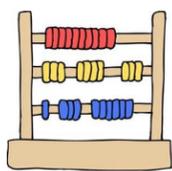




CITY OF SAN LEANDRO
RECREATION AND HUMAN SERVICES
CREATING COMMUNITY



IRS Tax Deadline: April 18, 2016

San Leandro Senior Services

For Adults 50+

All activities are held at the Senior Community Center unless otherwise noted



April 10-16 is Volunteer Appreciation week. Thank you to all of our SCC volunteers who have volunteered their time to senior programs and events over the past year! You are appreciated!

San Leandro Senior Community Center
13909 East 14th Street, San Leandro, CA 94578
Phone: (510) 577-3462 Fax: (510) 577-3470
www.sanleandrorec.org

Our Summer Activity Guide will be released this month, with registration beginning April 21 for residents and April 28 for non-residents. The Recreation and Human Services Department is moving to a new registration system. To ensure a smooth and easy sign up process, please create your account online prior to summer registration (details will be available in the summer Guide).

Senior Travel Informational Meeting

Thursday April 14 - 10:00am-12:00pm
Pre-registration required. Course # 37345



Learn the affordable, exciting, and fun ways to travel! Come and join the Senior Travel Troupe as we discuss our upcoming summer travel season. Informational slide show, trip details, refreshments and PRIORITY registration for all meeting participants.

IMPORTANT PARATRANSIT REMINDERS

2016-2017 renewal forms for current FLEX Shuttle riders will be mailed out towards the end of April. Applications will be processed beginning May 9. Please be sure to process your renewal early in order to avoid an interruption in service.

Beginning July 1, 2016 you must be 70 years or older to purchase Taxi Vouchers.

Questions?

SLParatransit@sanleandro.org or (510) 577 - 7985

Laugh Yourself Healthy!

2nd Friday each month 10:30am - 11:30am

Drop-in program; no pre-registration required. Fee: \$1



Get silly and have fun! No mats on the floor, no strange or difficult contortions of your body. No stories, no jokes, just acting silly. Sit back, relax and laugh your class off with Stan Nelson as your Laughter Yoga teacher. Your mood will lighten and you will leave each session refreshed!



SAVE THE DATE

18th Annual
Senior Resource Fair



Living Longer, Growing Stronger
in San Leandro!

Friday, May 20, 10:00am-1:00pm

LGBT Senior Week

Safe, Visible and Celebrated



Lesbian, Gay, Bisexual, and Transgender (LGBT) Senior Week: Safe, Visible and Celebrated! April 25 - 29.

Be sure to visit the Senior Community Center as Lavender Seniors will be displaying scrolls explaining their organization and personal stories. The display will run from April 25-May 18.

Lavender Seniors will be hosting a peer support group twice a month, on the 2nd and 4th Tuesday of every month in Meeting Room C, from 12:30pm—2:00 pm. Plan on attending the Spectrum Lunch* beforehand to network and socialize! The first meeting will be held on April 26 and is free to attend.

*24 hour advance registration for Spectrum Lunch is required.



Did you know you could stay connected to the SCC from the comfort of your own home? Like us on Facebook to stay updated with all our latest happenings, programs, and special events!

Assistive Listening Devices available.
Please inquire with staff.



Senior Services Staff

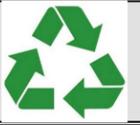
Diane Atienza	Recreation Supervisor	(510) 577 - 6079
Susan Criswell	Senior Services Coordinator	(510) 577 - 6053
Sandy Rogers	Paratransit Coordinator	(510) 577 - 7985
Judy Christopher	Recreation Specialist	(510) 577 - 7987

Customer Service Locations and Hours:

Senior Community Center, 13909 East 14th Street
Monday - Friday 8:30am - 5:00pm

Marina Community Center, 15301 Wicks Boulevard
Monday - Friday 11:30am - 7:00pm
Saturday 10:00am - 2:00pm Sunday - Closed

Monthly calendar is available online: <http://www.sanleandro.org/depts/rec/seniors>



Monday

Programs & Services

9:00 - 10:30 Beginner Line Dancing (with Norma)
 9:00 - 11:00 Computer Class*
 10:00 - 12:00 Mercy Brown Bag Pick Up (4/11 & 4/25)
 10:00 - 11:00 T'ai Chi Chih*
 10:00 - 1:30 Sunshine Seniors
 12:00 - 1:00 Spectrum Senior Meals
 12:00 - 4:30 Open Computer Lab
 1:15 - 2:15 Pull Up A Chair
 1:30 - 4:30 Table Tennis
 2:30 - 3:30 Arthritis Foundation - Walk With Ease
 2:30 - 3:30 Arthritis Tai Chi
 4:00 - 5:00 Zumba Gold
 4:15 - 5:15 Barb Creamer Dance Fitness for Women

Tuesday

8:45 - 9:45 Line Dance for Beginners (with Alice Lo)
 9:00 - 11:00 Caregiver Support Group (1st Tues only: 4/5)
 9:00 - 10:00 Yoga for Health
 9:00 - 12:00 Words in Bloom (4/5 & 4/19)
 10:00 - 12:00 Diabetes Support Group (4th Tues only: 4/26)
 10:30 - 11:30 Fall Prevention Exercise
 11:00 - 12:00 T'ai Chi Chih*
 11:45 - 12:45 Fall Prevention Exercise
 12:00 - 1:00 Spectrum Senior Meals +
 12:00 - 2:00 Information and Assistance
 12:00 - 4:30 Open Computer Lab
 12:15 - 1:30 Ultra Beginning Line Dancing (with Susie Okada)
 12:30 - 2:00 **NEW!** Lavender Senior Peer Support Group (4/26)
 1:00 Silver Screen Theatre (MCC)
 2:00 - 3:00 Yoga in a Chair*
 4:00 - 5:00 Simply Fit with Peggy

Wednesday

8:40 - 9:35 Cardio Workout*
 9:00 - 10:30 High Beginner Line Dancing (with Norma)
 9:00 - 12:00 Knit, Crochet, Sew, Handcrafts
 9:30 - 12:30 Blood Pressure & Weight Check (1st Wed only: 4/6)
 9:40 - 10:35 Cardio Workout*
 10:00 - 1:30 Sunshine Seniors
 10:30 - 2:00 Chair Massage (3rd Wed only: 4/20)
 11:00 - 12:00 T'ai Chi Chuan*
 11:00 - 12:00 Be Healthy Be Fit
 12:00 - 2:00 Wii Seniors Have FUN!
 12:00 - 1:00 Spectrum Senior Meals +
 12:00 - 4:30 Open Computer Lab
 1:30 - 4:00 Senior Swingers
 2:00 - 3:00 Fall Prevention Exercise
 2:30 - 3:30 Arthritis Foundation - Walk With Ease

Thursday

8:45 - 10:00 Intermediate Line Dancing (with Norma)
 9:00 - 10:00 Yoga for Health
 9:30 - 11:00 Memory Power (2nd Thurs. only: 4/14)
 10:00 - 1:00 Health Insurance Counseling (HICAP)
 (2nd & 4th Thursday; 4/14 & 4/28)
 Call 839-0393 for appt.
 10:00 - 1:00 Ceramics (MCC)
 10:30 - 11:30 Fall Prevention Exercise
 10:30 - 11:45 Line Dance - Beginner (with Alice Marez)
 11:45 - 12:45 Fall Prevention Exercise
 12:00 - 1:00 Spectrum Senior Meals (4/28 lunch in Arts & Crafts Rm)
 12:00 - 1:30 Intermediate Line Dancing (with Alice Marez)
 12:00 - 4:30 Open Computer Lab
 12:30 - 3:00 Common Threads
 2:30 - 3:30 Beginning Arthritis Tai Chi
 4:00 - 5:00 Simply Fit with Peggy
 4:00 - 5:00 Zumba Gold (MCC)
 5:15 - 6:15 Chen Tai Chi (MCC)

Friday

8:40 - 9:35 Cardio Workout*
 9:30 - 11:00 High Beginner Line Dancing (with Alice Lo)
 9:30 - 1:30 Recreational Mahjong
 9:40 - 11:35 Cardio Workout*
 10:30 - 11:30 Laugh Yourself Healthy (2nd Friday only: 4/8)
 12:00 - 1:00 Be Healthy Be Fit
 12:00 - 1:00 Spectrum Senior Meals +
 12:00 - 4:30 Open Computer Lab
 12:30 - 1:25 T'ai Chi Chuan*
 12:30 - 1:25 Beginning Ballroom Dancing
 12:45 - 4:45 Table Tennis
 1:15 - 2:15 Fall Prevention Exercise
 1:30 - 2:25 Intermediate Ballroom Dancing
 2:00 - 4:00 Hands On Help
 2:30 - 3:30 Arthritis Foundation - Walk With Ease
 4:15 - 5:15 Barb Creamer Dance Fitness for Women

Learn important information on topics that relate to seniors at our **FREE Community Education Programs**. Seniors, family members, caregivers, and friends are welcome. Space is limited, so we request that you pre-register by calling Customer Service at 577-3462

FREE Congestive Heart Failure
Thursday, April 14
9:30am - 11:00am



Join San Leandro Hospital Medical staff to learn more about causes, treatment and relief of symptoms for those living with congestive heart failure.
Course #37477

New Date! Coffee with the Cops
Tuesday, May 10 (Moved from May 11)
8:30am - 9:30am

San Leandro Police Department personnel will discuss recent crime trends and answer your questions. Learn more about Neighborhood Watch Programs and other strategies to reduce crime.
Course #37478



Senior Community Center Information & Assistance

Need assistance but don't know where to look? Did you get mail that is difficult to understand or do you need help completing forms?

A trained Volunteer Resource Coordinator is available to provide information, referrals, assistance and follow up services to help you maintain your independence. This is a free drop in program.
 Tuesdays, 12:00pm - 2:00pm



Senior Travel Troupe
Direct from Las Vegas!
A Salute to Sinatra



World renowned actor and Sinatra impressionist Gary Anthony brings his remarkable show to the stage of the California Theatre. During this dynamic, heartfelt, one-man theatrical tribute to Frank Sinatra Gary will perform Frank's most memorable songs, including "New York, New York", "You Make Me Feel So Young", "My Way", "It Was a Very Good Year", "Mack the Knife" and more!
 Saturday, April 23 Course #37453 10:00am - 6:30pm
 Fee: \$104 (R) / \$124 (NR)



Silver Screen Theatre

Marina Community Center
 Tuesdays at 1:00pm

- April 5:** A Brilliant Young Mind
- April 12:** The Intern
- April 19:** The 33
- April 26:** Barefoot in the Park

APRIL 2016						
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Find us on Facebook!



*These classes offered by San Leandro Adult School. Please call (510) 667-6287 for more information.
 + Spectrum Senior Meals: Reservations required at least one day in advance. Please call (510) 825-9793