



ENCORE!

PROGRAMS TO FIT YOUR LIFESTYLE
JANUARY - APRIL 2024

MAXIMIZE YOUR ENCORE MEMBERSHIP!

Use your Encore passes to save on drop-in classes! Stop by the front desk to sign up or renew your membership and see all that it can do for you! *See pg. 5 for details.*



AARP FREE TAX PREPARATION

Wednesdays, February 7-April 10
8:30am-3:00pm • By appointment only

AARP Tax-Aide Certified Counselors are ready to prepare income tax returns at the Alcosta Senior & Community Center. All tax preparers are trained and certified by the IRS. The program gives priority to seniors 50+. Tax-Aide does not have an income limit, but targets those with low to moderate earnings. Counselors will prepare and file tax returns electronically. This ensures accuracy and refunds and tax payment arrangements are completed quickly. Both spouses must be present to sign a joint return.

For details and appointments, see page 11.



SPRING FASHION SHOW & TEA



Saturday, April 6
2:00pm-4:00pm
Doors open for prizes at 1:00pm
San Ramon Community Center
All Ages • \$30 • Act# 23748

Presented by:

San Ramon Senior Center Foundation

Welcome the spring season with an afternoon of fashion, food and fun for all ages! Fabulous door prizes, a silent auction, and prizes for the best hats will be included. Proceeds support a variety of projects and programs at the Alcosta Senior & Community Center.

Register in-person only at the Alcosta Senior & Community Center. Registration deadline is April 3 at 3pm, space pending. Price increases to \$35 after March 22.



Alcosta Senior & Community Center

9300 Alcosta Blvd. (925) 973-3250

Registration Hours: Monday-Friday • 8:30am-3:00pm

www.sanramon.ca.gov

YOUR CENTER

Alcosta Senior and Community Center

9300 Alcosta Blvd. (925) 973-3250

Open Monday-Friday

Registration Hours: 8:30am-3:00pm

SERVICES

Health Insurance Counseling, transportation, housing information, legal services, health services, and referrals for Meals on Wheels. Please call for more information.

PROGRAM FEES

Many programs are offered at a nominal fee. Game tables, library, social services, outdoor patio, and the lounge are available at no charge. Become an Encore Member (pg. 5) and receive additional benefits and discounts on classes and more!

Drop-in fee: \$5(R)/\$6(N).

SENIOR EXPRESS VAN

Transportation is provided for San Ramon residents to and from the Alcosta Senior and Community Center, Monday - Friday.

\$4 each way/ \$3 Resident **Encore Members.**

The Senior Express Van will also pick up individuals, upon request, at the San Ramon Transit Center (SRTC), Monday- Friday. Riders must be at the Transit Center no later than 9:15am. Riders can connect to BART via County Connection buses that stop at the SRTC.

Riders must sign-up by noon, one business day in advance. Late sign-ups may not be accommodated. Sign-up for lunch and transportation together to save time!
Special events- Van will depart later.

Van Schedule

Day	AM Center Departure	PM Center Departure
Monday	8:30am	1:00pm
Tuesday	8:30am	3:15pm
Wednesday	8:30am	1:00pm
Thursday	8:30am	1:00pm
Friday	8:30am	1:00pm

SENIOR LUNCH PROGRAM

\$3 suggested contribution for 60 years+. \$6 required fee for under 60 years. Monday-Friday, 12:00pm.

★ **Choose from the Traditional or Vegetarian Daily Menu or a Rotating Salad Option. Menus are available at the Front Desk and online.**

Sign up by 12:00pm the business day before you would like lunch (and book rides on the Senior Express Van). If you're unable to come for lunch after you have ordered, call the Senior Center at 973-3250 to cancel. If you arrive after 12:10pm without calling the front desk, your lunch may be given to someone else. **Please bring small change or utilize a Nutrition Pass.*



NUTRITION PASS

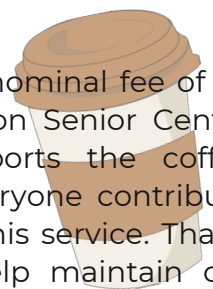
No need to carry cash for your lunch donation! Patrons may make their donation for daily nutrition/lunch program by loading passes onto their existing activity card. The program works exactly like the other drop-in programs.



To use Nutrition Passes, check in with the front desk before lunch to have staff scan your card, and note your lunch donation via activity card.

COFFEE DONATIONS

Coffee is available daily for a nominal fee of 50 cents per day. The San Ramon Senior Center Foundation generously supports the coffee station and requests that everyone contribute to enable them to continue this service. Thank you for your donation to help maintain our coffee station.



GO SAN RAMON!

Try rideshare and save! Use Uber or Lyft and save half of the fare (up to \$5) when you begin or end your ride in the San Ramon service area. For more information, call 925-455-7500 or visit www.countyconnection.com/gosanramon.

PROGRAM HIGHLIGHTS



WHAT'S NEW & NOTABLE!

NEW PROGRAMS ★

- ★ New Cafe Costa Lunch Options (pg 2)
- ★ Senior Tech Days (pg 4)
- ★ Get More from Your Smartphone (pg 5)
- ★ NEW Drop-In Classes (pg 6)
- ★ New TED Talks (pg 10)
- ★ Monthly Presentations & Events- See what's coming up! (pgs 9 & 10)
- ★ San Ramon Senior Recognition- nominate a senior today! (pg 10)



LUNAR NEW YEAR CELEBRATION

Wednesday, January 31, 1:30-3:00pm • Free
Celebrate the Year of the Dragon and enjoy a program of cultural enlightenment. The show will feature performers from Chinese and American cultures. If you would like to enjoy an Asian-themed lunch prior to the show, place your lunch order before 12pm on Tuesday, January 30. Donation for lunch is \$3 for those 60 years of age and older, and \$6 required for those under 60.

ROCKIN' BINGO

Saturday, February 24 • Doors open 11:15am
\$25 (Lunch & 3 bingo cards)
Act# 22839 • ASCC • Ages 18+
Presented by the San Ramon Senior Center Foundation

Come have a rockin' time at bingo! Enjoy the lunchtime music of the Melody Minstrels starting at 11:30am. Admission includes pizza, salad, drink, and dessert (request vegetarian option at registration).

Extra bingo cards- \$1 each. Bingo payouts- \$30/game. Blackout games are 4 cards for \$1. Two Blackout prizes available- \$200 and \$100. Register by 2/20 at the Alcosta Senior & Community Center or online at www.SanRamonRecGuide.com.



PAGE TURNERS

1:30-2:30pm • ASCC • Free

- Monday, Jan. 22 *The Wind Knows My Name*
by Isabel Allende
- Monday, Feb. 26 *Trust*
by Hernan Diaz
- Monday, Mar. 18 *The Covenant of Water*
by Abraham Verghese
- Monday, Apr. 15 *Demon Copperhead*
by Barbara Kingsolver

Read the book of the month on your own and then meet up for a lively book club discussion at the Alcosta Senior & Community Center or in the ASCC Park. The Page Turners is facilitated by the San Ramon Library staff. Newcomers welcome!

To join and check out the books, stop by the San Ramon Library (Mon-Thu, 10am-8pm or Fri-Sat 9am-5pm), call the San Ramon Library at (925) 973-2850 or email to Jason Jorgensen at jason.jorgensen@library.cccounty.us.

★ PROJECT SECOND CHANCE: PROSPECTIVE TUTOR ORIENTATION

Tuesday, Feb. 6 • 9:30 - 10:30am

Help a neighbor improve their basic English reading and writing skills. Learn more about becoming a volunteer tutor for an adult learner through Project Second Chance, Contra Costa County Library's adult literacy program. No teaching experience is necessary; tutors are comfortable with their own English reading and writing and can commit to meeting twice per week with an adult learner. For more information, contact psc@library.cccounty.us or 925-691-3960.

DROP-IN ACTIVITIES



Fees \$5(R)/\$6(N)

MONDAY

	Time
Low Impact Aerobics I	8:30-9:20am
Strength Training & Toning	9:30-10:20am
Gentle Chair Aerobics	10:30-11:15am
Café Costa	12:00-1:00pm
Monday Movie Matinee (2nd & 4th Mon)	1:00-3:00pm
Canasta	1:30-3:00pm
Instructional Tai Chi	2:00-3:30pm

TUESDAY

	Time
Intermediate/Advanced Line Dance	9:00-11:00am
Card Games/Games of Chance	9:00am-12:00pm
Boutique Workshop (free)	10:00am-12:30pm
Party Bridge	11:00am-2:30pm
Café Costa	12:00-1:00pm
Beginner/Improver Line Dance	1:00-2:30pm
BINGO (special fee)	1:00-3:00pm

WEDNESDAY

	Time
Low Impact Aerobics I	8:30-9:20am
Strength Training & Toning	9:30-10:20am
Bocce Ball	9:30-11:00am
American Mahjong	10:00am-12:00pm
Gentle Chair Aerobics	10:30-11:15am
Café Costa	12:00-1:00pm
Intermediate Line Dance	1:30-3:30pm

THURSDAY

	Time
SPRK Strength 55+	9:00-9:45am
Intermediate/Advanced Line Dance Card	9:00-11:00am
Games/Games of Chance	9:00am-12:00pm
Total Body & Balance	10:00-10:45am
NEW! Knitting Drop-In	10:00am-12:00pm
Intermediate Bridge	11:00am-2:00pm
Café Costa	12:00-1:00pm
Get More from Your Smartphone (Mar-Apr)	1:00-2:00pm
Card Games (2nd & 4th Thu)	1:00-4:00pm
Longevity Fitness	3:00-4:45pm

FRIDAY

	Time
Low Impact Aerobics I	8:30-9:20am
Drawing & Painting (starts 1/19)	9:00-11:00am
Strength Training & Toning	9:30-10:20am
Self Defense for Seniors	11:00am-12:30pm
Café Costa	12:00-1:00pm

★ SENIOR TECH DAYS

Tuesday, February 20

Friday, March 15

Friday, March 29

9:00 - 11:00am • FREE

Hosted by: San Ramon Teen Council

Looking for tech help with your phone or tablet? Teens will be on hand to assist seniors one-on-one with their personal devices, and answer technical questions. Sign up at the front desk for a 15 min appointment.

TECH TUTORING APPOINTMENTS

Wednesdays, 9:00am

ASCC • \$5(R)/\$6(N) per appt.

Have a computer, tablet or phone question? Want to know how to do tasks on your device using the internet? A tech tutor can help you with that during a one-on-one hour appointment!

Sign up for an appointment at the Alcosta Senior & Community Center front desk or call (925) 973-3250.



SEEKING NEW INSTRUCTORS

Do you have a special talent or skill to share with others or know someone that can? We are seeking instructors in visual and performing arts, multi-cultural classes, foreign languages, fitness, and new program opportunities. Contact Suzy Chow at (925) 973-3211 or schow@sanramon.ca.gov.



GAMES & ENRICHMENT

DROP-IN FEES \$5(R)/\$6(N)

BOCCE BALL



Wednesdays • 9:30-11:00am
(weather permitting)

Join in the Bocce craze! Toss the pallino, score points, and increase overall skills in your bocce game. Located in the ASCC Park. All levels welcome!

PARTY BRIDGE

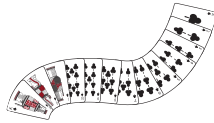
Tuesdays • 11:00am-2:30pm

Drop-in players must have an understanding of the game and have played before. Late arrivals may not be accommodated.

INTERMEDIATE BRIDGE

Thursdays • 11:00am-2:00pm

Intermediate Bridge accommodates players of varying skill level.



CARD GAMES/ GAMES OF CHANCE

Beginning & Advanced Level of Play

Tuesdays & Thursdays • 9:00am-12:00pm

2nd & 4th Thursday • 1:00-4:00pm

Games may include: Caribbean Stud, 5 Card Stud, or Tournament style Texas Hold 'em.

MONDAY MOVIE MATINEE

2nd & 4th Mondays • 1:00pm • FREE

Enjoy a movie and popcorn with friends twice a month. A variety of movies will be shown, so come see what's playing next! Sponsored by: San Ramon Senior Center Foundation

BINGO

Tuesdays • 1:00-3:00pm

Special Fee: 3 cards for \$3

Last game & Blackout games:

4 cards for \$1



AMERICAN MAHJONG

Wednesdays • 10:00am-12:00pm

Instructor: Selma Forkash

American Mahjong is a game played with tiles, similar to gin rummy. It's a thinking person's game with the luck of the draw. If you are a beginner, come learn, or if you are a seasoned player come and play. All levels are welcome!

CANASTA

Mondays • 1:30-3:00pm

Learn the rules and strategies to play this fun multi-player game. Beginners or more experienced players welcome.

GET MORE FROM YOUR SMARTPHONE

Select Thursdays March - April

1:00-2:00pm

Instructor: Audrey Gross

Come and learn what your cellphone can do for you.

Discover how your phone can help you with daily activities- photos, text messages, the calendar and much more! We'll

start with the basics and build from there.



BECOME A SAN RAMON ENCORE! MEMBER NOW

\$35 Resident/\$45 Non-Resident

Get your membership now! Come to the front desk and register today! In addition to these benefits, you will be supporting the great programs and services provided at the Alcosta Senior & Community Center.

BENEFITS OF MEMBERSHIP

- Receive the Senior Encore! Newsletter by mail
- \$1 off Senior Van Transportation each way
- Free drop-in pass to share (annually)
- Complimentary membership at 100 years of age
- Free use of the designated recreation equipment
- Early online registration (residents only)
- Early registration for special events

ADDITIONAL BENEFITS FOR RESIDENTS

- One extra drop-in class for every five classes purchased when purchased in increments of five
- Early registration opportunity for Lunch Bunch Trips

ADDITIONAL BENEFITS FOR NON-RESIDENTS

Resident rates for Senior Center drop-in classes, Lunch Bunch Trips, and the resident rate for Senior Express Van (for rides in San Ramon)

HEALTH & FITNESS

LOW IMPACT AEROBICS

Mondays, Wednesdays & Fridays
8:30–9:20am

Instructor: Mary Arulanantham

Classes are designed to be low-impact, energizing, and fun-filled. The methods and movements involved will help to strengthen and stabilize the body.

STRENGTH TRAINING & TONING

Mondays, Wednesdays & Fridays
9:30–10:20am

Instructor: Mary Arulanantham

Strength training with light weights for men and women in a fun environment will help boost energy and build muscle. Weights are provided.

SPRK® STRENGTH 55+

Thursdays • 9:00–9:45am

Instructor: Carolynne Levers

Strength train to music to build strength and endurance along with short cardio and power bursts. Weights provided. Bring a mat.

TOTAL BODY & BALANCE

Thursdays • 10:00–10:45am

Instructor: Mary Arulanantham

Use your body weight, dumbbells and props to strengthen the entire body and develop balance skills. Workouts can be done standing, with a chair, or sitting.

GENTLE CHAIR AEROBICS

Mondays & Wednesdays • 10:30–11:15am

Instructor: Mary Arulanantham

A beginner program designed for anyone who is new to exercise or looking for gentle, seated chair exercises to develop balance and strength.

SELF DEFENSE FOR SENIORS

Fridays • 11:00am–12:30pm

Instructor: Gini Lau

Learn basic body conditioning, punches, kicks, balance, awareness, and defensive & offensive techniques from a martial arts master.



ARTS & DANCE



BOUTIQUE WORKSHOP

Tuesdays • 10:00am–12:30pm • FREE

Come join the Boutique if you like to sew, knit, crochet, or love to craft. All levels welcome. Proceeds from boutique item sales benefit the San Ramon Senior Center Foundation.

NEW! KNITTING DROP-IN

Thursdays
10:00am–12:00pm

A welcoming space for all knitters! Learn to knit or bring your project and receive feedback.

NEW! DRAWING & PAINTING

Fridays
9:00–11:00am

Come draw, sketch & paint in acrylic each Friday. Instruction offered or project feedback.

LINE DANCE

Line dancing is a fun way to stay in shape and socialize. Learn the basics in Beginner/Improver class and refine your skills in our Intermediate/Advanced classes.*previous experience needed.

Beginner/Improver

Tuesdays, 1:00–2:30pm

Instructor: Tessie Aczon

Intermediate*

Wednesdays, 1:30–3:30pm
Instructors: Johanna Fong & Linda Johnson

Intermediate/Adv.*

Tuesdays & Thursdays,
9:00–11:00am
Instructor: Millie Dusha

LONGEVITY FITNESS

Thursdays • 3:00–4:45pm

Instructor: Gini Lau

Try different and dynamic stretches for tense and tight muscles to help improve flexibility. Each class ends with relaxation exercises to increase vitality and reduce stress.



INSTRUCTIONAL TAI CHI

Mondays • 2:00–3:30pm

Instructors: Cynthia Lau & Josie Fong

Instructional Tai Chi teaches the simplified 24-form Tai Chi with step-by-step instructions in English. Three new forms will be taught weekly in sequence with a review of the previous week's forms. Check with the front desk for the current schedule.

REGISTRATION CLASSES

FITNESS & ENRICHMENT

View class descriptions, more class offerings & register for classes at SanRamonRecGuide.com or at the ASCC front counter!

★ DANCE CARDIO	ASCC	Mary Arulanantham
Exercise in disguise as you improve strength, endurance & balance to popular and world music.		
Tuesdays 7:20pm - 8:15pm	Classes start 1/9, 2/27 & 4/16	
CORE POWER & FLEXIBILITY	ASCC	Mary Arulanantham
Movement and stretch using Pilates and yoga with a focus on balance, flexibility and endurance.		
Thursdays 7:20pm - 8:15pm	Classes start 1/11, 2/22 & 4/11	
HULA DANCE - BEGINNING	ASCC	Desiree Elder
Discover hula in this class for seniors- a fun, low impact workout that benefits your memory!		
Fridays 9:30am - 10:30am	Classes start 2/23 & 4/26	
STRUMMING SENIORS - UKULELE	ASCC	Steve Kritzer
Learn simple chords, strums, and work up to easy, popular songs you'll play as a group.		
<u>Beginning</u> - Tuesdays 10:00am - 11:00am	Classes start 1/29, 2/27 & 4/16	
<u>Intermediate</u> - Thursdays 10:30am - 11:30am	Classes start 1/11, 2/29 & 4/18	
ZUMBA GOLD/GOLD TONING	SRCC	Carolynne Levers
Take Zumba® Party you love at a slower pace with a redefining total body workout.		
Tuesdays 9:00am - 10:00am	Classes start 1/9, 2/6 & 4/2	
SHINE DANCE FITNESS	ASCC	Julie McGill
We're dancing and toning to your favorite tunes from the 80's to today. Come have a great workout!		
Tuesdays 5:30pm - 6:30pm	Classes start 1/2, 2/6, 3/5 & 4/2	
Thursdays 5:30pm - 6:30pm	Classes start 1/4, 2/1, 3/7 & 4/4	
Fridays 4:30pm - 5:30pm	Classes start 1/5, 2/2, 3/1 & 4/5	
<u>Sign up for monthly class 1 day a week, 3 days a week, or register for the whole quarter!</u>		
★ MINDFULNESS PRACTICE	ASCC	Chaitali Marde
Develop your own mindfulness practice to slow down, reduce stress, and improve your health.		
Fridays 9:00 - 10:30am	Classes start 1/19, 3/1 & 4/12	
QIGONG	ARCC	Sally Jermain
Explore Qigong- a mind/body/ spirit practice that uses breathwork & visualization with movement.		
Tuesdays 6:00pm - 7:00pm	Classes start 1/9 & 4/2	
GENTLE CHAIR YOGA	ASCC	Vinutha Kornaya Rao
Increase your flexibility and mobility through movement, yoga postures, relaxation and more.		
Fridays 10:30am - 11:30am	Classes start 1/19, 3/1 & 4/26	
YOGA FOR HEALTH	ASCC	Michiyo Ambrosius
Senior yoga to develop strength, flexibility, and balance. Breath work & mediation included.		
Tuesdays 9:00am - 10:15am	Classes start 1/9 & 3/19	
WEEKDAY WIND DOWN W/ YOGA	SRCC	Colleen Millen
Gentle yoga flows and relaxation techniques to release tension and improve well-being.		
Wednesdays 7:00pm - 8:00pm	Classes start 1/10, 2/21 & 4/17	



LUNCH BUNCH TRIPS

Enjoy the sights and lunch with friends on the Lunch Bunch Trips! All participants must be able to participate independently or attend with aide. Sign up for trips at the Senior Center: Resident Encore Members- Tuesday, January 9 at 8:30am. Open to all- Thursday, January 11 at 8:30am. Lunch is no-host. Fee includes transportation only unless noted.

NEW Google Visitor Experience, Mountain View

Wednesday, Feb. 21
9:30am - 2:30pm
\$39(R)/\$48.75(N)
ACT# 23892



NEW The Exploratorium*, San Francisco

Wednesday, Feb. 28
9:30am - 3:30pm
\$45(R)/\$56.25(N)
ACT# 23893

*Purchase ticket at entry

The Ferry Building Marketplace, San Francisco

Wednesday, Mar. 6
10:00am - 3:30pm
\$42(R)/\$52.50(N)
ACT# 23894



NEW Downtown Petaluma

Wednesday, Mar. 20
9:30am - 4:30pm
\$54(R)/\$67.25(N)
ACT# 23896

Shop & Dine at the Marin Country Mart, Larkspur

Wednesday, Apr. 10
9:30am - 3:30pm
\$48(R)/\$60(N)
ACT# 23897



Sam's Chowder House, Half Moon Bay

Wednesday, Apr 24
10:30am - 3:30pm
\$39(R)/\$48.75(N)
ACT# 23898

Oxbow Public Market & Downtown Napa

Wednesday, May 8
10:00am - 4:00pm
\$49(R)/\$61.25(N)
ACT# 23899



NEW Golden Gate Bridge Walk & Ghirardelli Square, San Francisco

Wednesday, May 15
9:30am - 4:00pm
\$50(R)/\$62.50(N)
ACT# 23900

GATHERING POINTS



★ PROTECT YOURSELF: ELDER ABUSE & THE DARK WEB

Wednesday • January 17 • 10:00-11:00am
FREE • Register in advance • Act# 23901
Hear from an expert with tools, resources and tips on protect yourself from the elder abuse and the dark web. Learn about common fraud schemes used against older adults. Measures to detect and prevent financial losses will also be covered.

LUNCH WITH LAW ENFORCEMENT

Wednesday • March 6 • 12:00-1:00pm • FREE
An officer or representative will be present for lunch and give a short presentation on current topics. This is a great opportunity to ask any safety questions. Come for the lunch hour from 12:00 to 1:00pm, or just come for the presentation at 12:00pm. Stay informed, stay safe. *If you would like lunch, you must sign up by 12:00pm the day before.



LUNCH CELEBRATIONS

Join the Cafe Costa senior lunch program for upcoming celebrations and events!*

January Birthday Celebration

Wednesday, Jan. 17, 12:00pm

Valentine's Day Lunch

Wednesday, Feb. 14, 12:00pm

February Birthday Celebration

Wednesday, Feb. 21, 12:00pm

St. Patrick's Lunch

Friday, Mar. 15, 12:00pm

March Birthday Celebration

Wednesday, Mar. 20, 12:00pm

April Birthday Celebration

Wednesday, Apr. 17, 12:00pm

*Place lunch orders at the volunteer desk by 12:00pm one business day in advance. To celebrate your birthday, sign up one week prior to the birthday celebration day. We will recognize you during lunch with cake and a gift bag from our Senior Program Sponsors.

★ RETIREMENT & YOUR FINANCES

Monday • Feb 26 • 10:30-11:30am • FREE
Register in advance • Act# 23902
Presented by: Joe Gabriel, retired financial advisor
How prepared are you for this time of life? Thinking about retirement or already retired and concerned about having enough funds to sustain yourself? Joe will review and address these topics and there will be plenty of time for Q & A.

★ PERSONAL EMERGENCY PREPAREDNESS, PART 1

Monday • Mar 4 • 10:30am-12:00pm • FREE
Register in advance • Act# 23903
Presented by: San Ramon Valley CERT
Have you wanted to start an emergency preparedness kit? Learn the importance of disaster preparedness and what to do before, during, and after a major emergency. Topics this session include: Personal and Family Emergency Supplies (Water, Food, First Aid, Tools + Supplies, Clothing/Bedding, and Special Considerations).

★ PERSONAL EMERGENCY PREPAREDNESS, PART 2

Monday • Mar 11 • 10:30am-12:00pm
FREE • Register in advance • Act# 23904
Presented by: San Ramon Valley CERT
Now that you have your emergency kit and supplies, let's learn about how to safeguard your living space! Topics in this session include: Hazard Identification and Mitigation, Utility Control, Shelter in Place, Emergency Communications, and Staying Calm During Chaos. We'll review some of our key takeaways from Part 1 for those unable to join us in the first session, as well!



Elder Law & Estate Planning
www.HorizonLawCA.com • (925)244-1185

Paid Advertisement

SENIOR RESOURCES



NEW! Additional Social Service Resources are now available at: <https://bit.ly/3CNQNBq>

MONTHLY BLOOD PRESSURE CHECK

1st Friday of the month,
10:00am-12:00pm • FREE

Stop in and get your blood pressure checked with a licensed volunteer each month.



SAN RAMON SENIOR RECOGNITION

Do you know a senior or an organization serving the San Ramon senior population that has positively affected the San Ramon community? *If so, please nominate them for the San Ramon Senior Recognition Program by 2/1.* Call 925-973-3250 for more information.



ALZHEIMER'S ASSOCIATION SUPPORT GROUP

Connecting with others like yourself can help put your own experience with the disease in perspective, and provide you with the support and encouragement. Join the online support community, AlzConnected® at alz.org or call the 24/7 Helpline at 1 (800) 272-3900.

MEDICARE COUNSELING (HICAP)

3rd Wednesday • 11:00am - 2:00pm
(English & Korean)

HICAP (Health Insurance Counseling and Advocacy Program) provides individual counseling for your Medicare questions and problems. HICAP also helps with Medicare claims and appeals. Counseling is also available for Long-Term Care Insurance Policies. Counselors are registered, and counseling appts are objective, confidential, and free. Visit www.cchicap.org or call (925) 655-1393 for Medicare classes.

★ TED TALKS

Thursday, Jan. 25 & Thursday, Mar. 14
1:30 - 2:30pm • FREE

Hosted by: Lee Light & Marlene Lackow

Join us for a TED Talk and take part in a lively discussion afterwards! TED Talks are inspiring talks recorded by artists, researchers, teachers, scientists, and other thought leaders from around the world.

SENIOR LEGAL SERVICES CONSULTATIONS

3rd Wednesday of the month at 2:00pm

Contra Costa Senior Legal Services (CCSLs) provides free, half-hour consulting services in the areas of housing and eviction issues, consumer law or consumer debt issues, elder abuse, and small claims issues*. Attorneys are available to assist you with questions and concerns. Sign-up for appointments at the front desk or call (925) 973-3250. *For other legal issues, contact CCSLS at (925) 609-7900.

CODE OF CONDUCT

The City of San Ramon believes all participants and spectators have a right to a positive, safe and enjoyable experience while participating in programs and events offered through the Parks and Community Services Department. It is therefore expected that everyone treats people and facilities with respect and abides by all City and Department policies, rules and guidelines. The City of San Ramon reserves the right to refuse service to anyone for failure to abide by these guidelines.

1. The safety and security of all participants, staff, contractors and volunteers is paramount.
2. All participants, staff and volunteers will be treated with courtesy, respect, dignity and in an equitable and fair manner.
3. Do not discriminate against any participant, staff, or volunteer with regards to disability, race, color, ethnic origin, gender, sexual orientation, religion or age. Everyone should feel included.
4. Treat facilities and parkland with respect and care, following all program, City and Department policies, rules and guidelines.

HERE FOR YOU



Two San Ramon groups actively work to support our center and its programs.



AARP FREE TAX PREPARATION

For appointments, call (925) 973-3250 or sign up at the front desk.

This service is FREE! Bring the following documents to your appointment:

- Social Security Card or ITIN letter for all individuals to be listed on the return
- Photo ID for the taxpayer and spouse (if applicable)
- Copies of all 2023: W-2s, 1098s and 1099s
- Your 2022 Tax Return
- Covered California: All documents including Form 1095
- Other income & deductions documentation

SENIOR ADVISORY COMMITTEE

The San Ramon Senior Advisory Committee (SAC) meets the first Monday of the month at 10:00am and are open to the public. The SAC Suggestion Box is located near the front desk.

Please use this box to make suggestions about the facility, senior activities, volunteers, or staff. The SAC and staff will review each suggestion during the monthly meeting and take appropriate action for each suggestion.

Members

Richard Adler, Chair	Sandy March, Vice Chair
Carlos Carazo	Velda (Vee) Chick
Colette Clark	Joan Ernst
Wayne Mortensen	Judith Murphy



SAN RAMON SENIOR CENTER FOUNDATION

San Ramon Senior Center Foundation is now seeking new members to join the organization. The Foundation has supported Senior programs in San Ramon for over 30 years as a 501(c)3 nonprofit. The Foundation raises money annually to support our local Seniors with activities and events within the City. For more information, email rsrscfl@gmail.com.

THE MORNING MIXER



Thursday, Feb. 8 & Thursday, Apr. 11
11:00am - 12:00pm • FREE

Hosted by: Senior Advisory Committee

No reservations required, just drop in and come ready to talk about what's on your mind. Learn about all the center has to offer as well! Make plans to stay for lunch at Costa Café, just sign up at the front desk by noon the day prior and join our table.



EMERGENCY INFORMATION UPDATE

Staff is requesting that all Alcosta Senior & Community Center participants update their emergency contact information, so that we will be able to properly assist you in an emergency. Please stop by the front desk to update your emergency information & picture.

Alcosta Senior & Community Center Staff

Steve Cox - Recreation Supervisor
 Suzy Chow - Recreation Coordinator
 Kathy Schiller - Office Technician II
 Jessica Pineda-Prieto - Recreation Technician

scox@sanramon.ca.gov
schow@sanramon.ca.gov
kschiller@sanramon.ca.gov
jpineda-prieto@sanramon.ca.gov



SAN RAMON PARKS &
COMMUNITY SERVICES

Alcosta Senior & Community Center

9300 Alcosta Blvd.

San Ramon, CA 94583



SAN RAMON SENIOR EVENTS
AT A GLANCE



JAN.

ASCC CLOSED- *New Year's Day*
Monday, Jan. 1
Lunch Bunch:
Wednesday, Jan. 10
ASCC CLOSED- Martin Luther
King Jr. Holiday
Monday, Jan. 15
January Birthday Lunch
Wednesday, Jan. 17
Lunch Bunch: Eatly &
Westfield Valley Fair
Wednesday, Jan. 17
Page Turners Book Group
Monday, Jan. 22
Lunch Bunch: deYoung
Museum
Wednesday, Jan. 31

FEB.

Valentine's Day Lunch
Wednesday, Feb. 14
ASCC CLOSED- *President's Day*
Holiday
Monday, Feb 19
February Birthday Lunch
Wednesday, Feb. 21
Lunch Bunch: Google Visitor
Experience
Wednesday, Feb. 21
Rockin' Bingo
Saturday, Feb 24
Page Turners Book Group
Monday, Feb. 26
Lunch Bunch: Exploratorium
Wednesday, Feb. 28

MAR.

Lunch Bunch: The Ferry
Building Marketplace
Wednesday, Mar. 6
St. Patrick's Day Lunch
Friday, Mar. 15
Page Turners Book Group
Monday, Mar. 18
March Birthday Lunch
Wednesday, Mar. 20
Lunch Bunch: Downtown
Petaluma
Wednesday, Mar. 20

APR.

Spring Fashion Show & Tea
Saturday, Apr. 6
Lunch Bunch: Marin Country
Mart, Larkspur
Wednesday, Apr. 10
Page Turners Book Group
Monday, Apr. 15
Apr. Birthday Lunch
Wednesday, Apr. 17
Lunch Bunch: Sam's
Chowder House
Wednesday, Apr. 24