

March 2014

Pleasanton Senior Center Activities and Special Events

O ♦ P ♦ E ♦ N
WEEKDAYS
8:30am– 4:30pm

Legend	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> ● Free Program ◆ City Class ■ Sponsored by the Senior Support Program of the Tri-Valley ★ Drop-In Fee \$1.75 Resident \$2.25 Non-resident <p>○ Day Use Woodshop Fees: \$5.00R/\$6.00N</p>	<ul style="list-style-type: none"> ★ Bocce 9:00am-12:00pm ○ Drop-in Woodshop, 9:00am-12:00pm ★ Bingo 1:00–3:00pm (1st, 3rd, 5th Monday) ● Movies: 1:00pm (1st, 3rd and 5th Monday) 	<ul style="list-style-type: none"> ★ Woodcarvers 9:00am-4:00pm ◆ Zumba® Gold 9:00-10:00am ◆ Fit For Fifty Plus 10:15-11:15am ◆ Tai-Chi (Beginning) 11:45am-1:00pm ◆ Tai-Chi (Intermediate) 1:10-2:25pm ★ Poker 12:45-3:45pm ★ American Mah-Jong 1:00-4:30pm ◆ Beginning Yoga 3:00-4:15pm 	<ul style="list-style-type: none"> ★ Bocce 9:00am-12:00pm ○ Drop-in Woodshop, 9:00am-12:00pm ● Walking Sole Mates 8:45am ■ Fall Prevention Exercise Class 9:00-10:00am (No charge) ■ Nutrition Weekly 10:00-10:15am (No charge) ● Arts and Crafts Social Club 10:00am-12:00pm ◆ Strength and Tone 10:15-11:15am ★ Bingo 1:00–3:00pm ★ Book Club 1:00–3:00pm 	<ul style="list-style-type: none"> ○ Drop-in Woodshop, 9:00am-12:00pm ● Pleasanton Pedalers (Bicycle Group) 9:00am (No charge) ● Senior Players 10:00am-12:00pm ◆ Intermediate Yoga 10:00-11:15am ★ Poker 12:45-3:45pm ★ Contract Bridge 1:00-4:30pm <p><i>Join the Senior Support Program of the Tri-Valley on Thursday, March 20 at 2:00pm for "Fresh Bites," a free one-hour healthy cooking class.</i></p>	<ul style="list-style-type: none"> ★ Bocce 9:00am-12:00pm ○ Drop-in Woodshop 9:00am-12:00pm ★ Knitting 9:00-11:30am ◆ Zumba® Gold 9:00-10:00am ◆ Fit For Fifty Plus 10:15-11:15am ★ Brain Matters 10:00-11:30am (1st and 3rd Fridays) ★ Bingo 1:00–3:00pm ★ American Mah-Jongg 1:00-4:00pm ◆ Line Dancing (Beginning) 1:30-2:45pm ◆ Line Dancing (Intermediate) 3:00-4:15pm 	<p>Pleasanton Senior Center 5353 Sunol Blvd. Pleasanton, CA 94566 www.pleasantonseniorcenter.org</p> <p>(925) 931-5365</p> <p>Pam Deaton: Recreation Supervisor Raymond Figueroa: Rec. Coordinator Debbie Petersen: Office Assistant Julie Parkinson: Office Assistant Amy Statham: Recreation Leader Diane Medina: Recreation Leader Jessica Reaber: RADD Leader Corrin Rakowski: Recreation Intern</p>
Each Weekday	3 HICAP Counseling: 12:30-2:45pm  "Cowgirls & Angels" 1:00pm	4	5 Notary: 2:00-3:30pm (by appt.) ■ Lighten Up: 10:15-10:30am (Free)	6 Tea Time Social: 1:00pm-2:30pm HICAP Medicare Counseling: 9:00am-12:00pm (by appt.)	7 ★ Brain Matters 10:00-11:30am	8 Parkinson's Support Group 10:00am-12:00pm Woodcarvers: 9:00am-12:00pm
<ul style="list-style-type: none"> ★ Computer Tutoring (by appt.), Drop-in fees apply Lunch served: 12:00pm Laptop computer use w/ Wi-Fi, available at no charge 	10 Foot Care: 9:30am-2:30pm Legal Assistance: 10:00am-12:00pm (by appt.) Caregivers Support Group: 1:00pm VIP Luncheon: Guest Speaker: Author and humorist Annette Langer, 11:00am-1:00pm	11 Hearing Aid Cleaning: 10:00am Pharmacy Drop-in Q&A: 10:00-11:00am Eye Glass Repairs: 10:00am-1:00pm Coffee & Conversation: "Tips To Spring-Clean Your Eating Habits" 10:30-11:30am	12 Newcomer's Welcome: 10:30am ★ Photo Club: 2:00pm	13 Wooden Pen Turning Class 8:30am-4:30pm \$50R/\$55N	14	15 Firehouse Arts Center: 12 th Annual Music Youth Festival
Numbers To Know	17 Transit Fair: 10:00am–1:00pm Foot Care: 9:30am-2:30pm HICAP Counseling: 12:30-2:45pm Movie: "Hitchcock" 1:00 pm	18 Chat with the Nat 1:00-2:00pm	19 AARP Mature Driver (Renewal Class): 8:00am-1:00pm; Pre-registration required Notary: 9:15-10:30am (by appt.) ■ Lighten Up: 10:15-10:30am (Free)	20 HICAP Medicare Counseling: 9:00am-12:00pm (by appt.) ■ New Class: Fresh Bites 2:00–3:00pm (at Senior Support; Registration req'd.)	21 ★ Brain Matters: 10:00-11:30am Travel Training: Livermore Shopping Departs Center at 9:45am; Cost: \$2.00 Estate Planning Consultation 12:00–1:00pm (by appt.)	22 Firehouse Arts Center: Creatures of Impulse Present: "FACE OFF"
<ul style="list-style-type: none"> Senior Center 8:30am-4:30pm .. 931-5365 Paratransit 9:00am-3:00pm .. 931-5376 Snappy Café/Lunch 9:30am-1:00pm .. 931-5385 V.I.P. Senior Club & Travel Desk ... 931-5370 R.A.D.D. 931-5373 Senior Support.....931-5379 	24 Foot Care: 9:30am-2:30pm VIP Luncheon: "The Talents of Trish M." 11:00am-1:00pm	25 Book Buddies: 9:30am	26 Arts and Crafts Project: To be announced Drop-in fees apply	27 ★ PC User's Group 10:00am–12:30pm	28	29
	31  "Safe Haven" 1:00pm	<p>Transit Fair on March 17th from 10:00am–1:00 pm. Special St. Patrick's Day Lunch with corned beef and cabbage (\$3.75/Seniors and \$6.00/Adults) and features live music with vocalist Bobby C. Paid reservations must be made at the Senior Center front desk by 1:00 pm on Wednesday, March 12th. Call 931-5365.</p>				