



UPCOMING DATES

Oct	Events & Highlights
3	Joe's Buffet Bus
3	Friends of the Emeryville Senior Center
4	Apple Hill & High Hill Ranch
4	Brown Bag
5	Alameda County Fire Blood Pressure Check
5	Movie: Won't You Be My Neighbor?
5	Oktoberfest! 5:30PM
8	Indigenous People's Day - Senior Center is Closed
9	Vacaville Outlets
10	COA Meeting
11	AARP Part 1
11	HICAP
12	Movie: Book Club
13	Columbia Gold Rush Days
16	Newsletter Day
17	ACT Theater - Sweat!
18	AARP Part 2
18	Book Club
18	Brown Bag
18	Octagon House - SF
19	Alameda County Fire Blood Pressure Checks
19	Movie: Always at the Carlyle
20	Marin Music Festival
23	Delta River Cruise
26	Movie: Ocean's 8
27	Harvest Festival

October is Emergency Preparedness Month

As we head into the month of October, we are reminded of various natural disasters that have affected many people in many different ways. To help you be prepared, the City of Emeryville is hosting an Emergency Preparedness Fair in conjunction with the Emeryville Police Department and Alameda County Fire Department on **Saturday, September 29th from 11am to 1pm**. The address for the fair is: 2333 Powell St. across from Watergate. The fair includes tours of the Fire Station 34, Safety Tips for Seniors, resource vendors, activities for kids and Free Hot Dogs!

Also, don't miss our Senior Center Emergency Preparedness Presentation to learn how to best prepare yourself in an emergency on Friday October 19!

Sign up at the front desk starting on 10/1.

Halloween Party!

Join us for lunch on the 31st and wear your best Halloween Costume to participate in this year's contest! Peer judging will take place after lunch in the Main Hall.

Contest starts at 12:15 pm.



WILKOMMEN!



Our third annual **Oktoberfest** is here!

When: Friday, October 5th

Time: 5:30pm to 8:00pm

Where: ESC Main Hall & Bar

What: Authentic German Polka Band, Dancing, German Food, German Beer & Wine!
Don't miss out on this Fun Event!!! Tickets are \$10 in advance. Buy your tickets today!!!

Book Club

Meets the 3rd Thursday of each month at 10:00 am. Books being read:

Oct 18th: *The Atomic Weight of Love*
by E. Church

Nov 15th: *New of the World*
by P. Jiles

**Please bring your book with you.*

We will have a few copies on hand for you to borrow.

Presentations

Sept. Presentations: **Start time is 11:00 am**
Drop in! You might learn something new!

Friday, October 5th - Green Releaf:



Eve will be back to share her wisdom about specific cannabis products for sleep deprivation, pain management and other health related issues.

Friday, October 12th - Heart Health:

Bonnie Hayden will be here to teach you about warning signs, prevention and healthy living for a healthy heart!

Friday, October 19th - Emergency Preparedness:

Sign up in advance for this important presentation about emergency preparedness. You will learn how you can be prepared for the next big disaster!

Friday, October 26th - LAS/HICAP Open

Enrollment: Get up to date information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year. Get an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B.

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8-Hour Driver Safety Full Course

Thursday, October 11 & 18th - 9:00am to 1:00pm

If you are 50+ and want to take a class to refine your driving skills, join this class! YOU MUST sign up prior to the class. Many insurance providers offer discounts to seniors who take this class every four years. The course is \$15 for members of AARP & \$20 for non-members.

Please bring cash (exact change) or check payable to AARP only! The 8-hour full course will be offered again in January.

Trip "No-Show" Policy

Our trip refund policy (see page 6) addresses the two week cancellation policy for trips. If you cancel less than two weeks prior to the date of the trip, no refunds will be given unless a replacement can be found. In addition, we have added a "No Show" policy to address the vacancies on trips regardless of phone confirmations. A "No Show" means that the participant did not attend the trip and staff received no notification prior to the trip departure. Three "No Shows" will result in the loss of trip privileges for 6 months. Please be courteous and sign up only for the trips that you can attend. ESC does not charge a cancellation fee at this time. Let's keep it this way!

Recruiting Holiday Gala Volunteers

If you are interested in volunteering for this year's Holiday Gala, please contact Charla Blackmon at 510-533-0309 or 510-325-5742. Several volunteer positions are needed: Check in desk, table decorations, set up, clean up, donation solicitation, raffle ticket sales, food service, and other assistance as needed.

Thank you! Thank you! Thank you!

Volunteers make our Senior Center thrive! Our members help in so many ways! From visible service to behind the scenes. However you like to be of assistance, we have a volunteer opportunity that fits your style. "Help one another; there's no time like the present and no present like the time". ~James Durst

STAFF:

Youth and Adult Services Manager: Brad Helfenberger
Adult Services Supervisor: Kim Burrowes
Recreation Assistant-Michael Manalastas
Front Desk Staff- Bryan & Trudy
Nutrition Specialist: Mary McKenna



MOVIES: Billiards Room - Fridays at 1:00 PM, unless otherwise noted.

**October 5th:
Won't You Be My
Neighbor?**

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since. (2018 Drama, 94 Minutes)

**October 12th:
Book Club**

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. (2018 Drama, 104 Minutes)

**October 19th:
Always at the
Carlisle**

A landmark since its 1930 debut, New York City's Carlyle Hotel houses a raft of celebrities, many of whom share their reminiscences in this documentary, which also includes engaging stories from longtime staffers who are legendary in their own right. (2018 Drama, 92 Minutes)

**October 26th:
Ocean's 8**

Featuring a stellar cast, this distaff take on the hit movie franchise follows Danny Ocean's ex-con sister Debbie and her all-female crew as they plan their own brazen heist, targeting New York City's annual Met Gala. (2018 Drama, 110 Minutes)

OPERA LECTURE


The SF Opera shares a lecture on "It's a Wonderful Life" with our members prior to the performance scheduled on November 15th. Please join us on **Monday, Oct 29 at 10:00 am** in the Billiards Room. You can attend the lecture without enrolling in the trip, but if you are going on the trip, it is highly recommended to attend.

EMERGENCY PREPAREDNESS PRESENTATION



For the upcoming Emergency Preparedness Presentation, please sign up at the front desk. Space will be limited to the first 50 members. You will learn how to be better prepared in the event of an earthquake or other disaster. A special gift will be offered to those that register in advance and attend the presentation.

Sign ups begin on October 1.

Services & Programs

HICAP	Brown Bag
Thursday - Oct 11 th 1:00 pm - 3:00 pm Call HICAP for Appointment (510) 839-0393 Unbiased assistance & information on long term care, Medicare, supplements to Medicare, more.	Thursdays - Oct 4 th & 18 th 9:00 am - 9:30 am Bags of fresh produce & groceries for eligible registered program participants. Bring a bag. Annual Donations Accepted: \$10.00
Blood Pressure Check-Up	Transportation Services
 Fridays - Oct 5 th & 19 th 11:30 am The Alameda County Fire Department will check your blood pressure each month and records your progress from month-to-month.	The Senior Center offers "8-to-Go" transportation services to seniors in the 94608 area code traveling within the area. In addition, we offer a taxi reimbursement program for residents over 70. If you have any questions about these services, please call: (510) 596-3778

Meetings

Friends of the Emeryville Senior Center 	Emeryville Commission on Aging	Newsletter 
Meets at 10:30 am Wednesday, October 3 rd This non-profit group raises funds to support Center programs and equipment. Meeting open to all.	Meets at 10:00 am Wednesday, October 10 th This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.	Meets at 9:30 am Tuesday, October 16 th Volunteers help put together the newsletter for the monthly mailing. Join us and meet new friends!

Fun Facts by Mary Soo-Hoo

1. WD-40—stands for Water Displacement - 40th attempt to figure out the recipe.
2. CVS—stands for Consumer Value Stores.
3. M&M—stands for Mars and Murrie's, the last names of the candy's founders.
4. PAM—Cooking Spray stands for Product of Arthur Meyerhoff.
5. YAHOO—stands for Yet Another Hierarchical Official Oracle.
6. LEGO—combines the Danish words "leg got" or play well.
7. IKEA—started by a 17 year old Swede in 1943. I and K are from his first and last names. E and K, were the first letter of the farm and village where he grew up.
8. PEPSI—was its second name. It was changed because they felt it was an aid in digestion. Using the word "dyspepsia" which means indigestion as its root.
9. TWITTER—means a short burst of inconsequential information.
10. GOOGLE—takes its name from 'googol', the mathematical term for the number 1 followed by 100 zeros.

fun facts



NEW Class! *Cooking with Mari*

Cooking for One (or Two): Easy, Fast & Exciting
(2nd and 4th) Mondays 2:00 - 4:00 p.m.

(See dates below for October schedule)

Cooking with Mari: Smart Shopping Strategies
& Field Trip to Trader Joe's!

Many single people and empty nesters face the daily dilemma of what to cook at home, especially balancing time & effort vs cost & health benefits. It's difficult to diversify our menus without relying on expensive prepared food and restaurants. On October 22, Mari will share her shopping strategies which is a backbone of her kitchen wizardly. We'll first meet at 1pm in the kitchen discussing shopping and pantry basics, then take Emery-Go-Round together to Trader Joes for a shopping adventure!

Oct 8th: No Class - Resumes in November

Oct 22nd: Enrichment and Shopping Trip

Class limited to 12 sign-ups. Donations accepted.

The mission of the Emeryville Senior Center is to provide an array of activities and services that promote healthy aging and contribute to the physical, emotional, and financial well-being of older persons in our community. Participation is not limited with regard to race, color, creed, national origin, sex, or handicap.

SENIOR OF THE MONTH PROGRAM

Congratulations to Jim Anderson for being selected as ESC's October Senior of the Month! Jim is the friendly face you see delivering the Semi-Freddi's bread on Fridays, the man behind the counter at the Flea Market, the picnic volunteer and the Friends of ESC board member! Jim helps out wherever needed! Jim is an amazing volunteer who helps to make the senior center a better place! Thank you Jim for your service and commitment to the Emeryville Senior Center!

Other Services

Internet Access/Wi-Fi

The center has 7 computers and 3 laptops available for use, or bring your own computer and log on to our free Wi-Fi.

Information/Referral

On housing, healthcare, in-home care, and other community resources and professional services.

Clipper Card applications
available in the lobby.

DOMESTIC & INTERNATIONAL GROUP TOURS Calling All Travelers!

Take a look at what **Collette**, our respected travel partner, has to offer! Everything has been pre-planned, to ensure your journey is worry-free! What's included: **Transportation to/from the airport, airfare, top hotels, great restaurants**, as well as the **best "Must-Sees"** of each destination.

Featured Destinations for 2019

Southern Charm (Savannah & Charleston, Jekyll Island),
London & Paris,

Amish Country Getaway (Philadelphia & Lancaster),

Imperial Cities (Prague, Vienna & Budapest),

Portugal, Niagara Falls, Greece,

Italian Vistas (Venice, Florence, & Rome)
South Africa!

What's on your bucket list? Find your travel companion and make your reservation today!

Deborah Neal (510) 499-5900
Group Tour Coordinator

(Color brochures are available in the Senior Center lobby.)

Upcoming Trips

November 2018

Online Sign-ups begin Friday, Sep 21st | Walkin/phone sign-ups begin Monday, Sep 24th

Scholarships are available! If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! one trip per senior per year.

Sacramento Theater - "On Your Feet"	Thursday Nov. 1	10:30-6:00	\$65	Activity #1408	Moderate Walking
"On Your Feet" is the inspiring true story of Gloria and Emelio Estevez about heart and heritage and their climb to international fame through their uplifting and upbeat musical sensations! Lunch is on your own in Sacramento before the performance.					
Thunder Valley Casino	Saturday Nov. 3	8:30-5:00	\$25	Activity #1409	Moderate Walking
Thunder Valley is the ultimate Las Vegas style gaming casino offering over 1900 slot and video machines, 100 table games and a live poker room. Receive \$15 in slot credit and \$5 food coupon. On your own for the day.					
Culinary Institute	Tuesday Nov. 6	9:30-5:00	\$35	Activity #1410	Moderate Walking
The Christian Brothers Greystone Mansion is the home of Napa Valleys Culinary Institute in St Helena. Take a tour of this historical mansion and enjoy a hosted lunch prepared by the students and chefs of the culinary school.					
Joe's Buffet Bus	Wednesday Nov. 7	11:00-2:00	\$10	Activity #1411	Minimal Walking
Ride the bus with Joe to a surprise buffet location. Cost of the buffet is typically a fixed price and will be announced when your lunch spot is revealed! Pay for your own lunch.					
Diablo Ballet - A Swinging Holiday	Saturday Nov. 10	11:00-5:00	\$35	Activity #1412	Moderate Walking
Diablo Ballet's annual sold-out holiday hit <i>A Swingin' Holiday</i> features thrilling swing dance moves plus a live orchestra performing seasonal tunes by Duke Ellington, Glenn Miller, Nat "King" Cole, plus jazzy renditions of favorites like The Christmas Song and Let it Snow and others. Also on the program is the whimsically delightful work <i>Carnival of the Imagination</i> where a young boy's imagination brings his animals to life. Lunch is on your own in Walnut Creek prior to the performance.					
Shopping - Walnut Creek	Tuesday Nov. 13	10:00-4:00	\$10	Activity #1413	Moderate Walking
Broadway Plaza in downtown Walnut Creek is all dressed up for the holidays! It's a wonderfully festive time to get all of your holiday gift shopping done. There are plenty of dining choices to choose from, too. On your own for the day.					
Rock Wall Winery & Lunch	Wednesday Nov. 14	11:00-3:30	\$35	Activity #1414	Moderate Walking
Rock Wall winery, located in Alameda, has some spectacular views of the San Francisco and the Bay. Enjoy delicious wines while taking in breathtaking scenery. Also enjoy lunch on your own at Scolari's at the Point.					

****Domestic & International Guided Group Tours** can be found on page 4 of the newsletter.**

Upcoming Trips

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Online Sign-ups begin Friday, Sept 21st | Walkin/phone sign-ups begin Monday, Sept 24th

San Francisco Opera - "It's a Wonderful Life"	Friday Nov. 15	11:00-6:00	\$20	Activity #1415	Moderate Walking
"George Bailey stands on a snowy bridge at Christmas and contemplates his end. An angel training for her wings hears his plea and journeys through his memories to save his soul. Based on Frank Capra's beloved film, this timeless story of second chances debuts just in time for the holiday season." Lunch is on your own prior to the performance.					
Pescadero Beach	Friday Nov. 16	9:00-5:30	\$10	Activity #1416	Moderate Walking
Come with us to explore this quiet seaside beach town. Enjoy a walk on the beach, have lunch on your own at Duarte's Tavern or choose from a few other restaurants. There are quaint antique shops and boutiques to browse. We will also visit Harley's Goat Farm to sample their outstanding goat cheese.					
DeYoung - Contemporary Muslim Fashions & Gauguin	Wednesday Nov. 28	10:00-4:00	\$35	Activity #1417	Moderate Walking
Contemporary Muslim Fashions is the first major museum exhibition to explore the complex, diverse nature of Muslim dress codes worldwide. The exhibition examines how Muslim women—those who cover their heads and those who do not—have become arbiters of style within and beyond their communities, and in so doing have drawn mass media attention to contemporary Muslim life. In addition, enjoy Gauguin – A Spiritual Journey – In the first exhibition at the Fine Arts Museums dedicated to the work of Paul Gauguin (1848–1903), an exceptional display of more than fifty Gauguin paintings, wood carvings, and ceramics.					

Online Trip Reservations

Have you been having trouble getting through to the Senior Center phones on Trip Sign-up Day? Are the trips you want full before you have a chance to come to the Senior Center? Did you know you can sign up for trips up to THREE DAYS BEFORE Trip Sign-up Day?



Visit our online registration website today:


www.emeryville.org/register

You can set up your account today so it will be ready when online registration opens. Online registration for November trips will open on Friday, Sept. 21st at midnight. Phone and walk-in registration will begin on Monday, Sept. 24th.

A Friendly Reminder:

All **WEEKEND** trips will depart from Emeryville City Hall parking lot (in rear) at 1333 Park Ave. Call the office if you have any questions.

Tips for Tripsters: Refund Policy

Here is our official refund policy:  Full refunds are available if you cancel your trip at least two weeks in advance of the date of the trip [30 days for overnight trips]. Requests received less than two weeks prior to the date of the trip will only be considered if a replacement can be found. No other refunds will be considered, regardless of the reason for cancellation. It is YOUR responsibility to remember which trips you signed up for. Escorts usually make reminder calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.


EMERYVILLE SENIOR CENTER CLASS SCHEDULE

Monday	Instructor	Time	Location
Chakracise	Val Joy	09:00-10:00	Main Hall
Beginning Computers	Sharon & Peter Lee	09:00-1:00	Upstairs Computer Lab
Tai Chi	Judy Jamerson	09:00-10:00	Upstairs Dance Room
Coffee & Current Events	Gene Weinstein	10:00-12:00	Upstairs Conference Room
Non-Impact Aerobics (NIA)	Angi Spector	10:15-11:15	Main Hall
Sit'n'Fit	Sally Maxwell	10:15-11:15	Upstairs Dance Room
iPhone/iDevice Tutorials & Tech Support	Ralph Greenberg	10:30-11:30	Coffee Bar
Pilates	Angi Spector	11:15-12:15	Upstairs Dance Room
Posture Oriented Wellness	Amy Aldrich	01:00-03:00	Upstairs Dance Room
Cooking with Mari (2 nd & 4 th Mondays)	Mari Suzuki	02:00-04:00	Kitchen
Tuesday	Instructor	Time	Location
Meditation	Joe John	09:00-10:00	Upstairs Dance Room
Light Weight Training	Helen Vaughn	09:30-10:30	Main Hall
Newsletter* (3 rd Tuesday)	Staff	09:30-12:00	Billiards Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Chair Yoga	Laura Newbold	10:30-11:30	Upstairs Dance Room
Guitar & Folk Singing	Terry Lee	11:30-12:30	Billiards Room
Restorative Pilates	Isabelita Papa	12:00-01:15	Upstairs Dance Room
Intermediate Tap Dance	Bruce Biada	01:00-03:00	Main Hall
Mah Jong	Terry Lee	01:00-03:00	Billiards Room
Chinese Dance	Julia Zhang	01:30-03:30	Upstairs Dance Room
Wednesday	Instructor	Time	Location
Beginners Line Dancing	Novella Peterson	09:00-10:00	Upstairs Dance Room
Yoga	Laura Newbold	09:00-10:00	Main Hall
Qi Gong	Isabelita Papa	10:30-12:00	Upstairs Dance Room
Advanced Soul Line Dancing	Ray Johnson	11:00-12:00	Main Hall
Art Studio	TBA	12:15-02:30	Upstairs Dance Room
Pickle Ball	Staff	03:00-04:30	Main Hall
Thursday	Instructor	Time	Location
Brown Bag* (1 st & 3 rd Thursdays)	Mary McKenna	09:00-09:30	Main Hall
AARP Driver Safety Classes* (check for dates)	Olithia O'Toole	09:00-01:00	Billiards Room
Meditation	Joe John	09:00-10:00	Main Hall
Light Weight Training* (2 nd , 4 th , & 5 th Thursdays)	Helen Vaughn	09:30-10:30	Upstairs Dance Room
Book Club* (3 rd Thursday)	Annie Fong	10:00-11:00	Upstairs Conference Room
Rosen Movement	Stephanie Peters	10:15-11:30	Upstairs Dance Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Keep it Moving!	Sam Robinson	12:00-01:00	Upstairs Dance Room
Power Posture	Amy Aldrich	01:15-03:15	Upstairs Dance Room
Yarn Around	Kim Huhta	01:00-03:00	Billiards Room
Quilting	Sandy Newman	01:00-04:00	Main Hall
Friday	Instructor	Time	Location
Feldenkrais	John Stevens	09:00-10:00	Upstairs Dance Room
Non-Impact Aerobics (NIA)	Angi Spector	10:00-11:00	Main Hall
Tai Chi	Ann Koo	10:00-11:00	Upstairs Dance Room
Blood Pressure Checks* (1 st & 3 rd Friday)	ACFD	11:30-12:30	Main Hall or Billiards Room
Dances Moves Me for Parkinson's	Debbie Sternbach	12:15-01:30	Bridgescourt Room
Chinese Dance	Julia Zhang	12:30-02:30	Upstairs Dance Room
Tango	Ivan Shvarts	01:00-04:00	Main Hall

OCTOBER 2018

EMERYVILLE SENIOR CENTER
 (510) 596-3730
 Open: Monday - Friday

4321 Salem Street
 Emeryville, CA 94608
 9:00AM-5:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computers 1 9:00 Chakracise 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 Non-Impact Aerobics 11:15 Pilates 1:00 Posture Oriented Wellness	9:00 Meditation 2 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong/Intermediate Tap 1:30 Chinese Dance	9:00 Beginner Line Dancing 3 9:00 Yoga 10:00 <i>Friends of ESC Meeting</i> 10:30 Qi Gong 11:00 Advanced Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball	9:00 <i>Brown Bag</i> 4 9:00 Meditation 10:15 Rosen Movement 10:30 Zumba 12:00 Keep it Moving! 1:00 Quilting 1:00 Yarn Around 1:15 Power Posture	9:00 Feldenkrais 5 10:00 NIA 10:00 Tai Chi 11:00 <i>Green Releaf</i> 11:30 ACFD Blood Pressure Check 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: Won't You Be My Neighbor
Senior Center is CLOSED for Indigenous People's Day	9:00 Meditation 9 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong/Intermediate Tap 1:30 Chinese Dance	9:00 Beginner Line Dancing 10 9:00 Yoga 10:00 <i>Commission on Aging Meeting</i> 10:30 Qi Gong 11:00 Advanced Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball	9:00 Meditation 11 9:30 Lightweight Training 10:15 Rosen Movement 10:30 Zumba 12:00 Keep it Moving! 1:00 HICAP 1:00 Quilting 1:00 Yarn Around 1:15 Power Posture	9:00 Feldenkrais 12 10:00 NIA 10:00 Tai Chi 11:00 <i>Heart Health</i> 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: Book Club
	Vacaville Outlets	Joe's Buffet Bus	Apple Hill	Movie: Won't You Be My Neighbor
9:00 Computers 15 9:00 Chakracise 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 Non-Impact Aerobics 11:15 Pilates 1:00 Posture Oriented Wellness 2:00 Cooking with Mari	9:00 Meditation & Newsletter 16 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong 1:00 Intermediate Tap Dance 1:30 Chinese Dance	9:00 Beginner Line Dancing 17 9:00 Yoga 10:30 Qi Gong 11:00 Advanced Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball	9:00 <i>Brown Bag</i> 18 9:00 Meditation 10:00 Book Club 10:15 Rosen Movement! 10:30 Zumba 12:00 Keep it Moving 1:00 Quilting; NO Yarn Around 1:15 Power Posture	9:00 Feldenkrais 19 10:00 NIA 10:00 Tai Chi 11:00 <i>Earthquake Preparedness</i> 11:30 ACFD Blood Pressure Check 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: Always at the Carlyle
9:00 Computers 22 9:00 Chakracise 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 Non-Impact Aerobics 11:15 Pilates 1:00 Posture Oriented Wellness 2:00 Cooking with Mari - Cancelled	9:00 Meditation 23 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong 1:00 Intermediate Tap Dance 1:30 Chinese Dance	9:00 Beginner Line Dancing 24 9:00 Yoga 10:30 Qi Gong 11:00 Advanced Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball	9:00 Meditation 25 9:30 Lightweight Training 10:15 Rosen Movement 10:30 Zumba 12:00 Keep it Moving! 1:00 Quilting 1:00 Yarn Around 1:15 Power Posture	9:00 Feldenkrais 26 10:00 NIA 10:00 Tai Chi 11:00 <i>HICAP Open Enrollment</i> 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: Ocean's 8
9:00 Computers 29 9:00 Chakracise 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 Non-Impact Aerobics 11:15 Pilates 1:00 Posture Oriented Wellness	9:00 Meditation 30 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong 1:00 Intermediate Tap Dance 1:30 Chinese Dance	Lunch Served Daily 11:45 - 12:15 	Weekend Trips Saturday, Oct 13 th : Columbia Gold Rush Days Saturday, Oct 20 th : Marin Music Festival Saturday, Oct 27 th : Harvest Festival Pleasanton	