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Not to be missed, Seniors

A new walking group for Lamorinda seniors is being formed and the group's first walk is scheduled for Thursday, October 22. The weekly walks will cover anywhere from one to three miles each Thursday with various starting spots in Moraga. The walking program is being organized and led by Lainey Piper of Senior Helpers. She is a certified senior fitness instructor by the International Fitness Association (IFA). Meet outside the Senior Helpers office on Oct. 22 at 11:00 a.m. at 1550 Viader Drive in Moraga, just behind Orchard Supply Hardware. Registration is free. Please call the home care company at (925) 376-9900 to sign up. Learn how to maintain or possibly increase your bone mass at a workshop with Anne Randolph, RPT. 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. Friday, Oct 23rd, 11:30a.m.-12:30p.m. LCC, 500 Saint Mary's Road, Sequoia Room. RSVP (925)284-5050. \$1 Members/ \$3 Non-Members. Free Blood Pressure Screening on Friday, Oct 23rd, 12:30p.m., LCC, 500 Saint Mary's Road, Sequoia Room. Blood Pressure screening is brought to you through John Muir Medical Center Senior Services and is available for a one-time check or to assist individuals who monitor their health status regularly. No appointments are required. Free: Brain Gym Introduction for Seniors: October 24, 2009. 10 - 11:30am. 58 Van Ripper Lane, Orinda. Must RSVP with Pam Whitman (925) 253-1223. STAY RESILIENT AND ACTIVE! 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!! For more information visit www.transitionpoint.com If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. November 5, 10:30a.m - noon. Lafayette Senior Services, 500 Saint Mary's Road, Lafayette. Call (925)284-5050 to reserve a spot. \$1 Members/ \$3 Non-Members. Desperate for Clarity re Medicare or Medicare Part D Entitlements? Come on Down! Join us for an illuminating presentation from Eldercare Services Care Manager Vivian Torres to better understand just what Medicare pays for, what it doesn't pay for, how the drug component Medicare D actually works, and what you should do when your HMO doesn't seem to be paying its share, and more. Time is allotted for Q & A. \$1 Members/ \$3 Non-Members, Tues 11/17, 10:30 - Noon, Lafayette Senior Services, 500 Saint Mary's Road, Lafayette. Call (925)284-5050 to reserve a spot. The Lafayette Senior Recreation Center was founded in 1950 and is operated solely by volunteers for the purpose of providing recreation and entertainment at monthly birthday luncheons, bingo, bridge, yoga and trips. They meet on the second and fourth Thursdays of the month at the Methodist Church (not affiliated) at 955 Moraga Road, Lafayette. The group's Anniversary Celebration and Holiday Luncheon will be held at noon on December 10 at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Tickets for the event can be purchased by sending a \$20 check made out to Lafayette Senior Recreation Center at PO Box 163, Lafayette, CA 94549. Ongoing workshops with the Lafayette Senior Services. Drop-ins welcome. \$1 Members/ \$3 Non-Members unless otherwise noted. LCC, 500 Saint Mary's Road, Lafayette. To sign up, call 284-5050. Embracing Aging with Story and Movement, Thursdays, 10/22, 11/5, 11/19, from 1:00 -2:00p.m. Self-Discovery and Aging' Creative Writing Workshop, Fridays, 10/23, 11/6, 11/20, from 1:00 - 2:30p.m. Positive Living Forum (a.k. a "Happiness Club") Thursdays, 11/12 and 12/10, from 10:30a.m. - noon. Bi-Monthly Caregiver Support Group, Mondays 10/26, 11/9, 11/23, from 1:30 - 2:30p.m. Tea Dancing and dance lessons, every Wednesday, 12:30 - 3:00pm, LCC: Live Oak Room, \$2 Members/ \$4 non-members.

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