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Not to be missed Senior Calendar

Cooking Class- Pumpkin Gnocchi- Just in time for your Thanksgiving feast. Come and enjoy making one of the most delicious Italian dishes: Gnocchetti di Zucca (pumpkin gnocchi) sprinkled with fresh goat cheese. Instructor, Lucia Falcone, was born and raised in Murano, Italy. If you like good food, come join us, and bring your appetite. This cooking class meets Thursday, September 24, in the Sequoia Room at the Lafayette Community Center, from 1 - 3. The price is \$25 for nonmembers and \$23 for Emeritus College members. Price includes lab fee. To register contact Emeritus College (925) 906-9105.

Lafayette Senior Services On Going Programs:

Embracing Aging with Story and Movement- Every other Thursday, 1:00 -2:30 PM, 9/10 & 9/24

Positive Living Forum- On the second Thursday of each month, 10:30 - noon, 9/10

Bi-Monthly Caregiver Support Group, Mondays, 8/24, 9/14 & 9/28, 1:30 - 2:30 PM

Tea Dancing with Karen and Michael, every Wednesday, 12:30 - 3:00 PM,

500 Saint Mary's Road, Lafayette. All event/programs \$1 Members/ \$3 Non-Members. For info call (925)284-5050.

Widowed Person's Support Meetings. Saturdays from 10 a.m. to Noon at St. Stephen's Church, 66 St. Stephens Drive, Orinda: September 12, 19, 26, October 3, 10 and 17, 2009. Meetings are informal discussions among the participants of the emotional and practical needs and concerns of the bereaving person. All widowed persons are welcome. For questions call (925) 932-3448.

Free Brain Gym Introductions for Seniors, August 8 and August 22 and Sept 12, 10 - 11:30 am, 58 Van Ripper Lane, Orinda. Learn tools that bring your brain, body, and balance to their optimum. You will improve concentration, memory, vision, hearing and movement in easy steps. Have Fun and Take It With You!! RSVP with Pam Whitman (925)253-1223. For more information visit www.transitionpoint.org.

To celebrate Grandparents Day on September 13, The Vagabond Players has announced an Outstanding Grandparents contest. It is open to Contra Costa County residents whose grandparents or great-grandparents also live in the county.

Judges will be looking for entries that reveal the positive influence of a grandmother-grandfather couple on their kin and others, according to the sponsor. The grandparents of the three chosen entrants will receive gift cards from participating restaurants and merchants. Entries must be 200 words or less, and postmarked no later than August 28. Send entries to The Vagabond Players, 608 Twinbridge Ct., Pleasant Hill, CA 94523.

The Peripheral Neuropathy Group will meet on Friday, August 28, from 12 PM to 1:30 PM in the Las Trampas Room of the Hillside Clubhouse, in Rossmoor. Dr. Steven J. Holtz M.D. will be the guest speaker and will give a presentation, as well as answer questions, about peripheral neuropathy. Peripheral Neuropathy group meetings are open to all those living outside as well as inside Rossmoor. There is no cost for these educational meetings. For questions of any kind please contact Nancy Ostrander at 930-9524 or Carolyn Cash at 254-8195.

Computer Maintenance 101 with Ed Zeidan, Nerd4Rent. This popular and informative class will cover the basics of computer ownership for seniors. We'll describe what steps to take to keep your computer running well, when to replace vs. repair, and give recommendations on what features to look for in your next computer. Tues 9/22 from 10:30 - Noon. Please call (925)284-5050 to reserve a spot. \$1 Members/ \$3 Non-Members. LCC, 500 Saint Mary's Road, Lafayette.

Falling Down is Often Life Changing - Especially for Older Adults -- Workshop by Supervisor Gayle Uilkema and Gennifer Mountain, Manager, Contra Costa County Fall Prevention Program. Falls are not accidents if they are preventable and falls don't just happen because you're older. Learn about specific steps and comprehensive solutions by which we can re-design our living spaces, look at the drugs we take, improve our physical well-being, and address other everyday choices we make that could reduce the risk of hurting ourselves through falls. Tues 9/29, 10:30 - Noon, Elderberry. Please call (925)284-5050 to reserve a spot. \$1 Members/ \$3 Non-Members. LCC,

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Reach the reporter at: info@lamorindaweekly.com

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