

February 2025



SENIORS PURSUING ADVENTURE, RECREATION, AND KNOWLEDGE
Moraga Parks & Recreation



February is an exciting month for Moraga Parks and Recreation and SPARK! From invigorating fitness classes to engaging social gatherings, there's something for everyone to enjoy while staying active and connected with friends.

We still have a few spots available for our day trip to **Cache Creek Casino** along with the rest of our Spring Trips.

Be sure to check out the details for our **Boards & Bubbles** and **Resin Retreat** workshops!

Don't miss out—join us and make this month one to remember!

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



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	 9:30 AM Morning Mingle FREE. Please RSVP	5 7:00 PM Tai Chi (First Class)	6 9:00 AM Tai Chi (First Class)
10	11 10:00 AM Chair Yoga 1:00 PM Board & Bubbles Workshop	 DAY TRIP 8:30 AM Cache Creek Casino	12 10:00 AM Chair Yoga 6:30 PM Galentine's Design & Wine Night 7:00 PM Tai Chi	13 10:00 AM Chair Yoga 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers
17 	18 10:00 AM Chair Yoga Registration Opens for March-May Trips	19	20 10:00 AM Chair Yoga 7:00 PM Tai Chi	21 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers
24 9:00 AM Gentle Flow Yoga	25 10:00 AM Chair Yoga	 9:00 AM Resin Retreat Workshop	26 10:00 AM Chair Yoga 7:00 PM Tai Chi	27 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 Recreation Supervisor, Donald Scully at 925-888-7036 or dscully@moraga.ca.us



UPCOMING ENRICHMENT



Galentine's Design & Wine Night

Thursday, February 13

6:30 pm - 8:30 pm, \$94

Hacienda de las Flores, Fireside Room

An elevated design workshop where guests will construct a one-of-a-kind mini leather crossbody bag. The perfect girls night night out!

Boards & Bubbles

Tuesday, February 11

1 pm - 3 pm, \$78

Hacienda de las Flores, Casita

What's better than champagne and cheese? A class on how to build a gorgeously arranged cheese and charcuterie board. This is a hands-on class on how to create a visual and tasty plethora of local and imported cheese and meats. This is a perfect class for those who enjoy a little bubbly while being crafty with our community.



Resin Retreat

Wednesday, February 26

9 am - 11 am, \$87

Hacienda de las Flores, La Sala

An introduction to epoxy resin! Create and pour your own design in a wood serving tray. Color combinations and styles of pour are infinite. Let the creativity and resin flow!

Questions?

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UPCOMING DAY TRIPS



Craig Smith Tour "All that's New in San Francisco" March 7, 2023 (photo by Sherry Shahrooz)

February 12, 2025

Cache Creek Casino Transportation - \$30

March 26, 2025

Craig Smith Tour: As the Seagull Flies - \$168

Hosted Lunch

April 17, 2025

Elliston Winery High Tea - \$77

--1 Spot Left--

May 14, 2025

Filoli Gardens With Tour & Box Lunch - \$107

May 15, 2025

Filoli Gardens, Admission & Transportation Only - \$64

June 4, 2025

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

--Sold Out. Please Waitlist--

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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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