

SILVER STREAK

A Newsletter of Programs, Activities and Community Services

Available to Older Adult Residents

Registration Dates:

November 15 -Residents

November 17 -Open Registration

December/January/February 2017



www.danville.ca.gov
seniors@danville.ca.gov
(925) 314-3430

Danville Senior Center 115 E. Prospect Avenue	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
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Special Events Coming Soon!

Exhibits, Giveaways, and So Much More!



Music at the Annual Holiday Luncheon

This winter at the Danville Senior Center we have some great special upcoming events! The first is our Annual Holiday Luncheon on Friday, December 9. On Tuesday, February 7, we will bring in the year of the Rooster with our Chinese New Year Celebration. For more details, go to our Special Events section of the newsletter (page 11).

Also, be on the lookout for the March, April and May 2017 Silver Streak issue. It will include our annual Recreation Expo on Saturday, February 11. If you register for any classes in March, April and May on that day, you will receive a 10% discount. More information to follow in the upcoming Silver Streak. ☪

Senior Issues Subcommittee

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, January 25, 2017

Time:

4:00 p.m.

Location:

Danville Senior Center, Meeting Room

Mark your calendar!

Silver Streak Distribution

The new Silver Streak Newsletter program schedule will be as follows: December/January/February, followed by March/April/May, June/July/August, and September/October/November. 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 or view a copy at any Town Office location.

INSIDE

Senior Sneakers Trips	2
Buzz Sessions	3-4
Registration Form	Insert
Classes	4-8
Enrichment – Games, Languages	8-9
Clubs/Groups	9-10
Community Resources	10-11
Special Events	11

Senior Sneakers Trips

ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. 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 aren't sure where you fit, call us at (925) 314-3430.

Please note: Times listed for trips are approximate.

December/January/February 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.*

Victorian Holiday Tea and Boutique, Shadelands Ranch, Walnut Creek

Monday December 5, 10:00 a.m. – 1:30 p.m.

What better way to kick off your holiday season than with shopping and a nice lunch! The Holiday Boutique has been a Boutique seasonal tradition at Shadelands Ranch. During the season, the house is overflowing with beautiful handcrafted items and gifts of every description offered by dozens of vendors. Come and enjoy the decorations, which are available to purchase. Follow up your shopping adventure with a traditional turn-of-the-century Victorian Holiday Tea. The tea will feature a scrumptious three-course luncheon with delicious scones and homemade lemon curd, and of course, Shadelands' Secret Tea Blend. Transportation is NOT included but parking is FREE! Fees: \$35(R) \$42(N) Activity Level: 2

S.F. Union Square Holiday Excursion

Thursday, December 15, 9:15 a.m. – 4:30 p.m.

Enjoy a guided tour of Macy's Union Square and explore the incredible innovations in ecommerce/technology that Macy's has made over the years. Afterwards, we will enjoy free time for lunch on your own and view the stunning famed holiday window displays filled with puppies and kittens from the ASPCA, as well as the outdoor ice skating rink and the

Union Square giant Christmas tree adorned with thousands of lights. Fees: \$48(R) \$58(N) Activity Level: 3

S.F. Symphony Open Hall Rehearsal – Davies Hall

Thursday, January 19, 7:45 a.m. – 5:00 p.m.

Enjoy an informative talk prior to the rehearsal show featuring violinist Simone Lamsma performing Prokofiev's passionate Violin Concerto No. 2 and showcasing the Symphony in the original orchestration of Mussorgsky's, A Night on Bald Mountain. Also, hear Mozart's blazing Symphony No. 36 and R. Strauss' arresting interpretation of Salome's sensual dance for King Herod. We will then board the bus to the Whitcomb Hotel to enjoy a hosted lunch. Prior menu selection required. Senior Center staff will contact participants. Fees: \$105(R) \$126(N) Activity Level: 1

Cache Creek Casino

Thursday, January 26, 8:30 a.m.-5:00 p.m.

Located in Northern California's Capay Valley, Cache Creek Casino & Resort is the complete entertainment experience featuring table games, the latest slot machines, upscale and casual dining. Receive a bonus book which includes a \$10 bonus play or \$20 match play, and \$5 off food purchases at participating concessions at the casino. Lunch on your own. Fees: \$40(R) \$48(N) Bus provided. Activity Level: 2

San Francisco Museum of Modern Art

Thursday, February 9, 8:15 a.m. – 4:00 p.m.

Visit the new SFMOMA for the highlights of the Museum's Permanent Collection Tour, guided by a professional Ph.D. docent. Afterward, enjoy free time to explore the museum on your own. Tour includes a hosted café lunch. Prior menu selection required. Senior Center staff will contact participants. Fees: \$105(R) \$126(N) Activity Level: 3

Ghost, The Musical

Sunday, February 19, 2:15 p.m. – 4:15 p.m.

Location: Leshner Theatre, Walnut Creek

Adapted from the hit film by its Academy Award-winning screenwriter, Bruce Joel Rubin, Ghost follows Sam and Molly, a tech wizard and a gifted potter, whose connection takes a shocking turn after Sam's murder. With original music and lyrics from multi-Grammy winning pop music icons Dave Stewart and Glenn Ballard, Ghost will reach into your heart and help you believe in the endless power of love. TRANSPORTATION NOT INCLUDED. Fees: \$35(R) \$42(N) Activity Level: 2

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 if you have any suggestions or would like to offer a buzz session!

JetSuiteX – Economic Development

Tuesday, December 6, 2016, 10:00 a.m. – 11:00 a.m.

Presenter: Marie Dempsey, CMM

Location: Danville Senior Center

Going to the airport? Do you like racing in traffic to get to the airport? Waiting at TSA security check-in? Paying for parking? Come learn about the new developments at Concord Airport with JetSuiteX and its economic impact on development for the East Bay region. Key topics include efficiency of saving time, ease of travel for seniors for short trips, no lines, no hassle, no cost for extras. Rediscover the fun and exhilaration of travel again!

Getting Started on Nextdoor

Tuesday, December 13, 2016, 10:00 a.m. – 11:00 a.m.

**Presenter: Geoff Gillette, Public Information Coordinator
Town of Danville**

Location: Danville Senior Center

Getting information that directly pertains to you and your neighborhood has never been so critical. This buzz session will help you get started on the 'hyper-local' social media, Nextdoor. During the session, learn how to set up your initial account as well as handle routine maintenance of the account such as unsubscribing from posts and determining how you will receive information from Nextdoor.

Tired? Ten Tips to Double your Energy by New Year's Day!

Tuesday, December 20, 2016, 10:00 a.m. – 11:00 a.m.

Presenter: Vivien Partridge

Location: Danville Senior Center

Learn about the three biggest drains on your energy, what that means and what to start doing about it. You will leave with a 10-solutions guide to increase your energy and some tips from a holistic health & lifestyle coach to make those New Year's habit changes fun and easy!

Talk Therapy

Tuesday, January 10, 2017 10:00 a.m. – 11:00 a.m.

Presenter: Nazia Chand, Senior Outreach Services

Location: Danville Senior Center

Therapy can be a great way to express one's self and find

solutions to problems through a trusted guide, such as your therapist. The "Talk Therapy" presentation will explain what talk therapy is and how it can benefit seniors in improving their overall quality of life. We will talk about therapeutic techniques and why it is important to set goals.

Falls Can be Prevented

Tuesday, January 17, 2017, 10:00 a.m. – 11:00 a.m.

Presenter: Alayne Balke, Senior Outreach Services

Location: Danville Senior Center

Falls are the leading cause of unintentional injuries for those over the age of 60; one in three will have a fall every year. They often mean a trip to the emergency room or an injury serious enough to require a lengthy hospital stay and rehabilitation. Sadly, they often result in the inability to live independently. The good news is that falls can be prevented. Alayne Balke, Fall Prevention Program Manager at Meals on Wheels and Senior Outreach Services, will discuss the common causes of falls, and the top three ways to prevent them. She will also talk about making behavior changes, what to do if a fall does happen and how to make a falls plan.

Premier World Discovery

Tuesday, January 24, 2017, 10:00 a.m. – 11:00 a.m.

Presenter: Kris Adams

Location: Danville Senior Center

Come join us for our first look of our Premier Tours for 2017! Kris Adams from Premier World Discovery will be presenting all tours and answer any questions you may have. See you there!

Communication Difficulties: Treatment for the Adult Population

Tuesday, January 31, 2017, 10:00 a.m. – 11:00 a.m.

Presenter: Terri Tarnoff Snyder, Breakthrough, Inc.

Location: Danville Senior Center

Terri Tarnoff Snyder, a speech-language pathologist with 32 years of experience working in a variety of settings, will discuss the diagnoses and treatment related to speech, language, cognitive, swallowing, voice and hearing problems. This will be of interest to those who have had, or know someone who has suffered a stroke, Parkinson's disease, hearing loss, voice changes or loss of memory. You will come away with tips to aid yourself or loved ones.

Buzz Sessions / Classes

Buzz Sessions (continued)

The Perfect Packer

Tuesday, February 7, 2017, 10:00 a.m.–11:00 a.m.

Presenter: Suzanne Puhlman and Junk Pros

Location: Danville Senior Center

This Buzz session, sponsored by realtor Sue Smith, will help you if you are thinking of a move or just “decluttering” your house. The Perfect Packers are an efficient team of ladies that will help you organize, pack, unpack, declutter and more. Junk Pros will come to your home to take away the unwanted items and either donate or dispose of them. This is not to be missed!

What It Means To Be Gluten Free

Tuesday, February 21, 2017, 10:00 a.m. – 11:00 a.m.

Presenter: Ellen Gilman

Location: Danville Senior Center

So your children or grandchildren are insisting on eating gluten free? Are you thinking of doing so as well? Is this just a new fad? Come and find out more from a speaker who has been gluten free for 20 years and is an active member of the Gluten Free Walnut Creek support group! This talk will discuss the reasons for going on a gluten free diet: wheat allergy, gluten sensitivity, and celiac disease. The causes, symptoms, treatment, and prevention of each will be included. Details of the GF diet will be presented, along with strategies for ensuring that one’s diet remains gluten free.

Conversations with My Grandchildren

Tuesday, February 28, 2017, 10:00 a.m. – 11:00 a.m.

Presenter: Yvonne Nouri

Location: Danville Senior Center

The presenter’s mother has written a book, *Conversations with My Grandchildren*, which is the story of a Jewish girl and her family who fled to South America during the Nazi persecution of the Jews in Germany. It describes her experiences adapting to the hardships of being an immigrant at that time, and the devastating effect these events had on her parents’ lives and well-being, as their families were not able to escape and were exterminated in concentration camps. Some of the stories are tragic, others funny, but all of them show the ability of a person to face adversity and emerge as a confident, outgoing person who embraces life.

Classes

(Classes listed alphabetically by category)

COMPUTER CLASSES

One-on-One Computer Tutoring

Location: Danville Senior Center, Conference Room

Computer tutoring sessions are for those who need assistance in the areas below. Bring your email address and password login information for all email instruction. Pre-registration is required; participants may schedule an appointment by calling (925) 314-3430. Participants may only register for two appointments at a time. Fees: \$2/per tutoring appointment and pre-payment is required.



Apple MAC Users

Thursdays: 2:00 p.m. and 3:00 p.m.

Volunteer Instructor: Dale Lock

Dale offers basic hands-on sessions using your own Apple device (iMac, MacBook, iPad, iPhone, iPod or iPod Touch). Students must bring their own Apple device to the session.

PC Users

Every other Thursday: 9:30 a.m. – 10:30 a.m.

and 10:30 a.m. – 11:30 a.m.

Volunteer Instructor: Chuck Bieneman

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: 2:30 p.m. – 3:30 p.m. & 3:30 p.m. – 4:30 p.m.

Volunteer Instructor: Clark Murray

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

Classes (classes listed alphabetically by category)

Computer Classes (continued)

Digital Age Generation Bridge Program

NEW

Friday, January 20, 4:00 p.m.-5:00 p.m.

Friday, February 24, 4:00 p.m.-5:00 p.m.

Location: Danville Senior Center, Community Hall

The mission of the Digital Age Generation Bridge program is to connect seniors and youth within our community by volunteering to get seniors “dialed in” to the world of internet through the usage of modern day gadgets in a non-stressful, engaging, friendly setting. Seniors are encouraged to bring their phones, I-pads, or other digital devices to get assistance. An adult coordinator will accompany the youth volunteers. Free.

ART/MUSIC CLASSES

Acrylic Painting

Monday, December 5 – January 9, 10:00 a.m.-12:00 p.m.

Monday, January 23 – February 13, 10:00 a.m.-12:00 p.m.

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 demonstration; no experience necessary. No class 12/26 and 1/2. \$8 materials fee. Fees: \$80(R) \$96(N).

Beginning Ukulele Classes

Tuesday, January 10 – February 28, 12:30 p.m.-1:15 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Ted Crowley

This class will teach adult beginners the basic chords needed to play hundreds of songs.

No prior experience is necessary.

Bring a soprano, concert

or tenor ukulele. \$5

materials fee payable

to the instructor on the

first day of class. Fees:

\$80(R) \$96(N).



Music Appreciation

Tuesday, January 10 – February 28, 1:20 p.m.-2:05 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Ted Crowley

This course is “Music 101” in college; a history and appreciation of Western Tonal Music from the middle ages to the present. \$5 materials fee payable to the instructor on the first day of class. Fees: \$80(R) \$96(N).

Beginning Watercolor

Wednesday, January 11 – January 25, 12:30 p.m.-2:30 p.m.

Location: Danville Senior Center, Art Room

Instructor: Ilah Jarvis

Learn how to paint a beautiful still life watercolor painting. No drawing skills are required. Materials will need to be purchased by participant prior to class. A detailed materials list will be given prior to class. Fees: \$65(R) \$78(N).

Watercolor Workshop

Wednesday, February 1 – February 15, 12:30 p.m.-2:30 p.m.

Location: Danville Senior Center, Art Room

Instructor: Ilah Jarvis

Apply techniques from beginning watercolor to any subject you wish to paint with assistance from an instructor. Pre-requisite: Beginning Watercolor or an equivalent class. Fees: \$65(R) \$78(N).

COOKING CLASSES

Cooking with James – Dansk Opskrift

Thursday, January 19, 2:00 p.m.-4:00 p.m.

Location: Danville Senior Center, Community Hall A

Instructor: James Donnelly

This month we will be preparing two dishes from Denmark; Danish style Ox-Tail soup (Oksehaesuppe) with eggs mimosa and Scandinavian-style Potatoes (Skandinavian Kartoffel). Fees: \$8(R) \$10(N).

DANCE CLASSES

Dancercise

Wednesday, December 7 – February 22, 10:55 a.m. – 11:50 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Reg Kwan and Bonnie Braga

A variety of steps will be taught and combined to make help people build physical fitness, strong minds and happy hearts. Contemporary line dances will be taught to a variety of music. No class 12/28. Fees: \$22(R) \$26(N).

Jacki Sorensen’s Aerobic Dance

Monday and/or Wednesday,

December 7 – February 27, 5:30 p.m. – 6:30 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Lorie McGuinness

Jacki Sorensen’s Aerobic Dancing is a dance fitness class for the non-dancer that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed

Classes (classes listed alphabetically by category)

Computer Classes (continued)

format suitable for all ages and is suitable for active seniors. No class 12/21, 12/28, 1/2, 1/16, 2/20. The 12/14 class will be held at the Danville Community Center, Valley Oak Room. Fees: Mon OR Wed - \$72(R) \$86(N); Mon & Wed-\$120(R) \$144(N).

Line Dance (Beginner/High Beginner)
Thursday, December 1 – Feb. 23, 10:00 a.m. – 11:00 a.m.
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. Watch our dances on YouTube Channel superlinedance.com. No class 12/29. Fees: \$36(R) \$43(N).

Line Dance (Easy Intermediate/Intermediate)
Thursday, December 1 – Feb. 23, 11:15 a.m. – 12:15 p.m.
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. Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. No class 12/29. Fees: \$36(R) \$43(N).

Line Dance (Intermediate/Advanced)
Monday, December 5 – February 27, 7:00 p.m.- 9:00 p.m.
Location: Danville Senior Center, Community Hall
Instructor: Minnie Choi and Joyce Lee

A fun, healthy social workout. Current choreographies will be taught to the rhythmic tunes of Rumba, Cha Cha, NC2 Step, Waltz, Tango, Swing, etc. with both fast and slow dances. Watch our dances on YouTube channel superlinedance.com. Participants must know all the dance terminology. No class 12/26, 1/2, 1/16 and 2/20. Fees: \$36(R) \$43(N).

EXERCISE CLASSES

Balance, Stability & Fall Prevention
Monday, December 5 – Feb. 27, 8:15 a.m. – 9:00 a.m.
Location: Danville Senior Center, Community Hall C
Instructor: Jeff Beard

As we age, impaired balance is a huge concern. If we strengthen our core, our risk of falling decreases. Come learn how to improve your balance, stay upright and feel

more confident. The instructor is a former physical therapist with almost 39 years of rehabilitation experience. Please feel free to call the instructor with any questions or concerns. No class 12/26, 1/2, 1/16, and 2/20. Fees: \$100(R) \$120(N).

Cane - Do
Tuesday, December 6 – February 28, 9:00 a.m. – 10:00 a.m.
Location: Town Meeting Hall, Auditorium
Instructor: Bob Worthington

A twelve week course of low impact training on how to use a cane to defend yourself. Please bring your own cane (wooden preferred) and a relaxed attitude. Wear comfortable, loose clothing. No open-toed shoes, sandals or finger rings please. Limited supply of “short term loaner” canes will be available. No class 12/27. Fees: \$24(R) \$29(N).

Feldenkrais® Awareness through Movement *NEW*
Tuesday, January 3 – February 14, 3:30 p.m.-4:30 p.m.
Location: Danville Senior Center, Community Hall ABC
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 increase flexibility and grace in action. No class 1/24. Fees: \$60(R) \$72(N)

Gentle Stretch
Monday, December 5 – February 27, 2:30 p.m.-3:30 p.m.
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. No class 12/26, 1/2, 1/16, and 2/20. Fees: \$63(R) \$76(N).

Sit and Get Fit
Wednesday, December 7 – Feb. 22, 2:30 p.m.-3:30 p.m.
Location: Danville Senior Center, Community Hall
Instructor: Rosalyn Lee

This class is for those who want to become more fit while seated. Exercises include cardio dance, resistance training and yoga stretches in a chair. For those who are able to stand, we will use the chair to practice some balance. Modifications will be offered. A body in motion is what matters most. Participants should bring 1-4 lb. weights (optional). No class 12/28. Fees: \$77(R) \$92(N).

Registration Form – December/January/February

Registration Dates: November 16 (Residents) November 18 (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.

NOTE: Information on refunds/cancellations/withdrawals and make-up classes are on page 4.

Register (X)	Participant Name	SENIOR SNEAKER TRIPS	Date	Time (approximate)	Fee
		Victorian Holiday Tea & Boutique Activity Code: 12565	Monday December 5	10:00 a.m.-1:30 p.m.	\$35 R \$42 N
		S.F. Union Square Holiday Excursion Activity Code: 12451	Thursday December 15	9:15 a.m.-4:30 p.m.	\$48 R \$ 58 N
		S.F. Symphony Open Hall Rehearsal Activity Code: 12452	Thursday January 19	7:45 a.m.-5:00 p.m.	\$105 R \$126 N
		Cache Creek Casino Activity Code: 12566	Thursday January 26	8:30 a.m.-5:00 p.m.	\$40 R \$48 N
		San Francisco Museum of Modern Art Activity Code: 12453	Thursday February 9	8:15 a.m.-4:00 p.m.	\$105 R \$126 N
		Ghost, The Musical Activity Code: 12567	Sunday February 19	2:15 p.m.-4:15 p.m.	\$35 R \$42 N
Register (X)	Participant Name	SPECIAL EVENTS	Date	Time (approximate)	Fee
		Holiday Luncheon Activity Code: 10978	Friday December 9	12:00 p.m.-1:30 p.m.	\$10 R \$12 N
		Chinese New Year Celebration Activity Code: 12582	Tuesday February 7	12:00 p.m.-1:30 p.m.	\$10 R \$12 N
Register (X)	Participant Name	BUZZ SESSIONS	Date	Time (approximate)	Fee
		JetSuite X - Aviation Economic Development Activity Code: 12374	Tuesday December 6	10:00 a.m.-11:00 a.m.	Free
		Getting Started on Nextdoor Activity Code: 12556	Tuesday December 13	10:00 a.m.-11:00 a.m.	Free
		Ten Tips to Double your Energy Activity Code: 12401	Tuesday December 20	10:00 a.m.-11:00 a.m.	Free
		Talk Therapy Activity Code: 12558	Tuesday January 10	10:00 a.m.-11:00 a.m.	Free
		Falls Can Be Prevented Activity Code: 12562	Tuesday January 17	10:00 a.m.-11:00 a.m.	Free
		Premier World Discovery Activity Code: 12555	Tuesday January 24	10:00 a.m.-11:00 a.m.	Free
		Communication Difficulties Activity Code: 12561	Tuesday January 31	10:00 a.m.-11:00 a.m.	Free
		The Perfect Packer Activity Code: 12557	Tuesday February 7	10:00 a.m.-11:00 a.m.	Free
		What it means to be Gluten Free Activity Code: 12560	Tuesday February 21	10:00 a.m.-11:00 a.m.	Free
		Conversations with My Grandchildren Activity Code: 12563	Tuesday February 28	10:00 a.m.-11:00 a.m.	Free
Register (X)	Participant Initials	CLASSES	Date	Time (approximate)	Fee
		AARP Smart Driver Course Activity Code: 12400	Thursday 1/19 & 1/26	9:00 a.m.-1:00 p.m.	See class info.
		Acrylic Painting Activity code: 12363	Monday 12/5-1/9	10:00 a.m.-12:00 p.m.	\$80 R \$96 N

		Acrylic Painting Activity code: 12364	Monday 1/23-2/13	10:00 a.m.-12:00 p.m.	\$80 R \$96 N
		Balance, Stability & Fall Prevention Activity Code: 12450	Monday 12/5-2/27	8:15 a.m.-9:00 a.m.	\$100 R \$120 N
		Beginning Ukulele Classes Activity Code: 12366	Tuesday 1/10-2/28	12:30 p.m.-1:15 p.m.	\$80 R \$96 N
		Beginning Watercolor Activity Code: 12393	Wednesday 1/11-1/25	12:30 p.m.-2:30 p.m.	\$65 R \$78 N
		Bidding Review/Basic Conventions Activity Code: 12365	Thursday 12/8-2/2	12:15 p.m.-2:15 p.m.	\$100 R \$120 N
		Bone up on Bone *NEW* Activity Code: 12402	Thursday 2/16	2:00 p.m.-3:30 p.m.	Free
		Bridge Basics Two: Competitive Bidding Activity Code: 12367	Wednesday 12/14-2/8	10:00 a.m.-12:00 p.m.	\$100 R \$120 N
		Cane-Doh Activity Code: 12368	Tuesday 12/6-2/28	9:00 a.m.-10:00 a.m.	\$24 R \$29 N
		Cooking with James – Dansk Opskrift Activity Code: 12369	Thursday January 19	2:00 p.m.-4:00 p.m.	\$8 R \$10 N
		Dancercise Activity Code: 12370	Wednesday 12/7-2/22	10:55 a.m.-11:50 a.m.	\$22 R \$26 N
		Diabetes Self-Management Workshop *NEW* Activity Code: 12564	Monday 1/9-2/27	1:00 p.m.-3:30 p.m.	Free
		Digital Age Generation Bridge Program *NEW* Activity Code: 12532	Friday 1/20	4:00 p.m.-5:00 p.m.	Free
		Digital Age Generation Bridge Program *NEW* Activity Code: 12533	Friday 2/24	4:00 p.m.-5:00 p.m.	Free
		Feldenkrais® Awareness Through Movement *NEW* Activity Code: 12408	Tuesday 1/3-2/14	3:30 p.m.-4:30 p.m.	\$60 R \$72 N
		Gentle Stretch Activity Code: 12373	Monday 12/5-2/27	2:30 p.m.-3:30 p.m.	\$63 R \$76 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 12375	Mon/Wed 12/7-2/27	5:30 p.m.-6:30 p.m.	\$120 R \$144 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 12376	Monday 12/12-2/27	5:30 p.m.-6:30 p.m.	\$72 R \$86 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 12377	Wednesday 12/7-2/22	5:30 p.m.-6:30 p.m.	\$72 R \$86 N
		Kamanawanaplaya Ukulele Activity Code: 12378	Thursday 12/1-2/23	4:00 p.m.-5:30 p.m.	\$24 R \$29 N
		Line Dance (Beginner/High Beginner) Activity Code: 12379	Thursday 12/1-2/23	10:00 a.m.-11:00 a.m.	\$36 R \$43 N
		Line Dance (Easy Intermediate/Intermediate) Activity Code: 12380	Thursday 12/1-2/23	11:15 a.m.- 12:15 p.m.	\$36 R \$43 N
		Line Dance (Intermediate/Advanced) Activity Code: 12381	Monday 12/5-2/27	7:00 p.m.-9:00 p.m.	\$36 R \$43 N
		Luk Tung Kuen Activity Code: 12382	Wednesday 12/7-2/22	10:00 a.m.-10:50 a.m.	\$20 R \$24 N
		Mat Pilates Activity Code: 12383	Thursday 12/1-2/23	8:30 a.m.-9:30 a.m.	\$96 R \$115 N
		Mat Pilates Activity Code: 12384	Tuesday 12/6-2/28	8:30 a.m.-9:30 a.m.	\$96 R \$115 N
		Math Club Workshop Activity Code: 12581	Thursday 12/1	2:00 p.m.-3:30 p.m.	Free
		Math Club Workshop Activity Code: 12553	Thursday 1/19	2:00 p.m.-3:30 p.m.	Free
		Math Club Workshop Activity Code: 12554	Thursday 2/23	2:00 p.m.-3:30 p.m.	Free
		Music Appreciation Activity Code: 12411	Tuesday 1/10-2/28	1:20 p.m.-2:05 p.m.	\$80 R \$96 N

REGISTRATION INFORMATION

If you have not yet set up your account, we encourage you to do so by following these steps:

- Go to www.danvillerecguide.com
- Click on the Create an Account link (under the blue Sign In button)
- Follow the system prompts

On-line Registration

On-line registration for residents will begin at **8:30am on Wednesday, November 16**. 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 Tuesday, November 15 at 5:00p.m will be processed beginning Wednesday, November 16 with no priority given. Open Registration will begin on Friday, November 18. Phone and walk-in registration will begin on Monday, November 21. To register by phone, please contact the Danville Senior Center (925) 314-3430.

SENIOR SNEAKER TRIPS /CLASS CANCELLATIONS/WITHDRAWALS

Senior Sneaker Trip Refund Policy: When registration falls below the minimum enrollment required, it may be necessary to cancel a trip. At the time of cancellation, the Town will initiate a full refund. Please allow 3 to 4 weeks for refunds to be processed. *Withdrawal and refund requests must be submitted **ten working days prior to the trip**.* Refunds **will not** be given for trips with **less than 10 business days' notice or if tickets have already been purchased and designated no refund.**

Class Cancellation/Withdrawals

Requests for withdrawal will be honored if requested no later than 5 business days prior to the first day of class. Requests made less than 5 business days prior to the first day of class must be submitted in writing and will be considered on an individual basis. A \$20 processing fee will be charged for check refunds; a \$5 processing fee for credit card refunds.

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

(Circle One): Check Cash (exact amount) MasterCard Visa AMEX

PLEASE NOTE: EACH INDIVIDUAL MUST REGISTER SEPARATELY WITH AN EMAIL ADDRESS AND BIRTHDATE

Name: _____

Email Address: _____ Date of Birth: _____

Name: _____

Email Address: _____ Date of Birth: _____

Address/City _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Credit Card No: _____ Exp. Date: _____

Signature: _____ 3 Digit Security Code #: _____

Classes (classes listed alphabetically by category)

Exercise Classes (continued)

Luk Tung Kuen

Wednesday, December 7 – February 22, 10:00 a.m. – 10:50 a.m.

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. No class 12/21 and 12/28. Fees: \$20(R) \$24(N).

Mat Pilates

Tuesday, December 6 – February 28, 8:30 a.m.-9:30 a.m.

Thursday, December 1 – February 23, 8:30 a.m.-9:30 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Rosalyn Lee

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 (ball can be purchased from instructor for \$8.) No classes 12/27 and 12/29. Fees: \$96(R) \$115(N).

Qigong-Shibashi for Seniors

Wednesday, December 7 – February 22, 12:10 p.m.-1:10 p.m.

Location: Danville Senior Center, Community Hall B&C

Instructor: Rosalyn Lee

Qigong 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. The gentle movements reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18-movement form of Qigong. No class 12/28. Fees: \$22(R) \$26(N).

Senior Stretch

Friday, December 2 – January 27, 9:15 a.m.-10:15 a.m.

Fees: \$56 (R) \$67(N)

Friday, February 3 – February 24, 9:15 a.m.-10:15 a.m.

Fees: \$32(R) \$38(N)

Location: Danville Senior Center, Community Hall B&C

Instructor: Sylvia Rodriguez

Stretching is the process of elongating the muscles, tendons and ligaments that connect the muscles and bones of the body, which



is not only an important part of a physical fitness regimen, but also of living a healthy life. Bring a mat to class. No class 12/30.

Strength and Core

Thursday, December 1 – February 23, 4:00 p.m.-5:00 p.m.

Location: Danville Senior Center, Community Hall B&C

Instructor: Paradise Banifatemi

Our Certified Master Trainer uses dynamic weight training and cardio moves resulting in increased muscle strength, improved posture and condition. This class is for active adults/seniors who are looking for a challenge in their workout routine. Students need to bring their own set of dumbbells (1 set of 2-3 lbs. and 1 set of 5-8 lbs.). No class 12/29. 1/12 class will be held at Oak Hill Park. Fees: \$96(R) \$115(N).

T'ai Chi

Wednesday, December 7 – Feb. 22, 9:00 a.m.-9:50 a.m.

Location: Town Meeting Hall

Instructors: Josie Fong & Cynthia Lau

Learn a popular cultural exercise with body movement, balance control, muscle coordination and stretches. No class 12/28 and 1/18. Fees: \$20(R) \$24(N).

T'ai Chi Chih & QiGong

Tuesday, December 6 – February 28, 10:30 a.m.-11:30 a.m.

Location: Danville Senior Center, Community Hall A&B

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. No class 12/27. Fees: \$24(R) \$29(N).

Yoga

Monday, December 5 – February 27, 11:00 a.m.-12:15 p.m.

Location: Danville Community Center, Valley Oak Room

Fees: \$90(R) \$108(N) -- No class 12/26, 1/2, 1/16, 2/20

Monday, December 5 – February 27, 12:30 p.m.-1:45 p.m.

Location: Town Meeting Hall

Fees: \$90(R) \$108(N) -- No class 12/26, 1/2, 1/16, 2/20

Wednesday, December 7 – Feb. 22, 8:15 a.m.-9:30 a.m.

Location: Danville Senior Center, Community Hall

Fees: \$110(R) \$132(N) -- No class 12/28

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.

Classes/Games Mind Enrichment Classes

Exercise Classes (continued)

Zumba

Monday, December 5 – February 27, 4:00 p.m.-5:00 p.m. Location: Danville Senior Center, Community Hall
Instructor: Parandis Banifatemi

Zumba is for EVERYONE! This is an exciting and fun aerobic exercise using Latin rhythms with easy-to-follow moves. Ditch the workout! Come join the party! No class 12/26, 1/2, 1/16, and 2/20. Fees: \$72(R) \$86(N).

GAMES/MIND ENRICHMENT CLASSES

ACBL Bridge

Friday, December 2 – February 24, 9:30 a.m.-1:30 p.m.
Location: Danville Senior Center, Room A
Instructor: David Sterling

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call David at (925) 683-1083 for available partners (not guaranteed).



Fees: \$6 per day(R) \$7 per day(N). Online registration not available. No class 12/9 and 12/30.

Bridge Basics Two: Competitive Bidding

Wednesday, December 14 – Feb. 8, 10:00 a.m.-12:00 p.m.
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. No class 12/28. Questions? Call Michael, (925) 949-9630. Fees: \$100(R) \$120(N)

Bidding Review/Basic Conventions

Thursday, December 8 – February 2, 12:15 p.m.-2:15 p.m.
Location: Danville Senior Center, Meeting Room
Instructor: Michael Gosnell

We will cover the basic of defending a bridge hand, 2nd and 3rd hand-play, carding, and opening leads, among other topics. A basic understanding of bidding is required. \$20 materials fee for text book. Fees: \$100(R) \$120(N)

Game Day

Friday, December 2 – February 24, 10:30 a.m.-1:30 p.m.
Location: Danville Senior Center, Community Hall C

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. No class 12/9 and 12/30. Registration not required. Free

Seniors Bridge

Fridays, 9:30 a.m. – 12:30 p.m.
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. No class 12/30.

HEALTH AND WELLNESS

Bone up on Bone *NEW*

Thursday, February 16, 2:00 p.m.-3:30 p.m.
Location: Danville Senior Center, Meeting Room
Instructor: Asha Bajaj, PT/DPT

A review of factors affecting bone health, especially osteoporosis, updated information on medications, treatment, dietary and exercise strategies to maintain and improve bone density. Please wear comfortable clothing to join Asha for a demonstration of weight-bearing exercises. Free

Diabetes Self-Management Workshop *NEW*

Monday, January 9 - February 27, 1:00 p.m. - 2:30 p.m.
Location: Danville Senior Center, Meeting Room

Fun, interactive course where participants not only learn about diabetes and its effects on our body, but they will do hands-on activities and receive a certificate. At the end of the six weeks, the participants receive a certificate for completing the Diabetes Self-Management Workshop (DEEP) for Medicare. This course is intended for seniors 65 and older, or individuals who have diabetes, are pre-diabetic or individuals who are taking care of someone with diabetes. No class 1/16, 2/20. Free

Language Classes / Clubs

Classes (continued)

LANGUAGE

Spanish, Beginning

Monday, December 5 – February 27, 9:00 a.m.-10:00 a.m.

Location: Danville Senior Center, Meeting Room

Instructor: Marta Castaneda

This class is for students who are just starting to learn Spanish. Basic beginner's vocabulary to have short dialogues and conversation. Required materials: "Easy Spanish, Step by Step" by Barbara Bregstein, Editorial McGraw Hill. No class 12/26, 1/2, 1/16 and 2/20. Fees: \$90(R) \$108(N).

Spanish, Intermediate

Tuesday, December 6 – February 28, 9:45 a.m.-10:45 a.m.

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. No class 12/27. Fees: \$120(R) \$144(N).

Spanish Conversation

Monday, December 5 – Feb. 27, 10:30 a.m.-11:30 a.m.

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. No class 12/26, 1/2, 1/16 and 2/20. Fees: \$90(R) \$108(N).

Clubs/Groups

Danville Senior Book Club

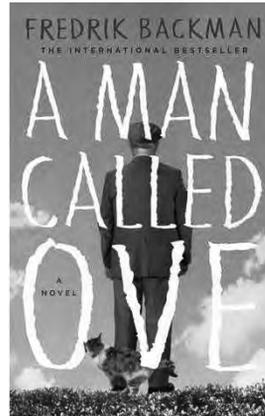
Meets the 2nd Tuesday of each month

10:30 a.m. – 12:00 p.m.

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.

DECEMBER BOOK SELECTION



A Man Called Ove

By Fredrik Backman

(December 13)

Ove is the townhouse neighborhood's sullen, suicidal, and isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in. This incident becomes the prelude to an unexpected friendship and a turnaround in the world-weary man's life.

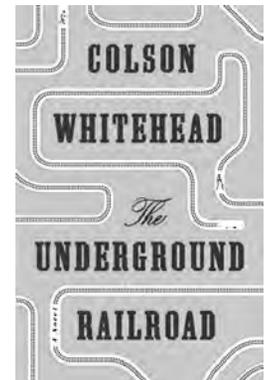
JANUARY BOOK SELECTION

The Underground Railroad

By: Colson Whitehead

(January 10)

American author Colson Whitehead's novel tells the story of Cora and Caesar, two slaves who make a bid for freedom from their Georgia plantations by following the Underground Railroad. Whitehead opens his eyes where the rest of us would rather look away. A selection from Oprah's Book Club,



FEBRUARY BOOK SELECTION



A Tale for the Time Being

By: Ruth Ozeki

(February 14)

This novel is a narrative of two characters and weaving of plot lines between a sixteen-year-old Japanese American girl in Tokyo who keeps a diary, and a Japanese American writer living on an island off British Columbia who finds the diary washed up on shore sometime after the 2011 tsunami that devastated Japan.

Clubs / Community Resources

Clubs (continued)

Danville Senior Citizens Club

Mondays, 9:00 a.m. – 2:00 p.m.

Location: Danville Senior Center, Community Hall

Mah-Jongg, and free drop-in bridge lessons available 9:00 a.m.-11:30 a.m. Bingo 11:30 a.m.-2:00 p.m. 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 email hike information list. Free.

Kamanawanaplaya Ukulele

Thursday, December 1 - February 23, 4:00 p.m. – 5:30 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Jack Fraser

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). No class 12/29. Fees: \$24(R) \$29(N).

Math Club Workshop

Thursday, Dec. 1, Jan. 19 and Feb. 23, 2:00 p.m.-3:30 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Tom Bauer

If you remember enjoying mathematics, want to stretch your brain, or think you would just like to explore a favorite math topic with friendly, interesting people, please come to the Math Club Workshop. In these workshops, we will explore a few thought-provoking subjects in numbers, geometry, algebra and calculus.

For more information, please visit the following website: mathandscience.org/DanvilleMathClub or email Tom Bauer at tbauer@mathandscience.org. Free

Writing Group

Friday, December 2 – February 24, 10:00 a.m.-12:00 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Gordon Lindsay

The purpose of this group is to give participants a weekly schedule for writing and provide support by writing in the same room together. The group 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 and Information

AARP Smart Driver Course

– 2 Day Course

Thursday, January 19 and 26, 9:00 a.m. - 1:00 p.m.

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 techniques to compensate for these changes. The course includes an auto insurance discount certificate. Checks should be made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Instructor cannot accept cash. Participants must attend both days.

HICAP Medicare Counseling for Medicare Beneficiaries and their Families

Wednesday, December 14, January 11, February 8

8:45 a.m.-11:00 a.m. and 1:00 p.m.-4:00 p.m.

Tuesday, January 24, February 28

1:45 p.m. – 4:00 p.m.

Location: Danville Senior Center, Conference Room

HICAP provides free and objective counseling and advocacy services for Medicare enrollment and with issues

Community Resources / Special Events

Community Resources (continued)

involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Free.

Medicare Plan Review for 2017

Medicare open enrollment is from October 5–December 7, 2016. Medicare advises that you review your prescription drug plan each year. Registered HICAP (Health Insurance Counseling and Advocacy Program) counselors will be at the Danville Veteran's Memorial Building on Thursday, December 1, 2016 from 10:00 am–2:00 p.m. to review your Medicare drug or health plan and help you decide on the best coverage for you. HICAP may be able to save you money. You will need to complete a worksheet in advance and make an appointment. Call HICAP at (925) 602-4163 or go to www.cchicap.org for more information. You can also pick up a worksheet in advance at the Danville Senior Center.

Notary Public Services

Call Mary Maki at 925-683-2835 to make an appointment.

Personal Counseling Services

Location: Danville Senior Center, Meeting Room

Discovery Counseling Center therapist, Dr. Fran Rapoport, is available for individual and group counseling services. Confidentiality and privacy will be protected. A grant from the Chevron Corporation enables seniors to have initial sessions at no cost. For an appointment, call Dr. Fran at (925) 837-0505, ext. 314.

Welcome to Medicare Seminar

Saturday, December 10, January 14, and February 11 10:00 a.m. – 12:30 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Contra Costa County Staff/HICAP Counselors

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.

Free Tax Preparation

Free Tax Preparation for the 2017 tax season will again be offered by Tax-Aide's AARP sponsored program providing IRS certified tax counselors for Danville residents. Tax-Aide does not specify an income limit but targets low/moderate income taxpayers of any age with special attention given to seniors ages 60+. The tax preparation service has a new location this year: Veterans Memorial Building of San Ramon Valley, 400 Hartz Avenue, Danville. Site hours are every Tuesday, starting February 7, from 9 a.m. to 2:30 p.m. Walk-ins are accepted. Beginning January 9, 2017, call 925-480-7202 for information or an appointment.

Special Events

Holiday Luncheon

Friday, December 9, 12:00 p.m. – 1:30 p.m.

Get into the holiday spirit at our Annual Party! Enjoy this wonderful event with friends while feasting a delicious, catered hot lunch. After lunch, sit back and take in a holiday performance by Chromatica, a Danville-based chorus recently dubbed "the undiscovered musical jewel of the East Bay" who will join us in celebrating the season. Chromatica has performed nine series of ticketed concerts in the East Bay, attracting large and enthusiastic audiences. Register today for this special holiday treat and you might be the lucky winner of tickets to their next live performance! Fees: \$10(R) \$12(N)

Chinese New Year Celebration

Tuesday, February 7,

12:00 p.m.-1:30 p.m.

Come and celebrate Lunar Chinese New Year, Year of the Rooster with us. Enjoy entertainment and traditional Chinese food as we welcome the New Year. Please wear red in support of the wonderful holiday. Bring a friend. Fees: \$10(R) \$12(N)





Town of Danville
 Senior Services
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 Danville, CA 94526

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 Danville Senior Services (925) 314 – 3430
 Stay Up to Date with the Town! Like us on Facebook!** 

REGISTRATION: NOVEMBER 15 – RESIDENTS; NOVEMBER 17– OPEN REGISTRATION

View or download the Silver Streak online at 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.

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: 1/6, 1/20, 2/24, 3/10, 3/24
FREE
Movies are shown on Fridays at 1:30 p.m.
 Please contact Senior Services at (925) 314-3430 to get a list of scheduled movies. Pre-registration is not required.

Coming to the Village Theatre:

Thursdays @ the VT Classic Film Series presents *A Christmas Story* December 8, 7:30 p.m.
The Jazz Room in Your Neighborhood, the new VTAG jazz series kick off concert on January 20, 7:00 p.m.
As If! A 90's cult classic double feature featuring *Clueless* (1995) and *Romy and Michelle's High School Reunion* (1997), January 21, 2:00 p.m.
 Please visit www.villagetheatreshows.com for more information.

Coming to the Village Theatre Art Gallery

January 19, 6:00 p.m.-8:00 p.m., opening reception for *Uncommon Thread*, an exhibition featuring unique and creative quilts. This exhibit will be on display from January 19-February 25.
 Please visit www.villagetheatreartgallery.com for more information.