

## Not to be missed

### OTHER ... continued

**Bi-Monthly Caregiver Support Group with Carol Shenson.** If you are a family member helping to care for an elder, join our support group to find balance and joy as you manage your responsibilities in the Toyon Room July 16 and in the Sequoia Room July 30 from 1:30 to 2:30pm at the Lafayette Community Center, 500 St. Mary's Road, Lafayette. Drop-ins are welcome. Free for members; \$1 for non-members. For more info or to sign up please call (925) 284-5050.

**Self-Discovery and Aging, Creative Writing Workshop with Judith Rathbone.** Write to explore issues around aging, emotion and perception—or get support to write on any topic! Workshop includes writing prompts, feedback, encouragement, and information about the world of writers, writing, and publishing July 9, July 23, and August 6 in the Sequoia Room, the Lafayette Community Center, 500 St. Mary's Road, Lafayette. Cost: \$1 for members; \$3 for non members. For more info or to sign up please call (925) 284-5050.

**Lamorinda Dance Social. Enjoy afternoon dancing** from 12:30 to 3pm every Wednesday (except July 25) and learn some great new dance moves in the Lafayette Community Center Live Oak Room, 500 St. Mary's Road, Lafayette. Cost: \$2 for members; \$4 for non-members. For more info, or to sign up please call (925) 284-5050.

**Words of Wisdom discussion group led by Paul Fillingier.** Take part in this free-wheeling exchange of inspiration, information, and humor August 21 and September 18 from 10:30 am to noon in the Lafayette Community Center Elderberry Room, 500 St. Mary's Road, Lafayette. Cost: \$1 for members; \$3 for non-members. For more info or to sign up, call (925) 284-5050.

**Lafayette Historical Society. Nevada's Famous Virginia & Truckee Railroad:** 140-plus years old and coming back to life. The lecture is from 3 to 4pm Wednesday, July 18 in the Arts and Science Discovery Center, Lafayette Library, 3491 Mt. Diablo Blvd., Lafayette. Cost: \$10 for members; \$15 for non-members. For reservations, call (925) 283-1848. For more info, visit www.lllcf.org or call (925) 283-6513.

**Discovering Your Inner Gifts presented by George Kraus, Ph.D., ABPP,** from 10:30am to noon July 19 in the Lafayette Community Center Sequoia Room, 500 St. Mary's Rd., Lafayette. Taken from the wisdom of the ages, this experiential workshop is designed to help you examine undiscovered aspects of yourself – especially your hidden talents – and examine ways you may be unintentionally keeping those talents hidden from yourself and others. Cost: \$1 for members; \$3 for non-members. For more info or to sign up, call (925) 284-5050.

**Toastmasters Open House. Discover how the fear of public speaking** can be overcome with supportive, time-tested methods. The focus will be on humor during a one-hour version of a typical meeting Thursday, July 26 starting at 7:30am at the Stratford at Countrywood, 1545 Pleasant Hill Road, Lafayette. For more info, call (925) 457-5808.

**Anne Randolph Workshop, Art of Balance.** If you are worried about falling or are at risk of falling, you should know about activities that improve balance. Learn how to improve your balance and avoid the risk of falling from 11:30am to 12:30pm July 27 in the Lafayette Community Center Sequoia Room, 500 St. Mary's Road, Lafayette. Cost: \$1 for members; \$3 for non-members. Please call (925) 284-5050 to register.

**A Taste of Place: Eating Your Way Around the East Bay** presented by The Commonwealth Club. A panel of locally minded chefs shares what makes the Bay Area such a great place to grow, cook and eat at 6:30pm Mon-

day, July 30 in the Lafayette Library Community Hall, 3491 Mt. Diablo Blvd., Lafayette. Cost: \$12 for members, \$22 for non-members, and \$7 for students. For more info, visit www.lllcf.org or call (925) 283-6513.

**Lafayette Physical Therapy is having free community lectures.** Shoulder Injuries and Prevention in Athletes lecture with Carrie Haraburda, PT, from 7 to 8pm July 31, 3468 Mt. Diablo Blvd. Suite B110, Lafayette. To RSVP please call (925) 284-6150. For more info, visit www.LafayettePT.com

**Roll up your sleeve. Interfaith Community Blood Drive.** Please consider donating blood to the Red Cross Interfaith Blood Drive, a very good cause that saves lives at critical times when supplies are low, July 31 at the Church of Jesus Christ of Latter-Day Saints, 3776 Via Granada, Moraga. For more info, contact Dr. Marily Wright at (925) 482-5695 or visit www.redcrossblood.org.

**Elder Law: Planning, Benefits, and Asset Preservation** presented by Julie Fiedler, Attorney at Law. Equip yourself and face the future with the peace of mind you will gain from learning about asset preservation, public benefits such as Medi-Cal and VA, planning for future health care issues, crisis prevention and management, and what to do when care is needed. This presentation is from 10:30am to noon Thursday, August 2 in the Lafayette Community Center Sequoia Room. Cost: \$1 for members; \$3 for non-members. For more info or to sign up, call (925) 284-5050.

**Preparing for Winter Gardens presented by Contra Costa Master Gardeners.** Hear from a master and learn the steps necessary now to keep your soil at its peak and reap a bountiful winter harvest from 6:30 to 8pm August 2 in the Arts and Science Discovery Center at the Lafayette Library, 3491 Mt. Diablo Blvd., Lafayette. For more info, visit www.lllcf.org or call (925) 283-6513.

**Native Trees presented by Greenbelt Alliance. Join Ken Lavin** as he shares interesting tidbits and stories about our trees Sunday, August 12 from 1 to 2:30pm in the Arts and Science Discovery Center at the Lafayette Library, 3491 Mt. Diablo Blvd., Lafayette. Free. For more info, visit www.lllcf.org or call (925) 283-6513.

**Eighth Annual Summer Wine Festival. Saint Mary's College** and the Alumni Association invite you to campus for an afternoon of wine tasting, delicious appetizers and fun Sunday, August 12 from 2 to 5pm at the Saint Mary's College Soda Activity Center, 1928 St. Mary's Road, Moraga. Tickets: \$45 per person which includes SMC logo wine glass, appetizers and wine tastings; \$15 for designated drivers. For more info, visit www.stmarys-ca.edu/wine.

**Digital Camera How-to's: Archiving Photos and Choosing a Digital Camera** from 11am to 12:30pm August 14 in the Lafayette Community Center Elderberry Room, 500 St. Mary's Road, Lafayette. This class will teach you how to back up your photos for posterity. You will also learn what to look for when purchasing a digital camera. Cost: \$1 for members; \$3 for non-members. For more info or to sign up, call (925) 284-5050.

**FunFest 2012. This all-day, family-friendly event will have** several great live performances, special screenings and games, and activities for all to enjoy from 10am until 11pm August 25 at The New Rheem Theatre, 350 Park St., Moraga. The fun spills over outside of the theatre with loads of carnival-style games, kid-friendly activities, a t-shirt decorating contest, more crafts and famous food-trucks. For more info, visit www.moragafunfest.com.

Please submit events to: [calendar@lamorindaweekly.com](mailto:calendar@lamorindaweekly.com)

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