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LAMORINDA Seniors • Full House at Rheem for the Rossmoor Big Band



Les Peterson on stage at the Big Band Dance

Photo Andy Scheck

"It was a great evening for everyone," says Mo Levich, Director of the Rossmoor Band, "I had never seen our 3 communities work so much in harmony, the music bridged all that, we were one community dancing together." Levich believes that the evening was one of the

band's most successful events; it was sold out beforehand. "We do plan more events at the Rheem," he adds, "maybe quarterly." Levich wanted to thank Tom Peterson, co-owner of the theater, and the Lamorinda Weekly for terrific coverage.

Not to be missed

Holistic Self-Care for the Family Caregiver: A Lecture and Practice Workshop. This event will introduce holistic self-care philosophy and interactive modalities for family members in a care giving role as a means of gaining and sustaining mind-body-spirit wellbeing. Sunday, February 15th, 12:30pm till 4:00pm. Concord Senior Center. \$20 if registering before January 15 or \$25 if after January 15, 2009 deadline Cost includes lecture, two workshops and a healthy buffet. To Register On-Line: www.cjcc.org/millman and click on special events, or contact the Millman Respite Center at 925-938-7800 ext. 257 for more information.

Monday, Feb 9 from 7-9 pm.
 "The Stroke Support Group of Contra Costa County will hold its monthly meeting in the Ball Auditorium at John Muir Medical Center-Walnut Creek Campus, 1601 Ygnacio Valley Road. Kyle Sullivan, CO, will discuss WalkAide, an adaptive electrical stimulation device for drop foot. After his talk, attendees will break up into three coping groups: stroke survivors without aphasia, stroke survivors with aphasia, and caregivers of stroke survivors, each group led by a trained professional. For more information, contact Ann Dzuna at 925-376-6218. Meetings are free and open to the public.

Sat., Feb 7 and 14, 10 am to Noon
 Widowed Persons Support will be offering a series of GRIEF SUPPORT GROUP MEETINGS. St. Stephen's Church, 66 St. Stephens Drive, Orinda. These meetings are led by trained Facilitators. There is no charge and no need to make a reservation, just walk in. For information call: 510-932-3448.

Mon., Feb 9 and 23 - 1:30 - 2:30
 The Peripheral Neuropathy Group will meet AM in the Las Trampas Room at Hillside Club House. This will be a get acquainted and sharing of experiences time. Peripheral Neuropathy is a little known ailment and there has been no cure found. It has been found that people can help each other by sharing their experiences with Peripheral Neuropathy. There is no cost. For questions of any kind please contact Nancy Ostrander at 930-9524 or Carolyn Cash at 254-8195.

Mon., Feb 9 and 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.

Tuesdays, 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 interment 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. Lafayette Community Center, 500 St Mary's Rd.

Thu. Feb 12 & 26, 1:00-2:30pm
 Embracing Aging with Story and Movement. Marlyns 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. Lafayette Community Center, 500 St Mary's Rd.

Thu. Feb 12 & 26, 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. Lafayette Community Center, 500 St Mary's Rd.

Fridays, Feb 13 and 27, 1-2:30pm
 Self-Discovery and Aging - Creative Writing Workshop. 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. Lafayette Community Center, 500 St. Mary's Rd.

Thursday, February 19, 1-3pm
 Italian Antipasti—Recipes from Italian families will be used to assemble, serve and taste delicious dishes suited for elegant parties. Emeritus College instructor Lucia Falcone, a native of Italy and author Over Bridges Across Tables, will present one session from 1 to 3 p.m., Thursday, February 19, at the Lafayette Community Center, 500 St. Marys Road, Lafayette. The fee: \$30. To register or obtain a free copy of a spring catalog, visit www.dvc.edu/emmeritus or call (925) 906-9105.

Friday Feb 20, 1:30 - 2:30pm
 Afternoon Piano Jazz Café 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. Lafayette Community Center, 500 St Mary's Rd.

Fri. Feb 27th, 11:30am -12:30pm
 Anne Randolph Workshop. Injuries due to falls are the single major reason for hospital admissions. Come and learn how you can take control and stop yourself from becoming a statistic. All it takes is a willingness to change (just a little). There is no charge. Please call (925)284-5050 to register. Lafayette Community Center, 500 St Mary's Rd.

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.

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