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Lafayette Senior Services Events

RSVP (925) 284-5050

Anne Randolph Workshop: Opposing Osteoporosis Friday, 10/24 11:30 AM - 12:30 PM, Sequoia room. Learn how to maintain or possibly increase your bone mass. What are the risk factors for developing osteoporosis; what are some treatments? Get tips on how you can take control and keep your bones in the best shape possible. Call :284-5050 to register.

Following the Anne Randolph Workshop: 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 at 12:30, 12:50, or 1:10 pm.

Flu, Pneumonia, Tetanus/Diphtheria Shots Wednesday 10/29, 2:00- 3:30pm Live Oak Room. Vaccinations provided by the Contra Costa Communicable Disease Control Staff at our Lafayette Community Center. Cost of a Flu Shot is \$15, Pneumonia shot is \$40 and Tetanus/Diphtheria is \$15. *No one will be turned away for inability to pay. Unfortunately, we are unable to accept Medicare.

The Cemetery Club (a VERY funny play) Performed by the Vagabond Players Friday 11/7 1:30 - 3:00 PM Sweet Ida, feisty Lucille, and priggish Doris have been meeting monthly for tea before visiting their husbands' graves but single fellow Sam the butcher has ideas. The Cemetery Club is a hilarious play by Ivan Menchell.

Exploring Your Sensual Self After the Age of 50 Thurs 11/20 1:30 - 3:00 PM Eileen Zagelow, Geriatric Care Manager, Eldercare Services, will help us explore some of the facts and myths of the aging process and the influence it has on our physical and psychological selves, how our life experiences affect our sensual natures, and how we can overcome societal barriers to gain the confidence to be more expressive sensually.

Positive Living Forum Open Lecture and Discussion Series Thursday, Nov 13 10:30 - noon Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF and Author of "Happy 4 Life: Here's How to Do It." Drop-ins are welcome.

Bi-Monthly Caregiver Support Group By Carol Shenson, Companion Care Mondays 10/20; 11/3, 11/17. 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. To sign up, call 284-5050. Drop-ins welcome.

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 - 1:50pm. Yuan Ji Wu - Fridays 2pm-2:50pm, 10/17, 10/31, 11/14.

Reach the reporter at: info@lamorindaweekly.com

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