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Not to be missed

Senior Services events- Lafayette Senior Services has instituted a membership and event fee schedule so that our city can continue to provide you with the quality programs that you have become used to. Annual Membership fee: \$10 per person. General Event fee: Members \$1, Non-Member \$3; Special Concerts fee: Members \$3, Non-Members \$5; Ongoing Caregiver Support Group: Members no charge, Non-members \$3.

For info call (925)284-5050.

On Going Programs:

Embracing Aging with Story and Movement- Every other Thursday, 1:00 -2:30 PM, 7/30

Positive Living Forum- On the second Thursday of each month, 10:30 - noon, 8/13, 9/10

Bi-Monthly Caregiver Support Group, Mondays, 7/27, 1:30-2:30 PM

Tea Dancing with Karen and Michael, every Wednesday, 12:30 - 3:00 PM, No Tea Dance 7/29

Anne Randolph Workshops: Art of Balance, learn exercises to improve your balance Fri: 6/26, 11:30AM - 12:30 PM,

Preventing Falls, Fri: 7/24, 11:30 AM - 12:30 PM, Sequoia Room, Free Blood Pressure Screening - John Muir Senior Services. Fri 7/24 At 12:30 PM, No appointments are required.

Free Memory Screening (by appointment) - by Caring Solutions. Fri 7/24. Call (925) 284-5050 Appointments at 12:30, 12:50, & 1:10 PM.

Concert, Friday July 24, 1:30 - 2:30 PM. Join us again for a special Friday afternoon concert featuring accomplished musicians baritone Bob Steiner and pianist Martha Wasley. The music will feature not only the song compositions of 19th century Austrian composer Franz Schubert but extend through the romantic Broadway '40's song standards of Jerome Kern (Ol' Man River, All the Things You Are.) Light refreshments are offered. We are grateful to the folks at Byron Park Retirement Community for their support. To sign up, call Lafayette Senior Services at 284-5050. LCC, 500 Saint Mary's Rd, Lafayette. \$3 Members/\$5 Non-Members.

Widowed Person's Support Meetings. Saturdays from 10 a.m. to Noon at St. Stephen's Church, 66 St. Stephens Drive, Orinda: September 12, 19, 26, October 3, 10 and 17, 2009. Meetings are informal discussions among the participants of the emotional and practical needs and concerns of the bereaving person. All widowed persons are welcome. For questions call (925) 932-3448.

Reach the reporter at: info@lamorindaweekly.com

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