

JANUARY 2025



SENIORS PURSUING ADVENTURE, RECREATION, AND KNOWLEDGE

Moraga Parks & Recreation



NEW in 2025... Ignite your curiosity and embrace new experiences with Moraga Parks & Recreation's newest venture... SPARK!

Our mission is to inspire active adults and seniors through adventure, fitness, education, and community.

In addition to our quarterly offerings, we will be having some pop-up workshops and enrichment offerings throughout the year! Updates will be given through this newsletter and will be emailed out Monthly.

Let's light up the new year with SPARK! Happy Holidays!

General Schedule

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|-----------------|------------------|--|------------------|--|
| Flow Yoga AM | Chair Yoga AM | Senior Morning Mingle 1st Wednesdays | Chair Yoga AM | Tai Chi AM |
| | | Senior Trips Monthly Date/Time Vary | Tai Chi PM | Body & Brain Fitness for Boomers AM |



JANUARY 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 6 | 7 | 8 9:30 AM Morning Mingle FREE. Please RSVP | 9 7:00 PM Tai Chi (First Class) | 10 9:00 AM Tai Chi (First Class) |
| 13 | 14 10:00 AM Chair Yoga (First Class) | 15 | 16 10:00 AM Chair Yoga (First Class) 7:00 PM Tai Chi | 17 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers (First Class) |
|  20 | 21 10:00 AM Chair Yoga Registration Opens for March-May Trips | 22 10:00 AM "Some Like It Hot" @ The Orpheum + Hosted Lunch | 23 10:00 AM Chair Yoga 7:00 PM Tai Chi | 24 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers |
| 27 9:00 AM Gentle Flow Yoga | 28 10:00 AM Chair Yoga | 29 | 30 10:00 AM Chair Yoga 7:00 PM Tai Chi | 31 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers |

All Programs Require Registration.

Want to try a class? Please email RecDesk@moraga.ca.us or call 925-888-7045. We will contact the instructor and schedule the best date for you to try it out!

Questions? Contact Recration Supervisor, Donald Scully at 925-888-7036 or dscully@moraga.ca.us



UPCOMING DAY TRIPS

January 22, 2025

Some Like It Hot @ The Orpheum w/ Lunch - \$119

February 12, 2025

Cache Creek Casino Transportation - \$30

March 5, 2025

Back to the Future: The Musical @ The Orpheum w/ Lunch - \$124

March 26, 2025

Craig Smith Tour: As the Seagull Flies - \$TBD.

Registration Opens January 23

April 17, 2025

Elliston Winery High Tea - \$TBD.

Registration Opens January 23

May 14, 2025

Filoli Gardens With Tour & Box Lunch - \$TBD.

Registration Opens January 23

May 15, 2025

Filoli Gardens, Admission & Transportation Only - \$TBD.

Registration Opens January 23

June 4, 2025

A Beautiful Noise: Neil Diamond Musical w/ Lunch - \$131

Questions?

Contact Recreation Supervisor, Donald Scully at

925-888-7036 or dskulley@moraga.ca.us

www.MoragaRec.com



RESOURCES

Area Agency on Aging (AAA)

The AAA provides leadership in addressing issues related to older adults and develops community-based care systems to support independence and quality of life. They offer information and assistance, health insurance counseling, senior nutrition programs, and more.

- Information & Assistance Helpline: Speak with knowledgeable social workers for information, referrals, and assistance.
- Phone: (800) 510-2020 (toll-free within Contra Costa)
- Alternate Phone: (925) 229-8434 (cell phones or outside Contra Costa)
- Email: infoandassist@ehsd.cccounty.us

Health Insurance Counseling and Advocacy Program (HICAP)

Provides free and unbiased assistance with Medicare plans and can help find programs to lower Medicare costs.

- Phone: (925) 655-1393

Lamorinda Spirit Van

The Lamorinda Spirit Van provides affordable, door-to-door transportation for older adults in Lafayette, Moraga, and Orinda, helping them maintain independence and stay connected to the community.

- Phone: (925) 283-3534

Senior Nutrition Programs

Offers nutritious meals at various Café Costa sites and home-delivered meals through Meals on Wheels.

- Café Costa: Contact for site locations and reservations.
 - Phone: (925) 825-1488
- Meals on Wheels Diablo Region: Delivers meals to homebound seniors.
 - Phone: (925) 937-8311

Contra Costa Senior Legal Services (CCSLS)

A non-profit organization dedicated to providing free civil legal services to county residents aged 60 or older.

- Phone: (925) 609-7900
- Address: 2702 Clayton Rd Ste. 202, Concord, CA 94519

Adult Protective Services (APS)

Responds to reports of abuse, neglect, or self-neglect involving elderly individuals or dependent adults.

- 24-Hour Hotline: (877) 839-4347

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