

# LAMORINDA WEEKLY

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## Lafayette Senior Services Events

*All events take place at the Lafayette Community Center, 500 St. Mary's Rd. A minimum \$1 donation at the door would be appreciated.*

Wednesdays Jan 7, 14, 21 and 28th, 12:30-3:00pm

Enjoy afternoon Tea Dancing and light refreshments, and learn some great new dance moves. Professional dancers Karen and Michael will provide a dance lesson and live DJ services, playing your favorites and taking requests. Live Oak Room, \$2 fee covers refreshments.

Thursdays Jan 8, Jan 22, Feb 12, 1:00-2:30pm

Embracing Aging with Story and Movement. Marlys Tobias, InterPlay leader and dancer. Ease, joy, and playfulness can be an integral part of your life. We will share our stories and discover the wisdom of our bodies through movement. All bodies and hearts welcome.

Thursdays Jan 8th and Feb 12th 10:30 - noon.

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.

Thursday Jan 22 from 10:30 - Noon

Dr. Elliot Wagner, OMD, LAc, Licensed Acupuncturist, Dr. Wagner will explain in clear, simple language how acupuncture works, how it helps to heal pain, and what health problems it effectively treats.

Fridays, Jan 16th and, 30th. 1 -2:30pm.

A creative writing workshop based on the themes of self-discovery, aging, and healing will be offered by Izabela Filipiak, international lecturer and writer. Participants will create both semi-autobiographical and fictionalized narratives seeking inspiration from Leonora Carrington's deep, funny, and imaginative novel, *The Hearing Trumpet*, and other literary masterpieces as well as their own life experiences.

Friday, Jan 23, 11:30am - 12:30pm

Come learn how to improve your balance and stop worrying about falling. Losing your balance is usually simply due to poor muscle strength, especially in your ankles. Learn exercises to improve your balance and feel confident walking on any surface.

There is no charge. Please call (925)284-5050 to register.

Tuesday, Feb 10, 1-2:30pm

Mollie Fujioka will relate what it was like to be traumatically uprooted by order of the United States government to live under harsh conditions at the infamous Tule Lake internment camp in California during WWII. She will cover not only what life was like during those childhood formative years - she graduated from high school there! - but also how she and her family have managed not only to survive but to thrive.

Friday Feb 20, 1:30 - 2:30pm

Afternoon Piano Jazz Cafe at the Community Center Featuring Members of the Contra Costa Performing Arts Society on. 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. Call Lafayette Senior Services at 284-5050 to let us know you are coming.

Monday Jan 26, 1:30 - 2:30pm

Bi-Monthly Caregiver Support Group-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. To sign up, call 284-5050. Drop-ins welcome.

Lafayette Senior Services Commission meets on the 4th Thursday at 3:30 - 5:30: PM at the Lafayette Senior Services Center.

Interested citizens may view meeting agendas at the City of Lafayette office or at [www.ci.lafayette.ca.us](http://www.ci.lafayette.ca.us).

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

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