

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 1st Wednesday Morning Mingles. Come on down April 2nd 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

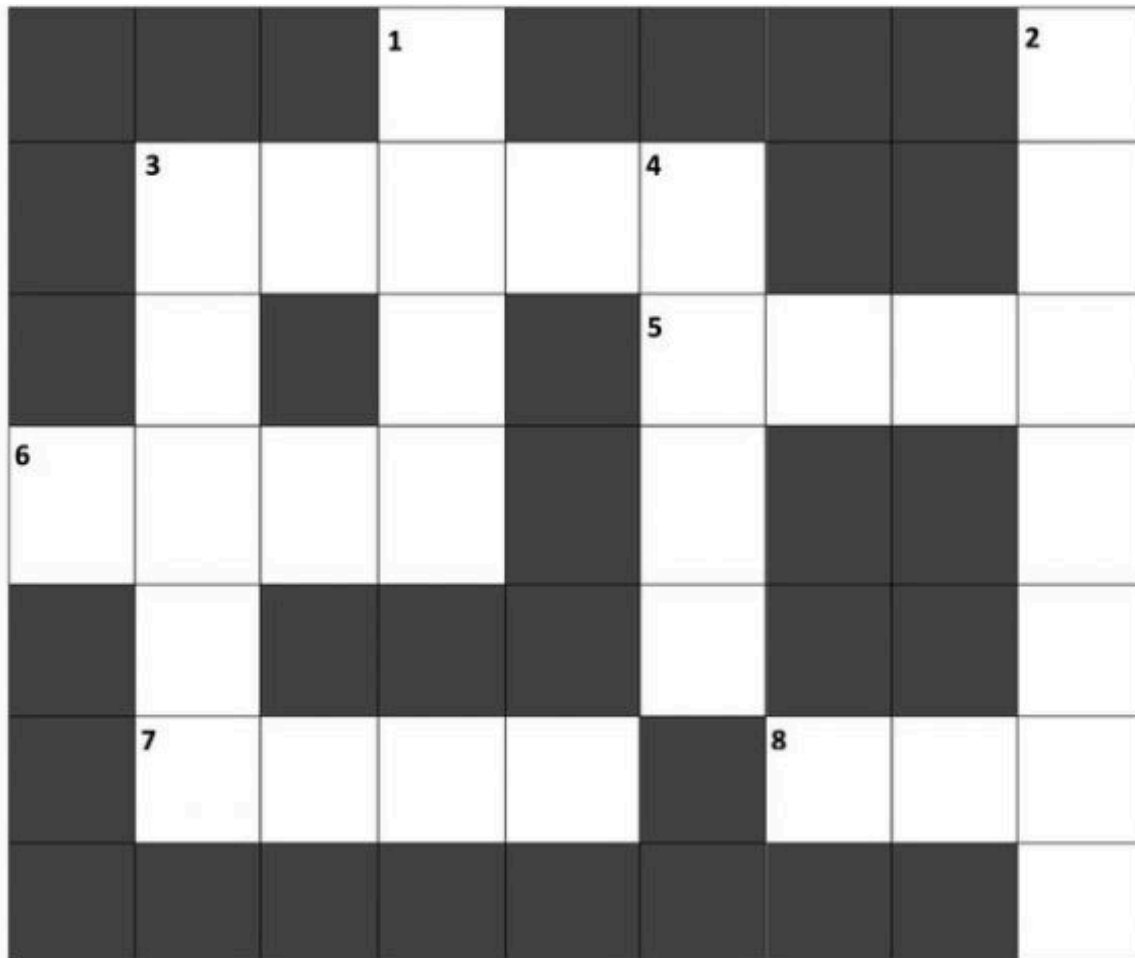
Monday	Tuesday	Wednesday	Thursday	Friday
	1	 2 9:30 AM Morning Mingle FREE. Please RSVP	3 7:00 PM Tai Chi	4 9:00 AM Tai Chi
7 9:00 AM Gentle Flow Yoga	8 10:00 AM Chair Yoga	9	10 10:00 AM Chair Yoga 7:00 PM Tai Chi	11 9:00 AM Tai Chi 10:00 AM Body & Brain Fitness for Boomers
14 9:00 AM Gentle Flow Yoga	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 DAY TRIP 8:30 AM Follow That Seagull: A Craig Smith Tour		

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!

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
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

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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 (CCSL)

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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