



ENCORE!

PROGRAMS TO FIT YOUR LIFESTYLE
OCTOBER - DECEMBER 2022

ENCORE MEMBERSHIP PASSES

Get a jump on the new year with a renewed pass! Many Encore passes will expire in December, so stop by the front desk now to renew!
See pg. 5 for information on Encore benefits.

HOLIDAY BOUTIQUE

Presented by:

San Ramon Senior Center Foundation
Saturday, November 5, 10:00am-4:00pm
San Ramon Community Center
(12501 Alcosta Blvd)

FREE Admission & Parking

Local crafters and artists come together for the San Ramon Senior Center Foundation's Annual Holiday Boutique. There will be 50+ vendors selling sewn, knitted/crocheted clothing for infants to adults, as well as hats, tote bags, blankets, jewelry, ceramics, home and holiday decorations, and much more! All proceeds benefit the Alcosta Senior & Community Center (ASCC). For more info, email srscf@comcast.net, call (925) 997-2047, or visit the ASCC Front Desk.

HOLIDAY VARIETY SHOW

Wednesday, December 14, 1:30 - 3:00pm
All Ages **FREE**

Come have a ball with us at the 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 before 12:00pm on Tuesday, December 13. Donation for lunch is \$3 for those 60 years of age and older, and \$6 required for those under 60.

To register for lunch, please stop by the front desk or call (925) 973-3250

JINGLE & MINGLE LUNCH

Thursday, December 22, 12:00 - 1:30pm
Lunch 60+: \$3 Donation/ Under 60: \$6 Fee

Come to a festive holiday-themed lunch at Café Costa. Then you'll enjoy a jolly sing-a-long with our entertainer, accompanied by hot chocolate and treats. The event will culminate with a fun gift drawing! **Place your lunch order before 12:00pm on Monday, December 19. Register for lunch, at the front desk or call (925) 973-3250. Sponsored by the San Ramon Senior Center Foundation.**



Alcosta Senior & Community Center

9300 Alcosta Blvd. (925) 973-3250

Registration Hours: Monday-Friday • 8:30am-3:00pm

www.sanramon.ca.gov

YOUR CENTER

Alcosta Senior and Community Center

9300 Alcosta Blvd. (925) 973-3250

Open Monday-Friday

Registration Hours: 8:30am-3:00pm

SERVICES

Health Insurance Counseling, transportation and housing information, legal and health services, and information for Meals on Wheels. Please call for more information.

PROGRAM FEES

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

SENIOR EXPRESS VAN

Transportation is provided for San Ramon residents to and from the Alcosta Senior and Community Center, Tuesday - Friday. \$3 each way, \$1 discount for resident Encore Members.

In addition, the Senior Express Van will pick up individuals, upon request, at the San Ramon Transit Center (SRTC), Tuesday - Friday. Riders must be at the Transit Center no later than 9:15am. Riders can connect to BART via County Connection buses that stop at the SRTC.

Riders must sign-up by noon, one business day in advance. Late sign-ups may not be accommodated. Sign-up for lunch and transportation together to save time! Special events-Van departs later to accommodate events and programs.

Van Schedule

Day	AM Center Departure	PM Center Departure
Tuesday	9:00am	3:15pm
Wednesday	9:00am	1:00pm
Thursday	9:00am	2:30pm
Friday	9:00am	1:00pm

SENIOR LUNCH PROGRAM

\$3 suggested donation for 60 years and older
\$6 required for under 60
Monday-Friday, 12:00pm

Menu is available at the Front Desk or online.

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.

If you arrive after 12:10pm without calling the front desk, your lunch may be given to someone else. **Please bring small change or utilize a Nutrition Pass.*



NUTRITION PASS

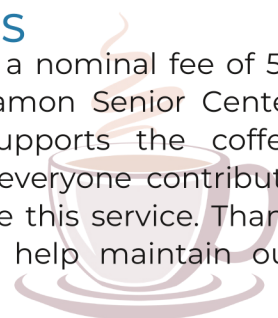
No need to carry cash for your lunch donation! Patrons may make their donation for daily nutrition/ lunch program by loading passes onto their existing activity card. The program works exactly like the other drop-in programs.



To use Nutrition Passes, check in with the front desk before lunch to have staff scan your card, and note your lunch donation via activity card.

COFFEE DONATIONS

Coffee is available daily for a nominal fee of 50 cents per day. The San Ramon Senior Center Foundation generously supports the coffee station and requests that everyone contribute to enable them to continue this service. Thank you for your donation to help maintain our coffee station.



GO SAN RAMON!

Try rideshare and save! Use Uber or Lyft and save half of the fare (up to \$5) when you begin or end your ride in the San Ramon service area. For more information, call 925-455-7500 or visit www.countyconnection.com/gosanramon.

PROGRAM HIGHLIGHTS

WHAT'S NEW & NOTABLE



Holiday Closure
The Alcosta Senior & Community Center will be closed from December 26, 2022-January 2, 2023

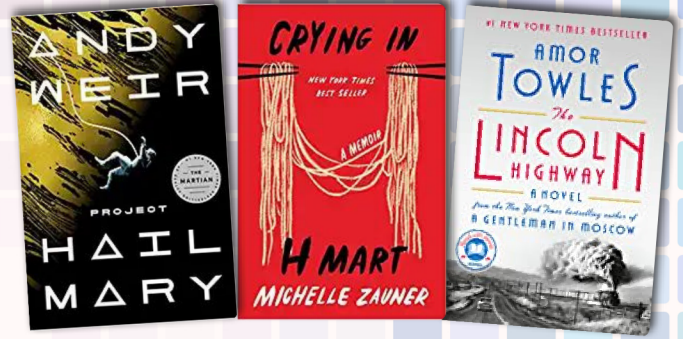
2023 ASCC WALKS PROGRAM

Keep an eye out for "ASCC Walks" in 2023. The walking program will focus on building a routine by challenging seniors to walk at least 10 minutes a day. This active strategy for seniors will use the existing walking paths throughout the ASCC property to encourage daily physical activity.



VOLUNTEER WITH AARP TAX AIDE FOR THE 2023 SEASON

Do you like working with people? Are you good with numbers? AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation and filing for individuals of all ages residing in Contra Costa County. Tax-Aide volunteer opportunities include Tax Counselors, Client Facilitators, and many more positions. Interested in becoming a trained volunteer to assist others with their taxes? If so, contact AARP to volunteer at https://www.aarp.org/money/taxes/aarp_taxaide or (925) 726-3199. Service is from February through mid-April 2023.



PAGE TURNERS

1:30-2:30pm • ASCC • Free

Monday, Oct. 17 *Project Hail Mary*
by Andrew Weir

Monday, Nov. 21 *Crying in H Mart*
by Michelle Zauner

Monday, Dec. 19 *Lincoln Highway*
by Amor Towles

Read the book of the month on your own and then meet up for a lively book club discussion at the Alcosta Senior & Community Center. The Page Turners is facilitated by the San Ramon Library staff. Newcomers welcome!

To join, come by the library (Mon-Thu, 10am-8pm or Fri-Sat 9am-5pm), call the San Ramon Library at (925) 973-2850 or email to Dana Christensen at dana.christensen@library.cccounty.us. Library staff will let you know how to join the group and check out the books.



DEER CREEK APARTMENTS LUXURY SENIOR COMMUNITY

17115 Bollinger Canyon Road San Ramon, Ca 94582

925-968-9175

deercreekatsanramon.com

Paid Advertisement

DROP-IN ACTIVITIES

\$4(R)/\$5(N)

MONDAY

	Time
Low Impact Aerobics I	8:30-9:20am
Strength Training & Toning	9:30-10:20am
Café Costa	12:00-1:00pm
Instructional Tai Chi	2:00-3:30pm

TUESDAY

	Time
Intermediate & Advanced Line Dance	9:00-11:00am
Boutique Workshop (free)	9:00-11:30am
Card Games/Games of Chance	9:00am-12:00pm
Carrom	10:00am-2:00pm
Beginner/ High Beginner Line Dance	10:30-11:45am
Party Bridge	11:30am-3:00pm
Café Costa	12:00-1:00pm
BINGO (special fee)	1:00-3:00pm

WEDNESDAY

	Time
Low Impact Aerobics I	9:30-10:20am
Bocce Ball	9:30-11:00am
NEW! American Mahjong- Learn & Play	10:00am-12:00pm
Strength Training & Toning	10:30-11:20am
Café Costa	12:00-1:00pm
Karaoke (except 1st Wed/month)	1:00-4:30pm
Intermediate Line Dance	1:30-3:30pm

THURSDAY

	Time
SPRK Strength 55+	9:00-9:45am
Intermediate & Advanced Line Dance	9:00-11:00am
Card Games/Games of Chance	9:00am-12:00pm
Total Body & Balance Exercise	10:00-10:45am
Carrom	10:00am-2:00pm
Intermediate Bridge	11:30am-2:30pm
Café Costa	12:00-1:00pm
Table Tennis	1:00-4:00pm
Card Games (2nd & 4th Thur)	1:00-4:00pm
Longevity Fitness	3:00-4:45pm

FRIDAY

	Time
Low Impact Aerobics I	8:30-9:20am
Strength Training & Toning	9:30-10:20am
Self-Defense for Seniors	11:00-11:45am
Café Costa	12:00-1:00pm
Karaoke	1:00-4:30pm

COMPUTER DOCENT APPOINTMENTS

Wednesdays, 9:00-10:00am
ASCC • \$4(R)/\$5(N) per appt.

Have a computer or ipad question? Want to know how to do tasks with your computer on the internet? A computer docent can help you with that during a one-on-one appointment! Sign up for an appointment at Alcosta Senior & Community Center front desk or call (925) 973-3250.

KITCHEN VOLUNTEERS, COMPUTER DOCENTS & FRONT DESK VOLUNTEERS



Do you enjoy helping people? Ready to get involved in something new? The Alcosta Senior & Community Center is looking for volunteers for Café Costa, in the Computer Lab and welcoming seniors into the center. These positions are approximately five hours/ week, M-F (Café: 11am -1pm, Front Desk: 8:30am-12pm/ 12- 3pm, Lab: flexible) To learn more about becoming a volunteer, contact Steve Cox at scox@sanramon.ca.gov or (925) 973-3207.

VOLUNTEER OPPORTUNITY

The San Ramon Senior Center Foundation is seeking volunteers to pick up and drop off bakery items and foods from local grocery stores. Volunteers to prepare foods are also needed weekday mornings. For more information, please email the Foundation at srscfl@gmail.com.

SEEKING NEW INSTRUCTORS

Do you have a special talent or skill that you would like to share with others or know someone that can? The Alcosta Senior & Community Center is seeking instructors for new fitness programs, multi-cultural classes, and opportunities. Contact Suzy Chow at (925) 973-3211 or schow@sanramon.ca.gov.

GAMES

DROP-IN FEES \$4(R)/\$5(N)

BOCCE BALL



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

Join in the Bocce craze! Toss the pallino, score points, and increase overall skills. Located in the ASCC Park.
All levels welcome!

PARTY BRIDGE

Tuesdays • 11:30am-3:00pm

Drop-in players must have an understanding of the game and have played before. Late arrivals may not be accommodated.

INTERMEDIATE BRIDGE

Thursdays • 11:30am-2:30pm

Intermediate Bridge accommodates players of varying skill level.

CARD GAMES/GAMES OF CHANCE

Beginning & Advanced Level of Play

Tuesdays & Thursdays • 9:00am-12:00pm

2nd & 4th Thursday • 1:00-4:00pm

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



BINGO

Tuesdays • 1:00-3:00pm

Special Fee: 3 cards for \$3

Last game: 4 cards for \$4



NEW! AMER. MAHJONG-LEARN & PLAY

Wednesdays • 10:00am-12:00pm

Instructor: Selma Forkash

American Mahjong is a game played with tiles, similar to gin rummy. It's a thinking person's game with the luck of the draw. If you are a beginner, come learn, or if you are a seasoned player come and play. All levels are welcome!

ADDITIONAL AMENITIES

In addition to drop-in games, the Center also has a number of amenities available upon request. Drop in fees apply.

- Pool Table • Horseshoes • Chess
- Shuffle Board • Bocce Ball • Checkers


**The Reutlinger
Community**
SCHIFF CENTER FOR LIFE

**Experience
the Best in
Senior Living!**

4000 Camino Tassajara, Danville, CA 94506

925-648-2800 • www.rcjl.org

License #075600335 | Equal Housing Opportunity

Proud member of the **ESKATON** family

Paid Advertisement

BECOME A SAN RAMON ENCORE! MEMBER

\$35 Resident/\$45 Non-Resident

Get your new membership now! Come to the front desk and register 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 off Senior Van Transportation each way
- Free use of the designated recreation equipment
- Early online registration (residents only)
- Early registration for special events

ADDITIONAL BENEFITS FOR RESIDENTS

- One extra drop-in class for every five classes purchased when purchased in increments of five
- Early registration opportunity for Lunch Bunch Trips

ADDITIONAL BENEFITS FOR NON-RESIDENTS

Resident rates for Senior Center drop-in classes, Lunch Bunch Trips, and \$3 resident rate for Senior Express Van (for rides in San Ramon)

HEALTH & FITNESS

LOW IMPACT AEROBICS

Mondays & Fridays • 8:30–9:20am

Instructor: Mary Arulanantham

Wednesdays • 9:30–10:20am

Instructor: Lena Leikin

Classes are designed to be low-impact, energizing, and fun-filled. The methods and movements involved will help to strengthen and stabilize the body.

STRENGTH TRAINING & TONING

Mondays & Fridays • 9:30–10:20am

Instructor: Mary Arulanantham

Wednesdays • 10:30–11:20am

Instructor: Lena Leikin

Strength training with light weights for men and women will help boost energy and build muscle. Weights are provided.

NEW! SPRK® STRENGTH 55+

Thursdays • 9:00–9:45am

Instructor: Carolynne Levers

Strength train to music to build strength and endurance along with short cardio and power bursts. Weights provided. Bring a mat.

TOTAL BODY & BALANCE

NEW TIME! Thursdays • 10:00–10:45am

Instructor: Mary Arulanantham

Use your body weight, dumbbells and props to strengthen the entire body and develop balance skills. Workouts can be done standing, with a chair, or sitting.

SELF DEFENSE FOR SENIORS

Fridays • 11:00–11:45am

Instructor: Gini Lau

Learn basic body conditioning, punches, kicks, balance, awareness, and defensive & offensive techniques from a martial arts master.



ARTS & DANCE

BOUTIQUE WORKSHOP

Tuesdays • 9:00–11:30am • FREE

Come join the Boutique if you like to sew, crochet, knit or love to craft. All ability levels welcome. Proceeds from the sale of Boutique items benefit the San Ramon Senior Center Foundation.



KARAOKE

Wednesdays & Fridays
1:00–4:30pm

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

LINE DANCE

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

• Beginner/ High Beginner Line Dancing

Tuesdays, 10:30–11:45am

Instructors: Dolly Bitanga & Nancy Koo

• Intermediate Line Dancing

Wednesdays, 1:30–3:30pm

Instructors: Johanna Fong & Linda Johnson

• Intermediate/Advanced Line Dancing

Tuesdays & Thursdays, 9:00–11:00am

Instructor: Millie Dusha

LONGEVITY FITNESS

Thursdays • 3:00–4:45pm

Instructor: Gini Lau

Try different and dynamic stretches for tense and tight muscles to help improve flexibility. Each class ends with relaxation exercises to increase vitality and reduce stress.

INSTRUCTIONAL TAI CHI

Mondays • 2:00–3:30pm

Instructors: Cynthia Lau & Josie Fong

Instructional Tai Chi teaches the simplified 24-form Tai Chi with step-by-step instructions in English. Three new forms will be taught weekly in sequence with a review of the previous week's forms. Check with the front desk for the current schedule.

REGISTRATION CLASSES

FITNESS & ENRICHMENT CLASSES



ZUMBA GOLD/GOLD TONING (18+)

Carolynne Levers

Zumba® Toning blends the Zumba® Party you love at a slower pace with a redefining total body workout using maraca style Zumba® Toning sticks (or light hand weights) to shake up those muscles! Benefits include a low to moderate intensity strength training exercises to help prevent a dramatic reduction in muscle mass. Walk in ready to have a blast and tone up, leave exhilarated and empowered.

San Ramon Community Center

Tuesday, Oct 11 - Oct 25	9:00am - 10:00am	\$24(R)/\$30(N)	Activity # 16493
Tuesday, Nov 1 - Nov 29	9:00am - 10:00am	\$32(R)/\$40(N)	Activity # 16494 *No class 11/22
Tuesday, Dec 6 - Dec 20	9:00am - 10:00am	\$24(R)/\$30(N)	Activity # 16495

NEW! CORE POWER & FLEXIBILITY (18+)



Mary Arulanantham

This class incorporates movement and stretch from a Pilates and yoga perspective. We focus on balance, flexibility and timed endurance, both standing (with optional chair support) and on the floor. Enjoy the slower pace of holding a pose, deepening a stretch and challenging your limits. Students should bring a mat, small towel and water.

Alcosta Senior & Community Center

Thursday, Oct 27 - Dec 8	7:15pm - 8:10pm	\$48(R)/\$60(N)	Activity # 16526 *No class 11/24
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BOMBAY JAM (18+)

Priya Vasudevan

Bombay Jam® includes cardio and toning in one action-packed class. The choreography incorporates simple and easy to follow dance fitness moves and is full of Bollywood masala! Build endurance and develop long, lean muscle - you will burn calories and be thrilled by all the Bombay flair! Just one class will leave you energized and counting down till next Bombay Jam® class. Wear exercise clothes and shoes.

Amador Rancho Community Center

Saturday, Oct 1 - Oct 29	8:30am - 9:30am	\$50(R)/\$62.50(N)	Activity # 16498
Tuesday, Oct 4 - Oct 25	6:30pm - 7:30pm	\$40(R)/\$50(N)	Activity # 16499
Tuesday, Nov 1 - Dec 13	6:30pm - 7:30pm	\$60(R)/\$75(N)	Activity # 16501 *No class 11/22
Saturday, Nov 5 - Dec 10	8:30am - 9:30am	\$40(R)/\$50(N)	Activity # 16500 *No class 11/19 & 11/26



STRUMMING SENIORS- UKULELE (55+)

Steve Kritzer

Join one of the Bay Area's most popular ukulele instructors and jam leaders. Anyone can do it. You'll be playing a song by the first day! Start in the beginning class with tuning, a few simple chords, strums, and easy, popular songs from pop to Hawaiian standards. Then continue to the intermediate class. Teacher will supply music, videos, etc. Bring your own ukulele. Emphasis on fun and group-play. \$10 material fee is payable to the instructor the first day of class.

Alcosta Senior & Community Center

Beginning 1B

Tuesday, Oct 25 - Dec 13	10:30am - 11:30am	\$70(R)/\$87.50(N)	Activity # 16506 *No class 11/22
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Intermediate

Wednesday, Oct 26 - Dec 14	10:30am - 11:30am	\$70(R)/\$87.50(N)	Activity # 16504 *No class 11/23
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LUNCH BUNCH TRIPS

Enjoy the sights 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 these trips at the Senior Center front desk starting **Tuesday, October 4 at 8:30am**. Lunch is no-host (bring sack lunch for Drive, Park & Walk Trip). Fee includes transportation only unless noted.

Sam's Chowder House*, Half Moon Bay

Wednesday, October 5
10:30am - 3:30pm
\$40(R)/\$50(N)
ACT# 16184

**Waitlist only*

Fall Fun at Apple Hill, Placerville

Wednesday, October 19
9:00am - 4:30pm
\$70(R)/\$87.50(N)
ACT# 16185

Sausalito & The Marin Headlands*

Wednesday, October 26
10:00am - 4:00pm
\$48(R)/\$60(N)
ACT# 16186

**Waitlist only*

NEW

Drive, Park & Walk Trip* Explore Tilden Park, Berkeley

Wednesday, November 2
9:30am - 2:00pm
\$34(R)/\$42.50(N)
ACT# 17461

**Bring sack lunch*

NEW

Brunch at Sweet Maple & Cantor Arts Center*, Stanford

Wednesday, November 9
10:00am - 3:30pm
\$42(R)/\$52.50(N)
ACT# 17462

**Includes docent-led
art tour*

DeYoung Museum, SF Special Exhibit: Ramses the Great & the Gold of Pharaohs*

Wednesday, November 16
9:00am - 4:30pm
\$86(R)/107.50(N)
ACT# 17463

**Includes general admission
& special exhibit tickets*

NEW

Columbia State Historic Park

Wednesday, November 30
9:00am - 4:00pm
\$53(R)/\$66.25(N)
ACT# 17464

The Dead Fish, Crockett

Wednesday, December 7
11:00am - 3:00pm
\$31(R)/\$38.75(N)
ACT# 17465

Mustards Grill, Napa

Wednesday, December 14
10:00am - 3:00pm
\$44(R)/\$55(N)
ACT# 17466

NEW

Mykonos Meze, Burlingame

Wednesday, January 11
10:30am - 2:00pm
\$30(R)/\$37.50(N)
ACT# 17467

Conservatory of Flowers* & The Beach Chalet

Wednesday, January 18
9:30am - 4:00pm
\$49(R)/\$61.25(N)
ACT# 17468

**Must purchase ticket
online in advance*

Wood Tavern, Oakland

Wednesday, January 25
10:40am - 2:00pm
\$27(R)/\$33.25(N)
ACT# 17469

PRESENTATIONS & MORE

LITTLE FREE LIBRARY

The Little Free Library located at the Alcosta Senior & Community Center welcomes the community to visit. This library is sponsored by the Dublin San Ramon Women's Club and features a variety of books including fiction, mysteries, romance, biographies, non-fiction and just-for-fun books.

Feel free to bring a book and borrow a book. If you don't have a book to bring, take one to read anyway! Happy reading!

AARP SMART DRIVER COURSE

Refresher Course

Sat 11/5

9:00am-1:00pm

ACT #16389

Ages 55+

Alcosta Senior & Comm. Center

AARP offers the standard 8-hour class for new students (in Winter) as well as a 4-hour refresher class for renewing students. Students completing the class will receive a Certificate of Completion, which entitles them to an auto insurance discount. Required fees are \$20 for AARP members and \$25 for non-members. Fees must be paid by check only (made out to AARP and give to the instructor at the class). Register online to reserve your space at www.SanRamonRecGuide.com.



LUNCH CELEBRATIONS

Join the lunch program for upcoming celebrations and events!*

October Birthday Celebration

Wednesday, October 19, 12:00pm

Halloween Lunch

Monday, October 31, 12:00pm

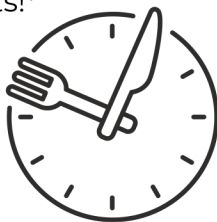
November Birthday Celebration

Wednesday, November 16, 12:00pm

December Birthday Celebration

Wednesday, December 21, 12:00pm

*Place your lunch order at the volunteer desk by 12:00pm the business day before you would like lunch. To celebrate your birthday, sign up at the front desk one week prior to the birthday celebration day. If you are celebrating a birthday, we will recognize you during lunch with cake and gift bag provided by our Senior Program Sponsors.



Elder Law & Estate Planning

FINANCIAL FRAUD PREVENTION- PROTECT YOURSELF!

Wednesday • October 19

10:30-11:30am • FREE

Register in advance

Act# 17420

Presented by: San Francisco Division of the FBI



What can you do to protect yourself and your loved ones? Discover the latest scams targeting seniors and red flags to watch out for. You'll learn what to avoid and what happens if you fall victim to fraud. Prevent fraud before it occurs!

2023 MEDICARE OPTIONS AND CHANGES

Wednesday • November 2

10:30am- 11:30am • FREE

Register in advance • ACT #17438

Presented by Muriel Smalheiser, HICAP

Whether you have Medicare, Medi-Cal, an Employee Group Health Insurance Program or 'plain Medicare', this is for you! Come learn all you need to know about 2023 Medicare options and changes: drugs, Medicare advantage plans, dental, vision or hearing folks in this county for overage, lower premiums, lower co-pays etc. Perhaps there's a program that's better for you than your current plan. Learn what Medicare 2023 has in store!



LUNCH WITH LAW ENFORCEMENT

Wednesday • December 7

12:00– 1:00pm • FREE



An officer or representative will be present for lunch and give a short presentation on tax scams. This is a great opportunity to ask any safety questions you may have. Come for the lunch hour from 12:00 to 1:00pm, or just come

for the presentation at 12:00pm. Stay informed, stay safe. *If you would like lunch, you must sign up by 12:00pm on Tuesday, September 6.

SENIOR RESOURCES



NEW! Additional Social Service Resources are now available at: <https://bit.ly/3CNQNBq>

SENIOR LEGAL SERVICES CONSULTATIONS

3rd Wednesday of the month at 2:00pm
Contra Costa Senior Legal Services (CCSLS) provides free, half-hour consulting services in the areas of housing and eviction issues, consumer law or consumer debt issues, elder abuse, and small claims issues*. Attorneys are available to assist you with questions and concerns. Sign-up for appointments at the front desk or call (925) 973-3250. *For other legal issues, contact CCSLS at (925) 609-7900 for a referral.

FRIENDLY HELPER

Are you a senior who needs someone to pick up a prescription, go to the supermarket, post office, or need help with other errands? Then Friendly Helper is here to help you! For more information, call Carolyn Eghrari, Health and Wellness Associate at (925) 627-7895 or ceghrari@mowdr.org.



EAST BAY ESSENTIAL TREMOR SUPPORT

The City of San Ramon is proud to partner with the East Bay Essential Tremor Support Group. Please contact Support Group Leader, Sharon, at (925) 487-5706 or EastBayET@comcast.net.



ALZHEIMER'S ASSOCIATION SUPPORT GROUP

When facing difficult times, having a good support network you can turn to may help you feel connected and give you a sense of belonging and purpose. Connecting with others like yourself can help put your own experience with the disease in perspective, and provide you with the support and encouragement necessary to move beyond your diagnosis. Join the online support community, AlzConnected® at alz.org or call the 24/7 Helpline at 1 (800) 272-3900.

MEDICARE COUNSELING (HICAP)

October 19, 11:00am-2:00pm

November 16, 11:00am-2:00pm

December 21, 11:00am-2:00pm

HICAP (Health Insurance Counseling and Advocacy Program) provides individual counseling for your Medicare questions and problems. They help you understand how Medicare works, and how to make informed choices about your coverage, Medicare and supplement plans, Medicare Advantage Plans Prescription Drug Plans. HICAP also helps with Medicare claims and appeals. Counseling is also available for Long-Term Care Insurance Policies. Counselors are registered, and counseling appts are objective, confidential, and free. If you are turning 65 soon, visit www.cchicap.org or call (925) 655-1393 for Medicare classes.

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.

BEHIND THE SCENES

Two San Ramon groups actively work to support our center and its programs.

SENIOR ADVISORY COMMITTEE

The San Ramon Senior Advisory Committee (SAC) meets the first Monday of the month at 10:00am and are open to the public. The SAC Suggestion Box is located near the front desk.

Please use this box to make suggestions about the facility, senior activities, volunteers, or staff. A virtual suggestion box is also available (see below). The SAC and staff will review each suggestion during the monthly meeting and take appropriate action for each suggestion.

Members

Richard Adler
Velda (Vee) Chick
Joan Ernst
Sandy March

Susan Chen
Colette Clark
Pouran Lind
Wayne Mortensen

VIRTUAL SUGGESTION BOX

We welcome your suggestions!
Provide feedback to the Senior Center through our Virtual Suggestion Box at:

www.surveymonkey.com/r/9C3M3MC



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SAN RAMON SENIOR CENTER FOUNDATION

San Ramon Senior Center Foundation is seeking new members. The Foundation has supported Senior programs in San Ramon for over 30 years as a 501(c)3 nonprofit. The Foundation raises money annually to support our local Seniors with Meals-on-Wheels, other activities, and events within the City. If you want to become a member or support the Foundation, email srscfl@gmail.com.

A BIG THANK YOU to the San Ramon Senior Center Foundation! The Foundation partnered with the City to reupholster all of the couches, loveseats, and chairs throughout the center with a longlasting, durable fabric. Come by and try them out!



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EMERGENCY INFORMATION UPDATE

Staff is requesting that all Alcosta Senior & Community Center participants update their emergency contact information, so that we will be able to properly assist you in an emergency. Please stop by the front desk to update your emergency information and have your picture taken.

Alcosta Senior & Community Center Staff

Steve Cox - Recreation Supervisor
Suzy Chow - Recreation Coordinator
Kathy Schiller - Office Technician II
Jessica Pineda-Prieto - Recreation Technician

scox@sanramon.ca.gov
schow@sanramon.ca.gov
kschiller@sanramon.ca.gov
jpineda-prieto@sanramon.ca.gov



**SAN RAMON PARKS &
COMMUNITY SERVICES**

Alcosta Senior & Community Center

9300 Alcosta Blvd.

San Ramon, CA 94583

**SAN RAMON SENIOR EVENTS
AT A GLANCE**

OCTOBER

Lunch Bunch: Sam's Chowder House

Wednesday, October 5

Page Turners Book Group

Monday, October 17, 1:30pm

Lunch Bunch: Fall Fun at Apple Hill

Wednesday, October 19

October Birthday Lunch

Wednesday, October 19, 12:00pm

**Lunch Bunch: Sausalito & the Marin
Headlands**

Wednesday, October 26

Halloween Lunch

Monday, October 31, 12:00pm

NOVEMBER

Lunch Bunch: Explore Tilden Park

Wednesday, November 2

**Lunch Bunch: Brunch at Sweet Maple
& Cantor Arts Center**

Wednesday, November 9

ASCC CLOSED- Veteran's Day

Friday, November 11

November Birthday Celebration

Wednesday, November 16, 12:00pm

Lunch Bunch: DeYoung Museum

Wednesday, November 16

Page Turners Book Group

Monday, November 21, 1:30pm

ASCC CLOSED- Thanksgiving Holiday

Thursday & Friday, November 24-25

Lunch Bunch: Historic Columbia

Wednesday, November 30

DECEMBER

Lunch Bunch: The Dead Fish

Wednesday, December 7

Lunch Bunch: Mustard's Grill

Wednesday, December 14

Holiday Variety Show

Wednesday, December 14, 1:30pm

Page Turners Book Group

Monday, December 19, 1:30pm

December Birthday Celebration

Wednesday, December 21, 12:00pm

Jingle & Mingle Lunch

Thursday, December 22, 12:00pm

Holiday Closure

Monday, December 26, 2022 - Monday,
January 2, 2023