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# Not to be missed

Lafayette Senior Services Events. RSVP (925)284-5050 A minimum $1 donation at the door would be appreciated Saint Mary's Rd, Lafayette, half way between downtown Lafayette and Saint Mary's College:

Luk Tung Kwen and Yuan Ji Wu Classes Luk Tung Kwen exercise program and Yuan Ji Wu Dance Exercise program on an every other Friday afternoon basis. Yuanji dance is a mixture of martial art, physical therapy dance and the chi exercise. Luk Tung Kwen - Fridays 1:00 - 1:50pm. Yuan Ji Wu - Fridays 2:00pm - 2:50 pm 9/19, 10/3, 10/17.

Driver's Safety Class Saturday 9/13 - 8:30am - 5:00 pm The Driver's Safety class offered through A.A.R.P will help you to refine existing skills, develop safe, defensive techniques, and may help lower your auto insurance premium. The course also includes tips on avoiding stress while driving as well as accident prevention.

Maximizing Your Memory-Tues 9/23 - 10:30am - Noon A presenter from the Alzheimer's Association, will tell us how to tell the difference between normal memory loss and dementia. In an informative and interactive workshop setting, Maximizing Your Memory will cover tips and strategies for improving memory.

The ABC's of Hearing: "I Just Can't Hear You" Thurs 10/2 -10:30am - Noon Jeanna Eggers, audiologist, will present tips on managing life as our hearing diminishes as well as how our ears actually work and what happens as we age. We will also learn the latest about hearing aid technologies. Bring friends and family. There will be handouts and plenty of time for questions.

Helping Mom and Dad Give Up the Car Keys -Thurs 10/16 -1:00pm - 2:30pm. At some time, most of us will have to face up to the fact that as we age, our physical and mental abilities decline. The decision to give up our car keys is fraught with anguish and frustration. Julio Lacayo, a seasoned DMV senior ombudsman, will introduce ideas on how do we might initiate such a conversation with our older parents. Sequoia Room.

Piano Jazz Cafe at the Community Center Friday 10/10-1:30pm - 2:30pm The music varies from show tunes and jazz standards to original compositions. There is no charge but, a small donation would be appreciated. Light refreshments are offered. RSVP. (925)284-5050

Positive Living Forum - 9/11, 10/9- 10:30am - noon On the second Thursday of each month, Positive Living Forum presents eminent speakers and a wide range of topics that will stimulate and guide participants towards a more ideal and positive life experience. Drop-ins are welcome. Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF and Author of "Happy 4 Life: Here's How to Do It."

Bi-Monthly Caregiver Support Group 9/8, 9/22; 10/6 -1:30pm - 2:30 pm Caring for frail older adults in the home often creates great stress and emotional anguish for spouses and family members. Licensed geriatric care manager Carol Shenson,

M.A., CMC, offers a bi-monthly support group for family members who are considering or currently involved with the direct care of an older relative.

Tea Dancing- Every Wednesday 12:30pm - 3:00pm Enjoy afternoon Tea Dancing and light refreshments in the spacious Live Oak room. Music compiled by D.J. Dan Foley. Come for the swell music and good company even if you prefer not to dance.. LCC: Live Oak Room, $2 fee covers refreshments.

Anne Randolph Workshop: Abatable Arthritis Fri: 9/26 - 11:30am - 12:30 pm. Did you know that you can do more to decrease arthritic pain besides taking medication? Muscle control is responsible for 80% of the support of your joints. Come and learn exercises to control pain, improve function, and protect your joints. Sequoia room Call :284-5050 to register. FOLLOWING THE ANNE RANDOLPH WORKSHOPS.....
Free Blood Pressure Screening - John Muir Senior Services At 12:30 pm, No appointments are required. Free Memory Screening (by appointment) - Caring Solutions Call 284-5050 for an appointment. Appointments at 12:30, 12:50, and 1:10 pm.

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Complimentary exercise & strength seminar Saturday, Sept 13th - 2:00 - 3:00 pm. You will learn to: reduce your risk of falling, increase your strength and energy and improve your self confidence. Speaker and exercise physiologist, Robert Goldstein, has 17 years of experience in Health, Physical Education and Recreation. Aegis of Moraga, 950 Country Club Drive, Moraga. Seating is Limited - RSVP Required RSVP to Candice Moses at 925-377-7900 or e-mail to candice.moses@aegisliving.com

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