

# 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](mailto: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 Recreation Supervisor, Donald Scully at 925-888-7036 or [dscully@moraga.ca.us](mailto: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 [dscully@moraga.ca.us](mailto:dscully@moraga.ca.us)  
[www.MoragaRec.com](http://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](mailto: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

Questions?

Contact Recreation Supervisor, Donald Scully at  
925-888-7036 or [dscully@moraga.ca.us](mailto:dscully@moraga.ca.us)  
[www.MoragaRec.com](http://www.MoragaRec.com)