



ENCORE!

PROGRAMS TO FIT YOUR LIFESTYLE
MAY - AUGUST 2023

NEW BENEFITS ADDED TO ENCORE MEMBERSHIPS!

Did you know that Encore Memberships now include new benefits?! Stop by the front desk now to sign up or renew your membership and see all that it can do for you!
See pg. 5 for the many Encore benefits & more.

COUNTY CONNECTION MOBILE LOBBY

Wednesday, May 17, 9:00am-12:00pm
Alcosta Senior & Community Center
Free



County Connection

Come by for assistance with Senior Clipper Cards, trip planning, and paratransit eligibility. County Connection staff will be onsite to answer your questions and provide fun giveaways. We hope to see you there! For more information, please call County Connection at (925) 676-7500.

County Connection provides fixed-route and paratransit bus service for communities in Central Contra Costa County.

ICE CREAM SOCIAL

Friday, June 9, 1:30pm • All Ages • Free
Register in Advance • Act# 21051 • ASCC



Our Senior Program Sponsors invite you to enjoy some summertime sweet treats. What better way to cool off in the summer than with a bowl of ice cream and your favorite toppings! This is a great event for newcomers. Invite a friend and join the fun.

SAN RAMON LINK PARATRANSIT INFO WORKSHOP



Presented by County Connection
Wednesday, May 23, 10:00am - 12:00pm
Alcosta Senior & Community Center
Free

County Connection staff will have applications to help determine if you are eligible to use LINK Paratransit. If eligible, they will provide information on how to make a ride reservation, monitoring your trip using an app, and paying your fare. Stop by to see if you are qualified to use this transportation option.

County Connection LINK is a shared-ride service for people who are unable to use regular buses and trains due to a disability or disabling health condition.



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, housing information, legal services, health services, and referrals 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: \$4(R)/\$5(N). Note: Beginning July 1, drop-in classes will be \$5(R)/\$6(N).

SENIOR EXPRESS VAN

Senior Express Van update coming soon!
Check with staff in June!

Transportation is provided for San Ramon residents to and from the Alcosta Senior and Community Center, Tuesday - Friday.

\$3 each way. Starting July 1, \$4 each way.
\$1 discount for resident **Encore Members**.

The Senior Express Van will also 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 will depart later.

Van Schedule

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

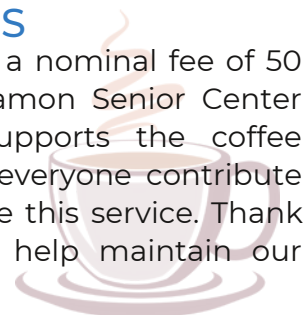
No need to carry cash for your lunch donation! Patrons may make their donation for daily nutrition/ lunch program by loading passes onto their existing activity card. The program works exactly like the other drop-in programs.



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

NEW PROGRAMS

-  Morning Mixers (pg 9)
-  Get More From Your Smartphone (pg 5)
-  Monthly Blood Pressure Check (pg 10)
-  Tech Tutoring- Tues & Wed (pg 4)
-  San Ramon Senior Recognition-nominations being accepted! (pg 10)
-  Monthly Presentations & Events See what's coming up! (pg 9)
-  Wednesday Morning Fitness Classes-offered at new times (pg 6)
-  Gentle Chair Aerobics (pg 6)
-  New Encore Membership benefits (pg 5)



FALLING LEAVES BINGO

Presented by the San Ramon Senior Center Foundation

Saturday, September 16, 12:30-4:00pm
\$25 (incl. lunch & 3 bingo cards)
Act# 20528 • ASCC • Register by 9/8

SUMMER BBQs

Thursday, June 29, 12:00pm- Hotdogs*

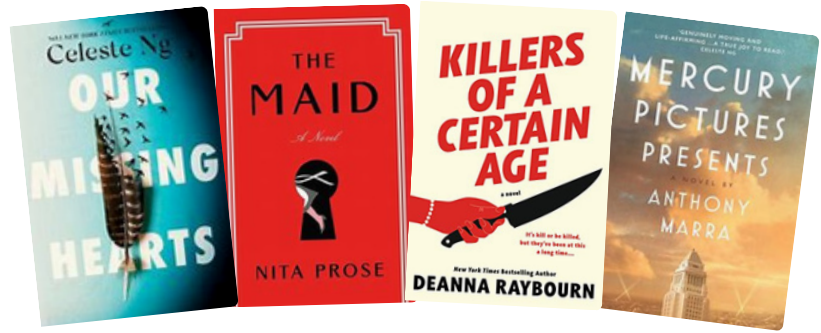
All Ages Act# 20553

Thursday, August 3, 12:00pm- Burgers*

All Ages Act# 21050
\$6(R)/\$7.5(N) ASCC Park



We're celebrating summer with an outdoor BBQ. Enjoy the beautiful setting of the Alcosta Senior & Community Center Park as you partake in a meal with friends. A small fee provides a freshly grilled hotdog* or a hamburger* with sides, a drink, and dessert (veggie option available). Both events will feature musical entertainment to accompany your lunch. Register in advance.



PAGE TURNERS

1:30-2:30pm • ASCC • Free

Monday, May 15 *Our Missing Hearts*
by Celeste Ng

Monday, June 26 *The Maid*
by Nita Prose

Monday, July 17 *Killers of a Certain Age*
by Deanna Raybourn

Monday, Aug. 21 *Mercury Pictures Presents*
by Anthony Marra




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 or in the ASCC Park. The Page Turners is facilitated by the San Ramon Library staff. Newcomers welcome!

To join, stop by the library (Mon-Thu, 10am-8pm or Fri-Sat 9am-5pm), call the San Ramon Library at (925) 973-2850 or email to Jason Jorgensen at jason.jorgensen@library.cccounty.us.

Library staff will let you know how to join the group and check out the books.

Free referral service providing families with pre-screened care options to



-  Assisted Living
-  Memory Care
-  Residential Care Homes



Paid Advertisement

DROP-IN ACTIVITIES

Fees \$4(R)/\$5(N); Starting July 1, Fees \$5(R)/\$6(N)

MONDAY

	<u>Time</u>
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

Monday Movies-coming Summer 2023

TUESDAY

	<u>Time</u>
Intermediate & Advanced Line Dance	9:00-11:00am
Card Games/Games of Chance	9:00am-12:00pm
Boutique Workshop (free)	10:00-12:30pm
Carrom (free)	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

	<u>Time</u>
★ Low Impact Aerobics I	8:30-9:20am
★ Strength Training & Toning	9:30-10:20am
Bocce Ball	9:30-11:00am
American Mahjong	10:00am-12:00pm
★ Gentle Chair Aerobics	10:30-11:15am
Café Costa	12:00-1:00pm
Karaoke (except 1st Wed/month)	1:00-4:30pm
Intermediate Line Dance	1:30-3:30pm

THURSDAY

	<u>Time</u>
★ 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**	10:00-10:45am
Carrom (free)	10:00am-2:00pm
Intermediate Bridge	11:30am-2:30pm
Café Costa	12:00-1:00pm
★ Get More from Your Smartphone (June)	1:00-2:00pm
Table Tennis	1:00-4:00pm
Card Games (2nd & 4th Thur)	1:00-4:00pm
Longevity Fitness	3:00-4:45pm

FRIDAY

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

★ TECH TUTORING APPOINTMENTS

Tuesdays, 9:30 & 10:30am

Wednesdays, 9:00am

ASCC • \$4(R)/\$5(N) per appt.

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

CAFE VOLUNTEERS & 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, and to welcome seniors into the center. These positions are approximately five hours a week, M-F (Café: 11am-1pm, Front Desk: 8:30am-12pm/ 12-3pm) To learn more about becoming a volunteer, contact Steve Cox at scox@sanramon.ca.gov or (925) 973-3207.



SEEKING NEW INSTRUCTORS

Do you have a special talent or skill to share with others or know someone that can? We are seeking instructors for beginning bridge, new fitness programs, multi-cultural classes, and new program opportunities. Contact Suzy Chow at (925) 973-3211 or schow@sanramon.ca.gov.

GAMES & ENRICHMENT

DROP-IN FEES \$4(R)/\$5(N). STARTING 7/1, FEES \$5(R)/\$6(N)

BOCCE BALL



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

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

PARTY BRIDGE

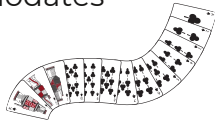
Tuesdays • 11:30am-3:00pm

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: Caribbean Stud, 5 Card Stud, or Tournament style Texas Hold 'em.



BINGO

Tuesdays • 1:00-3:00pm

Special Fee: 3 cards for \$3

Last game & Blackout games:

4 cards for \$1



AMERICAN MAHJONG

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 • Shuffle Board • Bocce Ball Checkers • Chess

★ GET MORE FROM YOUR SMARTPHONE

Thursdays in June • 1:00-2:00pm

Instructor: Audrey Gross

Come and learn what your cellphone can do for you.

Discover how your phone can help you with daily activities- photos, text messages, the calendar and much more! We'll start with the basics and build from there.



BECOME A SAN RAMON ENCORE! MEMBER NOW

\$35 Resident/\$45 Non-Resident

Get your 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 drop-in pass to share (annually)
- Complimentary membership at 100 years of age
- 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 the resident rate for Senior Express Van (for rides in San Ramon)

HEALTH & FITNESS

LOW IMPACT AEROBICS

Mondays, Wednesdays & Fridays
8:30–9:20am

Instructor: Mary Arulanantham

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, Wednesdays & Fridays
9:30–10:20am

Instructor: Mary Arulanantham

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

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

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.

GENTLE CHAIR AEROBICS

 Wednesdays • 10:30am–11:15am

Instructor: Mary Arulanantham

A beginner program designed for anyone who is new to exercise or looking for gentle, seated chair exercises to develop balance and strength.

SELF DEFENSE FOR SENIORS

Fridays • 11:00am–12:30pm

Instructor: Gini Lau

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



ARTS & DANCE

Tip: Use your Encore passes to save \$ on drop-in classes!

BOUTIQUE WORKSHOP

Tuesdays • 10:00–12:30am • 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

(except 1st Wed/ month)

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- *previous experience needed

• Beginner/ High Beginner Line Dancing

Tuesdays, 10:30–11:45am

Instructor: Dolly Bitanga

• 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

Find full class descriptions, more information & register at SanRamonRecGuide.com

CORE POWER & FLEXIBILITY

ASCC

Mary Arulanantham

Movement and stretch using Pilates and yoga with a focus on balance, flexibility and endurance.

Thu, June 1 - July 6

7:20pm - 8:15pm

\$54(R)/\$67.50(N)

Act# 21054

Thu, July 20 - Aug 24

7:20pm - 8:15pm

\$54(R)/\$67.50(N)

Act# 21055

★ NEW! HULA DANCE - BEGINNING

ASCC

Desiree Elder

Discover hula in this class for seniors- a fun, low impact workout that benefits your memory!

Fri, May 12 - Jun 23

9:30am - 10:30am

\$75(R)/\$93.75(N)

Act# 18574 * No class 5/26

Fri, July 7 - Aug 11

9:30am - 10:30am

\$75(R)/\$93.75(N)

Act# 18888

STRUMMING SENIORS - UKULELE

ASCC

Steve Kritzer

Start in the beginning class with a few simple chords, strums, and easy, popular songs. Then continue to the intermediate class with more advanced songs that you'll enjoy playing as a group.

Beginning 1A

Tues, June 6 - July 25

10:00am - 11:00am

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

Act# 18890 *No class 7/4

Intermediate

Thu, June 8 - July 20

10:30am - 11:30am

\$70(R)/\$87.50(N)

Act# 18889



YOGA FOR HEALTH

ASCC

Michiyo Ambrosius

Senior yoga to develop strength, flexibility, and balance. Breath work & meditation included.

Tues, June 6 - June 27

9:00am - 10:15am

\$30(R)/\$37.50(N)

Act# 18882

Tues, July 11 - Aug 29

9:00am - 10:15am

\$60(R)/\$75.00(N)

Act# 21390

★ NEW! YOGA FOR STRESS RELIEF

ASCC

Colleen Millen

Explore yoga, breath, and meditation to lessen stress and increase rest and relaxation .

Mon, June 12 - June 26

8:30am - 9:30am

\$34(R)/\$42.50(N)

Act# 18883

Mon, July 17 - Aug 14

8:30am - 9:30am

\$56(R)/\$70(N)

Act# 21617

ZUMBA GOLD/GOLD TONING

SRCC/ ASCC

Carolynne Levers

Take Zumba® Party you love at a slower pace with a redefining total body workout.

Tues, May 2 - May 23

9:00am - 10:00am

\$32(R)/\$40(N)

Act# 18355

SRCC

Tues, June 6 - June 20

9:00am - 10:00am

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

Act# 18885

ASCC

Tues, Aug 1 - Aug 29

9:00am - 10:00am

\$40(R)/\$50(N)

Act# 18887

ASCC

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 aide. Sign up for trips at the Senior Center: Resident Encore Members- Tuesday, May 9 at 8:30am. Open to all- Thursday, May 11 at 8:30am. Lunch is no-host. Fee includes transportation only unless noted.

Muir Woods* & Lunch at Mountain Home Inn

Wednesday, June 7
9:00am - 3:30pm
\$54(R)/\$67.50(N)
ACT# 21060

*Purchase ticket at entry



GLBT Historical Society Museum* & Little Star Pizza, San Francisco

Wednesday, June 14
10:30am - 4:00pm
\$44(R)/\$55(N)
ACT# 21061

*Purchase ticket at door

Farmstead at Long Meadow Ranch, St. Helena

Wednesday, July 5
10:30am - 3:00pm
\$43(R)/\$53.75(N)
ACT# 21062

Moss Beach Distillery & Bluff Walk, Moss Beach

Wednesday, July 12
10:45am - 3:30pm
\$40(R)/\$50(N)
ACT# 21063

Hiller Aviation Museum* & The Fish Market, San Mateo

Wednesday, July 19
9:00am - 2:30pm
\$42(R)/\$52.50(N)
ACT# 21064

*Purchase ticket at entry

Sam's Chowder House, Half Moon Bay

Wednesday, August 2
10:30am - 3:30pm
\$40(R)/\$50(N)
ACT# 21065

Rosie the Riveter Nat'l Historic Park & Lunch at El Mono, El Cerrito

Wednesday, August 9
9:30am - 3:30pm
\$46(R)/\$57.50(N)
ACT# 21066

Carmel-by-the-Sea

Wednesday, August 23
8:45am - 4:00pm
\$65(R)/\$81.25(N)
ACT# 21067

The Veranda, Concord

Wednesday, Sept. 6
11:00am - 2:30pm
\$27(R)/\$33.75(N)
ACT# 21068



17 Mile Drive & Lunch at Woody's at the Airport, Monterey

Wednesday, Sept. 20
8:30am - 5:00pm
\$73(R)/\$91.25(N)
ACT# 21069

GATHERING POINTS



★ THE MORNING MIXER

Thursday, June 22 & Thursday, August 17
11:00am - 12:00pm • FREE

Hosted by: Senior Advisory Committee (SAC)

Join in a casual conversation and an opportunity to meet new friends, and the SAC. No reservations required, just drop in and come ready to talk about what's on your mind. Make plans to stay for lunch at Costa Café, just sign up at the front desk by noon the day prior and join our table.

★ AGING- WHAT'S NORMAL & WHAT'S NOT

Wednesday • May 17 • 10:30-11:30am • FREE
Register in advance • Act# 21057

Presented by Hope Hospice

As we age, our brains and our bodies undergo changes. Have you ever worried whether some of the memory challenges you or a loved one are experiencing are "normal?" Could they be a sign of something else? Come find out more!

★ LUNCH WITH LAW ENFORCEMENT

Wednesday • June 7 • 12:00-1:00pm • FREE



An officer or representative will be present for lunch and give a short presentation on current topics. This is a great opportunity to ask any safety questions.

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, June 6.

★ HAPPINESS THERAPY, PART 2

Wednesday • July 19 • 10:30-11:30am • FREE
Register in advance • Act# 21056

Presented by: Daniel Marin, local author

Join the discussion on how to plan happiness, so that you can have more of it! Review the benefits of happiness and what happiness therapy is. Learn about the happiness mindset and how to implement a plan to make happiness a habit.

★ YOUR STORY: HOW TO GET THE CONVERSATION STARTED!

Wednesday, August 2, 10:00-11:00am • FREE
Register in advance • Act# 21059

Presented by: SRV Genealogical Society

You've got a story to tell! Oral history helps the younger generation see more than who you are today and delve into your rich history. Come see why, how and what we can do to help the next generations thrive in tough times.

LUNCH CELEBRATIONS



Join the Cafe Costa senior lunch program for upcoming celebrations and events!*

May Birthday Celebration

Wednesday, May 17, 12:00pm

June Birthday Celebration

Wednesday, June 21, 12:00pm

Independence Day Lunch

Monday, July 3, 12:00pm

July Birthday Celebration

Friday, July 19, 12:00pm

August Birthday Celebration

Wednesday, August 16, 12:00pm

*Place lunch orders at the volunteer desk by 12:00pm a business day in advance. To celebrate your birthday, sign up one week prior to the birthday celebration day. We will recognize you during lunch with cake and a gift bag from our Senior Program Sponsors.



Elder Law & Estate Planning

www.HorizonLawCA.com • (925)244-1185

Paid Advertisement

SENIOR RESOURCES



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

★ SAN RAMON SENIOR RECOGNITION

Do you know a senior or an organization serving the San Ramon senior population that has positively affected the San Ramon community? If so, please nominate them for the San Ramon Senior Recognition Program. Call (925) 973-3250 for more information.



ALZHEIMER'S ASSOCIATION SUPPORT GROUP

Connecting with others like yourself can help put your own experience with the disease in perspective, and provide you with the support and encouragement. Join the online support community, AlzConnected® at alz.org or call the 24/7 Helpline at 1 (800) 272-3900.

MEDICARE COUNSELING (HICAP)

3rd Wednesday of the month, 11:00am-2:00pm

HICAP (Health Insurance Counseling and Advocacy Program) provides individual counseling for your Medicare questions and problems. 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. Visit www.cchicap.org or call (925) 655-1393 for Medicare classes.



★ MONTHLY BLOOD PRESSURE CHECK

1st Friday of the month, 10:00am-12:00pm • FREE

Stop in and get your blood pressure checked with a licensed volunteer each month.



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, contact Health and Wellness Associate, Carolyn Eghrari at (925) 627-7895 or ceghrari@mowdr.org.

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.

HERE FOR YOU

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
Colette Clark	Joan Ernst
Pouran Lind	Sandy March
Wayne Mortensen	Judith Murphy



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 activities and events within the City. If you want to become a member or support the Foundation, email srscfl@gmail.com.

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

Ages 55+

Alcosta Senior & Comm. Center

Full Course

Saturday, May 13

9:00am-5:00pm

Act#18384

Full Course

Saturday, July 15

9:00am-5:00pm

Act#18909

Students will receive a Certificate of Completion at the end of class, which entitles them to an auto insurance discount.

Required fees: \$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 at www.SanRamonRecGuide.com or in person at the Alcosta Senior & Community Center.



SAN RAMON SENIOR CENTER FOUNDATION WINS AWARDS

The Senior Center Foundation was honored to be the recipient of the California Parks & Recreation Society, Champion of Community Award and the District 3 Award for Outstanding Non-Profit Organization. These awards were presented to the Foundation for their ongoing years of support of senior center programs, special events, and enriching the lives of seniors in San Ramon. Thank you everyone who has supported the Foundation over the years, past and present!



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 & picture.

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

MAY

Lunch Bunch: Gamble Garden
Tour & Old Port Lobster Shack
Wednesday, May 3

Lunch Bunch: Capitola
Wednesday, May 10

Page Turners Book Group
Monday, May 15

Lunch Bunch: La Mediterranee
& TCHO Chocolate
Wednesday, May 17

May Birthday Lunch
Wednesday, May 17

Art & Wind Festival, Central
Park

Sunday & Monday, May 28-29
ASCC CLOSED- Memorial Day
Monday, May 29

JUNE

Lunch Bunch: Muir Woods &
Mountain Home Inn
Wednesday, June 7

Ice Cream Social
Friday, June 9

Lunch Bunch: GLBT Historical
Society Museum & Little Star
Pizza

Wednesday, June 14
June Birthday Lunch

Wednesday, June 21

Page Turners Book Group
Monday, June 26

June Summer BBQ
Thursday, June 29

JULY

San Ramon 40th Anniversary
4th of July Lunch-
Monday, July 3

ASCC CLOSED- 4th of July
Tuesday, July 4

Lunch Bunch: Farmstead at
Long Meadow Ranch
Wednesday, July 5

Lunch Bunch: Moss Beach
Distillery & Bluff Walk
Wednesday, July 12

Page Turners Book Group
Monday, July 17

Lunch Bunch: Hiller Aviation
Museum & The Fish Market
Wednesday, July 19

July Birthday Lunch
Wednesday, July 19

AUGUST

Lunch Bunch: Sam's
Chowder House
Wednesday, August 2

August Summer BBQ
Thursday, August 3

Lunch Bunch: Rosie the
Riveter NHP & El Mono
Wednesday, August 9

August Birthday Lunch
Wednesday, August 16

Page Turners Book Group
Monday, August 21

Lunch Bunch: Carmel-by-
the-Sea
Wednesday, August 23