

Seniors Living Well

Inside:

- Friendly Visiting during pandemic Page 11
- The community of water exercise Page 12
- Tips for senior homebuyers Page 14

Film icons come to life for calendar

Stoneridge Creek residents portray celebrities in fun project

By DOLORES FOX CIARDELLI

Cossette Sun, 83, had long been a fan of Audrey Hepburn, so when the call went out to Stoneridge Creek residents to portray Hollywood icons for a 2022 calendar, she was game.

"I've watched a lot of her movies and followed what she did when she retired from the movie industry," Sun said. "She did very nice, charitable work at the United Nations."

Susan Felice, life enrichment director at the senior residential community in Pleasanton who headed up the project, first took headshots of each resident selected and compared them to photos of the celebrities they might portray; Sun expressed her interest in Hepburn.

"So many of these residents were so easy to mold into the character we picked for them," Felice said. "We could see similarities in some folks that made them a great cast for a particular character."

She and her team gathered costumes, backgrounds, props and set designs, and arranged for professional hair and makeup stylists to be on hand for the two-day photo shoot.

"She told us to be at Ohlone Hall (performing arts center) and for me to dress up as closely as possible to be like Audrey Hepburn," Sun recalled.

Based on the photo provided of Hepburn lounging on her side, Sun dressed all in black.

She wore her own slacks for the photo shoot but they provided a different top as well as jewelry. Then she was directed to recline, duplicating the photo.

"Susan asked me, 'Are you able to do the pose?'" Sun remembered. "I said, 'Yeah, I do a lot of fitness classes.' I had to be a little flexible to do the pose."

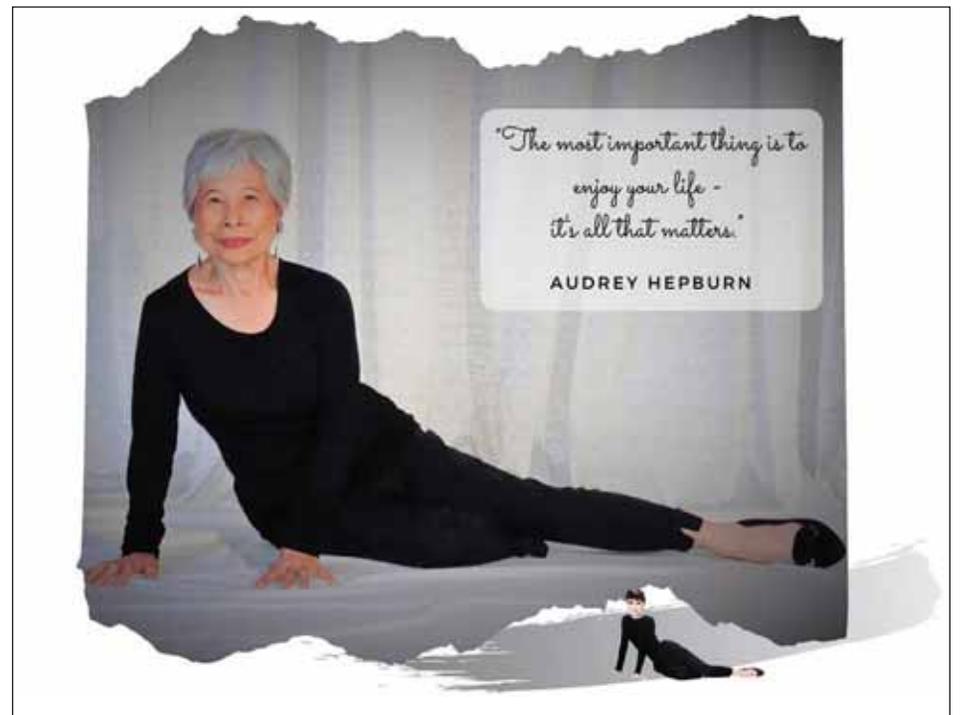
"My hobby is to exercise, to keep fit," Sun explained.

She also volunteers as head of the library committee at Stoneridge Creek, as she is a professional law librarian and for many years was director of the Alameda County Law Library.

Some 17 residents explored their theatrical side as they portrayed Debbie Reynolds and Gene Kelly, Fred Astaire, Elizabeth Taylor as Cleopatra, and others.

Participants in addition to Sun were Mary Lyons, Tom Addison, Linda Godbier, Kate Gong, Gail and Warren Shukis, Elizabeth Bliss, Joe Gourley, Renee Bauer, Ken Jensen, John Evans, Frank L'Engle, Peggy So, Hampton Lyons, Tom Combellick and Kathleen Addison. Three resident photographers — Arnold Joyal, Lois Levine and Frank Yee — volunteered for the photo shoot.

Next, the photographers edited their images and sent them to Felice, who designed



CONTRIBUTED PHOTO

Cossette Sun lounges a la Audrey Hepburn for the month of October.

the 2022 calendar. They also had a celebration after the shoot was done, and Sun said her husband Stanley got to learn more about what she'd been up to.

"He had tennis buddies at the party, and he got to meet a few more people," she said.

The calendar will be given to each of the 565 resident homes in Stoneridge Creek, with the participants getting two.

"I will order some more for my kids and my friends," Sun said with a laugh.

Felice noted that shooting the calendar, months after everyone was vaccinated, was a great way to connect as events in the community were slowly reopening.

"This has been so much fun to put together," Felice said. "It's wonderful to be together again." ■

LARPD aims to keep programs 'fun' and 'flexible' for Livermore seniors

Drive-thru lunch, fitness, tech tutoring among activities

By CIERRA BAILEY

Activities at the Livermore Area Recreation and Park District (LARPD) Senior Services Center are in full swing, including the Open Heart Kitchen "Good Thyme Cafe" lunch program, which offers curbside and walk-up meal service Monday through Friday from 12-1 p.m.

Seniors are invited to the Robert Livermore Community Center to pick up fresh meals to-go. Open Heart Kitchen offers the same service at the Pleasanton Senior Center from 11:45 a.m. to 1 p.m. and at the Dublin Senior Center from 11:30 a.m. to 12:15 p.m. on weekdays.

Each month, LARPD provides additional items for seniors to take home along with their food.

"We try to offer something a little bit different every month, today we have a snack and activity pack. We've also done crafts that they can take home, like (decorating) picture frames. But usually, we try to just do something

fun for them on a Friday once a month for the drive-thru program," said LARPD community outreach supervisor David Weisgerber.

While navigating the uncertainty of COVID-19, Weisgerber said that LARPD aims to do everything it can to serve seniors within the rules of the changing climate. Since spring 2020, the district has offered outdoor fitness classes at the community center for seniors as well as virtual programs, including technology tutoring led by teen volunteers and other enrichment courses.

"Our fitness classes are wildly popular, particularly outside," Weisgerber said.

"Of course, there's other challenges between wildfire smoke and weather — we've been doing this all year, so we've hit every season at this point with rain and heat — but I think our main theme for the whole thing is just being flexible," he added, noting that people have been very understanding and cooperative amid the constant changes.

"For the most part, those who want to

participate are out and about and for the folks who don't or aren't quite ready to, have plenty of virtual options," Weisgerber said.

More information about LARPD's senior programs and resources is available at larpd.org/senior-services. ■



CIERRA BAILEY

LARPD staff members and teen volunteers distribute activity and snack packs during drive-thru lunch for seniors. From left: Kathy Lake, Nathan Mann, Jaimisen Foster and David Weisgerber.

Friendly Visiting kept up via telephone

Program looking for volunteers to become friends

BY DOLORES FOX CIARDELLI

The Friendly Visiting Program in Pleasanton worked hard to carry on its services during the pandemic, shifting to phone calls to keep homebound seniors feeling connected.

“What we’ve been doing is our volunteers are calling their seniors each week,” program coordinator Pam Silliman said. “We would love to get back inside seniors’ homes, but for now we have to be careful about exposure with this new variant.”

Silliman is actively seeking new volunteers for the Friendly Visiting Program to be prepared when in-person visits resume.

In normal times, the program matches volunteers with seniors they visit to help with reading or shopping or to play games, as well as telephoning regularly to check on them. Some help with mail or shredding or online tasks.

During the pandemic, direct contact halted but volunteers kept in close touch with telephone calls, and occasionally leaving a card or gift on the doorstep.

“The student volunteers have been wonderful with their card making this past year,” Silliman said.

Garron Hahn, 21, a Livermore resident, said he volunteered for the last year with the Friendly Visiting Program as part of a service mission with his church while he attended Las Positas College.

“I had three people assigned to me,” Hahn said. “Everybody was super nice.”

After his training, he made introductory phone calls to his seniors — in their 90s,



CONTRIBUTED PHOTO
Jordan, a nursing student, calls a senior with the Friendly Visiting Program.

70s and 60s — to let them know he was there for them.

“I was very nervous when I made that first call. I’ve always been pretty introverted,” Hahn said. “But the first guy I talked to, he just started talking, and he talked for probably an hour. I thought, that’s perfect. He put me at ease.”

“I could help them with programs if they needed anything but I also told them, ‘I want to be your friend,’” he continued. “I was pleasantly surprised at how warm and welcoming they were.”

“They were very respectful of me and the fact that I was a volunteer but at the same time I do feel they were comfortable enough to talk about what was going on in their lives. Some of them had things going on that were challenging and they were never hesitant to talk about those things. It was wonderful to offer support and consolation.”

“I learned so much and was able to see through their eyes. They gave me advice for life and college and my career. I didn’t expect this — it was beautiful and wonderful.”

Hahn is moving on but said he highly recommends the Friendly Visiting Program. And he found the program was well-structured.

“All around, it was well organized and a good place to work,” he said.

The Friendly Visiting Program is part of Senior Support Program of the Tri-Valley, located in the Pleasanton Senior Center on Sunol Boulevard and funded mainly by Alameda County and grants from the Tri-Valley cities. It also offers a transportation program, counseling, grief groups and caregiver support, among other services.

“We have a case management program that has been ongoing this entire year,” Silliman said. “They actually help seniors set up a program of wellness for their home.”

She is looking forward to resuming the Friendly Visiting in person when volunteers can take the seniors out for tea or grocery shopping.

“But we are looking for volunteers who are interested in reaching out by phone for now and getting to know the senior,” Silliman said. “Our Transportation and Friendly Visiting are always in need of new volunteers so we can provide more services to seniors.”

She also noted that the holidays are right around the corner, and last year they supported more than 200 seniors with gifts, including quilts donated by the Amador Valley Quilters.

“They can email or call me, and I can send them a brochure and application and information on how to get started,” she added.

For more information about volunteering, call Silliman at 931-5388 or email psilliman@ssptv.org. ■

MEDICAL PRODUCTS FOR YOUR HEALTH & WELL-BEING



Hospital Beds • Incontinence Products • Commodes • Compression Stockings

Personal Protective Equipment • Shower Chairs & Benches • Wound Care Products • Daily Living Aids



HOSPITAL BEDS



LIFT CHAIRS



MOBILITY SCOOTERS



WHEELCHAIRS



WALKERS/ ROLLATORS



PERSONAL PROTECTIVE EQUIPMENT



ORTHOPEDIC PRODUCTS



CareOne
MEDICAL SUPPLY

925.468.4400

6070 Johnson Drive, Suite D, Pleasanton

10% Off
your purchase

With ad. Offer exp. 9-30-21

Senior women find community, well-being with water exercise

With pool classes, the connections are as important as fitness benefits

BY LEILA TOUATI

The water exercise program at Pleasanton's Dolores Bengtson Aquatic Center offers a range of personal benefits for the senior participants who make up a majority of the classes.

Water exercise comes in a variety of forms, such as water yoga, water pilates and the ever-popular water aerobics, which provides a chance to work out with the support and resistance of the water in both the shallow and deep pools.

"This doesn't look like much of a workout, but because (ours) is in the deep water and it's forcing you to stand up straight, you're actually working your core. The water is supportive and it keeps them active to the point that they can stay active for the rest of their life and that's really important," participant Patricia Haller told the Weekly.

Different courses at the Pleasanton city pool are broken up between 6:15-9:40 a.m. on Mondays, Wednesdays and Fridays, as well as an evening class from 5:30-6:25 p.m. from Mondays through Thursdays. These late afternoon classes are the only ones where an instructor is available, while participants in the morning must take these courses into their own hands.

"As an aquatics professional paying attention to what COVID-19 had done with the aquatics industry across board in the country, we're suffering from staff shortages, and

water aerobics is just one of those (programs) where because it's an emerging industry, it doesn't have any real permanence yet," senior recreation program specialist Dan Ngo said. "Us losing three instructors all at once was surprising, but was there anything we could do about it? Probably not."

While a lack of instructors for water exercise may seem daunting, frequent members of the program, majority being senior women, are taking the situation in stride by following specific movements and supporting one another throughout the entirety of the lesson.

Haller said having no instructor "is a real challenge because it helps to have someone who can tell you what you're doing, who can let you know if the movements you're doing are wrong and you can hurt yourself, and who can remind people to keep moving. I look forward to getting back to where we have instructors for at least two full morning classes."

The water aerobics program has always generated a supportive and social community, but now that restrictions have lessened at the aquatic center, the connections and friendships are vital, as is the exercise portion of the course.

"If anything, last year I think it really showed us how important our connections are. I can't imagine how difficult it was for this community, specifically this (senior) audience,



LEILA TOUATI

In the early-morning hours last week, senior women join the Dolores Bengtson Aquatic Center for an hour-long session of water exercise.

for three or so months to have to self-isolate for their own safety," Ngo said. "The moment they were able to come back, they really relished it and missed this. Whether we were offering an instructor or not, they were just glad to be back here."

No matter what type of water exercise is done at the aquatic center, it is a chance for anyone to join a welcoming community that

works together to enhance their health.

"I love losing gravity for a little while because the water is so supportive and there's no pressure on your feet and all of those things," Haller said. "I love coming here and seeing these ladies. And I love the otter — a stretch move that we do where you move your feet in circles and it's a very playful move — the names of some of the moves are really cute." ■

Free support available for caregivers of dementia patients

BY JULIA BAUM

Free support is now available for Tri-Valley caregivers of patients living with dementia through a respite care program offered by the Dublin-based nonprofit organization Hope Hospice.

Providing temporary relief for low- and middle-income family caregivers, the recently launched Family Caregiver Respite Program gives recipients up to 16 hours of complimentary care in their home each month from a participating agency. Patients are not required to be receiving Hope's hospice service to qualify for the respite program.

Used to describe short-term relief in the form of a substitute caregiver, respite care can help lower stress levels for a family caregiver by allowing time for personal appointments and self-care, according to Gia Barsell, manager of dementia services and community education at Hope Hospice.

"The stress that family caregivers experience as their loved one declines can be staggering," Barsell said in a statement. "Whether you have help from other family members and friends, or you're forging alone, you likely feel overwhelmed and exhausted most of the time. It's imperative for your own well-being to carve out time for self-care."

Hope Hospice communications director Kendra Strey told the Weekly that the program "is created for people who fall between the cracks."

"A lot of families, even if they make a substantial income, they don't necessarily have extra money to pay for services like this," Strey

said. "We have such a high cost of living in the Bay Area and in California in general, so regardless of someone's high income, they may not have extra money for respite care."

Strey added, "We had some funds that somewhat fell into our lap through a new grant, so this is the way we decided to use the grant money to create this program."

The respite care program's initial funding came from the now-dissolved organization Tri-Valley Adult Care, which was seeking to redistribute its assets, and will carry the program through the next several years. It's also possible the program may expand at some point.

"When this first set of money runs out ... if we decide to continue the program and seek replenishment funds, we would broaden that to our entire service area," Strey said, including Concord, Hayward and San Leandro. "Our organization is deep-rooted in the Tri-Valley ... but over time our geographic imprint has grown, so certainly we'd want all our programs to serve our entire service area."

Families may reapply for the program every month, though new applicants will receive priority consideration.

In order to qualify, applicants must be a primary family caregiver for a loved one who has been diagnosed with dementia, reside in San Ramon, Dublin, Pleasanton or Livermore, and have an income not exceeding 400% of the current federal poverty guidelines for their household size.

For more information or to apply, visit HopeHospice.com/respite. ■

WORRIED ABOUT SOMEONE'S DRIVING?

Driving skills can change. One of the most difficult decisions facing families today is how to deal with the driving issue when a loved one has a medical condition or is taking medications that may have affected the mental abilities necessary for driving.

When a person is unsafe to drive, that person must stop driving. The problem is in knowing when to stop.

At the DCAC, we specialize in science-based driving assessments using one of the world's leading technologies for providing fair and accurate information about the safety of your loved one.

Don't leave this important decision to chance. Give us a call to schedule a driving assessment.

DCAC technology designed to assess drivers with medical conditions
DRIVER COGNITIVE ASSESSMENT CENTER, LLC

Call Melanie 925.249.5947
www.dcacbayarea.com



50 states in 50 days

Tri-Valley group completes ambitious motorcycle trip

By DOLORES FOX CIARDELLI

“The Great American Ride,” in which a group of local bikers journeyed through 50 states in 50 days, concluded July 10 when they returned from their last state, Hawaii.

Photos taken in the last two stops, where they rented Harley-Davidsons, show participants Gary Cose, Bud Early, Ralph Hughes and Mike Oliviera in Anchorage; and Wayland Wagner, Cose, Early, Hughes and Oliviera in Hawaii.

“After 48 actual travel days, we were able to visit every state in the United States,” reported Hughes. “From the constant cross winds in Nevada all the way to Texas, the

sandstorms in New Mexico, the tornadoes and rain in Kansas, and the heat in New Orleans and throughout the south, every moment was an experience to remember.

“There are many ways to travel, of course, but none better than sitting in the saddle of a motorcycle traversing the back roads and secondary highways of our beautiful country with your best friends,” he continued.

“A long, and at times exhausting ride, with early wake up calls, battling the long hours, and inhospitable weather conditions, it was a ride none of us will ever forget. Nor will we ever forget the great people we met along the way.” ■



CONTRIBUTED PHOTOS

The group of local riders commemorate their final two stops on their “50 States in 50 Days” trip with photos in Hawaii (above) and Alaska (below).



Experience the Difference

at **The Parkview** Proud member of the **ESKATON** family

100% Resident Satisfaction Score

Experience The Parkview, a beautiful senior living community located near Centennial Park and the Pleasanton Senior Center. With a wide range of services and amenities available, our dedicated staff will help you create a lifestyle tailored to your needs and preferences.

- 24-hour staffing with licensed nurse oversight
- State-of-the-art fitness center and engaging exercise classes
- Complimentary, scheduled shuttle bus trips for errands, events and appointments
- Excursions to restaurants, theaters, museums, parks and sporting events
- Pet-friendly with landscaped walking trails
- Private rooms available in memory care

**Experience our community
and meet our care staff today!**
925-297-6944 • theparkview.org



THE PARKVIEW

ASSISTED LIVING & MEMORY CARE IN PLEASANTON

Assisted Living and Memory Care
100 Valley Avenue, Pleasanton, CA 94566
License #015601283

Equal Housing Opportunity

Challenges and opportunities for senior homebuyers

With many factors at play, often comes down to right balance of needs and wants

BY DAVID STARK

The homebuying experience for seniors in the current Pleasanton real estate market is full of challenges and opportunities.

The process of purchasing a home in Pleasanton for a senior may be different than for other homebuyers. "It depends on so many factors, are they selling a house and downsizing, are they a first-time buyer, what exactly are they looking for," said Tina Hand, 2021 president of the Bay East Association of Realtors, who has recently worked with senior clients.

Hand said a real estate professional can narrow down the search for them based on their needs and wants. "Part of what a real estate professional may ask a senior homebuyer is if they have children nearby and are they part of the conversation," she said.

Hand explained that children of senior homebuyers should be part of the homebuying process, "so they know exactly what their parents want to do so they don't feel their parents are being taken advantage of. I can't reiterate enough the threat of fraud that seniors face during a real estate transaction. I want to make sure their kids are there every step of the way, so they know what we're talking about and what we're doing."

For seniors wanting to purchase a home in Pleasanton now, Hand said, "I think it's going to be a shock because of the home prices, however, with Proposition 19 they

may be able to keep their tax base." California voters approved Proposition 19 in November 2020. It allows homeowners aged 55 and older to transfer their property tax rate to another home anywhere in California.

Asked if a senior homebuyer should be prepared to purchase a condo or townhome, Hand said, "That's a tough one because they may not want to deal with stairs. In some of the older neighborhoods, there are still a lot of single-story homes in Pleasanton, and they are not all 2,000 square feet; you can find plenty of them that are 1,300 to 1,500 square feet and single story."

Seniors may need to check a few extra boxes compared with other homebuyers, when preparing to purchase a home. Hand said "having a will and a trust is so important and I recommend that they get one. If they do have a trust, they will need to have it updated."

While their homebuying to-do list may be a bit longer, Hand said seniors may have an advantage over other buyers if they have current real estate assets.

"I think they would be able to compete because it comes down to not just the purchase price, but the terms of the offer and a lot of seniors have lots of assets," she said. "They may or may not have a home to sell which could be cash they can use in purchasing another home. I think they can



BAY EAST

David Stark, of the Bay East Association of Realtors, shares thoughts on the Pleasanton real estate market for seniors.

compete pretty well with the techies."

For those seniors currently living in Pleasanton, Hand said there may not be many reasons to look elsewhere for their next homeownership experience.

"I don't see a lot of seniors moving out of Pleasanton," she added. "They might be downsizing going from a two-story to a one-story, but I don't hear about a lot of them

leaving Pleasanton. There's a lot of activities, parks, senior centers where they can be active, the weather, the transportation close to 580 and 680. The amenities are what's keeping them here." ■

Editor's note: David Stark is the chief public affairs and communications officer for the Bay East Association of Realtors, based in Pleasanton.

TIME FOR A CHANGE?

SENIOR REAL ESTATE SPECIALIST®

Whether you're moving closer to your family or closer to relaxation, as your designated Senior Real Estate Specialist®, my team of professionals takes the extra effort necessary to help you relocate and sell your home with confidence and ease. We do more because you deserve more.®

COMPASS



Danville
410 Greenbriar Court 4 Bed 3 Bath 2,880 sf



Fremont
4096 Piedmont Terrace 4 Bed 3.5 Bath 3,374 sf

Coming Soon

Discovery Bay
6884 New Melones Circle
4 Bed 3.5 Bath 3,714 sf

Livermore
2987 Lerida Court
4 Bed 2.5 Bath 3,062 sf

Piedmont
22 Ramona Avenue
2 Bed 1 Bath 999 sf

San Ramon
1254 Bellingham Square
4 Bed 4.5 Bath 3,836 sf

Jo Ann Luisi

925.321.6104 | DRE #01399250
joann.luisi@compass.com



Anna Marie Adams

925.642.9994 | DRE #02106032
annamaria.adams@compass.com



Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdraw without notice. No statement is made as to accuracy of any description. All measurements and square footages are approximate. Exact dimensions can be obtained by retaining the services of an architect or engineer. This is not intended to solicit property already listed.

PLEASANTON SENIOR REAL ESTATE SPECIALIST®



ARMARIO HOMES

TRI-VALLEY LUXURY REALTY

A Seniors Real Estate Specialist SRES® has training and experience in helping home buyers and sellers ages 50 and over. If you are thinking of selling your home, maybe you are retiring, downsizing or a major life event has made you consider a move.



DeAnna Armario
Senior Parnter | SRES
(925) 694-0806

Why choose DeAnna, a Seniors Real Estate Specialist®, to assist you?

DeAnna Armario has a strong network in Pleasanton and the Tri-Valley Area.

As an active member of the Pleasanton community, DeAnna can provide referrals to a variety of resources including: tax counselors, financial advisors, interior staging specialists, senior moving specialists, and can refer you to another SRES® if you are planning to move out of the area.

PROPOSITION 19



Are you over the age of 55?

Prop 19 makes it easier to move without obtaining a property tax increase. Seniors can take advantage of Prop 19 through the following methods:

- Keep your original Prop 13 tax base when moving to a home of equal or lesser value anywhere in California.
- Secure an adjusted tax rate based on your Prop 13 base when moving to another home more expensive anywhere in California.
- Transfer your original tax base to a new home up to three times in your life.

We can help you benefit from Prop 19!

Call DeAnna today: (925) 694-0806

WHAT SENIORS ARE SAYING:

"DeAnna Armario and her team. Five stars just doesn't do them justice. The hard work, attention to detail, the professionalism and care should be the benchmark for all sales agents."



Broker DRE# 02065804
459 Main Street, Pleasanton
www.ArmarioHomes.com

Considering Buying or Selling?

Call Our Team Today For
A FREE Home Valuation

DeAnna Armario | 925.694.0806
Brianna Armario | 925.694.0802
DRE# 01363180 | DRE# 01967027

FOR THOSE READY FOR THEIR NEXT PHASE...

55 and over and ready for what's next? Prop 19 will allow you to take your tax basis with you in CA. Call me for more details.

COMING SOON TO RUBY HILL



1597 Via Di Salerno, Pleasanton

6 BD, 5.5 BA, 6,702 SF on .69 Acre. Extensive moldings and rooms for living at this East Coast meets California Ruby Hill Estate. Main level primary suite, office, bonus, beach entry pool, golf course lot, this home will exceed your expectations. Light and bright. Preview showings start in the next week.

OFFERED AT \$3,999,000

EXCLUSIVE OPPORTUNITY IN RUBY HILL



Coming Soon – Almost New Construction

Just 4 years old with million-dollar views, 8,039 SF on gorgeous view lot. The pool is just being finished, oversized loggia, outdoor kitchen, gorgeous balcony. Inside find leathered quartz counters, fabulous elevator, automated lighting system and stunning details.

OFFERED AT \$5,999,000
CONNECT FOR PREVIEW INFO.

Venture
Sotheby's
INTERNATIONAL REALTY



GLOBAL REAL ESTATE ADVISOR
925.519.8226 | susan@fabprop.net
FabulousProperties.net CalDRE#01713497



Tri-Valley Senior Calendar

Senior Center

PLEASANTON SENIOR CENTER The Pleasanton Senior Center has added more in-person programs to the August schedule. Visit the Mature Adults section at pleasantonfun.com to see the complete list or call 931-5365.

Talks & Lectures

THE PERSONAL TECHNOLOGY GROUP (PTUG)

PTUG is for all computer enthusiasts and includes discussions, lectures, demonstrations and a questions/answer period. PTUG meets on the 4th Thursday of the month at 10 a.m. The next meeting is Aug. 26. Email pleaseniorg@gmail.com.

A TASTE OF CHOCOLATE September is National Senior Center Month so celebrate with chocolate. A free chocolate tasting event and a screening of a short video on the history of chocolate, along with raffle prizes. 1:30-3:30, Sept. 23. Pre-registration is required. Call 931-5365.

VIRTUAL SMARTPHONE TRAINING Attend free online training to make a smartphone worker better. Learn how to operate basic functions including sending text messages, making text larger and connecting Bluetooth devices. This two-part online training offered multiple times each month requires a computer and internet service. Call 510-207-8609.

AARP SMART DRIVER COURSE The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance. For more information visit aarpdriversafety.org.

Legal Help

LEGAL ASSISTANCE FOR SENIORS Legal assistance for seniors remains open for free remote legal services. The Health Counseling (HICAP) and Advocacy Program also continues to provide free remote Medicare counseling. To schedule a phone counseling appointment with HICAP, call 510-839-0393.

Housing

KOTTINGER GARDENS MidPen Housing is opening the wait list for one-bedroom below market rate units for Seniors 62+. For more information contact Kottinger Gardens Leasing Office at 574-1701 or visit midpen-housing.org.

Exercise

LINE DANCING-NEW CLASSES Line Dancing instructor, Sue Kraft, teaches four classes at the Pleasanton Senior Center. To register visit pleasantonfun.com.

YOGA FLOW FOR SENIORS This class includes basic foundational yoga postures that are practiced in a gentle, modified style to improve strength, balance alignment and flexibility. Beginners are welcome and bring a yoga mat, towel and water. Visit pleasantonfun.com.

Transportation

PLEASANTON RIDES Serving eligible Pleasanton seniors with transportation needs throughout Pleasanton to select destinations

in the Tri-Valley. Pleasanton Rides is a door-to-door, shared-ride transportation service for Pleasanton seniors. For reservations call 398-1045.

SENIOR CLIPPER CARDS A BART representative will be at the Pleasanton Senior Center to assist with processing applications to receive a discount clipper card. For more detailed information call 931-5385. 11 a.m.-1 p.m., Aug. 20. 5353 Sunol Blvd.

VA Outreach

VETERAN'S ASSISTANCE MOBILE OUTREACH The Pleasanton Library will host the VA Palo Alto Mobile Medical Outreach team to facilitate examinations, consultations and referrals for enrolled veterans. Veterans uncertain of their benefit eligibility are encouraged to visit as requirements have changed. Representatives will provide information to veterans, spouses, caregivers, family members and survivors to assist with veteran enrollment for VA care. 10 a.m.-1 p.m. on Aug. 16. 400 Old Bernal Ave.

Art

WATERCOLOR GROUP FOR SENIORS The Watercolor Group meets virtually every Wednesday at 10:30 a.m. to paint and grow as artists. Contact j_robinvioletta@hotmail.com.

HARRINGTON GALLERY NEW EXHIBIT The new exhibit "Women Artists Show and Tell" is on display at the Harrington Gallery in the Firehouse Arts Center. The exhibit represents the work of women artists in the Bay Area and features work in a variety of media including oil painting, mosaic, photography and colored pencil and sculpture. Now through Aug. 28. Visit firehousearts.org.

Festivals

HARVEST FESTIVAL The family-owned and operated Harvest Festival, original art & craft show provides a one-of-a-kind shopping experience. 10 a.m.-6 p.m., Aug 13-15. Tickets \$7-\$9. Visit alamedacountyfair.com.

Games

BINGO IS BACK Bingo is back at the Pleasanton Senior Center every Wednesday and select Monday's, 1-2:30 p.m. Register at pleasantonfun.com or call 931-5365.

Conversation

TUESDAY TALKS WITH FRIENDS Join for a weekly Zoom chat every Tuesday at 11 a.m. For more details on Tuesday Talks session, and to sign up to receive the zoom link call 931-5365.

Meals

SENIOR LUNCH PROGRAM The Senior Center Lunch Program offered through Open Heart Kitchen continues to provide curbside or lunch pickup Monday through Friday at the Senior Center roundabout from 11:45 a.m.-1 p.m. To sign-up call Open Heart Kitchen at 500-8241.

MEALS ON WHEELS Provides home delivered meals for 60+. Call 931-5385 for more information.

HIRED HANDS INC. Homecare

Family owned and operated since 1994



Where the Client-Caregiver Relationship
is Everything.

925-621-7650

HIREDHANDSHOMECARE.COM

