

Encore!



Programs to Fit Your Lifestyle



JANUARY FEBRUARY MARCH 2017

Chinese New Year Celebration

Wednesday, January 18, 1:30-3:00pm

FREE

Celebrate the Year of the Fire Rooster and enjoy a program of cultural enlightenment. The show will feature performers from both Chinese and American cultures.

If you would like to sign up for the lunch hour from 12:00pm-1:00pm, please sign up by noon on Tuesday, January 17. Donation for lunch is \$2.00 for those 60 years of age and older, and \$5.00 for those under 60.



Spring Fashion Show & Tea

Presented by the San Ramon Senior Center Foundation

Saturday, April 22, 2:00-4:00pm

San Ramon Community Center

All Ages \$25 per person/\$30 after April 4

Welcome the spring season with an afternoon of fashion, food and fun for all ages! Fabulous door prizes and opportunity drawings will be included. A great event for parents, children, and grandchildren! Proceeds benefit the San Ramon Senior Center Foundation which supports senior programs.

Pre-register at the Alcosta Senior & Community Center by Tuesday, April 4.



Beauty in Age Reception

Thursday, February 2, 9:15am

Alcosta Senior & Community Center

All Ages FREE

Meet the student artists at the unveiling of the Beauty in Age portraits. Art students from Dougherty Valley High School paired up with seniors at the Alcosta Senior and Community Center to get their stories and take their pictures in preparation to create one-of-a-kind portraits. Enjoy these pieces of art throughout the month of February and celebrate Beauty in Age. Light refreshments will be served.



Behind the Scenes

Coming Soon

East Bay Essential Tremor Support Group

The City of San Ramon is proud to partner with the East Bay Essential Tremor Support Group. Meetings will be held on the third Saturday of each month from 10:00am to 12:00pm in Room 112.

January 21, February, 18, March 18

Please RSVP Contact our Support Group Leader, Sharon, at (925) 487-5706 or email: EastBayET@comcast.net

Website: www.EastBayET.com

Quarterly Evacuation Drills

In an effort to stay safe and prepared, the Alcosta Senior and Community Center will conduct quarterly evacuation drills. The drills will provide an opportunity to practice exiting the building safely in the event of an emergency. The dates of the evacuation drills will be posted throughout the Senior Center leading up to the event.

Please follow all instructions provided by staff as they direct you during these evacuation drills.

AARP Free Tax Preparation

Wednesdays, February 1 through April 12, by appointment only
Need help with your 2016 tax return? AARP Tax-Aide Certified Counselors will prepare income tax returns at the Alcosta Senior & Community Center. Appointments are available from 8:30am – 3:00pm. The service does not specify an income limit, but the service targets low and moderate income taxpayers of any age with special attention given to seniors 50+. Counselors will prepare and file tax returns electronically. Electronic filing ensures accuracy, and refunds and tax payment arrangements are completed quickly. Both spouses must be present to sign a joint return.

This service is FREE! Please bring the following documents to complete your return:

- Social Security cards or ITIN letter for all individuals to be listed on the return
- Photo ID of yourself and spouse (if applicable)
- Copies of all W-2's
- 1098's and 1099's
- Other income and deductions
- Your 2016 Tax Return

For appointments call 973-3250 or sign up at the front desk.

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, 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 Merrits
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. Appropriate action will be taken for each suggestion.

Advisory Committee Members

Mark Powers	Susan Chen
Monzelle McFaddin	Ethelyn Ryan
Inez Mahon	Nancy Bambino
Shashi Desai	Christy Torkildson

Volunteer Leaders

Mimi Ho – 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 are lounge 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 (effective January 2017)

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	2:30pm

***2nd & 4th Mondays afternoon departure is 3:00pm
Beginning January 6, the van will leave at 2:30pm on Fridays.**

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. Details and registration packets are available at the front desk of the senior center. 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
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
Page Turners Book Group	1:30pm - 2:30pm
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
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	10:00am - 12:00pm
Low Level Total Body Workout	11:00am - 11:45am
Pinochle.....	12:00pm - 3:00pm
Intermediate Bridge	12:30pm - 4:00pm
Silver Tones Chorus.....	1:00pm - 2:00pm
Card Games (2nd and 4th Thurs)	1:00pm - 4:00pm
Longevity Fitness	3:30pm - 5:00pm

Friday

Card Games	8:30am - 12:00pm
Low Impact Aerobics I	8:30am - 9:25am
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 and Thursdays,
12:00pm-3:00pm*



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, 8:30am-12:00pm

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!

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.

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

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

Low Impact Aerobics I

Instructor: Carolynne Levers

Mondays, 8:30-9:25am

Instructor: Milan Hutchinson

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

Low Impact Aerobics II

Instructor: Carolynne Levers

Mondays, 9:30-10:25am

Instructor: Milan Hutchinson

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

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. Check the front desk for specific dates.

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

Instructors: Johanna Fong & Reg Kwan

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 world rhythms make this Zumba Gold class a blast to take! Smile away to the rhythm of the music in this fun and friendly class.

Ages 55+

Alcosta Senior & Community Center

3 Classes \$24(R)/\$30(N)

Wed 1/11-1/25 10:45am-11:45am Act #101974

4 Classes \$32(R/GO)/\$40(N)

Wed 2/1-2/22 10:45am-11:45am Act #101975

Wed 4/5-4/26 10:45am-11:45am Act #101977

5 Classes \$40(R/GO)/\$50(N)

Wed 3/1-3/29 10:45am-11:45am Act #101976

Wed 5/3-5/31 10:45am-11:45am Act #101978

55+ Gentle Yoga

Instructor: Marcia Conroy

Basic foundations of yoga are taught in a gentle modified style. The focus will include stretching to promote flexibility in the muscles and joints; weight bearing poses to stimulate and enhance bone health; sequences of poses at a slow pace to slightly increase heart rate; balancing poses to support mobile stability; and, restorative poses and breathing techniques to promote relaxation. Yoga mats are required.

Wear loose comfortable clothing. Ages 55+

Alcosta Senior & Community Center

10 Classes \$85(R)/\$107(N)

Tue 1/3 - 3/7 9:00am-10:15am Act #101861

11 Classes \$94(R/GO)/\$118(N)

Tue 3/14-5/30 9:00am-10:15am Act #101863

San Ramon Community Center at Central Park

10 Classes \$85(R)/\$107(N)

Thu 1/5-3/9 6:00pm-7:15pm Act #101862

Thu 3/16-5/25 6:00pm-7:15pm Act #101867



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. Class 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 & Community Center

10 Classes \$85(R)/\$107(N)

Fri 1/6-3/10 9:00am-10:15am Act #101984

11 Classes \$94(R/GO)/\$118(N)

Fri 3/17-6/2 9:00am-10:15am Act #101985

Page Turners Book Group *FREE*

Third Tuesdays

January 17, February 21, March 21

1:30-2:30pm

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!

January 17: *Notorious RBG*

February 21: *The Lake House*

March 21: *Under the Influence*

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 have taken 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

Renewal Course

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

Full Course

Sat 3/11, 8:30am-5:00pm Act #102413

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 unless otherwise stated.

Trip	Date & Time*	Cost	Activity #
Sam's Chowder House, Half Moon Bay	Wed. Feb. 8, 10:30am-3:30pm	\$30(R)/\$38(N)	101743
Pier 39 - Tulipmania	Wed. Feb. 15, 9:30am-4:00pm	\$35(R)/\$44(N)	101744
SFMOMA Museum Café lunch <i>Price includes entrance fee (\$22). All registrations must be completed by 1/31. No refund after 1/31.</i>	Mon. Feb. 27, 9:30am-4:00pm	\$57(R)/\$66(N)	101745
Bungalow 44 Restaurant, Mill Valley	Wed. Mar. 8, 10:00am-4:00pm	\$35(R)/\$44(N)	101746
Marine Mammal Center, Sausalito	Wed. Mar. 15, 10:00am-4:00pm	\$35(R)/\$44(N)	101747
Filoli Estate/Gardens, Café on site (\$17)	Wed. Mar. 29, 10:00am-4:00pm	\$30(R)/\$38(N)	101748
Macy's Union Square, Easter Flower show	Wed. Apr. 12, 10:00am-3:30pm	\$35(R)/\$44(N)	102786
Cornerstone & Sonoma Town Square	Wed. Apr. 19, 9:30am-4:30pm	\$40(R)/\$50(N)	102787
Dead Fish Restaurant, Crockett John Muir House, Martinez	Wed. Apr. 26, 10:30am-3:30pm	\$30(R)/\$38(N)	102788

*Return times may vary based upon traffic.



Event Information

Presentations

Get great tips and expert advice with these FREE presentations.



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

Lunch with Law Enforcement

Wednesday, March 1, 12:30pm

Vista Grande Room

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*, 12:00-1:00pm, or just come for the presentations, 12:30-1:00pm. Stay informed, stay safe.

*If you would like lunch you must sign up by 12:00pm on Tuesday, February 28.

Tech Tutoring Workshops

The San Ramon Teen Council and the San Ramon Senior Center have teamed up to create an intergenerational educational program on technology adaptation. Teen Council members will be available to answer technical questions and you learn about your phone, tablet, or other devices. Please sign up at the front desk or call 973-3250 for a one on one tutoring session, and learn how to use technology to your advantage.

Friday 3/3, 9:30am-11:30am

Friday 4/7, 9:30am-11:30am



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 a week in advance.

January Birthday Celebration

Wednesday, January 18

Chinese New Year Celebration

Wednesday January 18 following lunch

See page 1 for more information.

Valentine's Day Celebration

Tuesday, February 14

Come share the love at the Valentine's celebration and enjoy a sweet treat.

February Birthday Celebration

Wednesday, February 15

March Birthday Celebration

Wednesday, March 15

St. Paddy's Day Lunch

Friday, March 17

Don't forget to wear green!

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>

Around Town

JANUARY

San Ramon 150 Celebration “School Days”

January 14
Forest Home Farms Historic Park

Monkey See Monkey Do, Family Friendly Improv*

January 15
Front Row Theater

Friday Foreign Film Series: The Secret in Their Eyes*

January 20
Front Row Theater

San Ramon Historic Foundation’s Crab Feed*

January 28
Dougherty Station Community Center

FEBRUARY

San Ramon Library Gala Fundraiser*

February 4
San Ramon Library

San Ramon Youth Symphony Concert

February 6
Dougherty Valley Performing Arts Center

Friday Foreign Film Series: Cinema Paradiso*

February 10
Front Row Theater

Night at the Improv: Love is in the Air*

February 11
Front Row Theater

San Ramon Senior Center Foundation’s Mardi Gras Bingo*

February 25
Alcosta Senior & Community Center

MARCH

San Ramon Symphonic Band: March Into Spring*

March 3
Dougherty Valley Performing Arts Center

Teen Job and Career Fair

March 4
Alcosta Senior and Community Center

Rhythm in the Night – The Irish Dance Spectacular*

March 4
Dougherty Valley Performing Arts Center

Friday Foreign Film Series: I Wish*

March 10
Front Row Theater

San Ramon Library Grand Opening

March 11
San Ramon Library

San Ramon Community Chorus: St. Patrick’s Day Concert

March 17
Front Row Theater

Lady K and the Kings of Swing: Dancing with the Stars*

March 18
San Ramon Community Center at Central Park

Average White Band*

March 31
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 Counselor - Javier and Mery Soliz)
- **1st and 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
January 18, February 15, March 15
(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 day for the Rotary HOME Team maintenance and minor home repair FREE service will take place on Saturday, January 28 and March 18. 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 January 28, please call by January 20.

For assistance on March 18, please call by March 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.

Alzheimer's Association Support Group

Second Monday of the Month at 7:00pm

Dates: January 9, February 13, March 13

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

East Bay Essential Tremor Support Group

The City of San Ramon is proud to partner with the East Bay Essential Tremor Support Group. Meetings will be held on the third **Saturday of each month from 10:00am to 12:00pm in Room 112.**

January 21, February 18, March 18

Please RSVP to Support Group Leader, Sharon, at (925) 487-5706 or email EastBayET@comcast.net

Website: www.EastBayET.com

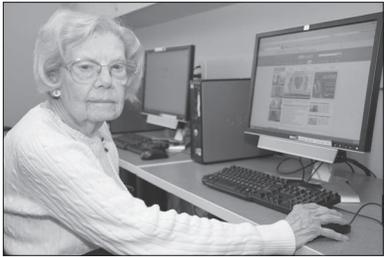
Senior Center Foundation

Computers

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, 10:00am-12:00pm Aditi Magal*

**works with Apple products*

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

Mardi Gras Bingo

Saturday, February 25, 12:30pm

\$20

The San Ramon Senior Center Foundation is hosting a Mardi Gras style bingo luncheon. Lunch will begin at 12:30pm with bingo fun to follow! Cost includes lunch and three bingo cards.

Additional bingo cards are available to purchase. Bingo prizes are \$25/game and two \$100 grand prize blackouts. Proceeds from the event will benefit the ongoing and new programs at the Alcosta Senior and Community Center. To register, visit the staff at the Alcosta Senior and Community Center front desk.

For more information, call (925) 973-3250.

Fashion Show and Tea

Saturday, April 22, 2017! See page 1 for full details.

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, srsfc@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.



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:

Master Gao

Volunteer of the Month for January

Master Gini Lau

Volunteer of the Month for February

Cynthia Lau and Josie Fong

Volunteer of the Month for March

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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Emerging Crisis for Seniors: It's Probably Not What You Think

Excerpted from:

http://www.huffingtonpost.com/caroline-j-cederquist-md/emerging-crisis-for-seniors-its-probably-not-what-you-think_b_8603924.html

The sheer number of malnourished elderly adults is truly staggering. One in three patients who are admitted to the hospital are affected by this condition. Patients diagnosed with malnutrition have a length of stay three times longer than those who do not arrive in a state of malnutrition. Patients who are malnourished prior to undergoing surgery have a 4 times higher risk of developing a pressure ulcer during the healing process as well.

■ What Causes Senior Malnutrition?

Malnutrition is diagnosed when certain changes in weight and functionality are present in an individual. There are a variety of causes of malnutrition, such as poor dentition, difficulty swallowing, decreased appetite, and lack of access to foods for adults on a lower income, which can result in reduced intake of foods and nutrients. Over time, this leads to fat loss and even more importantly, muscle loss due to poor nutrient intake of vitamins and minerals. All of these factors combined over a period of time can lead to malnutrition.

For a person experiencing malnutrition, the most common health problems include unintentional weight loss, tiredness, fatigue, muscle weakness, loss of strength, poor memory, depression, anemia, and a weakened immune system. It is also possible for a patient to experience weight gain as a diet of low nutrient but high calorie foods can lead to fat gain while muscle is being lost.

■ How to Help

If you do find that someone you care about is malnourished, there are many steps you can take in order to address the problem. First, bring this topic up with your physician, and encourage foods that you know your loved one already enjoys. See if they might need



a trip to the dentist to re-fit their dentures, and make sure they have easy-to-grab snacks on hand for between meals. Plan a social meal a few times a week, because after all -no one really likes to eat alone all the time.

When assessing diet, the key macronutrient that needs to be addressed is ensuring adequate protein intake. Protein-rich foods such as chicken, fish, beef, pork or and eggs require preparation time and care to avoid food borne illness. Many times, this is viewed as just too much work. It is much easier to just graze on crackers, bread, pretzels or other low nutrient foods that are quick and convenient.

We require adequate protein levels at all stages of our lives. As we age, the rate of muscle breakdown increases compared to the rate of new muscle synthesis (rec work on medical jargon). Elderly people require a higher level of dietary protein to avoid muscle loss which leads to weakness and difficulty with activity of daily living like getting up out of chair or getting up off of a toilet. Similar to protein, the best sources of fiber also require some prep time and are found in vegetables, fruits and whole grains. It is important to encourage your loved one to eat, but it's equally important that they are eating nutritious foods with protein, fiber and healthy fats. All of these are typically absent in the right combinations in convenience foods.

Join the C.C. Cafe for a well-balanced nutritional lunch Monday through Friday at 12:00pm. Sign up by 12:00pm one business day before at the front desk, or call to make your reservation.



SAN RAMON PARKS & COMMUNITY SERVICES

Alcosta Senior & Community Center

9300 Alcosta Blvd.

San Ramon, CA 94583

OR CURRENT RESIDENT

AT A GLANCE

JANUARY

Senior Center CLOSED – Holiday Closure

Monday, January 2

Lunch Bunch: Treasure Island, Fine Dining

Wednesday, January 11, 10:30am-2:30pm

AARP Smart Driver Renewal Course

Saturday, January 14, 9:00am-1:30pm

Senior Center CLOSED – Martin Luther King Day

Monday, January 16

Page Turners Book Group

Tuesday, January 17, 1:30-2:30pm

Lunch Bunch: Palace Legion of Honor, San Francisco

Wednesday, January 18, 9:30am-3:30pm

January Birthday Celebration

Wednesday, January 18, 12:00pm

Chinese New Year Celebration

Wednesday, January 18, 1:30-3:00pm

Lunch Bunch: Disney Museum, San Francisco

Wednesday, January 25, 10:00am-4:00pm



FEBRUARY

AARP Tax Aide

Wednesdays, 8:30am- 3:00pm
February 1-April 12

Beauty in Age Reception

Thursday, February 2, 9:15am

Lunch Bunch: Sam's Chowder House, Half Moon Bay

Wednesday, February 8, 10:30am-3:30pm

Valentine's Day Lunch

Tuesday, February 14 12:00pm

Lunch Bunch: Tulipmania, Pier 39

Wednesday, February 15, 9:30am-4:00pm

February Birthday Celebration

Wednesday, February 15, 12:00pm

Senior Center CLOSED – Presidents Day

Monday, February 20

Page Turners Book Group

Tuesday, February 21, 1:30-2:30pm

Mardi Gras Bingo

Saturday, February 25, 12:30pm

Lunch Bunch: SFMOMA & Museum Café

Monday, February 27, 9:30am-4:00pm



MARCH

Tech Tutoring Workshop

(provided by the San Ramon Teen Council members)
Friday, March 3, 9:30-11:30am

Lunch Bunch: Bungalow 44 Restaurant, Mill Valley

Wednesday, March 8, 10:00am-4:00pm

AARP Smart Driver Full Course

Saturday, March 11, 8:30am -5:00pm

Lunch Bunch: Marine Mammal Center, Sausalito

Wednesday, March 15, 10:00am-4:00pm

March Birthday Celebration

Wednesday, March 15, 12:00pm

St. Paddy's Day Lunch

Friday, March 17, 12:00pm

Page Turners Book Group

Tuesday, March 21, 1:30-2:30pm

Lunch Bunch: Filoli Estate and Gardens

Wednesday, March 29, 10:00am-4:00pm

