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## Not to be missed - Seniors

Lafayette Senior Services, on- going programs:

Embracing Aging with Story and Movement - Every other Thursday, 1:00 -2: 30 PM, 9/24

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

Bi-Monthly Caregiver Support Group - Mondays, 9/28, 1: 30 - 2: 30 PM

Tea Dancing with Karen and Michael - every Wednesday, 12: 30 - 3: 00 PM.

500 Saint Mary's Road, Lafayette. All event/programs \$1 Members/ \$3 Non-Members. For info call (925)284-5050.

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Classical Music Recital, Michael Carroll, Piano - Saint Mary's College Chapel in Moraga. Sunday, September 20 at 2:00 pm. Music of Brahms, Prokofiev, Chopin, Bach, Mozart. Free admission.

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A Grief Recovery Workshop for widows/widowers will be held Sept. 22-Nov. 24, 7-9 pm at the Lafayette-Orinda Presbyterian Church. Find hope, support and successful ways to process this significant life event. Brochures and more information are available by calling (925) 283-9990, ext. 223.

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Falling Down is Often Life Changing - Especially for Older Adults: Workshop by Supervisor Gayle Uilkema and Gennifer Mountain, Manager, Contra Costa County Fall Prevention Program. Falls are not accidents if they are preventable and falls don't just happen because you're older. Learn about specific steps and comprehensive solutions by which we can re-design our living spaces, look at the drugs we take, improve our physical well-being, and address other everyday choices we make that could reduce the risk of hurting ourselves through falls. Tues 9/29 10: 30 - Noon, Elderberry. Please call (925)284-5050 to reserve a spot. \$1 Members/ \$3 Non-Members. LCC, 500 Saint Mary's Road, Lafayette.

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Hearing Loss Association of America-Diablo Valley Chapter, a volunteer nonprofit organization, has monthly meetings that provide information, education, support and advocacy for people who suffer from hearing loss. Join us at 7:00 p.m. on first Wednesdays of the month. Walnut Creek United Methodist Church, 1543 Sunnyvale Ave., Walnut Creek; Education Bldg., Wesley Room. Meeting room and parking at back of church. All ages welcome. Donations accepted. Assistive listening system available for T-coils and most meetings are captioned. For more information, visit [www.hearinglossdv.org](http://www.hearinglossdv.org).

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ART FROM OUT OF THIS WORLD TOUR is an exhibit that explores the relationship between space, science, and art, and brings you both real and imagined images of landscapes from our solar system. Docent Heidi Donner, of St. Mary's College, will lead us on a private tour before the gallery opens to the public. This will occur on Friday, October 16, at the Hearst Art Gallery in Saint Mary's College, from 10 - Noon. The cost is \$7 for nonmembers and \$6 for Emeritus College members. To register contact Emeritus College (925) 906-9105.

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

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