



## THIS ISSUE'S HIGHLIGHTS

- ▶ **Holidays** - RLCC - SSC Closed  
Spring Holiday (Fri.) April 6  
Memorial Day (Mon.) May 28
- ▶ **Hotline** - 373-5702 - call the LARPD senior hotline to learn the latest about new programs, services or trips.
- ▶ **Computer** - Tutors available to help you learn the basics and maybe more by appointment.....Page 4
- ▶ **April is Volunteer Month** .....Page 7
- ▶ **May is Older American Month** .....Page 7
- ▶ **BART Tickets** - SSC office has paper BART tickets while they last.
- ▶ **Trip Registration** - Sat. June 2 for Summer trips. 8:30-11am.....Page 3
- ▶ **Walking with a Purpose** - Join this walking program which continues through June 14th. Open enrollment .....Page 7

## Spring Luncheon



### Wednesday, April 11

Purchase Tickets by: April 4, 4:00 pm

Doors Open 11:30 am  
Lunch at Noon

\$8.00 per person (55 & Older)

Box Lunch - Choice of Turkey, Roast Beef or Vegetarian on a Croissant, Potato Salad, Fruit and Dessert

Entertainment: *Jackson Avenue School Choir*



## La Fiesta



### Friday, May 4

Purchase Tickets by: April 26, 4:00 pm

Doors Open 11:30 am  
Lunch at Noon

\$8.00 per person (55 & Older)

Chicken Enchiladas with green sauce, Refried Beans, Mexicali Salad and Vanilla Ice Cream with a Churro.



Entertainment: *Grupo Folkorico Tlapolli*

*Meal tickets may be purchased with a credit card.*

### Senior Services Office Hours:

**Mon. - Thur.** 9 am - noon & 12:30 pm - 4 pm



#### Closed for Holidays:

Spring Holiday (Fri.) April 6  
Memorial Day (Mon.) May 28

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**All senior activities, programs and services are subject to change.**

# Senior Services

Some services listed are made possible through the cooperation of HICAP, LAS, Senior Support of the Tri-Valley and Lynn Stein, paralegal. Call 373-5760 to make an appointment. All are offered at the Robert Livermore Community Center.

## Health Insurance Counseling (HICAP)

Call Senior Service Office at 373-5760

## Information & Referral

During business hours Senior Services staff are available to provide information and referral on a variety of services.

## Health Screening

Senior Support of the Tri-Valley conducts blood pressure checks, diabetes screenings, and provides nutritional information from 10:00 am- noon the second and last Tuesdays of the month. Hearing tests are available by appointment.

## Foot Care

Appointments are offered by Senior Support of the Tri-Valley from 9:30 am-noon and 12:30-1:30 pm on the same days as health screening. There is a \$10 suggested donation for foot care appointments.

## Wheels Transit Consults

Call SSC Office 373-5760 to make an appointment. Learn how to use the transit system throughout the Tri-Valley.

## Wiesner Memorial Fund

Seniors, 60 and older, who need financial assistance in the event of an emergency can call the Senior Services Office at 373-5760. The request will be immediately referred to a Wiesner Board member.

## Notary Service

A notary is available from 10-11:30 am the first Monday of the month to notarize documents for persons 60 years of age or older. Call 373-5760 for a required appointment.

## Newcomers' Day

Learn about programs and services. Tour the facility with trained volunteers. Call the Senior Services Office at 373-5760 for more information and dates.

## Legal Assistance

Legal Assistance for Seniors provides a lawyer for consultations by telephone. Seniors 60 and over as well as persons assisting a person 60 or over may use this service. Call the Senior Services Office at 373-5760 for details.

## Senior Scholarships

Persons 60 and older residing in the Livermore Area Recreation and Park District unable to participate in the LARPD senior programs due to financial hardship may contact Maureen Gandara Swinbank at 373-5765 for scholarship information. Senior Scholarships are *funded through private donations.*

## BART

Seniors can now use the *Clipper Card* to obtain discount prices. The green paper ticket can still be used as long as money is on the card. Paper tickets are available in the SSC office while the supply lasts.

**Livermore Senior Services:  
Your place to connect!**

## Spectrum Lunch Program

Spectrum serves lunches at noon Mon-Fri. *Choose from the regular menu or enjoy a chef's salad.* On soup days a Hamburger or a Veggie Burger can be ordered. *The suggested donation for the lunch is just \$3.25 for adults 60+.* Reservations are required a minimum of 24 hours in advance. For reservations, Meals on Wheels, or general meal program information, call (925) 373-5764 from 10 am-2 pm Monday - Friday. Menus are available in the Spectrum and Senior Services Offices.

## Dial-A-Ride

Vouchers are available for purchase during office hours.

## Senior Services Office Hours:

M - TH 9 am- 12 noon  
12:30 - 4 pm

## Numbers to know



Senior Hotline	373-5702
Senior Services Center	373-5760
Spectrum Lunch Program	373-5764
Wheels Dial-a-Ride	455-7510
LARPD District Office	373-5700
Senior Support	931-5379
Ombudsman	510 638-6878
HMO Complaint Hotline	800 400-0815
Wheels (bus)	455-7500
Social Security	800 772-1213
or Hayward Office	866 964-5054
Elder Care Locator	800 677-1116
	www.eldercare.gov
CRIL	371-1531
(Community Resources for Independent Living)	
Alameda County Senior Programs	
Adult Protective Services	866 225-5277
Area Agency on Aging	800 510-2020
Public Guardian	866 658-5820

## Venture Trips

Explore the Bay Area and beyond on day and overnight trips. Call 373-5760 for information.



See the *Spring 2012 Venture Trips Flyer*

### Day

April Oakland Museum / "Million Dollar Quartet"  
 May "Ring of Fire" at Sierra Rep / Mystery Trip  
 June S.F. Bay Cruise with Lunch / "Wicked" at Sierra Rep / Red Hawk Casino

### Extended & Overnight Tours

Apr 16 - 19 Chukchansi Getaway  
 May 1 - 16 Imperial Russia  
 May 29 - 30 Sonoma County Overnighter  
 July 26 - Aug. 1 Yellowstone  
 Oct. 4 - 11 Switzerland

### Registration

For Trip availability check in SSC Office. Trips are not available through LARPD on-line or phone in registration. Next Registration June 2.

*Trip dates are subject to change.*

## Pinochle

Pinochle is played on Mondays 1-4 pm in the Arroyo Room. If you would like to learn to play, or haven't played in a long time, Janette Sparks is willing to teach you. Call Janette at 960-9225, or join us in the Arroyo Room. There is a drop in fee of \$2.



## Drop in Programs *RLCC-Arroyo Room*

Enjoy these fun, social, stimulating activities year-round while challenging your brain.

New players welcome.

Mon.	9 am - 4 pm	Billiards/Cards/Games
Tue.	9 am - 12:45 pm	Billiards
	1 pm - 4 pm	Billiards/Cards/Games
Wed.	9 am - 12:45 pm	Billiards
	1 pm - 4 pm	Pinochle
Thu.	9 am - 12:45 pm	Billiards
	1 pm - 4 pm	Bridge (RSVP-447-2735)

**There is a \$2 a day fee for all drop-in activities.**

## Free Lending Library *Vintage Lounge*

SSC maintains a free library of donated paperback books in the Vintage Lounge at the Robert Livermore Community Center featuring mystery, suspense, western, romance, science fiction and more! You may borrow as many books as you want during operating hours. You may also enjoy reading some books of your own in the lounge. Please call the Senior Services Office 373-5760 if you would like to donate paperback books.



## Mahjong (American Version)

Looking for someone to play this ancient tile game with? Here's your chance to play on a regular basis. Mahjong is great for improving your memory and critical thinking skills.



Th 1-4 pm Larkspur South \$2 drop in fee

## Are you a Crafty person???? If so-----

JOIN the **Golden Circle Craft Group** in the *Larkspur South Room*



**New members are always welcome.**



Enjoy working in a social setting with others on sewing, knitting, crocheting and other textile projects-- all to benefit various charities in Livermore.

M 12:30-2:30 pm Weekly No Fee

## Consultations by Appointment

Our Senior Services Office offers consultation appointments. If you have questions or need help with issues such as defining various levels of housing and placement needs, Medicare and MediCal information, legal assistance, Health Care Directive information, financial emergencies, etc., we are an information and referral source. We are here to assist you with information or to make an appointment, call the Senior Services Office, 373-5760.



## Cribbage

Are you interested in playing cribbage? If you would like to join a cribbage group and play at RLCC, please call the Senior Services Office, 373-5760, to express your interest.



Call our **Hotline** for the latest updates on senior programs and trips.

**373-5702**

## Community Conversation And You!

Vintage Lounge

First Thursday 10 - 11:30 am Free

All are welcome to attend. There will be conversation and presentations by community members. Munch and mingle while local experts share information in an informal environment.



- April 4 - Dogs for Diabetics
- May 3 - Alden Lane Nursery
- June 7 - Sun Safety

## More Movie Madness

Vintage Lounge

The first Monday and third Thursday at 1 pm.

Enjoy movies ranging from classics to recent releases.

- Mon April 2 Mr. Popper's Penguins (PG)
- Th April 19 Larry Crowne (PG-13)
- Mon May 7 Horrible Bosses (R)
- Th May 17 The Fighter ®
- Mon June 4 True Grit



## Newcomers' Day

RLCC-Vintage Lounge

May 3

New to Livermore? Newly retired? Never been to the Robert Livermore Community Center? Here is your chance to meet the staff and learn about senior programs and services available. Tour our state-of-the-art facility with a trained volunteer on Newcomers' Day.



Call the Senior Services Office, 373-5760, 24 hours in advance to reserve your space for the tour.

## Walking with Purpose

Monday - Thursday

Ongoing through June 14 - Open Enrollment

Walking Group Times (Your Choice)  
8:30 am or 10:30 am



This Senior Services Program is designed to be flexible. All levels of walkers welcome. Walk at a pace that's comfortable for you!

Groups leave from RLCC lobby to walk around the park and surrounding area. Goal is to walk a minimum of 15 minutes and gradually increase time and distance

M-Th 8:30 or 10:30 am 1/23-6/14 \$15



## Transit Consultations

RLCC-Consult Rm.

Learn more about how to use the Wheels transit system to travel throughout the Tri-Valley. A Wheels representative will be available the second Thursday in May to meet with you. Call Senior Services at 373-5760 for an appointment.

Th May 10 10 am-noon Appointment No Fee

## AARP Driver Safety Program

This class is designed and taught by the American Association of Retired Persons (AARP). Completion of this course allows seniors 50 and older to receive auto insurance discounts. Pre-registration is required. Call Senior Services 373-5760 for more information.



**Only checks made to AARP will be accepted. No cash or credit card.**

Sat April 14 8 am - 5 pm Sycamore

Cost of Class - \$12 AARP member  
\$14 non-member

## Bingo

This game is low key for those who want a casual afternoon of bingo. There is a drop-in fee of \$2.00 plus 5 cents a card with a limit of 6 cards per game. New players welcome. Played in the Larkspur North room.



W & F 1:15-3:30 pm \$2.00 Drop-in fee

## Senior Services Computer Lab

RLCC

### Computer Assistance

Tuesdays 1 - 3pm

Tutoring is available for beginner to intermediate levels, please call the Senior Services Office, 373-5760.

Monday - Thursday

9:00 am - 3:45 pm

**The Lab is closed for tutoring on Tuesdays 1-3 pm**

LARPD operates this private computer lab to provide basic access to computing services for our seniors. Due to staff limitations, the use of the lab is free, but **NO TECHNICAL SUPPORT** can be provided. Sign up to use



# SSC Exercise Classes

Pre-registration required for classes to avoid cancellations.

## Dance Aerobics, Stretch & Tone

Sue Valentine

RLCC-The Studio

This exercise class is designed for healthy mature adults and includes chair stretches, both seated and standing, toning (with optional weights), low impact dance aerobics and a cool down. 6 Classes.



T 8:10-9:15 am 4/10-5/15 \$36  
T 9:30-10:35 am 4/10-5/15 \$36

## Zumba Gold Basic

Yuko Diehl

RLCC

ZUMBA GOLD Basics is a dance-fitness class with easy to follow steps for active seniors. Created to emphasize the basics, this low impact program is easy to follow. If you want to feel like you have exercised without feeling pain or getting hurt, you will like Zumba Gold. Enjoy dancing and exercising with Latin and International music. Wear workout shoes and bring water. No dance experience necessary. 8/9 classes.



M 9:30-10:20 am 4/2-5/21 \$35  
Th 9:30-10:20 am 3/29-5/24 \$39

## Zumba Gold Level 2

Yuko Diehl

RLCC

ZUMBA GOLD 2 is a dance-fitness class for active seniors. This class is higher impact than the Zumba Gold Basic. Enjoy an aerobic exercise that provides you with a safe and effective total body workout. It's great for the mind, body and soul. The Zumba Gold 2 program creates a fun light atmosphere. It is exhilarating and easy. Dance to upbeat music as you exercise. Wear workout shoes and bring water. 8 classes.

M 10:30-11:30 am 4/2-5/21 \$43

## Zumba Gold Basic

Alice Johnson

RLCC

Ready to Zumba? Zumba Gold is a low-impact, easy to follow, Latin inspired dance fitness class that helps you burn calories and get fit while having fun. No prior Zumba or dance experience necessary. Bring water and wear comfortable exercise attire. 9 classes.



Th 8:30-9:20 am 3/29-5/24 \$39

## Chair Yoga

Carol Atkinson

RLCC-Sycamore

Discover how to do yoga poses with a chair to help increase your flexibility, balance and strength while enhancing your mind-body awareness and ability to relax. Classes are taught in an easy-going, noncompetitive atmosphere and are especially suitable for students who do not want to get up and down from the floor. Please let the instructor know of any conditions, injuries or limitations. 9 classes.



M 8:30-9:45 am 3/26-5/21 \$48

## Yoga for Self Care

Carol Atkinson

RLCC-The Studio

Discover how to use yoga poses and Iyengar-inspired therapeutic techniques to relieve physical and mental stress, increase flexibility, balance and strength and enhance mind/body awareness and ability to relax. Classes are taught in an easy-going, non-competitive atmosphere suitable for all students able to get to and from the floor. Please inform the instructor of any injuries, medical conditions or limitations. 9 classes.

T 1-2:30 pm 3/27-5/22 \$57

## The Feldenkrais Method of Awareness through Movement

Carol Atkinson

RLCC-Sycamore

The Feldenkrais Method of Awareness through Movement is for everyone who wants to reconnect with their natural abilities to move, think and feel. These gentle lessons are about learning to move with less effort connecting movement and thought increasing mental alertness with physical improvement. Most lessons are done on the floor. 9 classes.



T 5-6 pm 3/27-5/22 \$111

## Reminder:

**Pre-registration is required for all classes to avoid cancellations.**



# SSC Enrichment Classes

Sign up in advance to avoid cancellations

## Writing from Personal Experience

*Susan Wilson* *RLCC-Sycamore*  
Do you have a story to tell? Would you like to write about your family, your childhood, a trip you once took, or some unusual experience you've had? This workshop will show you how to write stories and articles based on your life. 6 classes.



Th 10 am-noon 4/19-5/24 \$59

## Nutrition

*Debbie Whiteside, RD* *RLCC-Larkspur South*  
**How much Vitamin D is in your Diet!**

The recommended daily intake of Vitamin D has been increased. Do the math! How much are you getting in your food and supplements? Bring your questions: Should I take a vitamin supplement? How much Calcium do I need to protect my bones? Sponsored by Senior Support of the Tri-Valley through grants.



W 10:30-11:30 am 4/18 Free

## How to Plan for Long Term Care-Protect your Retirement Savings & Legacy Plan

*Lucy Hountis* *RLCC*  
Living a long life is more likely than ever so planning for it is essential. This is a class discussion lead by an expert in Long Term Care planning. Learn about your choices in protecting yourself from the number financial risk to your retirement savings. When's the best time to plan? What are your choices? How does it work? What about Home Care?



T 10:30 am-noon 5/1 \$3

## Teaching Opportunities

Senior Services is seeking volunteers or paid instructors to teach classes that enrich and stimulate our mind, body and mental outlook on life. Experience or knowledge of adult classes is desirable. Call the LARPD-Senior Services office at 373-5760.

# April is Volunteer Month



April is the time to honor all volunteers who help deliver great programs and events at LARPD Senior Services. These volunteers have dedicated their time from April 2011 through March 2012. Thank You.

### Activities

Joan Bersie	Faye Melendez
Olga Carroll	Thelma Mello
Nancy Carver	Christel Monte
Jane Crone	Arlene Morgan
Phyllis Eldridge	Harriet Olivotti
Helen Foye	Joyce Oxsen
Dorothy Johnson	Loretta Shay
Valerie Long	Heather Silva
Marylynn Marino	Susan Speegle
Jane Mathis	Sandy Terhune
Wilma Matuska	

### Hospitality

Bill Andrews  
Janet Lord  
Shirley Spaulding

### Trips

Fran Anderson  
John Bliss  
Janet Lord

### Library

Nancy McKenzie  
Irma Zimmer



Volunteers  
at  
Work  
↔



### Bingo

Helen Foye	Janet Miller	Lucy Tolentino
Helen Hatfield	Jennifer Miller	Nick Woo
	Joyce Oxsen	

### Office Special Projects

Janelle Carey	Joan Green	Bill Rabe
Joan Dickinson	Janet Lord	Debra Roberts
Wat Goishi	Jesse Meadows	Lynne Stein
	Becky Moulthrop	

## Become a US Citizen

Citizen Educational Workshop & Free Application Assistance\*

Saturday, April 28th - 9 am - 5 pm  
Fremont Family Resource Center  
39155 Liberty Street

Building EFGH - Caribbean Room Suite H830

Call (510) 452-2845 x301 to register or go to [www.iibayarea.org](http://www.iibayarea.org) for information

This event will provide free legal assistance and attorney representation the day of the event for people ready to apply for citizenship.

\* There is an application fee of \$680.00



**Free Community Film Screening**  
**“Consider the Conversation”**  
 A documentary on a taboo subject.

**Monday, April 16 - The Vine Cinema, Livermore**  
**7:00 pm Film; 8:00 pm Panel Discussion and Q & A**

*Consider the Conversation* is a powerful and inspiring award-winning film that:

- Highlights the American struggle with communication and preparation at the end-of-life.
- Endeavors to show end-of-life as a normal process rich in opportunity for human development.
- Seeks to change the prevalent national attitude that views end-of-life as a failed medical event.
- Inspires and empowers people to make their wishes known.

Seating is limited. Reserve your space online at <http://HopeHospice.com/NHDD.html> or 925) 829-8770.

# Seniors Enjoying Activities at RLCC - Senior Services



Community Conversation



Zumba Class



Which one should I pick?



Lunch with Santa



Halloween Luncheon

## May is Older Americans Month

The theme for Older American Month is - *Never too Old to Play* - Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities.



LARPD - Senior Services provides services, support, resources, exercise & enrichment classes, special occasion meals, and trips to older American year-round.

A profile of Older Americans:

- The older population (65+) numbers 40.4 million.
- Over one in eight of the population is an older American.
- There are 23 million older women; 17.5 million men.
- 8.1 million older women live alone; 3.2 million men.





Livermore Area  
Recreation & Park District  
*An independent special district*

SENIOR SERVICES CENTER  
4444 East Avenue  
Livermore CA 94550  
(925) 373-5760  
www.larpd.dst.ca.us

Board of Directors: Maryalice Faltings,  
Steve Goodman, David Hutchinson,  
Robert Coomber, Jr., Beth Wilson.

Postmaster: **Dated Materials**

*LARPD Parks Make Life Better"*

### **Prime Time Subscription**

Prime Time is published 5 times a year. The subscription is \$12 per year, which includes a monthly mailing of menus and updates.

The Prime Time newsletter is available free at the Robert Livermore Community Center and Civic Center Library. The current newsletter is posted on the LARPD Website, [www.larpd.dst.ca.us](http://www.larpd.dst.ca.us). Click on Senior Services which gives you a pull-out menu; click on Prime Time Newsletter. To subscribe call 373-5760.

To purchase or renew a subscription, mail a \$12 check (payable to -LARPD/SSC) to RLCC/Senior Services, 4444 East Avenue, Livermore, CA 94550

### **Senior Scholarships**

Persons 60 and older residing in Livermore Area Recreation and Park District who are unable to participate in the LARPD senior programs due to financial hardship may contact Maureen Gandara Swinbank at 373-5765 for scholarship information. Senior Scholarships are funded through private donations.

### **The Gift of Giving**

The LARPD Senior Services Center is grateful for the donations we receive throughout the year. Donations are tax deductible and provide senior scholarships, event supplies, entertainment and more. Checks can be made out to the LARPD Foundation-Seniors and mailed to LARPD Foundation, 4444 East Avenue, Livermore, CA 94550-5053.