

SILVER STREAK

A NEWSLETTER OF PROGRAMS, ACTIVITIES AND COMMUNITY SERVICES

Registration Dates:

JUNE 11 (R)

JUNE 12 (NR)

July · August · September

seniors@danville.ca.gov | www.danville.ca.gov/seniors | (925) 314-3430



Danville Senior Center
115 E. Prospect Ave

Danville Community Center
420 Front Street

Hap Magee Ranch Park
1025 La Gonda Way

Oak Hill Park
Community Center
3005 Stone Valley Road

Town Meeting Hall
201 Front Street

Village Theatre
& Art Gallery
233 Front Street

SENIOR ADVISORY COMMISSION

Last year, the Danville Town Council identified a need for a Senior Advisory Commission. The ordinance establishing the Senior Advisory Commission was first read at the February 19, 2019 Town Council meeting. The Commission's focus will be advising the Town Council on matters related to supporting older adult residents and their process of aging in place. We are delighted to present you with the first Danville Senior Advisory Commissioners, as appointed by the Town Council.

TGIF! Start Your Weekend Early with Friday Fun at the Danville Senior Center

Begin with Game Day, where you can drop in and meet with friends for a fun, relaxing game of cards, board games, dominoes, or Mah-Jong which are available in the Art Room beginning at 11:00am. Since we now offer our CC Café Senior Lunch Program on Fridays, you can continue your day with lunch at noon, for a \$3.00 suggested donation for those 60 years and older. (Please note we need your lunch reservation by noon on Thursday.) After lunch, enjoy the free Senior Silver Screen movie. These trendy and thought-provoking movies are shown at the Danville Senior Center or at the Village Theatre, depending on the date. Stop by the front desk for a schedule.



Variety Show Tickets on sale!

The Senior Variety Show will take place at the Village Theatre on Sunday, July 21 at 1:30pm. Tickets are only \$5. Purchase them today at www.villagetheatreshows.com!



(left to right): Dave Fong, Candace Hendra, Bob Ficken, Sandra Moody and Jim Donnelly. The first meeting will take place on Wednesday, July 24 at 4:00pm at the Town Meeting Hall (201 Front Street). Please attend!

Senior Advisory Commission

FIRST MEETING: WEDNESDAY, JULY 24, 2019

TIME: 4:00 P.M.

LOCATION: TOWN MEETING HALL,
201 FRONT STREET

DANVILLE.CA.GOV/AGENDAS

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ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. Bus will be provided unless otherwise noted. Please let us know if you have any physical limitations prior to signing up for a trip so staff can try to accommodate your needs ahead of time. All trips depart from Diablo Vista Park.

Choose your level carefully:

LEVEL 1: Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.

LEVEL 2: Small amount of walking

LEVEL 3: Moderate to heavy walking

LEVEL 4: Heavy amount of walking/standing

LEVEL 5: Strenuous walking/hiking

If you are not sure where you fit, call us at (925) 314-3430. Please note: Times listed for trips are approximate. All participants will receive a trip checklist with final details one week prior to departure. Trips are a one-day adventure. Don't forget to pack your sense of fun and your sense of humor!

July/August/September Trips

Please Note: Cancellation policy regarding trips. Any cancellations on trips must be made 10 business days prior to the trip unless tickets have been purchased. Some trips may not be refundable. Transportation is included unless otherwise noted. Don't be late, the bus won't wait!

July

Old Kan Beer and Company

Thursday, July 11, 3:00pm – 7:00pm

Location: West Oakland, CA

If you're hoppy and you know it - this trip is for you. Enjoy a leisurely bus ride from Danville to Old Kan & Beer Company in Oakland. The brew master will provide a 30-minute group tour of the brewery. Afterwards, you may enjoy beer tasting or dinner from their delicious menu on your own. Only transportation is included in the cost. Activity Level 2. Fees: \$55(R) \$66(N)

August

Filoli Gardens

Thursday, August 8, 2019, 7:45am - 3:30pm

Location: Woodside, CA

Filoli Gardens was built in 1917 and opened to the public in 1976. The beautiful house is on the National Registrar of Historic Places and is a California State Historic Landmark. We have an informative private two-hour tour scheduled that will take you through the historic house and gardens. After the tour, enjoy free time to roam the gardens and to grab lunch at Quails Nest Café located on site (prices range from \$12 – \$15) or bring a bag lunch to enjoy. Activity Level 3. Fees: \$83(R) \$99(N)

AdvANTures

What's more exciting than an adventure in a van? A 15-seater van will be driven by staff to the designated destination to provide a smaller, more intimate trip experience. No restrooms are available on the van, but bathroom stops are possible! Register early, trips may be cancelled two weeks ahead of time if enrollment is low.



AdvANTure Glassy Baby - Glassblowing Experience Wednesday, August 21, 2019 3:00pm – 8:00pm

Location: Berkeley, CA

BACK BY POPULAR DEMAND! Ever want to learn how to blow glass? This is your chance! We will arrive at Glassy Baby, grab a "to go" dinner from Berkeley Bowl or bring a "bag lunch" meal from home, and enjoy a friendly group dinner at Glassy Baby before our class starts. Meal is on your own. Class will include instruction on how to blow your own item - choose from glass bowl, paperweight and other seasonal items. This trip includes transportation by van and one glass-blowing class. Your masterpiece will be delivered to the Senior Center at a later date for your pick up. Fees: \$70(R) \$84(N)

September

Breakfast and Santa Cruz Follies

Thursday, September 12, 2019 7:45am – 5:30pm

Location: Santa Cruz Civic Auditorium, Santa Cruz, CA

The Santa Cruz Follies is an annual musical production full of wonderful singing, dancing and comedy and is an annual showcase sponsored by the Santa Cruz-based Senior Citizens Opportunities. The show features entertainment by performers who are all over the age of 50. Enjoy a hot breakfast in Los Gatos before the show! We will be stopping at Los Gatos Café for a tasty breakfast and then on to Santa Cruz for the main event! The Santa Cruz Follies is an annual favorite. Activity Level 2. Fees: \$92(R) \$110(N)

Hamilton, The Musical - Only 26 seats available!

Sunday, September 15, 2019 11:30am – 5:00pm

Location: Orpheum Theater, San Francisco

This famous American musical is a sung-and-rapped musical about the life of American founding father, Alexander Hamilton, with music, lyrics and book by Lin-Manuel Miranda. The musical was inspired by the 2004 biography Alexander Hamilton, by historian Ron Chernow. Incorporating hip-hop, R&B, pop, soul, traditional-style show tunes, and color-conscious casting of non-white actors as the founding fathers and other historical figures, this musical has achieved both critical acclaim and box office success. Seat reservations are lower mezzanine seats! Activity Level 1. Fees: \$253(R) \$304(N)

Treasure Fest - Shoptober Fest**Saturday, September 28, 2019, 9:00am – 3:00pm****Location: Treasure Island**

Treasure Fest is a monthly celebration of all things local & unique to the Bay Area located in the heart of the bay on Treasure Island in San Francisco. Enjoy a day shopping and exploring the island. This trip includes bus transportation and entry fees only.

SHOP: The Bay Area's largest monthly gathering of makers, indie designers, artists, vintage curators and antique collectors!

EAT: Food Trucks! A hand-picked, gourmet food lineup just as diverse as the Bay Area itself. Come hungry, leave happy.

DRINK: A curated collection of local and award-winning wines, beers, and spirits. Seasonal cocktails from local ingredients & more.

PLAY: Live, local music from up-and-coming artists, plus interactive vintage games and treasure hunts for kids & adults! Activity Level 3. Fees: \$59(R) \$70(N)

*Special Events***Ice Cream and Corn Hole Tournament****Tuesday, July 2, 2019, 1:30pm – 3:00pm****Location: Danville Senior Center**

It was President Ronald Reagan who in 1984, officially declared July as National Ice Cream Month! Join us at the Senior Center to celebrate National Ice Cream Day with ice cream and a friendly Corn Hole competition. This is a great event for newcomers as well as our regular participants! Bring a friend for a friendly competition or we can match you up with one. You don't need any experience to play! It's that easy! In honor of the popular dessert that's guaranteed to lift you up and cool you down on even the hottest summer day, everyone gets ice cream. The winners of our Corn Hole Competition take home the trophy! Fees: \$2 (R) \$3(N)

Senior Variety Show**Sunday, July 21, 2019 1:30pm – 3:00pm****Location: Village Theatre**

Danville seniors are full of a variety of talent – come see! Last year, tickets sold fast so don't delay getting your tickets for family and friends! This year is sure to impress! Join us as our talented seniors take stage at the Village Theater. Prepare to be amazed. Light refreshments provided by Sunrise Senior Living. Tickets can be purchased through the Village Theatre at www.villagetheatreshows.com Fees: \$5 per ticket.

Senior Happy Hour at Kick'n Mule**Wednesday, July 24, 2:30 pm - 4:30 pm****Location: Downtown Danville, 340 Hartz Avenue**

We had a such a great time at our first Senior Happy Hour at Kick'n Mule in downtown Danville that we are going to do it again! Come and relax with a drink of your choice and fun conversation with friends. Alcoholic drinks are no-host and appetizers are on us! Drive yourself or come with a friend. Bring your ideas for future locations for our next Happy Hours! Fees: \$8(R) \$10(N)

Bocce BBQ**Friday August 9, 2019 10:00 am-1:30 pm****Location: Sycamore Valley Park**

Never played bocce before? Come on down. Play every season? Stop on by! This bocce bash includes the winning combination of all levels of bocce play, a tasty BBQ and the beautiful backdrop of Sycamore Valley Park. Grab a friend and pre-register for your chance to participate. Fees: \$10(R) \$12(N)

Breakfast with Friends at Kickin' Mule**Thursday, August 29, 9:00 am - 11:30 am****Location: Downtown Danville, 340 Hartz Avenue**

Our friends at Kickin' Mule have invited us back! This time for breakfast. Join us as we continue our Breakfast with Friends at this local eatery. We will meet at 9:00 am on their outdoor patio for a hot breakfast and a great time with friends. Drive yourself. Fees: \$15(R) \$18(N)

Ink Art Workshop**Tuesday, September 17, 2019 1:00pm –2:30pm****Location: Danville Senior Center**

Instructor: Nancy Cassady

No creativity is required to learn how to make beautiful cards or wall art using alcohol ink, a straw, cotton dabbers, alcohol ink markers and a hairdryer! This art medium is very forgiving, unlike painting with watercolors. Materials will be provided by Nancy. Beautiful samples are on display at the Senior Center. Come play! Fees: \$20(N) \$24(N)

BUZZ SESSIONS

What's the Buzz on topics and issues facing today's older adults? Join us to talk to the experts. Sessions are free! Please contact Senior Services at (925) 314-3430 or seniors@danville.ca.gov if you have any suggestions or would like to offer a buzz session!

Cannabis for Insomnia and Sleep Issues

Tuesday, July 2, 10:00 am - 11:00 am

Location: Danville Senior Center

Presenter: Laurie Light

Struggling to get a full night's sleep? Have you ever wondered if medical cannabis could be an answer for your sleep issues? In this class, we will go over the many types of products that can help you get to sleep and stay asleep. We will dive into the science of how CBD and THC can help seniors with the sleep they need. Come be a part of this inspiring, educational conversation of rich experience, science-based information and community around the healing and powerful properties of the cannabis plant. Ask questions, get answers, be inspired!

Mild Cognitive Impairment

Tuesday, July 9, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Laura Gumban

Our nurse educator and presenter, Laura Gumban, will lead a discussion regarding memory loss, mild cognitive impairment and dementia.

Transportation: Way to Go, Contra Costa

Tuesday, July 16, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Elaine Welch

Mobility Matters is a nonprofit that provides mobility management services throughout Contra Costa County by matching riders to transportation providers that meet their individual needs. Mobility Matters operates a trained volunteer driver program that provides free, one-on-one, door-through rides for disabled seniors and disabled veterans who cannot access other forms of transportation.

The Elephant in the Room – Difficult Talks

Tuesday, July 23, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Linda Fodrini-Johnson, MA, MFT, CMC

As we approach those older years, some sensitive conversations need to take place to secure the life you envision for your later years. It's your life and its quality should be based on your values. Learn how to have the "difficult" conversations with ourselves, our children and spouses regarding real and imagined challenges that we may encounter after 65. These dialogues will give you peace of mind to go about life without the "Elephant in the Room." Some of the topics Linda will discuss are how to have conversations about when is it time to stop driving? Future health considerations, issues regarding re-marriage and blended families, and End of Life wishes your way.

I Need to Downsize, Now What?

Tuesday, July 30, 10:00 am–11:00 am

Location: Danville Senior Center

Presenters: Kim Falahati (Family Matters) and Gretchen Codus (Sunrise Senior Living)

Want to downsize? Don't know where to start? Let Kim Falahati help get you started! Kim is the founder of Family Matter. Kim has over 18 years of experience helping families organize, declutter and downsize. She has a background in psychology and life coaching, so she truly understands the emotions involved in this process.

Planning Your Legacy

Tuesday, August 6, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Joshua Gotto

Come find out why everyone over the age of 18 needs some sort of estate planning! Come learn about some of the first steps that you can take to secure your legacy and better secure the ones you love. We will cover basic estate planning documents, recent changes to the laws surrounding wills and trusts, and the next steps.

Quality of Life Throughout Life's Changes

Tuesday, August 13, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Sara Shafiabady

Empowering seniors and families with information to decide the best way to gather resources and make plans when changes in non-medical living needs occur during our senior years. We'll discuss different referral agent practices as well as non-medical resources you may wish to employ. We'll discuss differences in costs and how costs are determined for home care as well as independent and assisted living, board and care homes, memory care and CCRC communities. Lastly, we'll discuss ways to pay for these various options which are not covered by medical insurance (including Medicare) at this time.

Discussion with a Pearl Harbor Survivor

Tuesday, August 20, 10:00 am–11:00 am

Location: Danville Senior Center

Presenter: Virginia Cowart – Pearl Harbor Survivor

Local author of *Gas Masks and Palm Trees; My Wartime Hawaii*, Virginia Cowart, was 17 years old when Pearl Harbor was attacked. A witness to changes and events that materialized on Oahu, her story is presented chronologically via tape and materials. The civilian side of the war is revealed when an adolescent became an adult through wartime experiences. Don't miss this unique opportunity to come hear first-hand stories from the attack on Pearl Harbor!

Hearing Instrument Specialist**Tuesday, August 27, 10:00 am – 11:00 am****Location: Danville Senior Center****Presenter: Michelle Fleming-Honaker**

Connect Hearing will be presenting a talk on hearing health, the benefit of hearing aids and the many different options that are now available.

Quality of Life Through Your Medical Journey**Tuesday, September 3, 10:00 am–11:00 am****Location: Danville Senior Center****Presenter: Sara Shafiabady**

Empower seniors and families with the knowledge of what to expect as medical needs arise. We'll discuss some Medicare guidelines which exist to dictate the length of time you may qualify for care in the hospital, skilled nursing facility, rehab facility, or home health service. We'll also discuss some care management resources available and medical power of attorney. Knowing what questions to ask will help you get the information necessary during a medical visit in any facility so you can make choices about what type of care you wish and where to receive it.

Elder Financial Abuse Prevention**Tuesday, September 10, 10:00 am – 11:00 am****Location: Danville Senior Center****Presenters: Mary Dune Rose CPA, CLPF and Summer Selleck, Attorney**

We would like to invite seniors and their families to a presentation informing seniors about Elder Financial Abuse Prevention. It is important for seniors to become educated on how to identify the warning signs of financial abuse and learn how to protect themselves. Our speakers at this presentation include a CPA, California Licensed Professional Fiduciary and an Estates and Trusts Attorney.

Quality of Life Through End of Life**Tuesday, September 17, 10:00 am–11:00 am****Location: Danville Senior Center****Presenter: Sara Shafiabady**

Come learn about resources available through Medicare in the event you have a serious illness which requires medical treatment. We'll discuss choices available when a serious illness is diagnosed so you can plan ahead and let your choices be known rather than leaving those decisions to friends and family. Making decisions helps you dictate your own path. We intend to help you create that plan by comparing options between high-level medical care versus hospice and palliative care resources.

Extended Travel Options with Premier Travel**Tuesday, September 24, 10:00 am – 11:00 am****Location: Danville Senior Center****Presenter: Kris Adams**

Come see our first look at our extended tours for 2020 which includes a trip to Cuba. A representative from our tour company will be here to give you the trip details and answer any questions.

*Technology Classes***Common iPhone Apps****Thursday, July 11 - 25, 2:45 pm – 3:45 pm****Fees: \$5(R) \$6(N)****Location: Danville Senior Center, Community Hall C****Instructor: Clark Murray**

This 3-week course will teach you how to find and use common iPhone Apps such as Weather, Clock, Calendar, Maps, Dropbox, Yelp, IMDB, TripAdvisor, YouTube, iHeart, Uber, Next Door, Door Dash, Facebook, Instagram, and Twitter.

iPhone Basics**Thursday, August 8 – 29, 2:45 pm – 3:45 pm****Fees: \$5(R) \$6(N)****Location: Danville Senior Center, Community Hall C****Instructor: Clark Murray**

This course covers iPhone basics for models 5 and later. The course will begin with a discussion about common usage such as voice calls, texting, email, and photos. General iPhone topics such as Control Panel, iCloud, and device connections will also be covered. Finally, we will cover features of Apple apps including Music, Calendar, Weather, and Facetime.

Intergenerational Smart Phone & Tablet Help**Friday, July 5, 4:00 pm - 5:00 pm****Friday, August 2, 4:00 pm - 5:00 pm****Friday, September 6, 4:00 pm - 5:00 pm****Danville Senior Center, Community Hall**

Want help with your smartphone or tablet? This program is designed to help you through the usage of modern gadgets in a non-stressful, engaging, friendly setting. Bring your phones, iPads, or other digital devices to get assistance from youth and teen volunteers. An adult coordinator will be present for additional help. Free.

One-on-One Computer Tutoring**Location: Danville Senior Center, Conference Room**

Computer tutoring sessions are for those who need assistance with Apple and/or PC Products. Please call 925-314-3430 to make an appointment. Fees: \$4/per session.

PC COMPUTER – (No MACS) and iPhone Basics
Thursdays, 9:30 am & 10:30 am (1-hour appointments)
Volunteer Instructor: Scott Nelson

Scott will assist you with questions on either a PC Computer or iPhone basic platform. iPhone basics, WiFi Networking, Identity/Data Theft Prevention

Art/Music Classes

Acrylic Painting

Monday, August 12 - 26, 10:30 am - 12:30 pm

Fees: \$60(R) \$72(N)

Monday, September 9 - 30, 10:30 am - 12:30 pm

Fees: \$80(R) \$96(N)

Location: Danville Senior Center, Art Room

Instructor: Zina Kassab

Learn all about painting with acrylics with emphasis on composition, color mixing and brush work. Participants will also learn all about acrylic techniques and textures. Students will be guided with a step-by-step instruction; no experience necessary. We will paint the landscape scene from a photo. You can bring your own or use one of the pictures provided. \$8 materials fee.

Entertainment

Silver Screen Movies

Location: Danville Senior Center, Community Hall A

Movie Dates: 7/19, 7/26, 8/2, 8/16, 8/30, 9/6, 9/13, 9/27

Movies are shown on Fridays at 1:30 pm. Please contact Senior Services at (925) 314-3430 for a list of scheduled movies or email us at seniors@danville.ca.gov. Registration not required. Free.

Location: Village Theatre

Movie Dates: 7/5, 7/12, 8/9, 8/23, 9/20

Movies are shown on Fridays at 1:30 pm. Please contact Senior Services at (925) 314-3430 for a list of scheduled movies or email us at seniors@danville.ca.gov. Registration not required. Free.

Cooking Classes

Cooking with James & Coni -

Three Ways, Three Continents

Thursday, September 19, 2:00 pm - 4:00 pm

Location: Danville Senior Center, Community Hall A

Instructor: James Donnelly

Malaysia is an intriguing country. Their cuisine combines elements of Thai, Indonesian, Indian, Chinese and indigenous Malay cuisines. This month we will be preparing and tasting Malaysian foods highlighting the different cultural influences. Fees: \$10(R) \$12(N)

Dance Classes

Bollywood Dance Fusion Demo

Wednesday, July 17, 9:30 am - 10:30 am

Instructor: Kiran Easwarachandran

Location: Town Meeting Hall

A one-day trial movement is the deepest language of the mind and body where we find connection, joy, healing, resonance and meaning. Come find this body-mind connection through the magical music of Bollywood, connect with your body, groove to a different beat, and mostly, be in the joy of movement. No dance experience needed! Come dressed comfortably to dance/sweat/workout. Please bring water. Free.

Dancercise

Wednesday, July 3 – September 25, 10:55 am - 11:50 am

Instructor: Reggie Kwan and Bonnie Braga

Location: Danville Senior Center, Community Hall

A variety of steps will be taught and combined to help people build physical fitness, strong minds and happy hearts. Contemporary line dances will be taught to a variety of music. This class is designed for beginner to intermediate levels. Line dance experience is recommended. No class 8/14. Fees: \$30(R) \$36(N)

Line Dance (High Beginner)

Thursday, July 11 – September 26, 10:00 am - 11:00 am

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

Explore different music from a variety of music genres. Each dance is repeated until everyone is comfortable with the dance. This class is suitable for dancers with some dance experience. Watch our dances on YouTube Channel superlinedance.com. Fees: \$48(R) \$58(N)

Line Dance (Easy Intermediate)

Thursday, July 11 – September 26, 11:15 am - 12:15 pm

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy, social workout. Current choreographies will be taught to a variety of music genres with both fast and slow dances. Watch our dances on YouTube channel superlinedance.com. Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. Fees: \$48(R) \$58(N)

Registration Form – July/August/September
Registration Dates: June 11 (Residents) June 12 (Open Registration)

INSTRUCTIONS: To register, check the Register box next to each activity you would like to participate and print the name of the registrant (s). You will receive a receipt confirming your registration. R= residents fee; N= non-residents fee. Times listed for each Senior Sneaker trip are approximate and checklists will be emailed one week prior to date of trip with exact time.

Refunds will not be given for trips with less than 10 business days' notice or if tickets have already been purchased.

5 days' notice required for cancellation of class registration. A \$20 processing fee will be charged for check refunds; a \$5 processing fee for card refunds. **Effective July 1, 2018, a non-refundable credit card transaction fee of 2.99% (\$2 minimum) will be charged for all credit card transactions.**

Please note that participants will receive a receipt via email. An email address is required for registration.

All participants should review their receipts for accuracy and call (925) 314-3430 with any discrepancies or questions.

Register (X)	Participant Name	SENIOR SNEAKER TRIPS	Date	Time (approximate)	Fee
		Old Kan Beer & Company Activity Code: 21522	Thursday July 11	3:00 pm – 7:00 pm	\$55 R \$66 N
		Filoli Gardens Activity Code: 21131	Thursday August 8	7:45 am – 3:30 pm	\$83R \$99N
		AdVANTure Glassy Baby Activity Code: 21133	Wednesday August 21	3:00 pm – 8:00 pm	\$70R \$84N
		Santa Cruz Follies Activity Code: 21134	Thursday September 12	7:45am - 5:30 pm	\$92R \$110 N
		Hamilton, Musical Activity Code: 21503	Sunday September 15	11:30 am – 5:00 pm	\$253R \$304N
		Treasure Fest - Shoptober Activity Code: 21480	Saturday September 28	9:00 am – 3:00 pm	\$59R \$70N
Register (X)	Participant Name	SPECIAL EVENTS	Date	Time (approximate)	Fee
		Ice Cream and Corn Hole Tournament Activity Code: 21521	Tuesday July 2	1:30pm – 3:00pm	\$2R \$3N
		Senior Variety Show www.villagetheatreshows.com	Sunday July 21	1:30 pm – 3:00 pm	\$5
		Senior Happy Hour at the Kickin Mule Activity Code: 21478	Wednesday July 24	2:30 pm – 4:30 pm	\$8R \$10N
		Senior Bocce BBQ Activity Code: 21125	Friday August 9	10:00 am – 1:30 pm	\$10R \$12N
		Breakfast with Friends at the Kickin Mule Activity Code: 21132	Thursday August 29	9:00 am – 11:30 am	\$15R \$18N
		Ink Art Workshop Activity Code: 21145	Tuesday September 17	1:00 pm – 2:30 pm	\$20 \$24
Register (X)	Participant Name	BUZZ SESSIONS	Date	Time (approximate)	Fee
		Cannabis for Insomnia and Sleep Issues Activity Code: 20987	Tuesday July 2	10:00 am - 11:00 am	Free
		Mild Cognitive Impairment Activity Code: 20988	Tuesday July 9	10:00 am - 11:00 am	Free
		Transportation: Way to Go, Contra Costa Activity Code: 20989	Tuesday July 16	10:00 am - 11:00 am	Free
		The Elephant in the Room - Difficult Talks Activity Code: 20990	Tuesday July 23	10:00 am - 11:00 am	Free
		I Need to Downsize, Now What? Activity Code: 20991	Tuesday July 30	10:00 am - 11:00 am	Free
		Planning Your Legacy Activity Code: 20992	Tuesday August 6	10:00 am - 11:00 am	Free
		Quality of Life Throughout Life's Changes Activity Code: 20993	Tuesday August 13	10:00 am - 11:00 am	Free
		Discussion with a Pearl Harbor Survivor Activity Code: 20994	Tuesday August 20	10:00 am - 11:00 am	Free

		Hearing Instrument Specialist Activity Code: 20995	Tuesday August 27	10:00 am - 11:00 am	Free
		Quality of Life Through Your Medical Journey Activity Code: 20996	Tuesday September 3	10:00 am - 11:00 am	Free
		Elder Financial Abuse Prevention Activity Code: 20997	Tuesday September 10	10:00 am - 11:00 am	Free
		Quality of Life Through the End of Life Activity Code: 20998	Tuesday September 17	10:00 am - 11:00 am	Free
		Extended Travel with Premier Activity Code: 20999	Tuesday September 24	10:00 am - 11:00 am	Free
Register (X)	Participant Initials	CLASSES	Date	Time (approximate)	Fee
		AARP 2-Day Smart Driver Course Activity Code: 21039	Thursday 9/12 & 9/19	9:00 am - 1:00 pm	See class info
		AARP Smart Driver Refresher Course (50Y & up) Activity Code: 21037	Thursday 7/11	9:00 am - 1:00 pm	See class info
		Acrylic Painting Activity Code: 21023	Monday 8/12 - 8/26	10:30 am - 12:30 pm	\$60R \$72N
		Acrylic Painting Activity Code: 21026	Monday 9/9 - 9/30	10:30 am - 12:30 pm	\$80R \$96N
		New Class Advanced Tai Chi Activity Code: 21126	Tues/Thurs 7/2 - 9/24	11:30 am - 12:30 pm	\$30R \$36N
		Bocce - Senior (Tuesday) Activity Code: 21504	Tuesday 6/11 - 8/6	9:30 am - 11:30 am	\$30R \$36N
		Bocce - Senior (Wednesday) Activity Code: 21505	Wednesday 6/12 - 8/7	9:30 am - 11:30 am	\$30R \$36N
		Bocce - Senior (Thursday) Activity Code: 21506	Thursday 6/13 - 8/8	9:30 am - 11:30 am	\$30R \$36N
		Bocce - Senior (Tuesday) Activity Code: 21514	Tuesday 8/20 - 10/8	9:30 am - 11:30 am	\$30R \$36N
		Bocce - Senior (Wednesday) Activity Code: 21515	Wednesday 8/21 - 10/9	9:30 am - 11:30 am	\$30R \$36N
		Bocce - Senior (Thursday) Activity Code: 21516	Thursday 8/22 - 10/10	9:30 am - 11:30 am	\$30R \$36N
		Bollywood Fusion Demo Activity Code: 21523	Wednesday 7/17	9:30 am - 10:30 am	Free
		Chair Yoga for Seniors Activity Code: 21124	Wednesday 7/3 - 9/25	11:30 am - 12:30 pm	\$120R \$144N
		Common iPhone Apps Activity Code: 21482	Thursday 7/11 - 7/25	2:45 pm - 3:45 pm	\$5R \$6N
		Cooking with James & Coni - 3 Ways 3 Continents Activity Code: 21477	Thursday 9/19	2:00 pm - 4:00 pm	\$10R \$12N
		Dancercise Activity Code: 21040	Wednesday 7/3 - 9/25	10:55 am - 11:50 am	\$30 R \$36 N
		Gentle Stretch Activity Code: 21084	Monday 7/1 - 9/30	2:30 pm - 3:30 pm	\$91R \$109N
		Intergenerational Smart Phone & Tablet Help Activity Code: 20951	Friday 7/5	4:00 pm - 5:00 pm	Free
		Intergenerational Smart Phone & Tablet Help Activity Code: 20952	Friday 8/2	4:00 pm - 5:00 pm	Free
		Intergenerational Smart Phone & Tablet Help Activity Code: 20953	Friday 9/6	4:00 pm - 5:00 pm	Free
		Introduction to Mindfulness - Beyond the Hype Activity Code: 21377	Thursday 8/29 - 10/3	6:00 pm - 8:00 pm	\$100R \$120N
		Introduction to Mindfulness - Beyond the Hype Activity Code: 21483	Friday 8/30 - 10/4	1:00 pm - 3:00 pm	\$100R \$120N

Register (X)	Participant Initials	CLASSES (Continued)	Date	Time (approximate)	Fee
		iPhone Basics Activity Code: 21481	Thursday 8/8 - 8/29	2:45 pm - 3:45 pm	\$5R \$6N
		Jacki Sorensen's Aerobic Dancing - Beginner's Class Activity Code: 21068	Tues/Thurs 8/6 - 8/29	1:00 pm - 2:00 pm	\$36R \$43N
		Jacki Sorensen's Aerobic Dancing - Beginner's Class Activity Code: 21520	Tues/Thurs 9/3 - 9/26	1:00 pm - 2:00 pm	\$36R \$43N
		Jacki Sorensen's Aerobic Dancing Activity Code: 21058	Mon/Wed 7/1 - 9/25	5:30 pm - 6:30 pm	\$145R \$174N
		Jacki Sorensen's Aerobic Dancing Activity Code: 21060	Monday 7/1 - 9/23	5:30 pm - 6:30 pm	\$80R \$96N
		Jacki Sorensen's Aerobic Dancing Activity Code: 21062	Wednesday 7/3 - 9/25	5:30 pm - 6:30 pm	\$80R \$96N
		Kamanawanaplaya Ukulele Club Activity Code: 20957	Thursday 7/11 - 9/26	4:00 pm - 5:30 pm	\$30R \$36N
		Line Dance (High Beginner) Activity Code: 21044	Thursday 7/11 - 9/26	10:00 am - 11:00 am	\$48R \$58N
		Line Dance (Easy Intermediate) Activity Code: 21042	Thursday 7/11 - 9/26	11:15 am - 12:15 pm	\$48R \$58N
		Luk Tung Kuen Activity Code: 20959	Wednesday 7/3 - 9/25	10:00 am - 10:50 am	\$30R \$36N
		Mat Pilates (Tuesday) Activity Code: 21032	Tuesday 7/2 - 9/24	8:30 am - 9:30 am	\$104R \$125N
		Mat Pilates (Thursday) Activity Code: 20961	Friday 7/11 - 9/26	8:30 am - 9:30 am	\$104R \$125N
		Peer Support Group Activity Code: 20963	Monday 7/8, 8/12, 9/9	1:00 pm - 2:30 pm	\$30R \$36N
		QiGong - Shibashi for Seniors Activity Code: 20965	Wednesday 7/3 - 9/25	12:10 pm - 1:10 pm	\$30R \$36N
		Senior Self-Defense with Cane Assist Activity Code: 21048	Tuesday 7/2 - 9/24	9:00 am - 10:00 am	\$30R \$36N
		Senior Stretch+ (Arthritis Friendly) Activity Code: 20971	Friday 7/5 - 7/26	9:15 am - 10:15 am	\$32R \$38N
		Senior Stretch+ (Arthritis Friendly) Activity Code: 20972	Friday 8/2 - 8/30	9:15 am - 10:15 am	\$40R \$48N
		Senior Stretch+ (Arthritis Friendly) Activity Code: 20973	Friday 9/6 - 9/27	9:15 am - 10:15 am	\$32R \$38N
		STEM Club Activity Code: 20983	Tuesday 7/23	2:30 pm - 4:00 pm	Free
		STEM Club Activity Code: 20984	Tuesday 8/27	2:30 pm - 4:00 pm	Free
		STEM Club Activity Code: 20985	Tuesday 9/24	2:30 pm - 4:00 pm	Free
		Strength and Tone Activity Code: 21072	Thursday 7/11 - 7/25	4:00 pm - 5:00 pm	\$24R \$29N
		Strength and Tone Activity Code: 21074	Thursday 8/1 - 8/29	4:00 pm - 5:00 pm	\$40R \$48N
		Strength and Tone Activity Code: 21076	Thursday 9/5 - 9/26	4:00 pm - 5:00 pm	\$32R \$38N
		Stretch & Strengthen Activity Code: 21030	Wednesday 7/3 - 9/25	2:00 pm - 3:00 pm	\$104R \$125N
		Tai Chi Activity Code: 21000	Wednesday 7/3 - 9/25	8:55 am - 9:45 am	\$30R \$36N
		T'ai Chi Chih & QiGong Activity Code: 21002	Tuesday 7/2 - 9/24	11:00 am - 12:00 pm	\$30R \$36N

		Welcome to Medicare Activity Code: 20717	Saturday 7/13	10:00 am - 12:30 pm	Free
		Welcome to Medicare Activity Code: 20718	Saturday 8/10	10:00 am - 12:30 pm	Free
		Welcome to Medicare Activity Code: 20719	Saturday 9/14	10:00 am - 12:30 pm	Free
		Yoga - Monday Activity Code: 21004	Monday 7/1 - 9/30	11:00 am - 12:15 pm	\$132R \$158N
		Yoga-Wednesday Activity Code: 21006	Wednesday 7/3 - 9/25	8:15 am - 9:30 am	\$121R \$145N
		Zumba - Monday Activity Code: 21078	Monday 7/1 - 7/29	4:15 pm - 5:15 pm	\$40R \$48N
		Zumba - Monday Activity Code: 21080	Monday 8/5 - 8/26	4:15 pm - 5:15 pm	\$32R \$38N
		Zumba - Monday Activity Code: 21082	Monday 9/9 - 9/30	4:15 pm - 5:15 pm	\$32R \$38N
				Total Fees (from all pages)	\$
			Non- Refundable Credit Card Transaction Fee	2.99% of total fees (\$2.00 minimum)	\$
				Grand Total	\$

REGISTRATION INFORMATION

On-line Registration

On-line registration for residents will begin at 8:30 am on Tuesday, June 11. You must already have your account set up.

Mail or drop off your registration form to the Danville Senior Center or the Danville Community Center. All resident registrations received by Monday, June 10 at 5:00 pm will be processed beginning Tuesday, June 11 with no priority given. Open Registration will begin on Wednesday, June 12.

If you wish to register by mail, complete the form and mail with payment to:

Danville Senior Center, Attn: Class Registrations

115 E. Prospect Avenue, Danville, CA 94526

Checks payable to: Town of Danville

PLEASE NOTE: EACH INDIVIDUAL MUST REGISTER SEPARATELY WITH AN EMAIL ADDRESS AND BIRTHDATE

Participant 1

Name: _____

Email Address: _____ **Date of Birth:** _____

Participant 2

Name: _____

Email Address: _____ **Date of Birth:** _____

Address/City _____ **Zip:** _____

Home Phone: _____ **Cell Phone:** _____

Credit Card No: _____ **Exp. Date:** _____

Signature: _____ **CVV Number:** _____

Please note that registrants will receive a receipt via email. An email address is required for registration. All participants should review their receipts for accuracy and call (925) 314-3430 with any discrepancies or questions.

*Exercise Classes***Chair Yoga for Seniors****Wed., July 3 – September 25, 11:30 am – 12:30 pm****Instructor: Chloe Morgan****Location: Town Meeting Hall**

Basic modified yoga poses and stretches are taught in a gentle style on a chair and/or standing. Focus on stretching, improving mobility, flexibility, awareness of breath, relaxation and mindfulness. No prior experience is necessary. All levels are welcome. Wear comfortable clothing. No class 8/14. Fees: \$120(R) \$144(N)

Gentle Stretch**Monday, July 1 – September 30, 2:30 pm - 3:30 pm****Location: Danville Senior Center, Community Hall****Instructor: Rosalyn Lee**

Treat the body to healthy stretching that elongates muscles, aligns joints and improves flexibility, balance and core condition. Bring a mat. No class 9/2. Fees: \$91(R) \$109(N)

Jacki Sorenson's Aerobic Dance - Beginner's Class**Tues and Thurs, August 6 – 29, 1:00 pm - 2:00 pm****Fees: \$36(R) \$43(N)****Tues and Thurs, September 3 – 26, 1:00 pm – 2:00 pm****Fees: \$36(R) \$43(N)****Instructor: Lorie McGuinness****Location: Danville Senior Center, Community Hall**

For New Students: Want to try Jacki Sorensen's Aerobic Dancing? Learn the basic steps and dances in a supportive fun environment and get a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for active seniors. Wear comfortable clothes and bring a floor mat. Hand held 2-4 pound weights are recommended but not required. No class for 2 days TBD by instructor.

Jacki Sorenson's Aerobic Dance, Mon/Wed (55Y & up)**Mon and Wed, July 1 – September 25, 5:30 pm – 6:30 pm****Fees: \$145(R) \$174(N)****Mondays only, July 1 – September 23, 5:30 pm – 6:30 pm****Fees: \$80(R) \$96(N)****Weds only, July 3 – September 25, 5:30 pm – 6:30 pm****Fees: \$80(R), \$96(N)****Instructor: Lorie McGuinness****Location: Danville Senior Center, Community Hall**

Jacki Sorensen's Aerobic Dancing is a dance fitness class that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for all ages and active seniors. Wear comfortable clothes and bring a floor mat. Hand held 2-4 pound weights are recommended but not required. No class 8/14, 9/2, and 2 classes TBD by instructor.

Luk Tung Kuen**Wednesday, July 3 – September 25, 10:00 am - 10:50 am****Location: Danville Senior Center, Community Hall****Instructor: Chia Chia Chien**

This is a very popular worldwide exercise with 36 postures. Each posture has its own pattern, which is repeated 5-10 times. No class 8/14. Fees: \$30(R) \$36(N)

Mat Pilates - Tuesday**Tuesday, July 2 – September 24, 8:30 am - 9:30 am****Location: Danville Senior Center, Community Hall A****Instructor: Felicia Viera**

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring mat and small Pilates ball (Instructor will have balls available for \$8). Fees: \$104(R) \$125(N)

Mat Pilates - Thursday**Thursday, July 11 - September 26, 8:30 am - 9:30 am****Location: Danville Senior Center, Meeting Room****Instructor: Chloe Morgan**

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring a mat, small Pilates ball, and resistance strap. (Instructor will provide props if you do not have them). Fees: \$104(R) \$125(N)

Qigong-Shibashi for Seniors**Wednesday, July 3 – September 25, 12:10 pm - 1:10 pm****Location: Danville Senior Center, Community Hall****Instructor: Jim Donnelly**

Qigong (Chi Kung) is an ancient Chinese mild exercise system practiced for health maintenance, healing and increasing vitality. Qigong is an integration of physical postures, breathing techniques, and focused intentions with gentle movements to reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18-movement form of flowing qi gong that is easy to learn and practice. Wear comfortable clothing and comfortable shoes. No class 8/14. Fees: \$30(R) \$36(N)

Senior Stretch + Light Fitness (Arthritis Friendly)

Fri., July 5 – 26, 9:15 am - 10:15 am | Fees: \$32(R) \$38(N)
Fri., August 2 – 30, 9:15 am - 10:15 am | Fees: \$40(R) \$48(N)
Fri., September 6 - 27, 9:15 am - 10:15 am | Fees: \$32(R) \$38(N)
Location: Danville Senior Center, Community Hall

Instructor: Sylvia Rodriguez

This active aging exercise class is designed to help seniors and individuals suffering from arthritis to maintain their cardiovascular health, strength and flexibility. The main purpose is to be able to enjoy activities of everyday life without pain or injury. Whether you're an active gym member or a newcomer, we welcome you to come enjoy the benefits of light functional movement in a group. Arthritis condition not required. Bring a mat.

Strength and Tone

Thurs., July 11 - 25, 4:00 pm – 5:00 pm | Fees: \$24(R) \$29(N)
Thurs., August 1 – 29, 4:00 pm – 5:00 pm | Fees: \$40(R) \$48(N)
Thurs., Sept. 5 – 26, 4:00 pm – 5:00 pm | Fees: \$32(R) \$38(N)
Location: Danville Senior Center, Community Hall

Instructor: Parandis Banifatemi

This is a full body workout class which puts every muscle to work. You get a combination of balance, toning, strength and endurance with some aerobics in between. Students can use 2-3 lb. and/or heavier 5-8 lb. dumbbells. Class can be done with or without weights.

Stretch and Strengthen

Wednesday, July 3 – September 25, 2:00 pm - 3:00 pm
Location: Danville Senior Center, Community Hall
Instructor: Dana Morgan

Treat the body to healthy stretching and strengthening that elongates and tones muscles, aligns joints, and improves flexibility, balance and core conditioning. Bring a mat and a resistance band. This is a sit or stand class. No class 8/14. Make up classes on Mondays 2:30 pm – 3:30 pm. Fees: \$104(R) \$125(N)

Tai Chi

Wednesday, July 3 – September 25, 8:55 am - 9:45 am
Location: Danville Community Center, Valley Oak Room
Instructors: Josie Fong & Cynthia Lau

Learn the simplified 24-form Tai Chi step-by-step. It is a low-impact, weight bearing exercise with body movement, balance control, muscle coordination and stretches. No class 8/14. Fees: \$30(R) \$36(N)

***New Class* Advanced Tai Chi**

Tuesday and Thursday, July 2 – September 24
11:30 am – 12:30 pm
Location: Danville Community Center, Valley Oak Room
Instructors: Sulina Lei & Cynthia Lau

New Class This class teaches the 42 Competition Form Tai Chi. This popular form combines movements from

several traditional styles. It provides great health benefits and opportunities to explore advanced techniques and how different styles relate to each other. This class is a natural progression for people who have learned the 24 form. No class 7/4 and 7/11. Fees: \$30(R) \$36(N)

T'ai Chi Chih & Qigong

Tuesday, July 2 – September 24, 11:00 am - 12:00 pm
Location: Danville Senior Center, Community Hall
Instructor: Mary Case

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate. Fees: \$30(R) \$36(N)

Yoga

Monday, July 1 – September 30, 11:00 am - 12:15 pm
Fees: \$132(R) \$158(N)
Location: Danville Community Center, Valley Oak Room
Wednesday, July 3 – September 25, 8:15 am - 9:30 am
Fees: \$121(R) \$145(N)
Location: Danville Senior Center, Community Hall
Instructor: Marcia Conroy

Basic foundations of yoga are taught in a gentle modified style. Focus includes stretching, weight-bearing poses, sequences of poses designed to improve heart rate, enhance mobile stability, and stress relief. Yoga mat required. Wear comfortable clothing. No class on 7/29, 7/31, 8/14, and 9/2.

Zumba

Mon., July 1 – 29, 4:15 pm - 5:15 pm | Fees: \$40(R) \$48(N)
Mon., August 5 - 26, 4:15 pm - 5:15 pm
Fees: \$32(R) \$38(N)
Mon., September 9 – 30, 4:15 pm - 5:15 pm
Fees: \$32(R) \$38(N)
Location: Danville Senior Center, Community Hall
Instructor: Parandis Banifatemi

Zumba is designed to bring people together to sweat! Once the Latin rhythms start, you'll see why Zumba is called exercise in disguise. Super fun!

First Aid & Safety/Senior

Senior Self-Defense with Cane Assist (55Y & up)
Tuesday, July 2 – September 24, 9:00am - 10:00am
Location: Town Meeting Hall
Instructor: Jim Donnelly

This class will teach a number of useful, practical self-defense concepts. This is not a martial arts class; however, students will learn techniques that are useful in protecting oneself. It is intended to provide participants with more confidence in their daily lives. Although

practice with a cane is not mandatory, cane techniques will be included in this class. Instructor, Jim Donnelly, is a certified Senior Cane Self-Defense instructor and also holds a black belt in Shotokan Karate. He will be assisted by senior level cane self-defense practitioners. Fee: \$30(R) \$36(N)

Health and Wellness Classes

Introduction to Mindfulness – Beyond the Hype
Thursday, August 29 – October 3, 6:00 pm – 8:00 pm
\$100(R) \$120(N)

Location: Danville Community Center, Las Trampas Room

Friday, August 30 – October 4, 1:00 pm – 3:00 pm

\$100(R) \$120(N)

Location: Danville Senior Center, Meeting Room

Please join me in six 2-hour sessions to learn about Mindfulness. Experience why science supports that it can improve your overall health and well-being. Course offers thematic teachings, discussions, tools and guided meditations for everyday life. No prerequisites, experienced meditators welcome. Bring a small pillow/cushion for sitting.

Games/Mind Enrichment Classes

ACBL Bridge

Friday, July 5 – September 27, 11:00 am - 2:30 pm

Location: Danville Senior Center, Community Hall BC

Instructor: Michael Gosnell

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call Michael at (925) 891-4200 for available partners (not guaranteed). Online registration not available. Fees: \$8/day(R) \$9/day(N)

Friday Game Day

Friday, July 5 – September 27, 11:00 am - 1:30 pm

Location: Danville Senior Center, Art Room

Come have fun with friends playing your choice of card games, board games, marble games, Mah-Jong, or game of your choice at the Danville Senior Center. Bring your friends for a morning of fun, laughter and meet new people in a fun recreational atmosphere. Registration not required. Free.

Senior Bocce

Tuesday, June 11 – August 6, 9:30 am - 11:30 am

Tuesday, August 20 – October 8, 9:30 am - 11:30 am

Wednesday, June 12 – August 7, 9:30 am – 11:30 am

Wednesday, August 21 – October 9, 9:30 am – 11:30 am

Thursday, June 13 – August 8, 9:30 am – 11:30 am

Thursday, August 22 – October 10, 9:30 am – 11:30 am

Location: Sycamore Valley Park

Enjoy the fun and relaxing game of Bocce! Meet new people or bring your friends to this social activity. Basic

instruction will be given to all newcomers. Games will be played at the Bocce courts at Sycamore Valley Park. Fees: \$30(R) \$36(R)

Senior Friday Bridge

Friday, July 5 – September 27, 8:30 am – 1:00 pm

Location: Town Meeting Hall

Call coordinators Flo Ahern at (925) 718-5468 or Bill Iles at (925) 216-1203 for reservations, or email williamiles@comcast.net. Experienced players only, please.

Fees: \$2 per person, per day.

Clubs/Groups

Danville Senior Book Club

Meets the 2nd Tuesday of each month, 10:30 am-12:30 pm

Location: Danville Senior Center, Art Room

Join friends each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining and reading their own book and should read it prior to attending the discussion. Free.

July

The Elegance of the Hedgehog by Muriel Barbery

This is a novel by the French novelist and philosophy teacher Muriel Barbery. The book follows events in the life of a concierge, Renée Michel, whose deliberately concealed intelligence is uncovered by an unstable but intellectually precocious girl named Paloma Josse. Paloma is the daughter of an upper-class family living in the upscale Parisian apartment building where Renée works. The novel is full of allusions to literary works, music, films, and paintings. It incorporates themes relating to philosophy, class consciousness, and personal conflict.

August

The Spectator Bird by Wallace Stegner

This novel was a winner of the National Book Award as a profound, intimate, affecting novel from one of the most esteemed literary minds of the last century and a beloved chronicler of the West. Joe Allston is a cantankerous, retired literary agent who is, in his own words, "just killing time until time gets around to killing me." His parents and his only son are long dead, leaving him with neither ancestors nor descendants, tradition nor ties. When an unexpected postcard from a long-lost friend arrives, Allston returns to the journals of a trip he has taken years before, a journey to his mother's birthplace where he once sought a link with his past. Uncovering this history floods Allston with memories, both grotesque and poignant, and finally vindicates him of his past and lays bare that Joe Allston has never been quite spectator enough.

September

Behold the Dreamers by Imolo Mbue

Jende Jonga, a Cameroonian immigrant living in Harlem, has come to the United States to provide a better life for himself, his wife, Neni, and their six-year-old son. In the fall of 2007, Jende can hardly believe his luck when he lands a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark demands punctuality, discretion, and loyalty, and Jende is eager to please. Clark's wife even offers Neni temporary work at the Edwardses' summer home in the Hamptons. With these opportunities, the couple can at last gain a foothold in America and imagine a brighter future. However, the world of great power and privilege conceals troubling secrets, and soon they notice cracks in their employers' façades. When the financial world is rocked by the collapse of Lehman Brothers, the Jongas are desperate to keep Jende's job—even as their marriage threatens to fall apart. As all four lives are dramatically upended, the Jongas are forced to make an impossible choice.

Danville Senior Citizens Club

Mondays, July 1 – September 30, 9:00 am - 2:00 pm

Location: Danville Senior Center, Community Hall

Mah-Jong, and free drop-in bridge lessons available 9:00 a.m.-11:30 a.m. Bingo 11:30 am-2:00 pm. New members welcome. No meeting 9/2. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268.

Hiking Club

The Danville Area Senior Hikes (DASH) is open to adults ages 55 and up. Most hikes are not strenuous, but gradients are involved due to the local terrain. Distances are usually 4-5 miles, and the pace is moderate. Hikes are scheduled for the 2nd and 4th Wednesdays of the month. Contact Senior Services at (925) 314-3430 or email seniors@danville.ca.gov to be added to the e-mail hike information list. Free.

Kamanawanaplaya Ukulele Club

Thursday, July 11 – September 26, 4:00 pm - 5:30 pm

Location: Danville Senior Center, Meeting Room

Instructor: Bob Turner

Have fun singing and playing the ukulele! Players must provide their own ukulele. New participants will need to purchase *The Daily Ukulele* (yellow book) and the *Daily Ukulele - Leap Year Edition* (blue book). New students should have taken at least one beginner's ukulele class. Fees: \$30(R) \$36(N)

Peer Support Group

Monday, July 8, August 12 and September 9

1:00 pm - 2:30 pm

Location: Danville Senior Center, Meeting Room

Facilitator: Susan B. Cohen, MFT

This will be a commitment of three classes. A continuation of issues of aging, finding purpose and coping with transitions. This will be a facilitated group led by a peer. Hearing each other's voices helps us to feel more connected and not as isolated. Participants are encouraged to listen to one another with an open heart. Tools for coping will be offered. Confidentiality will be stressed as well. The class will meet on the second Monday of each month. Fees: \$30(R) \$36(N)

STEM Club

Meets 4th Tuesday of each month: 7/23, 8/27, and 9/24

2:30 pm - 4:00 pm

Location: Danville Senior Center, Meeting Room

Join us one Tuesday afternoon a month when we get together at the Senior Center to dig into topics from the worlds of Science, Technology, Engineering, and Math (STEM). Presentations have covered diverse topics such as Tunnel Engineering, Light and Electron Microscopy, Jet Engines, and Cardiac function. Participants are invited to present and lead discussion on topics of special interest or experience for them. Registration encouraged. For more information, please visit mathandscience.org/STEM or email Tom Bauer at tbauer@mathandscience.org. Free.

Walk and Talk (Walking Club)

Meets 1st and 3rd Wednesday of each month

9:30am - 10:30am

Location: Osage Park, Danville

Facilitator: Sharon Wilson

Please join Sharon Wilson for some walking and talking! We will meet at Osage Park at 816 Brookside Drive. Bring water and a walking stick, if preferred. Free.

Writing Group

Friday, July 5 – September 27, 10:00 am - 12:00 pm

Location: Danville Senior Center, Meeting Room

Instructor: Gordon Lindsay

This group's purpose is to give participants a weekly schedule for writing and provide support by writing in the same room together and is based on the Shut Up and Write Groups throughout the Bay Area. We'll have approximately 10 minutes to chat about writing at the end of each session. We won't share aloud and there will be no writing exercises. Registration not required. Free.

Local Community Resources

AARP Smart Driver 2-Day Course

Thursday, September 12, 9:00 am - 1:00 pm

Thursday, September 19, 9:00 am - 1:00 pm

Location: Oak Hill Park Community Center, Ballroom

Instructor: Certified AARP Volunteer Instructor

This course is designed for drivers 50 and older and covers normal physical changes and provides techniques to compensate for these changes. Participants must attend both days to complete the course. The course includes an auto insurance discount certificate. Instructor will collect checks made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Please note: Instructor cannot accept cash.

AARP Smart Driver Refresher Course

Thurs, July 11, 9:00 am - 1:00 pm (4-hour refresher course)

Location: Danville Community Center, Valley Oak Room

Instructor: Certified AARP Volunteer Instructor

This four-hour refresher course is designed for drivers 50 and older who have taken the complete eight-hour AARP Smart Driver course in the last three years. It covers normal physical changes and provides techniques to compensate for these changes. The course includes an auto insurance discount certificate. Instructor will collect checks made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Please note: Instructor cannot accept cash.

Contra Costa Area Agency on Aging Needs

Assessment Survey

Contra Costa County's Area Agency on Aging has begun conducting its quadrennial Needs Assessment Survey for those residents 60 years or better. The purpose of the survey is for the county to gather valuable data on the service needs of older adults and their caregivers residing within its 19 cities. This data will be used for the county's Four-Year Area Plan on Aging for the identification of the types and extent of existing and potential needs of older adults within the county, and an estimation of unmet needs and barriers which prevent access to available services. The survey period is from May through September of 2019. The survey results will be tabulated over the Fall/Winter and will be presented in March at the Area Agency on Aging's Public Meeting. Seniors and caregivers are encouraged to complete the survey online at <https://www.surveymonkey.com/r/olderadultssurvey>.

Friday Senior Lunch Program

Location: Danville Senior Center, Community Hall A

The Danville Senior Center now proudly hosts a CC Café & Bistro senior lunch program every Friday. Lunch

is served on Fridays at 12:00pm. Reservations must be made by noon on Thursday (24 hours prior) by calling (925) 314-3430. Suggested donation of \$3.00 for those over 65 years of age. Each participant must fill out an intake form with information to participate. Menus are available at the Danville Senior Center or viewable online at www.danville.ca.gov/seniors. In addition to the daily entrée, menu alternatives include a cheeseburger, a gardenburger, a chef's salad, or a seafood salad.

HICAP Counseling for Medicare Beneficiaries and their Families

4th Monday of each month, 1:00 pm - 4:00 pm

Wednesdays, 8:45 am - 11:00 am and 1:00 pm - 4:00 pm

Location: Danville Senior Center, Conference Room

Instructor: Contra Costa County Staff/HICAP Counselors

HICAP provides free and objective counseling and advocacy services for Medicare enrollment as well as issues involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Free.

Notary Public Services

Mary Maki is available for notary services at the Senior Center by appointment only, Monday through Wednesday. Please call 925-683-2835 to make an appointment. Free.

Personal Counseling Services

Location: Danville Senior Center, Conference Room

Discovery Counseling Center Dr. Fran Rapoport, PHD & Beverly Davis, AMFT

Dr. Fran Rapoport and Beverly Davis, AMFT, are available for individual and group counseling services. Confidentiality and privacy will be protected. For an appointment with Dr. Fran, call (925) 837-0505, ext. 314. For an appointment with Beverly Davis, call (925) 837-0505 ext. 334. These counseling sessions are provided at no cost to the seniors.

Welcome to Medicare Seminar

Saturday, July 13, 10:00 am - 12:30 pm

Saturday, August 10, 10:00 am - 12:30 pm

Saturday, September 14, 10:00 am - 12:30 pm

Location: Danville Senior Center, Community Hall C


A workshop for those new to Medicare. You will learn about Parts A, B, C, D and the benefits they offer. Learn ways to supplement Medicare using a Medigap or Medicare Advantage Plan and how to select a Part D Prescription Drug Plan. Extensive materials provided. Registration required. Please sign up for only one session. Free.



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 Senior Services
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 Danville, CA 94526

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Registration: June 11 (Residents); **June 12** (Open Registration)

View or download the Silver Streak online at www.danville.ca.gov/seniors or view a copy at any Town Office location. You can also register for all activities at www.danville.ca.gov/recguide. If you would like to learn how to register online, please contact the Danville Senior Center to set up an appointment. One of our staff members will assist you.

**Silver Screen
 Movies**

Location:
 Village Theatre

Movie Dates: 7/5,
 7/12, 8/9, 8/23, 9/20

FREE
**Movies are shown
 Fridays at 1:30 p.m.**

Please contact
 Senior Services at
 (925) 314-3430
 to get a list of
 scheduled movies.

Registration is not
 required.

Screening Room Movie Series

Movies are shown on non-Silver Screen Fridays at the Danville Senior Center Community Hall C at 1:30 pm. **FREE.** Registration not required.

Movies Dates: July 19, July 26, August 2, August 16, August 30, September 6, September 13, September 27

In the Next Issue of the Silver Streak...

- Annual Fleet Week Trip
- Medicare Plan Review Event
- Annual Senior Holiday Luncheon

FOR MORE INFORMATION, PLEASE VISIT WWW.DANVILLE.CA.GOV/SENIORS

To join our Senior Movie mailing list, please send your email to seniors@danville.ca.gov.

