

# May 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"> <li>● Free Program</li> <li>◆ City Class</li> <li>■ Sponsored by the Senior Support Program of the Tri-Valley</li> <li>★ Drop-In Fee \$1.75 Resident \$2.25 Non-resident</li> </ul> <p>○ Day Use Woodshop Fees: \$5.00R/\$6.00N</p>	<ul style="list-style-type: none"> <li>★ Bocce 9:00am-12:00pm</li> <li>○ Drop-in Woodshop, 9:00am-12:00pm</li> <li>★ Bingo 1:00–3:00pm (1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Monday)</li> <li>● Movies: 1:00pm (1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Monday)</li> </ul> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><i>The Senior Center will be closed for maintenance from Monday, June 23 thru Friday, July 4, opening again on Monday, July 7</i></p> </div>	<ul style="list-style-type: none"> <li>★ Woodcarvers 9:00am-4:00pm</li> <li>◆ Zumba® Gold 9:00-10:00am</li> <li>◆ Fit For Fifty Plus 10:15-11:15am</li> <li>◆ Tai-Chi (Beginning) 11:45am-1:00pm</li> <li>◆ Tai-Chi (Intermediate) 1:10-2:25pm</li> <li>★ Poker 12:45-3:45pm</li> <li>★ American Mah-Jong 1:00-4:30pm</li> <li>◆ Beginning Yoga 3:00-4:15pm</li> </ul>	<ul style="list-style-type: none"> <li>★ Bocce 9:00am-12:00pm</li> <li>○ Drop-in Woodshop, 9:00am-12:00pm</li> <li>● Walking Sole Mates 8:45am</li> <li>■ Fall Prevention Exercise Class 9:00-10:00am (No charge)</li> <li>■ Nutrition Weekly 10:00-10:15am (No charge)</li> <li>● Arts and Crafts Social Club 10:00am-12:00pm</li> <li>◆ Strength and Tone 10:15-11:15am</li> <li>★ Bingo 1:00–3:00pm</li> <li>★ Book Club 1:00–3:00pm</li> </ul> <p><i>In June, Fall Prevention Exercise moves to 10:30am</i></p>	<ul style="list-style-type: none"> <li>○ Drop-in Woodshop, 9:00am-12:00pm</li> <li>● Pleasanton Pedalers (Bicycle Group) 9:00am (No charge)</li> <li>★ Words in Bloom Writing Class 9:00am-12:00pm</li> <li>● Senior Players 10:00am-12:00pm</li> <li>◆ Intermediate Yoga 10:00-11:15am</li> <li>★ Poker 12:45-3:45pm</li> <li>★ Contract Bridge 1:00-4:30pm</li> </ul>	<ul style="list-style-type: none"> <li>★ Bocce 9:00am-12:00pm</li> <li>○ Drop-in Woodshop 9:00am-12:00pm</li> <li>★ Knitting 9:00-11:30am</li> <li>◆ Zumba® Gold 9:00-10:00am</li> <li>◆ Fit For Fifty Plus 10:15-11:15am</li> <li>★ Brain Matters 10:00-11:30am (1<sup>st</sup> and 3<sup>rd</sup> Fridays)</li> <li>★ Bingo 1:00–3:00pm</li> <li>★ American Mah-Jongg 1:00-4:00pm</li> <li>◆ Line Dancing (Beginning) 1:30-2:45pm</li> <li>◆ Line Dancing (Intermediate) 3:00-4:15pm</li> </ul>	<p>Pleasanton Senior Center 5353 Sunol Blvd. Pleasanton, CA 94566 <a href="http://www.pleasantonseniorcenter.org">www.pleasantonseniorcenter.org</a></p> <p><b>(925) 931-5365</b></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>
<b>Each Weekday</b>	<div style="border: 1px dashed black; padding: 10px;"> <p><i>Celebrate Older Americans Month at the Senior Center- look for the shaded date boxes for special activities.</i></p> </div>			<p>Tea Time Social: 1:00pm-2:30pm ★ Words in Bloom Writing Class: 9:00am HICAP Medicare Counseling: 9:00am-12:00pm (by appt.)</p>	<p>★ Brain Matters 10:00-11:30am</p>	<p><i>Firehouse Arts Theater</i> Music Man: Friday, May 2 thru Sunday, May 18 <a href="http://www.firehousearts.org">www.firehousearts.org</a></p>
<p>Peddler Shoppe M-F 10:00am – 4:00pm 931-5371</p> <p>★ Computer Tutoring (by appt.), Drop-in fees apply</p> <p>Lunch served: 12:00pm</p> <p>Laptop computer use w/ Wi-Fi, available at no charge</p>	<p>Foot Care: 9:30am-2:30pm <b>5</b> <i>Free Popcorn Today!</i> HICAP Counseling: 12:30-2:45pm Movie Madness: "Pitch Perfect" 1:00pm <i>Celebrating Art Made Easy:</i> Exhibit with Dessert Reception 7:00 – 9:00 pm</p>	<p>Community Resources For Independent Living (CRIL): Assistive Technology Lending Device Library, 10:00am Older Americans Month Proclamation: City Council: 7:00pm <b>6</b></p>	<p>Notary: 2:00-3:30pm (by appt.) ■ Nutrition Weekly: 10:00-10:15am (Free) Newcomer's Welcome: 10:30am ★ Photo Club: 2:00pm <b>7</b></p>	<p>Wooden Pen Turning Class 8:30am-4:30pm \$50R/\$55N <b>8</b></p>	<p>Parkinson's Support Group 10:00am-12:00pm Woodcarvers: 9:00am-12:00pm <b>10</b></p>	
<b>Numbers To Know</b>	<p>Foot Care: 9:30am-2:30pm <b>12</b> Legal Assistance: 10:00am-12:00pm (by appt.) VIP Luncheon: Wells Jazz Band Caregivers Support Group: 1:00pm</p>	<p>Hearing Aid Cleaning: 10:00am <b>13</b> Pharmacy Drop-in Q&amp;A: 10:00-11:00am Eye Glass Repairs: 10:30am-1:00pm Coffee &amp; Conversation: "Effective Forms of Treatment for Arthritis &amp; Neuropathy" 10:30–11:30am</p>	<p><i>Special Bingo Prizes Today!</i> ■ Nutrition Weekly: 10:00-10:15am (Free) ■ Lighten Up: 10:15-10:30am (Free) <b>14</b></p>	<p>HICAP Medicare Counseling: 9:00am-12:00pm (by appt.) ★ Words in Bloom Writing Class: 9:00am ■ Fresh Bites (Healthy Cooking Class) 2:00- 3:00pm, Senior Support Program <b>15</b></p>	<p>★ Brain Matters: 10:00-11:30am Estate Planning Consultation 12:00–1:00pm (by appt.) <b>16</b></p>	
<p>Senior Center 8:30am-4:30pm .. 931-5365</p> <p>Paratransit 9:00am-3:00pm .. 931-5376</p> <p>Snappy Café/Lunch 9:30am-1:00pm .. 931-5385</p> <p>VIP Senior Club/Travel 931-5370 or <a href="http://VIPtravel5353weebly.com">VIPtravel5353weebly.com</a></p> <p>R.A.D.D. .... 931-5373</p> <p>Senior Support.....931-5379</p>	<p>HICAP Counseling: 12:30-2:45pm <b>19</b>  "Chasing Mavericks" 1:00pm</p>	<p>Book Buddies: 11:00am <b>20</b></p>	<p>AARP Mature Driving Part 1 8:30 am – 12:30 pm (Reg. req'd.) Notary: 9:15-10:30am (by appt.) Los Vaqueros Reservoir Walk-9:00am;\$2R,\$3N ■ Nutrition Weekly: 10:00-10:15am (Free) <b>21</b></p>	<p><i>Free Drop-In Activities Today!</i> ★ PC User's Group 10:00am–12:30pm <b>22</b></p>	<p><i>Firehouse Arts Theater</i> (Sunday, May 25) Cabaret: <i>Swingin' Blue Stars of the USS Hornet</i> <a href="http://www.firehousearts.org">www.firehousearts.org</a> <b>24</b></p>	
	<p>Center Closed for Memorial Day Holiday <b>26</b> </p>	<p><b>27</b></p>	<p>AARP Mature Driving Part 2 8:30 am – 12:30 pm (Reg. req'd.) ■ Nutrition Weekly: 10:00-10:15am (Free) ■ Lighten Up: 10:15-10:30am (Free) <b>28</b></p>	<p><b>29</b></p>	<p><i>Older Americans Month</i> Special Lunch Menu and Dessert with Door Prizes <b>30</b></p>	
					<p><b>31</b></p>	