
Special Fee: 3 cards for \$2.50; 6 cards for \$5

Bocce Ball

Wednesdays, 9:30-11:00am (weather permitting)

Join in the Bocce craze! Learn to toss the pallino, score points, and increase overall skills. Drop on by and play. Located in the Senior Center Park. All levels are welcome!

Table Tennis

The Senior Center has table tennis tables available for open play during the afternoons. Check with the front counter for availability!



Pool

A pool table is available when the Senior Center is open. The pool balls are held at the front desk. You will need to sign them out and return them to the front desk when you are finished playing. Standard drop-in fees apply. FREE for Encore! members.

Senior Center Park

Bocce Ball, Horseshoes & Shuffleboard are available. Check out equipment at the front desk.

Encore Membership Rates

\$25 Resident / \$35 Non-Resident

Get your Photo ID card with a new membership or renewal of your existing membership now! Come to the front desk to get your picture taken today! In addition to these benefits, you will be supporting the great programs and services provided at the Alcosta Senior & Community Center.

BENEFITS OF MEMBERSHIP

- Receive the Senior Encore! Newsletter by mail
- \$1 discount for Senior Van Transportation each way
- Birthday Recognition (must provide birthdate)
- Free Use of the designated recreation equipment
- Early online registration (residents only)
- Early registration opportunity for the Rotary Holiday Lunch and other special events

ADDITIONAL BENEFITS FOR RESIDENTS

One extra drop-in class for every 5 classes purchased

ADDITIONAL BENEFITS FOR NON-RESIDENTS

Resident rates for Senior Center Drop-In Classes and Lunch Bunch Trips



Creative Arts

DROP-IN FEES \$3(R)/\$4(N)

Boutique Workshops *FREE*

Tuesdays & Thursdays 10:00am-12:00pm

The Boutique is looking for more people to join especially those who like to sew, crochet, knit or love crafts. All ability levels are welcome.

Creative Writing

1st & 3rd Fridays, 1:00-3:00pm

All interested people may attend and write on a subject of their own choosing. Members have written in various genres such as musical composition, memoirs and novels. Some have self-published and others have had stories in other publications in San Ramon and nearby counties.

Painting Group

Thursdays, 9:00am-3:00pm

Bring your own supplies and join the painters! This is a program for those with painting experience who want to get together with others to paint. No instruction is given.



Karaoke

Wednesdays and Fridays, 1:00-4:45pm

Share the joy of singing karaoke. Whatever your favorite genre, bring your own karaoke CD's and share the gift of song!

Name That Tune

**Second Wednesdays, 12:30-1:15pm*

The second Wednesday of each month, stay tuned after lunch for Name That Tune. Participants will guess the names of songs from the 30s through the 60s! Don't miss the fun!

Ukulele and Hula for Everyone!

Wednesdays 10:00am-12:00pm

Instructor: Nani

Share the music of Aloha and learn a new skill, geared towards beginner and intermediate musicians and dancers age 55+. Warm up with hula and cool down with ukulele. Nani teaches authentic Polynesian ukulele and hula in both ancient and modern forms. Hula is a great gentle exercise to enjoy and ukulele is a fun portable way to engage with others and spread the gift of music. You may attend both or choose one you prefer.

Hula 10:00 -11:00am

Ukulele 11:00am-12:00pm

Self Healing Techniques

Mondays, 10:30am-12:00pm

Instructor: Master Shu Chin Hsu

Explore the concept of soul, mind and body medicine. Learn the benefits and self-healing techniques of breath, movement and other simple yet powerful gestures.

Intermediate Chinese Brush Painting

Tuesdays, 2:00-4:00pm

This class is for those who have taken Chinese Brush Painting before and have learned proper technique and the foundation of stroke patterns. The focus is on classic elements of Chinese Brush Painting with emphasis on Chinese masterpieces both ancient and contemporary. Intermediate and advanced concepts of style, line composition, perspective and stroke will be taught.

Additional fees may be required for supplies, per the instructor.

"The SilverTones" Chorus

Thursdays, 1:00-2:00pm

Directed by Maria Reyes

Looking for a group to share your musical talents with and meet new friends? This chorus is for you! The chorus meets weekly to sing their favorite songs. Performances are held throughout the year at various Senior Center events.



Sound Out

Wednesdays, 10:00-11:30am

Lead by Lois Holman

What would you like to talk about? Join in on group discussions of various topics including current events that are of interest to those attending. This is a very informal and friendly group!

Intermediate Chinese Calligraphy

2nd Tuesday, 12:30-1:30pm

Refine your technique and learn the nuances of more technical brush strokes. Come share in this ancient art form.

DROP-IN FEES \$3(R)/\$4(N)

Low Impact Aerobics

Level I

Mondays, Wednesdays, Fridays, 8:30-9:25am

Level II

Mondays, Wednesdays, Fridays, 9:30-10:25am

Instructors: Carolynne Levers & Milan Hutchinson

These classes are designed to be low-impact, energizing, and fun-filled. The methods and movements involved will help to strengthen and stabilize the body for individuals 55 and over.

Strength Training & Toning

Mondays, Tuesday, Wednesdays, Fridays, 10:30-11:30am

Instructor: Carolynne Levers

Strength training with light weights for men and women will help boost decreased energy and help participants regain lost muscle. Wear comfortable clothes. Weights are provided.

Low Level Total Body & Balance Exercise

Tuesdays, 2:00-2:45pm - Low Level Total Body & Balance

Thursdays, 11:00-11:45am - Low Level Total Body Workout

Instructor: Robin Weiss

Participants use their personal body weight, dumbbells and other props to strengthen their entire body and develop balance skills. Exercises are done sitting on a chair or standing using the chairs for support, so there is a level for everyone. Please wear exercise shoes and loose-fitting clothing.

Low Impact Kickboxing

Wednesdays, 2:00-2:45pm

Instructor: Robin Weiss

Fun martial arts movements will be used to strengthen and stretch the entire body and enhance balancing skills. The class is for all ability levels, workouts can be done standing, with a chair for support or sitting in a chair. Please wear exercise shoes and loose-fitting clothing.

Balance Through Movement

Thursdays, 10:00-10:45am

Instructor: Robin Weiss

Class participants will stretch and strengthen the muscles used for balance and movement while practicing balancing skills. The exercises can be performed sitting or standing. All fitness levels are welcome.

Tai Chi Kuen

Fridays, 1:30-3:30pm

This class combines traditional Chinese Tai Chi, Kung Fu and simple dance movements to help develop a strong body and increase mind/body coordination. It also helps to promote gentle muscle toning, stretching, balance, and joint flexibility in both the upper and lower body.

Instructional Tai Chi

Mondays, 2:00-3:00pm

Instructors: Cynthia Lau and Josie Fong

Instructional Tai Chi teaches the simplified 24 form Tai Chi with step by step instructions in English. Each week three forms will be taught in sequence with a review of the previous week's forms.

Longevity Fitness

Thursdays, 3:30-5:00pm

Participants will try different stretching of tense and tight muscles to help improve flexibility. Each class ends with relaxation exercises aimed at reducing stress and increasing vitality.

Longevity Dance

Fridays, 10:30-11:30am

Longevity Dance is an exercise designed to enhance one's wellbeing thru body, mind, and spirit. The Dance itself is movements assembled from the varied forms of Tai Chi, Chi Gung, Tai Chi Chih, etc., and choreographed to easy listening music. In practicing this Dance one can develop good upper and lower body coordination, body balance, and proper breathing habits. Agility, mind functionalities and tension lessening are also enhanced.

Line Dancing

Line dancing is a fun way to stay in shape and socialize. Learn the basics in Beginning Line Dancing or refine your skills in the Intermediate and Advanced classes.

■ Beginning Line Dancing

Mondays, 10:30-11:30am

Instructor: Dolly Bitanga and Nancy Koo

■ Intermediate/Advanced Line Dancing

Tuesdays & Thursdays, 9:00-11:00am

Instructor: Millie Dusha

■ Intermediate Line Dancing

Wednesdays, 1:30-4:00pm

Instructor: Karen Van Hong

Additional Classes and Activities

Registration Fitness Classes

Zumba Gold®

Instructor: Milan Hutchinson

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 as blast to take! Smile away to the rhythm of the music in this fun and friendly class.

Alcosta Senior & Community Center

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

Wed 11/2 - 12/14 10:45am-11:45am Act #100718

No Class 11/23

55+ Gentle Yoga

Instructor: Marcia Conroy

Basic foundations of yoga are taught in gentle, modified style. The focus will include stretching to promote flexibility in the muscles and joints. Various asanas to stimulate weight bearing poses to enhance bone health. Sequences of poses in a slow rhythm to slightly increase the heart rate. Finally, restorative poses to relieve stress. Yoga mat required. Wear loose comfortable clothing.

Community Center at Central Park

Thu 8/25 - 12/15 6:00pm-7:15pm Act #100715

Inquire about registration at the front desk

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.

Alcosta Senior & Community Center

Fri 8/26 - 12/16 9:00am-10:15am Act #100716

Inquire about registration at the front desk



Additional Registration Classes

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. Required fees 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

Alcosta Senior & Community Center

Full Course

Sat 11/12 8:30am-5:00pm Act #101123

Renewal Course

Sat 1/14 9:00am-1:30pm Act #102412

Page Turners Book Group

Third Tuesdays, October 18, November 15,
December 20, 1:30-2:30pm

FREE

Page Turners meets monthly at the Alcosta Senior and Community Center and is facilitated by the San Ramon Library staff. Newcomers and drop-ins are always welcome! Pick up a copy of the book (print or audio) at the San Ramon Library front desk a few weeks before or borrow and read it earlier! A new book is discussed each month.

October 18: *Oleander Girl* by Chitra Banerjee

November 15: *The Sound of Gravel* by Ruth Warnier

December 20: *The Rainbow Comes and Goes* by Anderson Cooper and Gloria Vanderbilt

Lunch Bunch Trips

Enjoy the sites and lunch with friends on the Lunch Bunch Trips! All participants must be able to participate independently or attend with their own aide.

Sign up for the lunch bunch trips at the Senior Center front desk. Lunch is no-host.
Fee includes transportation only.

Trip	Date & Time	Cost	Activity #
Mission San Juan Bautista, lunch at Basque Matxain	Wed. Nov. 9, 9:00am-4:00pm	\$40(R)/\$50 (N)	102309
Conservatory of Flowers, G.G. Park (\$6) Lunch at The Cliff House	Wed. Nov. 16, 9:30am-4:00pm	\$35(R)/\$44(N)	102310
Duartes Tavern & Pigeon Point Lighthouse	Wed. Nov. 30, 9:30am-4:00pm	\$35(R)/\$44(N)	102311
Union Square, San Francisco	Wed. Dec. 7, 10:00am-4:00pm	\$35(R)/\$44(N)	102312
Poggio Trattoria , Sausalito	Wed. Dec. 14, 10:30am-4:00pm	\$35(R)/\$44(N)	102313
Charles Schultz Museum, Santa Rosa (\$8.00 senior admission)	Wed. Dec. 21, 9:30am-4:00pm	\$40(R)/\$50 (N)	102314
Treasure Island, Fine Dining	Wed. Jan. 11, 10:30am-2:30pm	\$25(R)/\$32(N)	101740
Palace Legion of Honor, San Francisco (\$10)	Wed. Jan. 18, 9:30am-3:30pm	\$35(R)/\$44(N)	101741
Disney Museum, S.F. (\$15, Seniors)	Wed. Jan. 25, 10:00am-4:00pm	\$35(R)/\$44(N)	101742

*Return times may vary based upon traffic.



Event Information

Presentations

Get great tips and expert advice with these FREE presentations.



Additional presentations may be added.

Please see the bulletin board and the front desk for updates on presentations.

Medicare Open Enrollment: What Should You Do?

Wednesday, November 16, 10:00am
Room 112

Medicare open enrollment is here – October 15 to Dec. 7. Do you have questions about your Medicare health or prescription drug plan for 2017? This is the time to understand your coverage. It's always a good idea to review your health or drug plan each year to make sure it's still the best choice for you. Your needs and medications may have changed since last year and plans may be no longer be available or may change their premiums, provider networks, formulary of approved drugs and/or copays.

Contra Costa HICAP (Health Insurance Counseling and Advocacy Program) can help you understand your options during open enrollment. They will provide information on what's new with Medicare and changes to Medicare Advantage and prescription drug plans for 2017. Handouts with plan details will be available.

HICAP does not sell or endorse any products and offers free, impartial information and assistance to all Medicare beneficiaries or their caregivers.

Call HICAP at 925-602-4163 or visit their website at www.cchicap.org for more information and for details of their special open enrollment events.

Lunch with Law Enforcement

Wednesday, December 7, 12:30pm
Vista Grande

An officer will be present for lunch and give a short presentation once a quarter. This is a great opportunity to keep up to date and ask any safety questions you may have. Come for the lunch hour* from 12:00 to 1:00pm, or just come for the presentations from 12:30 to 1:00pm. Stay informed, stay safe.

*If you would like lunch you must sign up by 12:00pm on Tuesday, December 6.

Lunch Celebrations

Join the lunch program for upcoming celebrations and events. Make sure to place your lunch order at the front desk by 12:00pm the day before you would like lunch.

If you are celebrating a birthday we will recognize you during lunch with cake and gift bags provided by our Senior Program Sponsors. Please sign up at the front desk at least one week in advance.

October Birthday Celebration

Wednesday, October 19

Halloween Costume Contest

Monday, October 31

Join the festivities and dress up in your best Halloween gear for a chance to win a prize!

November Birthday Celebration

Wednesday, November 16

Thanksgiving Celebration

Wednesday, November 23

Enjoy a traditional Thanksgiving meal and celebrate what you're grateful for!

December Birthday Celebration

Wednesday, December 21

Pharmaceutical Disposal Program

Disposing of medications down the toilet, drain or in the garbage (residential or commercial) is harmful to the environment. You can dispose of your unwanted or expired prescription and non-prescription medications in the Pharmaceutical Disposal Bin located in the lobby of the San Ramon Police Department.

San Ramon Police Department
2401 Crow Canyon Rd., San Ramon, CA 94583

Drop off hours: Monday - Friday 8:00am-6:00pm

*** Pharmaceuticals are only accepted for disposal during business hours, please DO NOT leave medication outside the Police Department's front door when the business office is closed. ***

Sharps, including lancets or EpiPens, may be disposed of at the San Ramon Valley Fire District's Administrative Office, at 1500 Bollinger Canyon Road in San Ramon. The drop box is located just outside the front door and is accessible 24 hours a day, 7 days a week.

See more at: <http://www.ci.san-ramon.ca.us/police/pharmdisposal.htm>

Event Information

Around Town

OCTOBER

Bedtime Theater**The Magic of Phil Ackerly***

October 7

San Ramon Community Center at Central Park

San Ramon Historic Foundation**Oktoberfest***

October 15

Forest Home Farms Historic Park

San Ramon Symphonic Band**Take Me Out to the Ballgame***

October 21

Dougherty Valley Performing Arts Center

The Halloween Happening*

October 22

Dougherty Station Community Center

Night at the Improv**Spooktacular Halloween***

October 29

Front Row Theater

NOVEMBER

Bedtime Theater**Carnival of Chaos***

November 4

San Ramon Community Center at Central Park

Lady K and the Kings of Swing**Let's Fall in Love***

November 5

Front Row Theater

The Pointer Sisters*

November 6

Dougherty Valley Performing Arts Center

A Classic Rock Christmas***Performed by December People**

November 20

Dougherty Valley Performing Arts Center

DECEMBER

Bishop Ranch Tree Lighting

December 2

Bishop Ranch One – 6111 Bollinger Canyon Rd

San Ramon Arts Foundation**The Happy Elf by Harry Connick Jr. ***

December 2 - 18

Front Row Theater

Bah Humbug! 5K Run & Walk*

December 3

San Ramon Community Center at Central Park

Holiday Tours at the Glass House Museum*

December 3, 10, 17

Forest Home Farms Historic Park

Holiday on the Farm

December 10

Forest Home Farms Historic Park

San Ramon Community Chorus**Holiday Celebration**

December 11

San Ramon Community Center at Central Park

Disney's Cinderella Kids*

December 16-17

Dougherty Valley Performing Arts Center

San Ramon Symphonic Band**Christmas Festival***

December 23

Dougherty Valley Performing Arts Center

**These events require registration or ticket purchase.*

For more information, please visit www.SanRamon.ca.gov/parks or call 925-973-3200.

Appointments & Services

HICAP (Health Insurance Counseling & Advocacy Program)

Appointments available the second Tuesday and third Friday of the month

Individual counseling sessions are offered to provide objective information about many of the complexities related to eligibility and enrollment in Medicare, Medicare Supplements, Medicare Advantage Plans, Prescription Drug Plans, Long-Term Care insurance, medical billing issues and programs for low-income individuals. If you'll be turning 65 soon, see the website at www.cchicap.org for "Welcome to Medicare" classes. Call (925) 602-4168 to make an appointment.

Senior Peer Counseling

Sponsored by Contra Costa Health Services

- **Mondays, 1:30pm-3:00pm**
(Spanish Speaking Counselor -Georgette Castro)
- **Tuesdays, 10:00am - 12:00pm**
(Spanish Speaking Counselors - Mary and Javier Solis)
- **1st & 3rd Wednesdays, 10:00am-12:00pm**
(English Speaking Counselor - Frank Borreani)
- **Thursdays, 9:00am-10:30am**
(Mandarin and Cantonese Speaking Counselor - Anna Chang)

The Senior Peer Counseling Program offers individual one-on-one, 45-minute counseling sessions. Services are free of charge, and confidentiality is strictly observed. You may be facing challenges that are difficult to cope with alone, and we offer support to help you through life's problems, crises and challenges. Problem areas can include anxiety, depression, fears, loneliness, family issues, or other concerns that can cause distress. Sign-up for an appointment at the Front Desk or call (925) 973-3250.

Free Senior Legal Services Consultations

Third Wednesday of the month at 2:00pm

October 19, November 16, December 21

(half hour appointments)

Contra Costa Senior Legal Services provides half hour consulting services to those age 60 and older in the areas of: housing; elder abuse (physical, emotional or financial); consumer problems or consumer debt; Social Security overpayments; Powers of Attorney, Advance Health Care Directives, and other issues. Local attorneys are available to assist you with questions and concerns. Please sign-up for appointments at the front desk.

Life Can Sometimes Get a Little Difficult...

The Alcosta Senior & Community Center offers short-term consultations with an experienced family counselor. If you have questions about being a caretaker, living alone, grief, or how to improve relationships with your adult children, you can call Claire Chow directly at 828-2656. Consultations last an hour, but can be longer if needed. A nominal fee of \$20/hour is paid directly to the counselor.

Information & Referrals

Transportation County Link:

For applications call (925) 676-7500.

For reservations call (925) 938-7433.

Voter Registration: Forms are available by the fireplace.

Contra Costa County Senior Information: Call (800) 510-2020

Meals on Wheels information: Call (925) 937-8607

Home Chore Assistance

The next scheduled work days for the Rotary HOME Team maintenance and minor home repair FREE service will take place on Saturday, November 19. As a reminder of how this great service works, volunteers from the Danville/Sycamore Rotary Club will come to the homes of folks to take care of those nuisance tasks such as fixing the leaky faucet, the running toilet, oiling squeaky door hinges, installing a grab-bar, replacing batteries in smoke alarms, etc.

For assistance on November 19, please call by November 10.

For more information and/or to schedule an appointment for a Rotary HOME Team to come and help you, please call Episcopal Senior Communities, (925) 956-7396 or (888) 204-5573.

Alzheimer's Association Support Group

Second Monday of the Month at 7:00pm

Dates: October 10, November 14, December 12

Every second Monday of the month caregivers and loved ones of people with Alzheimer's gather for this support group.

SPEAK UP! English Language Conversation Groups for Adults

1st and 3rd Mondays, 6:45-7:45pm

Improve your English in an informal, small group setting at the Dougherty Station Library. No registration is necessary. Check the Libraries' Events Calendar for specific dates and location.

Dougherty Station Library (925) 973-3380

Senior Center Foundation

Computers

Computer Class: Everyday Excel

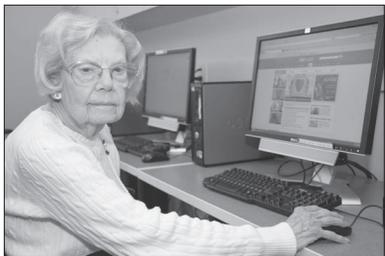
Tuesdays, October 18-November 8, 2:00-3:30pm

Make your computer work for you! Everyday Excel can help you manage everything from project lists and addresses to loans and travel expenses. Clark Murray is a computer docent at the Center and has found this knowledge to be helpful for all users. Come learn the how Excel can help you! *Drop-in fees apply.*

Computer Stations

The Computer Lab is sponsored by the San Ramon Senior Center Foundation.

50 cents per half-hour donation is requested in order to use the computers. This helps with the upkeep of these computers. Thank you for your donation to help maintain our computers.



Computer One-On-One Docent Appointments

\$3(R)/\$4(N) per appointment. Additional donations accepted!

Got a computer question? Want to know how to do tasks with your computer on the Internet? Try our docents! See the schedule below for docent availability:

Tuesdays, 10:00am-12:00pm Camille Thompson

Tuesdays, 1:00-3:00pm Claude Corso

Wednesdays, 9:00-11:00am Phil Reed

Thursdays, 1:00-3:00pm Bob Hempel

Fridays, 2:30-4:30pm Clark Murray

Please Note: You must make an appointment at the front desk for a 60-minute slot. Please pay at the front desk before your appointment. If you need to cancel an appointment, please call the front desk one day in advance so that the Docent will know not to come in. You may sign-up for only one appointment per week.

NOTE: Computer Room will be closed when computer classes are in session.

Events

Monday Movie Matinee

*Presented by the San Ramon Senior Center Foundation
2nd and 4th Mondays, 1:00pm*

Enjoy free popcorn and a movie with friends! The San Ramon Senior Center Foundation presents Monday Movie Matinee will be held on the second and fourth Mondays of each month beginning at 1pm. Movies range in topic and genre. The movie schedule can be found at the Alcosta Senior and Community Center.



The van schedule is adjusted to leave at 3:00pm for the Monday Movie Matinee. See page 3 for the full van schedule.

Upcoming Foundation Events

Holiday Boutique

Saturday, November 5, 9:30am-4:00pm

March Bingo Event

Stayed tuned for information about the Saturday Bingo event coming in March!

Fashion Show and Tea

Save the date! The annual Fashion Show and Tea will be Saturday, April 22, 2017!

Got Used Ink Cartridges?

Please donate your used ink/toner cartridges to the San Ramon Senior Center Foundation. The Foundation gets a \$2 per cartridge credit from Office Depot and you get a \$2 charitable donation deduction from your federal and state taxable income (if you itemize your deductions). Bring your used cartridges to the Front Desk.

Want to get involved?

The Senior Foundation offers many opportunities to get involved and give back. If you are interested in volunteering for the Senior Foundation please email, srscf@comcast.net.

Volunteers

Recently Retired and Looking for Something Meaningful to Do?

The Senior Center is looking for enthusiastic individuals to volunteer at the front desk, kitchen, computer lab and more! Do you have a passion for helping others and sharing your expertise? Give back to the community by volunteering with us. The days and hours vary based on the selected volunteer area. Please contact the Jessica Reaber at (925) 973-3272 for more information.



VOLUNTEER with AARP TAX-AIDE for 2017 TAX SEASON

Do you like working with people? Are you good with numbers?

Contra Costa County AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages. Tax-Aide volunteer positions include Tax Counselors who are trained by Tax-Aide and certified by IRS, and Client Facilitators, who schedule appointments and assist clients at tax sites. Orientation is in November 2016, classes for tax counselors start in January 2017. Service is from February through April 15, 2017. If interested, apply online at www.aarp.org/taxvolunteer or call LaVerne Gordon at (925) 726-3199 for additional information.

Sign-up to Stay Informed

Want to know what's going on at the Alcosta Senior and Community Center? Sign-up for email alerts through the City of San Ramon website. To do so, visit www.sanramon.ca.gov and click on "eSanRamon Updates" on the left toolbar. From there, enter your email address and choose the type of information you want to receive from the city.



VOLUNTEER OF THE MONTH

The Senior Advisory Committee is proud to recognize:

Leonor Peregrino

Volunteer of the Month for October

Mimi Ho

Volunteer of the Month for November

Computer Docents

Volunteer of the Month for December

Please take a minute to stop by the awards wall and read more about the volunteers and thank them for all their dedication and hard work at our Senior Center.

Do you know of a Senior Volunteer who deserves recognition as Volunteer of the Month? If you do, please let the Senior Advisory Committee know by using the suggestion box or leaving a note at the front desk. Your input is important to us!

SLOW DOWN!

Please drive with caution in the parking lot! The speed limit is 10mph. Help us keep everyone safe by going the speed limit.



SAN RAMON
REGIONAL MEDICAL CENTER

JOHN MUIR HEALTH PARTNER

6001 Norris Canyon Road, San Ramon

925.275.9200

www.OurSanRamonHospital.com

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Healthy Holidays



Excerpted from <https://www.cdc.gov/family/holiday/>

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season.

Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle.

Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

Get check-ups and vaccinations.

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings.

Prevent injuries.

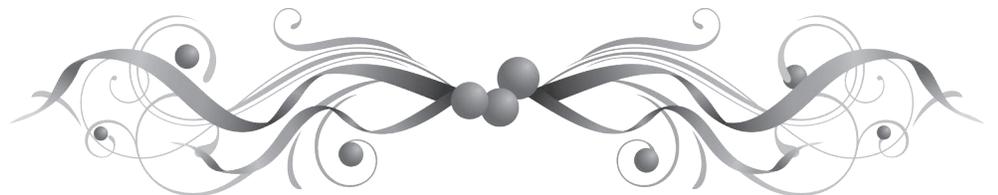
Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Most residential fires occur during the winter months. Never leave fireplaces, stoves, or candles unattended. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

Handle and prepare food safely.

Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week.





SAN RAMON PARKS &
COMMUNITY SERVICES

Alcosta Senior & Community Center

9300 Alcosta Blvd.

San Ramon, CA 94583

OR CURRENT RESIDENT

AT A GLANCE

OCTOBER

Beauty in Age Interviews -register at front desk
Thursday, October 6, 10:30-11:30am

Lunch Bunch: Sam's Chowder House
Wednesday, October 12, 10:00am-3:30pm

Page Turners Book Group
Tuesday, October 18, 1:30-2:30pm

Lunch Bunch: Cliff House & Golden Gate Park
Wednesday, October 19, 10:30am-4:00pm

October Birthday Celebration
Wednesday, October 19, 12:00pm

Lunch Bunch: Winchester Mystery House & Santana Row
Wednesday, October 26, 9:30am-4:00pm

Halloween Lunch Celebration
Monday, October 31, 12:00pm



NOVEMBER

Holiday Boutique
Saturday, November 5, 9:30am-4:00pm

Lunch Bunch: Basque Matxain, Mission San Juan Bautista
Wednesday, November 9, 9:00am-4:00pm

***Senior Center CLOSED – Veteran's Day**
November 11

Sign up for Rotary Lunch (Encore Members)
Monday, November 14

Page Turners Book Group
Tuesday, November 15, 1:30-2:30pm

November Birthday Celebration
Wednesday, November 16, 12:00pm

Lunch Bunch: Conservatory of Flowers, Lunch at The Cliff House
Wednesday, November 16, 9:30am-4:00pm

Sign up for Rotary Lunch (non-members)
Thursday, November 17

Thanksgiving Celebration
Wednesday, November 23, 12:00pm

***Senior Center CLOSED – Thanksgiving Holiday**
November 24-25

Lunch Bunch: Duarte's Tavern & Pigeon Point Lighthouse
Wednesday, November 30, 9:30am-4:00pm

DECEMBER

Lunch Bunch: Union Square, San Francisco
Wednesday, December 7, 10:00am-4:00pm

Rotary Holiday Lunch
Thursday, December 8, 12:00-1:30pm

Lunch Bunch: Poggio Trattoria, Sausalito
Wednesday, December 14, 10:30am-4:00pm

Holiday Variety Show
Thursday, December 15, 1:30pm-3:00pm

Page Turners Book Group
Tuesday, December 20, 1:30 – 2:30pm

December Birthday Celebration
Wednesday, December 21, 12:00pm

Lunch Bunch: Charles Schultz Museum
Wednesday, December 21, 9:30am-4:00pm

***Senior Center CLOSED – Holiday Closure**
December 26—January 2

