

# April 2025



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



Hello to all the Moraga Spark and Spark-ettes out there!

March was an excellent month for Moraga Recreation and Spark. We had a trial run with a Volunteer leading the Craig Smith "Follow that Seagull" trip. Thank you so much, Sherry, for stepping in as I had to leave town for a personal matter. Craig offers many great tours, and I expect to continue doing at least one a year with him.

We are continuing to host the 1<sup>st</sup> Wednesday Morning Mingles. Come on down April 2<sup>nd</sup> after 9:30 am to grab a cup of coffee and casually meet up with other like-minded seniors!

## 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



# April 2025

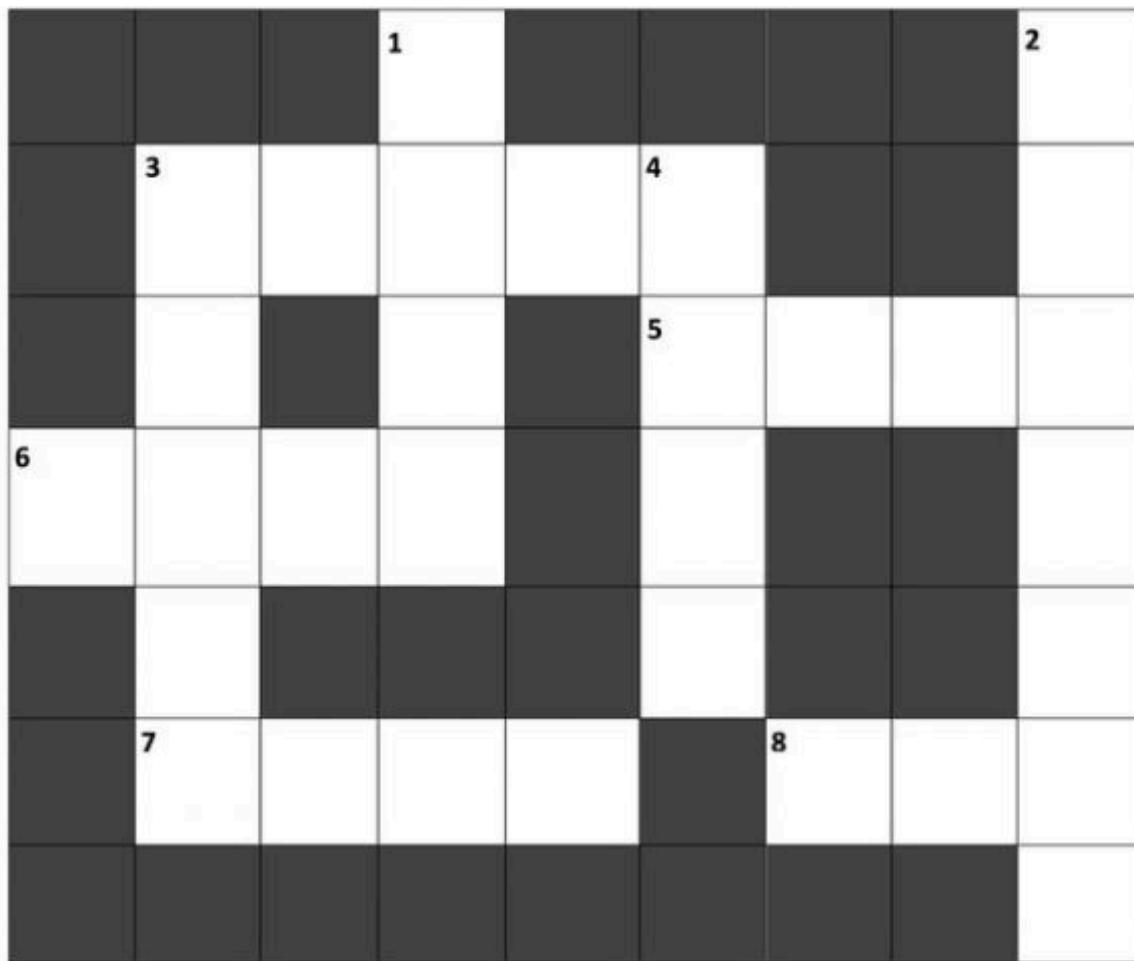
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <b>9:30 AM</b> <b>Morning Mingle</b> <b>FREE.</b> <b>Please RSVP</b>	3 7:00 PM Tai Chi	4 9:00 AM Tai Chi
7 9:00 AM Gentle Flow Yoga	8 10:00 AM Chair Yoga	9	10 10:00 AM Chair Yoga  7:00 PM Tai Chi	11 9:00 AM Tai Chi  10:00 AM Body & Brain Fitness for Boomers
14 9:00 AM Gentle Flow Yoga	15 10:00 AM Chair Yoga	16	17 10:00 AM Chair Yoga  7:00 PM Tai Chi	18 9:00 AM Tai Chi  10:00 AM Body & Brain Fitness for Boomers
21	22 10:00 AM Chair Yoga  Registration Opens for March-May Trips	23	24 10:00 AM Chair Yoga  7:00 PM Tai Chi	25 9:00 AM Tai Chi  10:00 AM Body & Brain Fitness for Boomers
28 9:00 AM Gentle Flow Yoga	29 10:00 AM Chair Yoga	30 <b>DAY TRIP</b> <b>8:30 AM</b> <b>Follow That</b> <b>Seagull: A Craig</b> <b>Smith Tour</b>		

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!

## EASY CROSSWORD

### Household Items



#### Across

3. A place to sit in the family room
5. Used for baking
6. Lights up a desk or table
7. The living \_\_\_\_.
8. Look in a cookie \_\_\_, for a sweet snack

#### Down

1. A \_\_\_\_ pump keeps a basement dry
2. Forks, knives, and \_\_\_\_
3. A Lazy-boy is his favorite \_\_\_\_.
4. It's not just a house, it's a \_\_\_\_

#### 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)



# UPCOMING DAY TRIPS



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

**April 17, 2025 – Sold Out --**

**Elliston Winery High Tea - \$77**

**May 14, 2025 --8 Spot Left--**

**Filoli Gardens With Tour & Box Lunch - \$107**

**May 15, 2025 --4 Spot Left--**

**Filoli Gardens, Admission & Transportation Only - \$64**

**June 4, 2025 --Sold Out. Please Waitlist--**

**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)