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Not to be missed Seniors

Come to the Peripheral Neuropathy Group meeting, in the Las Trampas Room, Hillside Clubhouse, Rossmoor, on April 24th, 2009, from 10:00 to 11:30 A.M., to hear Susan Trabulse, a local Acupressurist. Susan will share how she uses Acupressure, an ancient form of healing based on Chinese Medicine, to help relieve the pain and discomfort of Peripheral Neuropathy. PN usually is felt in the lower legs and feet and/or the hands. Symptoms include tingling, numbness, feeling of constant hot or cold, sharp transitory pain, weakness, difficulty with walking and balance. Our meetings are open and free to all who are interested in learning something new about this condition. For more information call Nancy Ostrander 930-9524 or Carolyn Cash 254-8195.

Widowed Persons Support Event-Monday, April 27, Social 7 P.M., lecture 7:30 P.M. A presentation by Dr. Alan Brast, Ph.D., C.C.H.T., CSA. Dr. Brast is a medical/clinical Hypoanalyst. His lecture is called Banishing the Blues - Depression. Bring your friends - they will enjoy the social and the lecture!! There is no charge. The lecture will be held at the Lafayette/Orinda Presbyterian Church, 49 Knox Drive, Lafayette. For information call 925/932-3448

The Widowed Persons Support group meetings: Saturdays, April 18, 25, May 2, 9, 16, and 23. 10 am to Noon at St. Stephen's Church, 66 St. Stephen's Drive in Orinda. The meetings are free informal discussions of the emotional and practical needs and concerns of the bereaving widowed person. For information, please call 925/032-3448.

Lafayette Senior Needs Assessment Project Workshop April 28 at Temple Isaiah, two sessions, from 2:00 - 3:30 p.m. and 6:00 - 7:30, looking for input from seniors, their families, and organizations that serve elders to help design a survey assessing senior needs.

First Annual Co-ed Exhibition Softball Game and Picnic for seniors - Friday May 1. Gates open at 9:00 a.m. and close at 2:00 at the Lafayette Community Park, 480 Saint Mary's Road. Senior ball players and fans \$3, kids 12 and under accompanied by an adult \$1. Picnic food and beverages provided. If you have softball equipment, please bring it. For more information or to sign up, call the Senior Center at (925) 284-5050.

Lafayette Senior Services Events-500 Saint Mary's Rd, Lafayette
A min. \$1 donation at the door would be appreciated.
Call (925)284-5050 to reserve a spot

Monday, April 20, 1:30 - 2:30pm

Bi-Monthly Caregiver Support Group with Companion Care

Tuesday April 28th 10:30 - Noon

The Internet: Point and Click Your Way to the World (Wide Web), Let wizard Ed Zeidan of Nerd4Rent in Lafayette show you how.

Wednesday April 25 , 12:30 - 3:00pm

Dance lesson and live DJ services, playing your favorites and taking requests. \$2

Thursday April 23, 1:00 -2:30pm

Embracing Aging with Story and Movement

Friday April 24, 11:30am - 12:30pm

Abatable Arthritis Come and learn exercises to control pain, improve function, and protect your joints.

12: 30 pm Free Blood Pressure Screening - John Muir Senior Services

12: 30, 12:50, and 1: 10pm- Free Memory Screening - Caring Solutions. (By appointment-call 284-5050)

Friday, April 24, 1:00 - 2:30pm

Self-Discovery and Aging - Creative Writing Workshop

Reach the reporter at: info@lamorindaweekly.com

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