Encore!
Programs to Fit Your Lifestyle
SEPTEMBER/OCTOBER 2020

Essential Services For You!

Senior Nutrition Program

The Senior Nutrition Program will continue, but in an altered manner. Each Tuesday, a 5-day meal pack will be available for individuals, ages 60+. These packaged meals include a 3-compartment frozen tray with an entrée and side dishes, as well as milk or calcium drink, fruit items, and crackers or bread.

To place orders: Meal orders should be called into the Alcosta Senior & Community Center (ASCC) no later than Monday at noon for the 5-day meal pack. If meals are needed after the City has placed the meal orders, special arrangements can be made to get participants a meal pack by calling 925-973-3250. Please leave your name, phone number, and address.

During the "shelter at home" order, meal deliveries will be made by a local agency staff member, who will be wearing clearly displayed agency attire. Meals are available for delivery, or convenient curbside pickup at ASCC. To qualify for lunches, seniors will need to fill out a NAPIS form certifying they are over 60.

Goods Available

Donated supplies, including reusable fabric masks, paper goods, puzzles, non-perishable goods, soap, cleaning supplies, toiletries, etc. are available upon request. Items can be delivered with your meals on Tuesdays, or picked up at the center, Wednesday–Friday. Please call a day in advance by 12pm.

Neighbor Express

FREE DELIVERIES FROM A SAN RAMON NEIGHBOR VOLUNTEER

Need help during COVID-19? Are you over 60 years of age or have a compromised immune system? Our volunteers are here to help and will deliver groceries, prescription drugs, activity packets, and more directly to your doorstep. It's free and safe! Let us know more about you and your need by completing the form online at sanramon.neighborexpress.org or call the Alcosta Senior & Community Center at 925-973-3250 to make a request by phone.

WILLING TO HELP VOLUNTEER IN SAN RAMON?

Let us know more about you and your ability by completing the form online at sanramon.neighborexpress.org or call the Alcosta Senior & Community Center at 925-973-3250. Complete the form and a staff member will be in touch within 5 business days with more information about how you can help.

Resources & Support

Senior Advisory Committee Virtual Focus Group

Wednesday, September 30, 11:00am – 12:00pm **Zoom**

Join your Senior Advisory Committee Members and staff as they discuss topics that are important to you! Everyone is encouraged to attend to foster relationships and share information about different cultures, activities and more! To register, call the Alcosta Senior & Community Center at 973-3250 and provide your name, email and phone number. Registrants will receive an email invitation to the Zoom meeting.

Looking For Resources?

If you have a senior-related question or are seeking aging resources, please call the Alcosta Senior & Community Center at 925-973-3250 or go to bit.ly/SRSeniorResources.
We are here to help!

Friendship Line

Would a phone call brighten your call brighten your day? If you or someone you know is feeling lonely or isolated in these challenging times, a friendly voice is just a free phone call away.

The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. You can call 1-888-670-1360 at any time of the day and chat with someone about your day. If you would like more information, you can visit their website at www.ioaging.org.

Senior Classes & Virtual Recreation

Page Turners Book Group

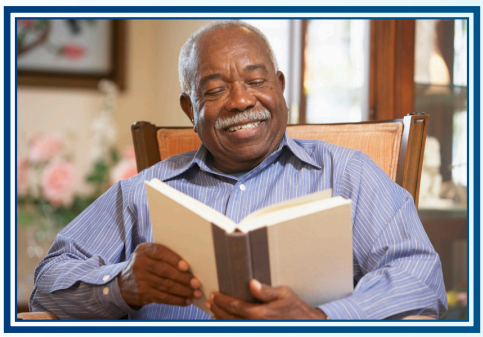
3rd Monday, 1:30 – 2:30pm **Zoom**

Read the book of the month on your own and then meet up virtually for a lively book club discussion. Page Turners meet monthly online and the group is facilitated by the San Ramon Library staff.
Newcomers welcome!

Books are available at the San Ramon Library's service desk. Come to the front door of the library (Mon-Thu 10am-8pm, Fri-Sat 10am–5pm) with your library card. Call or text the number outside the library and ask for the SRL book club book to be checked out to you. For more information, call 973-2850.

September 21st: *The Invention of Wings* by Sue Monk Kidd

October 12th: *The Huntress* by Kate Quinn



Movie Club

2nd & 4th Wednesday, 1:30 – 2:30pm **Zoom**

Our movie club is a fantastic opportunity to take in a variety of films at home and connect with others afterwards!

Each month, enjoy the two themed movies on your own and then come together for a lively Zoom discussion on the 2nd & 4th Wednesdays. Call 925-973-3250 to sign up with your name, phone, and email for the monthly discussion. Discussions are facilitated by staff and volunteers.

Movies Discussion*

Wednesday, September 9, 1:30 – 2:30pm: *Romantic/Comedies*
Just Go With It* + *He's Just Not That Into You

Wednesday, September 23, 1:30 – 2:30pm: *Jennifer Aniston Films*
Murder Mystery* + *Dumplin'

Wednesday, October 14, 1:30 – 2:30pm: *Unlikely Pairings*
The Hundred Foot Journey* + *Uncorked

Wednesday, October 28, 1:30 – 2:30pm: *Movie Magic*
Saving Mr. Banks* + *Mary Poppins Returns

**All movies are rated PG-13 and available on Netflix. Each person is responsible for having the means to watch the movies on their own.*

San Ramon is taking fitness classes outside and online! Come join in and get back into your fitness routine. Classes will be physically spaced and participants will be asked to wear masks at all times.

Register online at www.SanRamonRecGuide.com

Zoom class links will be sent one business day before the start of online classes.

Online Vinyasa Yoga with Disha Bheda

In this class, we will follow the Vinyasa style of yoga. We will string together various basic to intermediate yoga postures and move from one to another with proper breathing. This yoga class aims to give your muscles a gentle stretch and relieve tension. Participants will need a yoga mat. Ages 18+
Instructor: Disha Bheda
Location: Online

Mid-Day Vinyasa Yoga Online (Weekdays)
Sep. 1 - Sep. 30 (Mon thru Fri) | 12:05-1:00pm | ACT #7623
Excluding Monday, September 7th - Labor Day
Fee: $10 per class

Outdoor Zumba Toning with 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. Ages 18+
Instructor: Carolynne Levers
Location: Central Park Amphitheatre

Outdoor Zumba Toning in the Park (Mondays)
Sep. 14 - Sep. 28 (Mondays) | 9:00-10:00am | ACT #7589
Fee: $30.00(R)/$37.50(N)

Online Balance, Agility & Strength with Robin Weiss

Use your body weight, dumbbells and other props to strengthen your entire body and develop balance skills. Exercises are done sitting on a chair or standing using chairs for support, so there is a level for everyone. Ages 50+
Instructor: Robin Weiss
Location: Online

Online Balance, Agility & Strength (Fridays)
Sep. 4 - Sep. 25 (Fridays) | 4:15-5:00pm | ACT #7698
Fee: $26.00(R)/$32.50(N)
Oct. 2 - Oct. 30 (Fridays) | 4:15-5:00pm | ACT #7699
Fee: $32.50(R)/$40.62(N)

Online Balance, Agility & Strength (Sundays)
Sep. 13 - Sep. 27 (Sundays) | 10:15-11:00am | ACT #7979
Fee: $19.50(R)/$24.37(N)
Oct. 4 - Oct. 25 (Sundays) | 10:15-11:00am | ACT #7980
Fee: $26.00(R)/$32.50(N)

Outdoor Adult Bombay Jam with Priya Vasudevan

This program has a serious focus on fun and fitness! Custom music mixes are created with the hottest Bollywood tracks and some American Top 40 music to motivate the participants instantly. Bombay Jam® includes cardio and toning in one action-packed class. The choreography incorporates simple and easy-to-follow Bollywood dance and fitness moves! Please dress in exercise clothes and shoes. Also bring a bottle of water and a floor mat. Ages 18+
Instructor: Priya Vasudevan
Location: Rancho San Ramon Park Amphitheatre

Outdoor Bombay Jam (Thursdays)
Sep. 10 - Sep. 24 (Thursdays) | 6:30-7:30pm | ACT #7777
Fee: $30.00(R)/$37.50(N)

Outdoor Bombay Jam (Saturdays)
Sep. 12 - Oct. 3 (Saturdays) | 8:30-9:30am | ACT #7586
Fee:$40.00(R)/$50.00(N)
Location: Rancho San Ramon Park Amphitheatre

COVID-19 Update

Alcosta Senior & Community Center COVID-19 Information

The Alcosta Senior & Community Center is currently closed and a reopening date, in coordination with Contra Costa County Health Order guidelines, is yet undetermined. Senior Center program offerings will either take place virtually, or will be modified to take place as allowed.

A few general reminders:

- Stay home if you are sick, or have been near a person that is sick.
- Maintain six feet of distance at all times, 10 feet of distance during exercise classes.
- Wash and sanitize your hands regularly.
- Outdoor fitness programs and activities will be limited to a maximum of 12 participants to ensure social distancing.
- For outdoor fitness classes , face coverings must be worn at all times.

For up-to-date program schedules and offerings during the COVID-19 pandemic, please visit the City of San Ramon website at www.sanramon.ca.gov. More detailed descriptions of programs will be updated online as they change. While the Senior Center facility is closed, Senior Center staff and resources continue to remain available to the public. The Encore newsletter and City of San Ramon website includes information on a number of community resources that are available to seniors in San Ramon. You may contact the Senior Center by phone or email, at 925-973-3250 or e-mail Steve Cox at scox@sanramon.ca.gov. We look forward to seeing you in person when it is safe to do so.

Senior Sweets & Treats Resource Fair

Friday, October 30th, 1:00-4:00pm

Alcosta Senior & Community Center - Parking Lot

FREE!

Mark your calendar for the first drive-thru style Resource Fair with a sweet treat! Alcosta Senior & Community Center staff will greet you with a valuable bag of resources and information just for you - including coupons to local businesses and eateries, senior services, finance, housing, exercise and more! In addition, drive up to select vendor tents to receive additional goodies.

Don't forget to wear your mask - we'll be wearing ours as well!