

# SILVER STREAK

A NEWSLETTER OF PROGRAMS, ACTIVITIES AND COMMUNITY SERVICES

Registration Dates:

**MARCH 12 (R)**  
**MARCH 13 (NR)**

April · May · June

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

## Performers Wanted!

The Danville Senior Center is hosting its second annual Senior Variety Show. Do you have a talent you would like to showcase? Now is your chance! The Variety Show will take place on Sunday, July 21 from 1:00 pm – 3:30 pm at the Village Theatre & Art Gallery. Sign up for a 3-5 minute act by calling Leah Madonich at (925) 314-3431 or emailing lmadonich@danville.ca.gov. All performances will be reviewed prior to the event and performers must be available for a dress rehearsal on Saturday, July 20. Tickets will be on sale in late June. See you then!



**Spring Bocce is Here!** Do you love bocce? New to bocce? Want to socialize and enjoy the beautiful courts at Sycamore Valley Park? Join the Spring Senior Bocce League on Tuesday, Wednesday, or Thursday mornings. Come play in a supportive and social environment. All levels welcome. Bocce volunteers will help guide you if you're new. Please pre-register. Information inside!

## Senior Interests Subcommittee

*...mark your calendar!*

Do you have an idea for a new activity or an improved procedure for Senior Services? Attend the scheduled meetings to be heard by the decision makers.

NEXT MEETING: WEDNESDAY, APRIL 24, 2019

TIME: 4:00 P.M.

LOCATION: DANVILLE SENIOR CENTER, MEETING ROOM

## Silver Streak Distribution

The Silver Streak Newsletter program schedule will be as follows: January/February/March, followed by April/May/June, July/August/September, October/November/December.

The Town of Danville will continue mailing the quarterly Silver Streak Newsletter to Danville residents within the Town boundaries. Non-residents are encouraged to view or download the Silver Streak online at [www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors) or view a copy at any Town Office location.

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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!

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### April/May/June 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.

#### Guide Dogs for the Blind and Sausalito

**Thursday, April 18, 8:00 am – 5:00 pm**

**Location: 350 Los Ranchitos Road, San Rafael**

**Fees: \$55(R) \$66(N)**

Since 1942, Guide Dogs for the Blind (GDB) has been creating partnerships between people, dogs, and communities. With exceptional client services and a network of instructors, puppy raisers, donors, and volunteers, they prepare highly qualified guide dogs to serve and empower individuals who are blind or have low vision from throughout the United States and Canada. Our campus tour will give you the opportunity to see our campuses, facilities, and to learn more about their life-changing mission. This walking tour will run approximately 1.5 hours and will have no place to sit down throughout the tour. Walking and standing only. Tour followed by free time and lunch on your own in Sausalito. Feel free to bring a bag lunch or find a local restaurant to enjoy! Only 26 seats available! Activity Level 4.

#### Petaluma River Cruise

**Monday, May 13, 10:00 am - 2:00 pm**

**Location: Petaluma, CA**

**Fees: \$132(R) \$158(N)**

Come enjoy an entertaining and informative tour of the Petaluma River and view this river from a different perspective. Sail this historic waterway from the Turning Basin in downtown Petaluma to near the mouth of the river in San Pablo Bay and return. See how Petaluma is preserving its past while stepping into the 21st century. Lunch will be included on the boat. Activity Level 2.

#### Wings of Freedom Tour

**Tuesday, May 28, 10:00 am**

**Location: 680 Terminal Circle, Livermore**

**Fees: \$15(R) \$17(N)**

Enjoy a walking tour and free time at the Livermore Airport exploring the planes of Wings of Freedom Tour. The Wings of Freedom Tour will arrive at the Livermore Municipal Airport in May. Enjoy your time at the airport talking with the 12 crew members of Wings of Freedom that travel with the aircrafts. They will be providing the history of each of the aircrafts of WWII. This is a self-guided tour and a "drive on your own" trip. Activity Level 3.

#### Marine Wildlife Center and Lunch

**Thursday, June 6, 8:00 am - 5:30 pm**

**Location: Sausalito/San Francisco**

**Fees: \$63(R) \$75(N)**

The Marine Mammal Center is one of the largest marine mammal facilities in the world to combine animal rehabilitation and an onsite research lab, and the only one authorized by the National Marine Fisheries Service to rescue and treat marine mammals along the Central and Northern California coast. They care for up to 200 seals, sea lions, and other marine mammals at once, and treat 800 or more during the year. Your tour will take you through all of the public spaces of the hospital, and include some demonstrations, if available. Lunch and free time at Fisherman's Wharf (at own expense). Please feel free to bring a brown bag lunch if you prefer. Includes tour and transportation only. Maximum 26. Activity Level 4.

#### 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\* Hayward Japanese Garden,  
Historical Society & The Cannery Cafe  
Wednesday, June 26, 9:00am – 3:00pm  
Location: Hayward, CA  
Fees: \$65(R) \$74(N)**

Visit the Hayward Area Museum of History & Culture in Downtown Hayward with a docent-led tour. Enjoy a hearty, delicious brunch at the Cannery Café and grab a latte to go and enjoy a short walk to the Hayward Japanese Garden. This garden is the oldest Japanese garden in California designed along traditional lines and using native Californian stone and plants.

### *Special Events*

**Create Your Own Art at AR Workshop  
Thursday, April 4, 1:00 pm – 4:00 pm**

**Location: Downtown Danville, 355 Hartz Avenue**

AR Workshop is located in downtown Danville. This boutique is a create your own studio offering customized and trendy home décor projects. During your instructor-led workshop, you will craft a fail-proof plank wood original masterpiece from raw materials. You will get to pick your design and you will be offered as much or as little help as you need while you build your personalized project step-by-step. This will be a fun afternoon of art, snacks and non-alcoholic drinks! Snacks and drinks provided by the Danville Senior Center. Check out Danville's ARWorkshop at [www.arworkshop.com](http://www.arworkshop.com) This is a drive on your own event. Fee \$65(N) \$78(N).

**Senior Happy Hour at Kickin' Mule  
Wednesday, April 10, 2:30 pm - 4:30 pm**

**Location: Downtown Danville, 340 Hartz Avenue**

Join your friends at our first Senior Happy Hour at Kickin' Mule in downtown Danville! 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. Fees: \$8(R) \$10(N).

**Breakfast with Friends at The Peasant's Courtyard  
Wednesday, June 12, 9:00 am - 11:30 am**

**Location: 3195 Danville Boulevard, Alamo**

Join us as we continue our Breakfast with Friends at The Peasant's Courtyard in Alamo. We will meet at 9:00am for a hot breakfast and great time with friends. Drive yourself. Fees: \$15(R) \$18(N)

**Volunteers Needed for Lend-a-Hand Day**

We are currently seeking volunteers to help seniors with yardwork at our annual Lend-a-Hand day on April 27. Volunteers can get more information at [www.danville.ca.gov/volunteers](http://www.danville.ca.gov/volunteers) or by calling (925) 314-3478. No gardening or yardwork experience necessary. Thank you for lending a hand!

**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 12:00 pm. Reservations must be made by noon the Thursday before (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](http://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.

### **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](mailto:seniors@danville.ca.gov) if you have any suggestions or would like to offer a buzz session!

**Medicare 101**

**Tuesday, April 2, 10:00 am - 11:00 am**

**Presenter: Colleen Callahan**

**Location: Danville Senior Center**

We will discuss timelines for retirement, benefit planning and group benefits. We will take a look at Medicare and supplement choices: What is available? Do you love to travel? Make sure you are protected. Be certain to understand the limitations with Medicare and learn about other insurance options. This interactive presentation will cover Medicare options and when and how to apply.

**Mind Fit Series – Exercise Your Brain**

**Tuesday, April 9, 10:00 am–11:00 am**

**Presenter: Susan Wondrusch, Home Care Assistance**

**Location: Danville Senior Center**

As we all are aging, there are positive and fun lifestyle changes you can make to keep your mind sharper for longer. Spend an hour with us and learn how to boost your brain health. This is part two of our fun and interactive Mind Fit discussions, however please feel free to attend if you missed the first. Each session is a stand-alone and all are welcome!

**Are You Prepared?**

**Tuesday, April 16, 10:00 am–11:00 am**

**Presenter: Diane Blake,**

**Sunrise Senior Living and Alison Larking, Visiting Angels**

**Location: Danville Senior Center**

Are you prepared for natural disasters, falls, aging in place, hospital stays, rehab or needing help in your home? We will discuss helpful and time saving resource information on how to be prepared. We will answer any of your questions and give you the resources to make informed decisions "before" those decisions are made by someone else.

**Fall Prevention**

**Tuesday, April 23, 10:00 am–11:00 am**

**Presenter: Roger Pelphney and Sherry Schwartz, Osteostrong - Danville**

**Location: Danville Senior Center**

Roger and Sherry from Osteostrong will be here to discuss ways to improve balance and reduce your risk of falling. Different options one has on ways to improve your balance will be discussed.

**Hike Locally**

**Tuesday, April 30, 10:00 am–11:00 am**

**Presenter: Geoff Gillette**

**Location: Danville Senior Center**

Public Information Officer and trail enthusiast, Geoff Gillette, stops by to share his tips and tricks for trails you might not even know exist in Danville's backyard.

**Protecting Your Portfolio in a Volatile Market**

**Tuesday, May 7, 10:00 am–11:00 am**

**Presenter: John Lau, CFP, CPA, Local Author**

**Location: Danville Senior Center**

Often, when investors see the market fluctuate 200-500 points in any single day, they tend to do two things: They hold on to their "losers" waiting for them to turn a profit, or they sell their winners to make sure they keep their profits. Join John to find out why this is a flawed investment strategy. This is a free workshop to learn why and how to protect your investments with five proven risk management strategies, including position sizes, trailing stop losses, and tactical diversification.

**Premier Travel: 2019 Trip Overview**

**Tuesday, May 14, 10:00 am–11:00 am**

**Presenter: Kris Adams, Premier Travel**

**Location: Danville Senior Center**

Join us for this informational presentation of our upcoming trips. Our great Canadian cities, New England Rails and Trails, French Riviera Explorer, Sante Fe Holiday and Rose Parade New Year's Celebration will all be featured, including a first look at the 2020 tours, including a European River Cruise!

**Bone Health**

**Tuesday, May 21, 10:00 am–11:00 am**

**Presenter: Roger Pelphney and Sherry Schwartz, Osteostrong - Danville**

**Location: Danville Senior Center**

Roger and Sherry from Osteostrong in Danville will be leading an educational talk on different ways to maintain and increase bone health.

**One Fall Could Change It All**

**Tuesday, June 4, 10:00 am–11:00 am**

**Presenter: Diane Blake, Sunrise Senior Living and Alison Larking, Visiting Angels**

**Location: Danville Senior Center**

Accidents can happen to anyone, but some falls can be prevented. Join us as we explore how having a positive attitude to fall prevention and being assertive about the help we need can help us stay active through our golden years.

**Cyber Security**

**Tuesday, June 11, 10:00 am – 11:00 am**

**Presenter: Clancy Priest**

**Location: Danville Senior Center**

We will discuss the different ways you can protect yourself from Cyber (hacker) criminals. Come with your questions and learn how to protect yourself!

**Pick of the Litter**

**Tuesday, June 18, 10:00 am–11:00 am**

**Location: Danville Senior Center**

Movie Day: A follow-up on our trip to Guide Dogs for the Blind, Pick of the Litter follows a litter of puppies from the moment they're born and begin their quest to become guide dogs for the blind. Cameras follow these pups through an intense two-year odyssey as they train to become dogs whose ultimate responsibility is to protect their blind partners from harm. Along the way, these remarkable animals rely on a community of dedicated individuals who train them to do amazing, life-changing things in the service of their human.

**Social Security Questions Answered**

**Tuesday, June 25, 10:00 am – 11:00 am**

**Presenter: Kinley Wong CRPC**

**Location: Danville Senior Center**

Are your Social Security Benefits questions leaving you feeling confused and full of doubt? If so, don't miss this great opportunity to get all your questions answered by a Lincoln Financial Advisor.

*Technology Classes*

**\*New\* Common iPhone Apps (55y&up)**

**Thursday, April 4- 18, 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 (55y&up)****Tuesday, April 2 – 23, 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, April 5, 4:00 pm - 5:00 pm****Friday, May 3, 4:00 pm - 5:00 pm****Friday, June 7, 4:00 pm - 5:00 pm****Danville Senior Center, Community Hall**

Want help with your smartphone or tablet? This program is designed to help 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.

**MAC Users****Tuesdays: 2:30 pm & 3:30 pm****Volunteer Instructor: Catherine Statley**

Questions on Microsoft Office programs and systems, setting up email, basic internet searches, printing and saving as well as configuring new laptops. Students may bring their own laptop or one with Windows XP will be provided.

**PC/Apple MAC Users****Wednesdays: 3:30 pm & 4:15 pm (45-minute appointments)****Volunteer Instructor: Clark Murray**

Clark will assist you with questions on either a MAC product/PC platform.

**Art/Music Classes****Acrylic Painting****Monday, April 8 – April 29, 10:30 am - 12:30 pm, \$80(R) \$96(N)****Monday, May 6 – May 20, 10:30 am - 12:30 pm, \$60(R) \$72(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 provided pictures. \$8 materials fee.

**\*New\* Oil Painting for Beginners****Wednesday, April 3 – April 24 – 11:00 am - 1:00 pm,****Wednesday, May 1 – May 22 – 11:00 am - 1:00 pm,****Wednesday, June 5 – June 26 – 11:00 am - 1:00 pm****Fees: \$100(R) \$120(N)**

Beginner's oil painting lessons. Come learn to paint in the style of California Impressionism. You will learn how to build your pallet and apply skills to paint skies, trees, mountains, and water. Photos provided or bring your own. Option to paint your own subject such as a pet portrait. Keep in mind that we will be using professional grade oil paint and materials fee will reflect that. Please wear clothes you can paint in. No experience necessary. \$20 materials fee.

**Entertainment****Silver Screen Movies****Location: Danville Senior Center, Community Hall A****Movie Dates: 4/5, 4/12, 4/19, 4/26, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21**

Movies are shown on Fridays at 1:45 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: May 3, May 10, June 28**

Movies are shown on Fridays at 1:45 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 – Malaysian Faire****Thursday, June 20, 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**

**Wednesday, May 1 - May 29, 9:30 am - 10:30 am,**

**Fees: \$85(R) \$102(N)**

**Location: Town Meeting Hall**

**Instructor: Kiran Easwarachandran**

Movement is the deepest language of the mind and body. It is where we find connection, joy, healing, resonance and meaning, all towards a more integrated inner and outer experience of the self. Come find this body-mind connection through the magical music of BOLLYWOOD, where you get a great workout, connect with your body, groove to a different beat, and mostly, be in the joy of movement. Absolutely, no dance experience needed! Come dressed comfortably to dance/sweat/workout. Please bring water.

#### **Dancercise**

**Wednesday, April 3 - June 26, 10:55 am - 11:50 am**

**Location: Danville Senior Center, Community Hall**

**Instructor: Reggie Kwan and Bonnie Braga**

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. Fees: \$30(R) \$36(N)

#### **Line Dance (High Beginner)**

**Thursday, April 4 - June 27, 10:00 am - 11:00 am**

**Fees: \$52(R) \$62(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Minnie Choi and Joyce Lee**

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](https://www.youtube.com/channel/UCsuperlinedance)

#### **Line Dance (Easy Intermediate)**

**Thursday, April 4 - June 27, 11:15 am - 12:15 pm**

**Fees: \$52(R) \$62(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Minnie Choi and Joyce Lee**

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](https://www.youtube.com/channel/UCsuperlinedance.com). Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred.

### Exercise Classes

#### **Feldenkrais Awareness through Movement**

**Tuesday, April 16 - May 21, 3:30 pm-4:30 pm,**

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

**Tuesday, May 28 - June 18, 3:30 pm-4:30 pm,**

**Fees: \$40(R) \$48(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Naffie Fischbacher**

This classroom application of the Feldenkrais Method® uses gentle movement explorations to teach you to move with greater ease and efficiency. Regular students enjoy posture, improved breathing and coordination, as well as increased flexibility and grace in action. Wear comfortable, nonrestrictive clothing and bring a mat.

#### **Gentle Stretch**

**Monday, April 1 - June 24, 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 and a dish-sized towel.

Fees: \$84(R) \$101(N)

#### **Jacki Sorenson's Aerobic Dance - Beginner's Class**

**Tues. and Thurs., April 2-June 27, 1:00 pm-2:00 pm. Fees: \$99(R) \$119(N)**

**Tues. and Thurs., April 2-May 2, 1:00pm-2:00 pm. Fees: \$48(R) \$58(N)**

**Tues. and Thurs., May 7-May 30, 1:00 pm-2:00 pm. Fees \$36(R) \$43(N)**

**Tues. and Thurs. June 4-June 27, 1:00 pm-2:00 pm. Fees: \$36(R) \$43(N)**

**Location: Danville Senior Center, Community Hall**

**NEW STUDENTS:** This April-May-June series is perfect for brand new students. 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. Take the full series or pay by the month. This class is designed to meet both Tuesday and Thursday. **No class for 2 days TBD by instructor.**

#### **New Jacki Sorenson's Aerobic Dance - Mon/Wed (55Y & Up)**

**Mon. and/or Wed., April 1-June 26. Fees: \$152(R) \$182(N)**

**Mondays only, April 1-June 24. Fees: \$88(R) \$106(N)**

**Wednesdays only, April 3-June 26. Fees: \$88(R) \$106(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Lori McGuiness**

This is a dance fitness class that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for active seniors. Participants are encouraged to wear comfortable clothes and to bring a floor mat. Hand held 2-4-pound weights are recommended but not required. Note: This class is designed to meet both Monday and Wednesday, but you may register for one day only as well. No class 5/27.

**Registration Form – April/May/June**  
**Registration Dates: March 12 (Residents) March 13 (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 credit card convenience 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
		<b>Guide Dogs for Blind and Sausalito</b> Activity Code: 20803	Thursday April 18	8:00 am - 5:00 pm	\$55R \$66N
		<b>Petaluma River Cruise</b> Activity Code: 20808	Monday May 13	10:00 am - 2:00 pm	\$132R \$158N
		<b>Wings of Freedom Tour</b> Activity Code: 20805	Tuesday May 28	10:00 am	\$15R \$17N
		<b>Marine Wildlife Center and Lunch</b> Activity Code: 20809	Thursday June 6	8:00 am - 5:30 pm	\$63R \$75N
		<b>*AdVANTure* Japanese Garden, Hayward History Museum &amp; Brunch</b> Activity Code: 20871	Wednesday June 26	9:00 am - 3:00 pm	\$65R \$74N
Register (X)	Participant Name	SPECIAL EVENTS	Date	Time (approximate)	Fee
		<b>Create Your Own Art at AR Workshop</b> Activity Code: 20857	Thursday April 4	1:00 pm - 4:00 pm	\$65R \$N
		<b>Senior Happy Hour at Kickin Mule</b> Activity Code: 20806	Wednesday April 10	2:30 pm - 4:30 pm	\$8R \$10N
		<b>Breakfast with Friends at The Peasant's Courtyard</b> Activity Code: 20810	Wednesday June 12	9:00 am - 11:30 am	\$15R \$18N
Register (X)	Participant Name	BUZZ SESSIONS	Date	Time (approximate)	Fee
		<b>Medicare 101</b> Activity Code: 20627	Tuesday April 2	10:00 am - 11:00 am	Free
		<b>Mind Fit Series - Exercise Your Brain</b> Activity Code: 20628	Tuesday April 9	10:00 am - 11:00 am	Free
		<b>Are You Prepared?</b> Activity Code: 20629	Tuesday April 16	10:00 am - 11:00 am	Free
		<b>Fall Prevention</b> Activity Code: 20630	Tuesday April 23	10:00 am - 11:00 am	Free
		<b>Hike Locally</b> Activity Code: 20631	Tuesday April 30	10:00 am - 11:00 am	Free
		<b>Protecting Your Portfolio in a Volatile Market</b> Activity Code: 20632	Tuesday May 7	10:00 am - 11:00 am	Free
		<b>Premier Travel</b> Activity Code: 20633	Tuesday May 14	10:00 am - 11:00 am	Free
		<b>Bone Health</b> Activity Code: 20634	Tuesday May 21	10:00 am - 11:00 am	Free
		<b>One Fall Could Change it All</b> Activity Code: 20636	Tuesday June 4	10:00 am - 11:00 am	Free
		<b>Cyber Security</b> Activity Code: 20637	Tuesday June 11	10:00 am - 11:00 am	Free
		<b>Pick of the Litter: Dogumentary</b> Activity Code: 20638	Tuesday June 18	10:00 am - 11:00 am	Free
		<b>Social Security Question Answered</b> Activity Code: 20639	Tuesday June 25	10:00 am - 11:00 am	Free

Register (X)	Participant Initials	CLASSES	Date	Time (approximate)	Fee
		<b>AARP 2-Day Smart Driver Course</b> Activity Code: 20797	Thursday 5/2 & 5/9	9:00 am - 1:00 pm	See class info
		<b>Acrylic Painting</b> Activity Code: 20741	Monday 4/8 - 4/29	10:30 am - 12:30 pm	\$80R \$96N
		<b>Acrylic Painting</b> Activity Code: 20742	Monday 5/6 - 5/20	10:30 am - 12:30 pm	\$60R \$72N
		<b>Bollywood Dance Fusion</b> Activity Code: 20789	Wednesday 5/1 - 5/29	9:30 am - 10:30 am	\$85R \$102N
		<b>Bridge Basics Two: Competitive Bidding</b> Activity Code: 20790	Wednesday 4/3 - 6/5	10:00 am - 12:00 pm	\$100R \$120N
		<b>Basic Bridge Conventions</b> Activity Code: 20791	Thursday 4/4 - 6/6	12:00 pm - 2:00 pm	\$100R \$120N
		<b>Bocce - Senior (Tuesday)</b> Activity Code: 20798	Tuesday 4/9 - 5/28	9:30 am - 11:30 am	\$30R \$36N
		<b>Bocce - Senior (Wednesday)</b> Activity Code: 20799	Wednesday 4/10 - 5/29	9:30 am - 11:30 am	\$30R \$36N
		<b>Bocce - Senior (Thursday)</b> Activity Code: 20800	Thursday 4/11 - 5/30	9:30 am - 11:30 am	\$30R \$36N
		<b>*New* Common iPhone Apps</b> Activity Code: 20839	Thursday 4/4 - 4/18	2:45 pm - 3:45 pm	\$5R \$6N
		<b>Cooking with James &amp; Coni - Malaysian Faire</b> Activity Code: 20746	Thursday 6/20	2:00 pm - 4:00 pm	\$10R \$12N
		<b>Dancercise</b> Activity Code: 20729	Wednesday 4/3 - 6/26	10:55 am - 11:50 am	\$30 R \$36 N
		<b>Feldenkrais® Awareness Through Movement</b> Activity Code: 20730	Tuesday 4/16 - 5/21	3:30 pm - 4:30 pm	\$60R \$72N
		<b>Feldenkrais® Awareness Through Movement</b> Activity Code: 20731	Tuesday 5/28 - 6/18	3:30 pm - 4:30 pm	\$40R \$48N
		<b>Gentle Stretch</b> Activity Code: 20748	Monday 4/1 - 6/24	2:30 pm - 3:30 pm	\$84R \$101N
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 20752	Friday 4/5	4:00 pm - 5:00 pm	Free
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 20753	Friday 5/3	4:00 pm - 5:00 pm	Free
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 20754	Friday 6/7	4:00 pm - 5:00 pm	Free
		<b>Introduction to Mindfulness - Beyond the Hype</b> Activity Code: 20840	Thursday 4/11 - 5/16	10:00 am - 12:00 pm	\$100R \$120N
		<b>iPhone Basics</b> Activity Code: 20817	Tuesday 4/2 - 4/23	2:45 pm - 3:45 pm	\$5R \$6N
		<b>*New* Jacki Sorensen's Aerobic Dancing - Beginner's Class</b> Activity Code: 20792	Tues/Thurs 4/2 - 6/27	1:00 pm - 2:00 pm	\$99R \$119N
		<b>*New* Jacki Sorensen's Aerobic Dancing - Beginner's Class</b> Activity Code: 20793	Tues/Thurs 4/2 - 5/2	1:00 pm - 2:00 pm	\$48R \$58N
		<b>*New* Jacki Sorensen's Aerobic Dancing - Beginner's Class</b> Activity Code: 20794	Tues/Thurs 5/7 - 5/30	1:00 pm - 2:00 pm	\$36R \$43N
		<b>*New* Jacki Sorensen's Aerobic Dancing - Beginner's Class</b> Activity Code: 20795	Tues/Thurs 6/4 - 6/27	1:00 pm - 2:00 pm	\$36R \$43N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 20755	Mon/Wed 4/1 - 6/26	5:30 pm - 6:30 pm	\$152R \$182N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 20756	Monday 4/1 - 6/24	5:30 pm - 6:30 pm	\$88R \$106N



Register (X)	Participant Initials	CLASSES (Continued)	Date	Time (approximate)	Fee
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 20757	Wednesday 4/3 - 6/26	5:30 pm - 6:30 pm	\$88R \$106N
		<b>Kamanawanaplaya Ukulele Club</b> Activity Code: 20758	Thursday 4/11 - 6/27	4:00 pm - 5:30 pm	\$30R \$36N
		<b>Line Dance (High Beginner)</b> Activity Code: 20760	Thursday 4/4 - 6/27	10:00 am - 11:00 am	\$52R \$62N
		<b>Line Dance (Easy Intermediate)</b> Activity Code: 20759	Thursday 4/4 - 6/27	11:15 am - 12:15 pm	\$52R \$62N
		<b>Luk Tung Kuen</b> Activity Code: 20732	Wednesday 4/3 - 6/26	10:00 am - 10:50 am	\$30R \$36N
		<b>A Matter of Balance</b> Activity Code: 20740	Tuesday 4/2 - 6/25	1:00 pm - 3:00 pm	\$16R \$19N
		<b>Mat Pilates (Tuesday)</b> Activity Code: 20768	Tuesday 4/2 - 6/25	8:30 am - 9:30 am	\$104R \$125N
		<b>Mat Pilates (Thursday)</b> Activity Code: 20761	Friday 4/4 - 6/27	8:30 am - 9:30 am	\$104R \$125N
		<b>*New* Oil Painting for Beginners</b> Activity Code: 20824	Wednesday 4/3 - 4/24	11:00 am - 1:00 pm	\$100R \$120N
		<b>*New* Oil Painting for Beginners</b> Activity Code: 20825	Wednesday 5/1 - 5/22	11:00 am - 1:00 pm	\$100R \$120N
		<b>*New* Oil Painting for Beginners</b> Activity Code: 20826	Wednesday 6/5 - 6/26	11:00 am - 1:00 pm	\$100R \$120N
		<b>Peer Support Group</b> Activity Code: 20762	Monday 4/1, 5/6, 6/3	1:00 pm - 2:30 pm	\$30R \$36N
		<b>QiGong - Shibashi for Seniors</b> Activity Code: 20763	Wednesday 4/3 - 6/26	12:10 pm - 1:10 pm	\$30R \$36N
		<b>Senior Self-Defense with Cane Assist</b> Activity Code: 20745	Tuesday 4/2 - 6/25	9:00 am - 10:00 am	\$30R \$36N
		<b>Senior Stretch+ (Arthritis Friendly)</b> Activity Code: 20737	Friday 4/5 - 4/26	9:15 am - 10:15 am	\$32R \$38N
		<b>Senior Stretch+ (Arthritis Friendly)</b> Activity Code: 20738	Friday 5/3 - 5/31	9:15 am - 10:15 am	\$40R \$48N
		<b>Senior Stretch+ (Arthritis Friendly)</b> Activity Code: 20739	Friday 6/7 - 6/28	9:15 am - 10:15 am	\$32R \$38N
		<b>Spanish Beginning 1</b> Activity Code: 20772	Tuesday 4/9 - 6/25	11:00 am - 12:00 pm	\$210R \$252N
		<b>Spanish Beginning 2</b> Activity Code: 20769	Monday 4/8 - 6/24	9:00 am - 10:00 am	\$165R \$198N
		<b>Spanish Conversation</b> Activity Code: 20770	Monday 4/8 - 6/24	10:30 am - 11:30 am	\$165R \$198N
		<b>Spanish Intermediate</b> Activity Code: 20771	Tuesday 4/9 - 6/25	9:30 am - 10:45 am	\$210R \$252N
		<b>STEM Club</b> Activity Code: 20734	Tuesday 4/23	2:30 pm - 4:00 pm	Free
		<b>STEM Club</b> Activity Code: 20735	Tuesday 5/28	2:30 pm - 4:00 pm	Free
		<b>STEM Club</b> Activity Code: 20736	Tuesday 6/25	2:30 pm - 4:00 pm	Free
		<b>Strength and Tone</b> Activity Code: 20821	Thursday 4/4 - 4/25	4:00 pm - 5:00 pm	\$32R \$38N
		<b>Strength and Tone</b> Activity Code: 20822	Thursday 5/2 - 5/30	4:00 pm - 5:00 pm	\$40R \$48N
		<b>Strength and Tone</b> Activity Code: 20823	Thursday 6/6 - 6/27	4:00 pm - 5:00 pm	\$32R \$38N
		<b>Stretch &amp; Strengthen</b> Activity Code: 20796	Wednesday 4/3 - 6/26	2:00 pm - 3:00 pm	\$104R \$125N
		<b>*New Time* Tai Chi</b> Activity Code: 20773	Wednesday 4/3 - 6/26	8:45 am - 9:35 am	\$30R \$36N
		<b>T'ai Chi Chih &amp; QiGong</b> Activity Code: 20728	Tuesday 4/2 - 6/25	11:00 am - 12:00 pm	\$30R \$36N

		<b>Welcome to Medicare</b> Activity Code: 20714	Saturday 4/13	10:00 am - 12:30 pm	Free
		<b>Welcome to Medicare</b> Activity Code: 20715	Saturday 5/11	10:00 am - 12:30 pm	Free
		<b>Welcome to Medicare</b> Activity Code: 20716	Saturday 6/8	10:00 am - 12:30 pm	Free
		<b>Yoga - Monday</b> Activity Code: 20749	Monday 4/8 - 6/24	11:00 am - 12:15 pm	\$121R \$145N
		<b>Yoga-Wednesday</b> Activity Code: 20750	Wednesday 4/10 - 6/26	8:15 am - 9:30 am	\$132R \$158N
		<b>Zumba - Monday</b> Activity Code: 20818	Monday 4/1 - 4/29	4:15 pm - 5:15 pm	\$40R \$48N
		<b>Zumba - Monday</b> Activity Code:20819	Monday 5/6 - 5/29	4:15 pm - 5:15 pm	\$40R \$48N
		<b>Zumba - Monday</b> Activity Code:20820	Monday 6/3 - 6/24	4:15 pm - 5:15 pm	\$32R \$38N
				<b>Total Fees (from all pages)</b>	\$
			Credit Card Transaction Fee	<b>2.99% of total fees (\$2.00 minimum)</b>	\$
				<b>Grand Total</b>	\$

### REGISTRATION INFORMATION

#### On-line Registration

On-line registration for residents will begin at 8:30 am on Tuesday, March 12. 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, March 11 at 5:00 pm will be processed beginning Tuesday, March 12, with no priority given. Open Registration will begin on Wednesday, March 13.

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 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.*

**Luk Tung Kuen****Wednesday, April 3 – June 26, 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. Fees: \$30(R) \$36(N)

**Mat Pilates - Tuesday****Tuesday, April 2 – June 25, 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, April 4 – June 27, 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, April 3 – June 26, 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. Fees: \$30(R) \$36(N)

**Senior Stretch+ Light Fitness (Arthritis Friendly)****Friday, April 5 - 26, 9:15 am - 10:15 am, Fees: \$32(R) \$38(N)****Friday, May 3 - 31, 9:15 am - 10:15 am, Fees: \$40(R) \$48(N)****Friday, June 7 - 28, 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 to class.

**Strength and Tone****Thursday, April 4 - 25, 4:00 pm – 5:00 pm,****Fees: \$32(R) \$38(N)****Thursday, May 2 - 30, 4:00 pm – 5:00 pm,****Fees: \$40(R) \$48(N))****Thursday, June 6 - 27, 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, April 3 – June 26, 2:00 pm - 3:00 pm,****Fees: \$104(R) \$125(N)****Location: Danville Senior Center, Community Hall****Instructor: Felicia Viera**

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. Make up classes on Mondays 2:30 pm – 3:30 pm.

**\*New Time\* Tai Chi****Wednesday, April 3 – June 26, 8:45 am - 9:35 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. Fees: \$30(R) \$36(N)

### **T'ai Chi Chih & Qigong**

**Tuesday, April 2 – June 25, 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, April 8 – June 24, 11:00 am - 12:15 pm,**

**Fees: \$121(R) \$145(N)**

**Location: Danville Community Center, Valley Oak Room**

**Wednesday, April 10 – June 26, 8:15 am - 9:30 am,**

**Fees: \$132(R) \$158(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 5/27 for Monday class.**

### **Zumba**

**Monday, April 1 - 29, 4:15 pm - 5:15 pm, Fees: \$40(R) \$48(N)**

**Monday, May 6 - 29, 4:15 pm - 5:15 pm, Fees: \$40(R) \$48(N)**

**Monday, June 3 -24, 4:15 pm - 5:15 pm, Fees: \$32(R) \$38(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Paradis 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! No class 5/27.

### **First Aid & Safety/Senior**

**Senior Self-Defense with Cane Assist (55Y & up)**

**Tuesday, April 2 – June 25, 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**

**A Matter of Balance**

**Tuesday, April 2 – June 25, 1:00 pm – 3:00 pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Jim Donnelly**

In partnership with Meals on Wheels Diablo, a Matter of Balance (MOB) is an evidence-based fall prevention program that focuses on overcoming the fear of falling and increasing physical activity through learning assertive behaviors, making the home safer, and following an exercise program designed to improve balance. The course includes 8 two-hour sessions taught by two trained coaches and covers many activities seniors face at home and in the community. Must preregister and attend all classes. Wear loose clothing and comfortable shoes. Classes on 4/23, 5/28 and 6/25 will be held at the Town Meeting Hall. <http://www.ncoa.org/resources/program/summary-a-matter-of-balance>  
Fees: \$16(R) \$19(N)

**\*New\* Introduction to Mindfulness – Beyond the Hype**

**Thursday, April 4 – May 16, 10:00 am – 12:00 pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Gale Schleimer, MSW**

I invite you to 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. Fees: \$16(R) \$19(N)

### **Games/Mind Enrichment Classes**

**ACBL Bridge**

**Friday, April 5 - June 28, 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)

**Basic Bridge Conventions**

**Thursday, April 4 – June 6, 12:00 pm - 2:00 pm**

**Fees: \$100(R) \$120(N)**

**Location: Danville Community Center, Las Trampas Room**

**Instructor: Michael Gosnell**

Come and learn some of Bridge's most popular conventions. We will cover Stayman, Jacoby Transfers, Unusual No Trump, among others. Class members must know the basics of standard bidding. No beginners. **No class May 30.** Make-up class June 6.

**Bridge Basics Two: Competitive Bidding****Wednesday, April 3 – June 5, 10:00 am - 12:00 pm****Location: Danville Senior Center, Meeting Room****Instructor: Michael Gosnell**

We will cover overcalls, take out doubles, weak 2 & 3 bids, Stayman, Jacoby transfers, strong 2C opening as well as a few other commonly used conventions. Questions? Call Michael, (925) 949-9630. \$12 class textbook that can be purchased from instructor. Classes 4/3, 4/10, 4/17 and 4/24 will be held at the Town Meeting Hall. **No class May 29.** Makeup class on June 5. Fees: \$100(R) \$120(N)

**Game Day****Friday, April 5 – June 28, 11:00 am - 1:30 pm****Location: Danville Senior Center, Art Room**

Games, games, games galore at the Danville Senior Center. Play your favorite board games, cards, dominoes and poker (chips only). Bring your friends for a morning of fun. Registration not required. Free.

**Senior Bocce****Tuesday, April 9 – May 28, 9:30 am - 11:30 am****Wednesday, April 10 – May 29, 9:30 am – 11:30 am****Thursday, April 11 – May 30, 9:30 am – 11:30 am****Location: Sycamore Valley Park****Fees: \$30(R) \$36(NR)**

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.

**Senior Friday Bridge****Friday, April 5 – June 28, 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.

**Foreign Language/Senior****Spanish – Beginning 1****Tuesday, April 9 – June 25, 11:00 am - 12:00 pm****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students who are taking Spanish for the very first time. Learn phrases, salutations, vocabulary, numbers, etc. Basic beginner's vocabulary to have short dialogues and conversation. Required materials: Easy Spanish, Step by Step by Barbara Bregstein, Editorial McGraw Hill. \$2 materials fee due to instructor on the first day of class. Fees: \$210(R) \$252(N)

**Spanish - Beginning 2****Monday, April 8 – June 24, 9:00 am - 10:00 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students with some previous exposure to Spanish. Please contact the instructor if you are not sure about your level. Basic beginner's vocabulary to have short dialogues and conversation. Required materials: "Easy Spanish, Step by Step" by Barbara Bregstein, Editorial McGraw Hill. \$2 materials fee due to instructor at the start of class. **No class 5/28.** Fees: \$165(R) \$198(N)

**Spanish Conversation****Monday, April 8 - June 24, 10:30 am - 11:30 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students who have some knowledge of Spanish. We will continue learning vocabulary, grammar and conversational Spanish. We will use the workbook, "Spanish Three Years," by Nassi-Levy, 2nd edition. We will also read and discuss articles given in class. \$2 materials fee due to instructor at the start of class. **No class 5/27.** Fees: \$165(R) \$198(N)

**Spanish, Intermediate****Tuesday, April 9 – June 25, 9:30 am - 10:45 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

For students with some Spanish knowledge who want to continue learning and improving their language skills. Required materials: "Easy Spanish, Step-by-Step," by Barbara Bregstein, Editorial McGraw Hill. \$2 materials fee due to instructor at the start of class. Fees: \$210(R) \$252(N)

**Clubs/Groups****Danville Senior Book Club****Meets the 2nd Tuesday of each month, 10:30 am-12:00 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.

### April

#### ***The Color of Water:***

#### ***A Black Man's Tribute to His White Mother***

**By: James McBride**

This book is the autobiography/memoir of James McBride, published in 1955 and is also a tribute to his mother. The chapters alternate between his narrations of his early life and his mother's accounts of her life, mostly taking place before he was born. He depicts the conflicting emotions he endured as he struggled to discover himself through his mother's narrations of the hardships she endured as a white Jewish woman married to a black man in 1942.

### May

#### ***The Great Alone***

**By: Kristen Hannah**

Ernt Allbright, a former POW, comes home from the Vietnam war a changed and volatile man. When he loses yet another job, he makes an impulsive decision to move his family north to Kirkus, Alaska, where they will live off the grid in America's last true frontier. Thirteen-year-old Leni, a girl coming of age in a tumultuous time, caught in the riptide of her parents' passionate, stormy relationship is desperate for a place to belong. Her mother will do anything and go anywhere for the man she loves, even if means following him into the unknown to Kirkus, Alaska. But as winter approaches and darkness descends on Alaska, Ernt's fragile mental state deteriorates and the family begins to fracture. Leni and her mother learn the terrible truth - they are on their own. In the wild, there is no one to save them but themselves.

### June

#### ***Bridge of Clay***

**By: Markus Zusak**

This novel revolves around five brothers coming to terms with the disappearance of their father. The story is told from the perspective of Matthew, the eldest of the boys and their guardian since their mother passed away and their father abandoned them. He tells the story from a distant point in the future, one in which he is married with children, and the fate of his brother, Clay, is temporarily unknown to the reader. It is a difficult book to describe, in all its complexity --- it flicks back and forth in time, tracing the histories of each character in loving detail.

### **Danville Senior Citizens Club**

**Mondays, April 1 – June 24, 9:00 am - 2:00 pm**

**Location: Danville Senior Center, Community Hall**

Mah-Jongg, and free drop-in bridge lessons available 9:00 am-11:30 am Bingo 11:30 am-2:00 pm. New members welcome. 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 Wednesday 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, April 11 – June 27, 4:00 pm - 5:30 pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Ron Siemens**

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). Fees: \$30(R) \$36(N)

### **Peer Support Group**

**Monday, April 1, May 6, June 3, 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. Fees: \$30(R) \$36(N)

**STEM Club**

**Meets 4th Tuesday of each month:  
4/23, 5/28, 6/25, 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](http://mathandscience.org/STEM) or email Tom Bauer at [tbauer@mathandscience.org](mailto: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, April 5 - June 28, 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, May 2 & May 9, 9:00 am - 1:00 pm**

**Location: Oak Hill Park Community Center, Meeting Room**

**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.

**Blood Pressure Screening**

**1st and 3rd Mondays, 10:00 am - 11:00 am**

**Location: Danville Senior Center, Conference Room**

**Facilitator: Kathleen Maxwell**

Seniors can drop in for a free blood-pressure screening. No appointment necessary. Free.

**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.

**Welcome to Medicare Seminar**

**Saturday, April 13, 10:00 am - 12:30 pm**

**Saturday, May 11, 10:00 am - 12:30 pm**

**Saturday, June 8, 10:00 am - 12:30 pm**


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.



Town of Danville  
 Senior Services  
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 Danville, CA 94526

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 DANVILLE SENIOR SERVICES (925) 314 – 3430  
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 FOLLOW US ON INSTAGRAM @DANVILLEPARKSCA

**Registration: March 12 (Residents); March 13 (Open Registration)**

View or download the Silver Streak online at [www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors) or view a copy at any Town Office location. You can also register for all activities at [www.danvillerecguide.com](http://www.danvillerecguide.com). 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:** 5/3,  
 5/10, 6/28

**FREE**

**Movies are shown  
 Fridays at 1:45 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 1:45 pm. **FREE.** Registration not required.

**Movies Dates:** April 5, April 12, April 19, April 26, May 17, May 24, May 31, June 7, June 14, June 21

**In the Next Issue of the Silver Streak...**

- Ticket sales for the 2nd Annual Senior Variety Show
- Summer Senior Bocce BBQ

**FOR MORE INFORMATION, PLEASE VISIT [WWW.DANVILLE.CA.GOV/SENIORS](http://WWW.DANVILLE.CA.GOV/SENIORS)**

To join our Senior Movie mailing list, please send your email to [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov).

