

## ARTS AND CRAFTS

### Drawing-Made Easy

Whether you are looking to draw the family pet, the beautiful orchid in the yard, or a beach sunset, Drawing Made Easy is the class for you. This class is designed for all skill levels using a variety of techniques that will help you reach your artistic goals. Supply list provided at the first class.



Age: 50+ ■ Senior Center ■ Ann Nakatani

Jan 4-Feb 22	W	10:30-11:30 a.m.	\$78	#102452
Mar 1-Apr 26	W	10:30-11:30 a.m.	\$88	#102453

### Friday Morning-Quilters Sew In

Have fun quilting your own project with peers. Bring your own sewing machine, and extension cord. No Instructor. This group is open to experienced quilters only. No class February 24.

All Ages ■ Senior Center ■ Patricia Abernathy

Jan 13-Apr 28	F	9 a.m.-1 p.m.	\$63	#102462
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### Fun with Art

This class focuses on advancing techniques using color pencils, water colors, Japanese brush painting, and calligraphy. Whether your goal is picking up a color pencil or advancing your techniques, Professor Nakatani has something for you. Designed for students of all levels. Supply list will be provided at first class.

Age: 50+ ■ Senior Center ■ Ann Nakatani

Jan 4-Feb 22	W	9:30-10:30 a.m.	\$78	#102450
Mar 1-Apr 26	W	9:30-10:30 a.m.	\$88	#102451

### Fun with Yarn

Bring the craft that you enjoy or come to learn a new craft, knitting or crocheting. Join other crafty people and enjoy their company as you work on your craft or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills. No class February 24.

Age: 50+ ■ Senior Center

Jan 6-Apr 28	F	9:30-11:30 a.m.	\$20	#102525
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## COMPUTERS

### Generations on Line®

Does the thought of learning the computer scare you? Start a new year. Learn something new. Let us help! Learn to use a tablet, computer or any electronic device. Leave with a new love for technology! Seating is limited.

All Ages ■ Senior Center ■ TBD

Jan 19	F	9-10 a.m.	Free	#103090
Feb 16	F	9-10 a.m.	Free	#103129
Mar 23	F	9-10 a.m.	Free	#103130
Apr 20	F	9-10 a.m.	Free	#103131

### Private Help with Your Tablet, Computer or Cell Phone

Is your smart phone or device making you feel dumb? Receive 1-on-1 assistance with your tech device: tablet, cell phone or computer. A monitor will attempt to trouble shoot and provide guidance to help you operate your device. Bring your device to this 1-on-1 session. Optimize your time by bringing in a list of your questions.

All Ages ■ Senior Center ■ Staff

Tu	1:30-2:30 p.m.	\$15
Tu	2:30-3:30 p.m.	\$15
Fri	9-10 a.m.	\$15
Fri	10-11 a.m.	\$15

### Facebook for Seniors

You will be introduced to the popular social networking website-Facebook. Through discussion and hands-on experience, you will set up an account. Experience the excitement and benefit that can come from networking with friends and family. Registered students should have a basic knowledge of how to use the Internet. Participants need an email address prior to attending this class.

All Ages ■ Senior Center ■ TBD

Jan 21	Sa	10-11:30 a.m.	\$13	#103127
Feb 18	Sa	10-11:30 a.m.	\$13	#103128

## DANCE



### High Beginning / Low Intermediate Line Dance

This class has progressed from a beginner level to high beginner, low intermediate line dance. Once you learn the basic patterns which will be reviewed ten minutes before class, you will be able to do any of the dances. It's a fun class still featuring semi-easy dances incorporating patterns used in all line dances. No class February 24.

Age: 50+ ■ Senior Center ■ Dorothy Moore

Jan 6-Feb 17	F	9:10-10:10 a.m.	\$38	#102495
Mar 3-Apr 28	F	9:10-10:10 a.m.	\$38	#102496

## Hula Workout for Beginners

Workout while learning the basic hand and foot from traditional to modern Hawaiian music while toning and increasing flexibility to your body. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional). No class April 6.



<b>All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos</b>				
Jan 5-Feb 23	Th	9:30-10 a.m.	\$27	#102501
Mar 2-Apr 20	Th	9:30-10 a.m.	\$27	#102502

## Hula for the Pu'uwai (HEART)

Bring some of your hula knowledge and your hand and foot movements to learn a choreographed hula that you will enjoy. Have a great workout from traditional to modern Hawaiian music and learn some Hawaiian language and songs. Wear comfortable clothing, bring water. Sarong, Pa'u skirts (optional). No class April 6.

<b>All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos</b>				
Jan 5-Feb 23	Th	10:15-11:15 a.m.	\$51	#102503
Mar 2-Apr 20	Th	10:15-11:15 a.m.	\$51	#102504

## Momentos de Baile Latino / Latin Moments Dance

**Spanish:** Todas las personas de 50 años y más están cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:30pm a 3:30pm. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas. Contribución es de \$3.

**English:** Come enjoy every first Monday of each month from 1:30pm to 3:30pm to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Light healthy refreshments are served.

<b>All Ages ■ Senior Center</b>				
Feb 6	M	1:30-3:30 p.m.	\$3	#102513
Mar 6	M	1:30-3:30 p.m.	\$3	#102514
Apr 3	M	1:30-3:30 p.m.	\$3	#102515

## Tap for Beginners

This class is for the beginner who want to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. No class January 13, March 3, 24 and April 14.

<b>Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis</b>				
Jan 6-Apr 28	F	9:15-10 a.m.	\$68	#102449

## Tap for Intermediate

This class is for the adult senior with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class January 13, March 3, 24 and April 14.

<b>Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis</b>				
Jan 6-Apr 28	F	10-10:45 a.m.	\$68	#102448

## HEALTH AND FITNESS

### Fit and Low

This class is designed for active adults. It incorporates low impact aerobic choreographies followed by chair assisted strength training basic moves. It's a total body workout that will help promote cardiovascular system strength, stamina, and improves metabolism and muscle endurance. All fitness levels are welcome. Bring a towel, water and optional hand weights (2lb recommended.) No class April 25.

<b>Age: 50+ ■ Senior Center ■ Amelia Said</b>				
Jan 10-Feb 28	Tu	9:30-10:30 a.m.	\$43	#102454
Mar 7-Apr 18	Tu	9:30-10:30 a.m.	\$38	#102455

<b>Centre Concord</b>				
Jan 12-Feb 16	Th	10-11 a.m.	\$38	#102714
Mar 9-Apr 20	Th	10-11 a.m.	\$43	#102715



### Chair Yoga and Wellness

Yoga has been shown to improve bone and muscle strength, balance and flexibility, mood and sleep. If you want these benefits but prefer not to be on the floor, then chair yoga is for you! A chair or wall is used for balance, a yoga mat for slip free surface. Liz tailors the poses to each individual's needs.

<b>Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson</b>				
Jan 10-Feb 28	Tu	11:15 a.m.-12:15 p.m.	\$83	#102467
Mar 7-Apr 25	Tu	11:15 a.m.-12:15 p.m.	\$83	#102468

### Gentle Yoga

Recently, there was a special edition of Newsweek entirely dedicated to yoga. Yoga has entered the psyche of American public. Its benefits are proven by science, and from experience of practitioners in all walks of life: young, old, strong, stiff, rock stars, and celebrities. Yoga is for everyone! The instructor started her practice in 1980 and her enthusiasm continues today.

<b>All Ages ■ Baldwin Park Dance Studio ■ Maxine Davis</b>				
Jan 3-31	Tu	10-11 a.m.	\$58	#102509
Feb 7-28	Tu	10-11 a.m.	\$47	#102510
Apr 4-25	Tu	10-11 a.m.	\$47	#102511



### Qigong-Gentle Movements

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Practices vary from the soft internal styles such as Tai Chi. The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged. No class February 20.

<b>Age: 50+ ■ Senior Center ■ Han Ong</b>				
Jan 30-Feb 27	M	9:10-10:10 a.m.	\$19	#102480
Jan 30-Feb 27	M	10:30-11:30 a.m.	\$19	#102481
Mar 6-Apr 24	M	9:10-10:10 a.m.	\$35	#102482
Mar 6-Apr 24	M	10:30-11:30 a.m.	\$35	#102483

### Zumba Gold

Active older adults who are looking for a modified Zumba class can recreate the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. No class April 25.



<b>Age: 50+ ■ Senior Center ■ Amelia Said</b>				
Jan 10-Feb 28	Tu	10:30-11:30 a.m.	\$43	#102456
Mar 7-Apr 18	Tu	10:30-11:30 a.m.	\$38	#102457
Jan 10-Feb 28	Tu	11:30 a.m.-12 p.m.	\$43	#102458
Mar 7-Apr 18	Tu	11:30 a.m.-12 p.m.	\$38	#102459

<b>Centre Concord</b>				
Jan 12-Feb 16	Th	11:15 a.m.-12:15 p.m.	\$38	#102728

<b>Age: 50+</b>				
Mar 9-Apr 20	Th	11:15 a.m.-12:15 p.m.	\$43	#102729

### Diabetes Empowerment and Education

What is diabetes? Diabetes is a disease that affects many systems in the body, and can create complications in different parts of the body. You are going to learn about the human body and its main organs and functions related to diabetes. You will learn about monitoring your body, physical activity, management through meal planning, identification and prevention of complications. This is a 6-week course.

<b>All Ages ■ Senior Center ■ Frances Lockwood</b>				
Feb 2-Mar 9	Th	10 a.m.-12 p.m.	\$15	#103126

## SPECIAL INTEREST

### Healthier Living Workshop

Learn how to manage your health, not let your health manage you. This 6-week Self-Management Program is for people with a chronic health problem. The workshop will cover: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercises, appropriate use of medications, communicating effectively with family and health professionals, decision making, and how to evaluate new treatments. Seating is limited.

<b>Age: 50+ ■ Senior Center</b>				
Jan 24-Feb 28	Tu	10 a.m.-12:30 p.m.	\$10	#102395

### Loteria

**Spanish:** Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de \$3 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos!

**English:** Lotería Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Light lunch is provided. Eight games are included in the fee. Everyone is welcome!

<b>All Ages ■ Senior Center</b>				
Jan 26	Th	10 a.m.-1 p.m.	\$3	#102519
Feb 23	Th	10 a.m.-1 p.m.	\$3	#102520
Mar 30	Th	10 a.m.-1 p.m.	\$3	#102521
Apr 27	Th	10 a.m.-1 p.m.	\$3	#102522

### Remembering Our Youth Through Games

Enjoy some of the fun games of your youth. Join us at the Concord Senior Center and play 'Jacks', 'Tiddlywinks', 'Pick-Up Sticks', 'Monopoly' and 'Checkers'. If you have another favorite childhood game, bring it with you. Lunch will be provided through the CC Cafe Program, providing the day's lunch offering. Spend as much time with us as you desire.

<b>All Ages ■ Senior Center ■ Mary Rae Lehman</b>				
Jan 26	Th	11:30 a.m.-3:30 p.m.	\$7	#102533

### Reverse Mortgages: Wealth Management Tool Retirement Planning

If you are 62 or older, learn how a reverse mortgage can extend the life of your retirement assets. Not only can your home equity provide you urgent funds, but also a reverse mortgage can be used to supplement your income, to deal with health-care costs, or just more thoroughly enjoy your retirement.

<b>Age: 62+ ■ Senior Center ■ Jon Carlson</b>				
Jan 26	Th	3-4 p.m.	\$3	#102604
Mar 30	Th	3-4 p.m.	\$3	#102605

## Successful Retirement Investing

You will learn about the role of social security, Medicare pensions and retirement plans such as 401Ks and IRAs. Learn how stocks, bonds, REITs and other investments can provide a continuous stream of income that you cannot outline and that you can turn over to your children and grandchildren. This class is most appropriate for those who have \$100,000 or more in retirement savings.

All Ages ■ Senior Center ■ Richard Speed				
Jan 10-24	Tu	7-8 p.m.	\$48	#102512
Feb 7-21	Tu	7-8 p.m.	\$48	#102516
Mar 7-28	Tu	7-8 p.m.	\$48	#102517
Apr 4-25	Tu	7-8 p.m.	\$48	#102518

## Trusts and Estate Planning Made Easy

Revocable Living Trusts avoid probate. But, did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by an experienced attorney who will explain how Trusts and Wills work in a way that is easy to understand.

All Ages ■ Senior Center ■ Raymond McFalone				
Feb 16-23	Th	1:30-3:30 p.m.	\$13	#102466

## Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Volunteer positions include: Data Entry, Special Events, Computer Lab Monitor, Front Desk position 4 hours a day, 1 day a week and more. Please download and print a volunteer application at [www.cityofconcord.org/pdf/recreation/programs/senior\\_volunteers.pdf](http://www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf). Please turn in application to the senior center a week before the orientation.

All Ages ■ Senior Center				
Jan 31	Tu	10:30-11:30 a.m.	\$0	#102529
Feb 28	Tu	10:30-11:30 a.m.	\$0	#102530
Mar 28	Tu	10:30-11:30 a.m.	\$0	#102531
Apr 25	Tu	10:30-11:30 a.m.	\$0	#102532

## Wills, Powers of Attorney and Advance Health Care Directive

In this workshop, each student will receive a 'fill in the blanks' Will, Durable of Power of Attorney and Advanced Health Care Directive form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

All Ages ■ Senior Center ■ Raymond McFalone				
Feb 2-9	Th	1:30-3:30 p.m.	\$13	#102465



Do you have a talent or skill that you would like to teach others?



Become an instructor for City of Concord Parks & Recreation.

- Preschool
- Youth
- Teens
- Adults
- 50+ Better

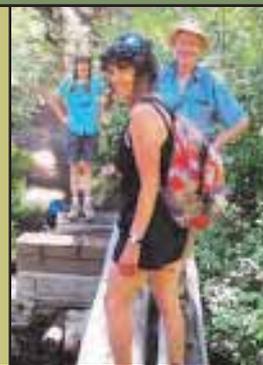
[www.CityofConcord.org/Instructor](http://www.CityofConcord.org/Instructor)



## 50 & Better Camp

Enjoy a special Lake Tahoe getaway for adults 50 years or older.

- Aug 14-18
- Aug 21-25



[www.campconcord.org](http://www.campconcord.org)



# Concord Senior Center – 50 & Better Program

## Health & Human Services

**Age Strong, Live Long Health Expo** ■ February 24, 2017, 9 a.m.-1 p.m. Presentation, Interactive Exercises, Health Screenings, Resources on Programs and Services

**Care Manager** ■ Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30 a.m.-3 p.m. and Thursday from 9:30 a.m.-11:30 a.m.** For more information or to schedule an appointment contact the center.

**CC Café Hot Lunch Program** ■ Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30 a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9 a.m. and 11:30 a.m. for more information and a menu.

**Senior Peer Individual Counseling** ■ Contra Costa Health Services Senior Peer Counseling offers one-on-one, 45-minute counseling sessions every **Tuesday from 9:30 a.m.-11:30 a.m.** Services are free and confidential. Call for an appointment.

**Vision Support Group** ■ Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1 p.m.** No registration necessary.

**HICAP – Health Insurance Counseling and Advocacy Program** ■ Call (925) 602-4168 for an appointment. Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **1st, 2nd, 3rd and 4th Friday of each month from 1 p.m.-3 p.m. and 1st & 2nd Tuesday from 12:30 p.m.-2:30 p.m.**

**Notary Services** ■ Services are provided free of charge from **10 a.m.-11 a.m. every Wednesday.**

**AARP Driver Safety** ■ This course is taught on the **1st and 2nd Wednesday every other month from 9 a.m. till 1 p.m.** Cost for AARP members: \$15; cost for non members: \$20. Call to register.

**Senior Center Scholarship Program** ■ Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Parks and Recreation Program. Approved applicants receive a maximum of \$100 per individual, per year with \$5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

**Memory Screenings** ■ Screenings are held on the **4th Monday of each month from 1 p.m.-3 p.m.** with the exception of May (holiday).

**Alzheimer's Support Group** ■ Alzheimer's Support group meets on the **4th Wed from 1:15 p.m.-3:15 p.m.**

**Get Around Taxi Program** ■ Program is available to Concord residents 65 years and older. Applications will be accepted on Monday and Tuesday from 10 a.m.-noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to [www.cityofconcord.org/senior](http://www.cityofconcord.org/senior) and click on Get Around Taxi Program.

**Advance Health Care Directives** ■ FREE Advance Health Care Directive. Everyone, in particular seniors, should have an Advance Health Care Directive. It is the legally recognized document that insures your health care wishes are known and considered if you cannot speak for yourself. This important document allows you to appoint a representative or agent to make health care decisions for you. Contra Costa Senior Legal Services' attorneys will prepare an Advance Health Care Directive for you for FREE every 2nd Thursday of the month. By appointment only, 6 separate 45-minute appointment slots offered simultaneously at the following times: 9:15am, 10:00am and 10:45am call (925) 671-3320

**Legal Assistance** ■ A free legal clinic preparing Advance Health Care Directives is held by Contra Costa Senior Legal Services (CCSLs) on the 2nd Thursday of every month, 9:15-11:30 a.m. For assistance with other legal issues, call CCSLS headquarters in Concord at (925) 609-7900 or email [legalhelp@ccsls.org](mailto:legalhelp@ccsls.org). CCSLS is a 40-year-old non-profit agency that provides free legal services to seniors.



The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9 a.m. and 12 p.m., after 12 p.m. press option 1, or email [concordsc@cityofconcord.org](mailto:concordsc@cityofconcord.org).

Concord Senior Center – 2727 Parkside Circle, Concord, CA 94519

**SPECIAL RECREATION**

Special Recreation offers inclusive and specialized programs for people with disabilities. Access to recreation provides accommodation to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental, etc.) Programs are designed for people 18 years of age or older. It is our goal to ensure that individuals with disabilities have access to our programs and that the experience is successful and meaningful.

**Special Recreation-Bowling**

Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.



<b>Age: 18+ ■ Clayton Valley Bowl</b>				
Jan 10–Feb 28	Tu	3:30–5:30 p.m.	\$56	#102463
Mar 7–Apr 25	Tu	3:30–5:30 p.m.	\$56	#102464



**Community Dances-Special Recreation**

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay \$7 at the door with exact cash or check.

<b>Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane</b>			
Jan 13	F	7–9 p.m.	\$7
Mar 10	F	7–9 p.m.	\$7
<b>Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle</b>			
Feb 10	F	7–9 p.m.	\$7
<b>Age: 18+ ■ Walnut Creek Heather Farms ■ 301 N. San Carlos Drive</b>			
Apr 14	F	7–9 p.m.	\$7



Concord Senior Center & Commission on Aging

## Age Strong, Live Long Health Expo

Resources and Information for Seniors and Families

**Friday, February 24, 2017**  
**9:00am - 1:00pm**  
**Concord Senior Center**  
**2727 Parkside Circle**

**Over 40 Exhibits, Health Screenings & Presentations**

Presentation on **Maximize Your Memory: Tips and Strategies**

Screenings: Heel Scan, Cholesterol, Blood Pressure, Memory, Medication Review, Massage and visit the Mobile Vet Center,  
 Win Raffle Prizes

For more information visit [www.CityofConcord.org/healthfair](http://www.CityofConcord.org/healthfair)

Sponsored By



Free tote - first 500 attendees

