

## Class is in Session for Seniors

By Cathy Tyson

Lafayette seniors have an embarrassment of riches available basically free of charge via Senior Services Center classes and workshops. “We want to give seniors an opportunity to feel that they are part of the community and a sense of belonging that contributes to their mental and physical well being,” said Mei Sun Li, Senior Services Coordinator.

Li joined the Center in 2004 after retiring from Bank of America. Broadening the range of classes available, “reflects what our clientele want. We focus on programs that are intellectually stimulating in nature,” she continued.

See the adjacent box for compete listing of summer session events. Some highlights include a lecture on Oscar Wilde’s “An Ideal Husband” followed by a trip to a matinee CalShakes performance of this comedy, and the very timely Primaries, Caucuses, and Super Delegates. This class examines how a series of changes to make the presidential nominating process more democratic and transparent ended up producing one of the most controversial competitions in modern American history, according to the class description.

Recently this reporter attended a fascinating presentation on “Differentiating Normal Aging, Dementia and Alzheimer’s. Learning about these topics in a friendly, comfortable setting was quite enjoyable. “Dementia is a normal part of the natural process of aging,”

said Caroline Allen, a medical social worker with Hospice of the East Bay and class presenter. By comparison, she noted that Alzheimer’s disease is marked by decreasing blood flow to the brain due to the death of nerve cells, making it difficult for signals to transmit properly. What followed was an interesting hour and a half class that explored these diseases in depth, coupled with Allen’s personal experiences and stories about patients and families at Hospice of the East Bay.

With just a couple of exceptions, all of the classes are free; for example Tea Dancing charges a \$2 fee to cover refreshments and the CalShakes lecture is free, but group discount matinee tickets are \$30 each.

These classes are the deal of the century; attendees are treated to an interesting event by an expert in the field, along with coffee and cookies, and an opportunity to socialize. An optional donation at the door to help sustain these programs is sincerely appreciated by the Senior Services Center. Stay tuned for “Managing and Exploring Your Sensual Self After Age 50” coming in November.

For more information, call the Senior Services Center at (925) 284-5050 or feel free to pick up a class catalogue at the Lafayette Community Center, 500 St. Mary’s Road or check online at [www.lafayetterec.org](http://www.lafayetterec.org). Space is limited, so be sure to call for a reservation.

### Upcoming Summer Classes

A Personal Quest in New Zealand – June 5

Skin Care – the smart way to manage your looks and your well-being – June 18

Reverse Mortgage – should you or should you not - June 26

Computer Maintenance 101 – July 17

Lecture on Oscar Wilde’s “An Ideal Husband” followed by a group trip to Cal Shakes for an afternoon matinee – July 23

Primaries, Caucuses and Super Delegates – by a UC Berkeley Political Science doctoral candidate - July 31

Senior Identity Theft and You - with a panel of experts - August 8

An Afternoon of Jazz Song and Piano – Libby McLaren and Maya Kronfeld - August 15

Diablo Valley Happiness Club, Leader Dr. Bob Nozik (Dr. Happiness) - monthly starting June 8

Bi-Monthly Caregiver Support Group – Mondays, 6/2, 6/23, 7/7, 7/21, 8/4, 8/18, 9/8

Luk Tung Kwen – exercise class – every other Friday, starting 6/27

Tea Dancing every Wednesday  
Art of Balance Workshop - June 27

Preventing Falls Workshop - July 25

Pain Management Workshop - August 22

Free Blood Pressure Screening – at 12:30 following workshops above

Free Memory Screening – by appointment following workshops above