LAFAYETTE RECREATION

FALL 2020 REC GUIDE

Virtual & Outdoor Recreation

WWW.LAFAYETTEREC.ORG
925-284-2232
Classes for Kids

**Online Chess – Beginners**

Ages: 6-12 Yrs  
Fee: $154.00 / 10 Week Session  
Instructor: Pacific Chess Academy  
Location: Virtual Classroom.  
The program is a great opportunity for kids to learn how to overcome obstacles, think strategically, and stay focused. Designed for various levels (Beginners, Intermediate, Advanced) the course offers easy-to-follow instructions, individual recommendations, unlimited fun games, tournament chess games as well as games against the instructor. No ZOOM or SKYPE is needed! Lessons, games, chess worksheets, tournaments? ALL-IN-ONE program combines everything on our website! BEGINNERS class is designed for kids who have never played chess before. Participants will get the good understanding of checkmate and basic tactics by the end of the semester.  
**Tuesday:**  
Tue, September 15 - Tue, November 17 – 3pm-4pm.  
[Click to Register](#)

**Online Chess - Intermediate & Advanced**

Ages: 6-12 Yrs  
Fee: $154.00 / 10 Week Session  
Instructor: Pacific Chess Academy  
Location: Virtual Classroom.  
The program is a great opportunity for kids to learn how to overcome obstacles, think strategically, and stay focused. Designed for various levels (Beginners, Intermediate, Advanced) the course offers easy-to-follow instructions, individual recommendations, unlimited fun games, tournament chess games as well as games against the instructor. No ZOOM or SKYPE is needed! Lessons, games, chess worksheets, tournaments? ALL-IN-ONE program combines everything on our website! INTERMEDIATE & ADVANCED class covers most chess tactics, openings and endgame patterns, and prepare kids for serious tournaments.  
**Tuesday:**  
Tue, September 15 - Tue, November 17 - 4pm to 5pm  
[Click to Register](#)

**ALOHA Mind Math**

Ages: 6-12 Yrs  
Fee: $192.00 / 8 Week Session  
Mon, September 14 - Mon, November 2 – 3pm – 4pm  
Instructor: Hausmann, Hali  
Location: Virtual Classroom  
Become a math rock star! This STEM program offers small online classes led by a qualified instructor to help develop your child’s skill and confidence in math. Your child will learn to use an abacus to practice kinesthetic math, and we’ll introduce mind math, where students will amaze themselves at what they can do by visualizing numbers. Number sense activities and games round out this engaging class. Abacus and workbook included.  
[Click to Register](#)
Beginning Pee Wee Tennis

Ages: 3-5 Yrs
Fee: $34.00 / 3 Week Session
Wed, September 16 - Wed, September 30 – 3:00pm-3:30pm
Instructor: Lafayette Tennis Club
Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549
This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.

Session I:
Wed, September 16 - Wed, September 30 – 3:00pm-3:30pm
Click to Register

Session II:
Wed, October 7 - Wed, October 21 – 3:00pm-3:30pm
Click to Register

Session III:
Wed, October 28 - Wed, November 11 – 3:00pm-3:30pm
Click to Register
Classes For Adults

**Dog Obedience - Beginning**
Ages: 16 and up  
Fee: $204.00 / 8 Week Session  
Wed, September 9 - Wed, November 4 – 6:00pm-7:00pm  
Instructor: Barb Peppin  
Location: Jennifer Russell Building Outdoor Patio at Lafayette Community Center  
Basic obedience instruction for puppy owners and their puppies. Puppies will learn sit, down, come, stay, stand and heel. Solutions for puppy behavior problems including jumping, biting, etc. Bring proof of vaccinations to 1st class. Equipment required: 6 foot leather leash, martingale collar. Attendance is mandatory at the first week of class. No Dogs older than 9 months! Skip 10/21  
[Click to Register]

**Beginning Pickle Ball**
Ages: 18 and up  
Fee: $58.00 / 3 Week Session  
Instructor: Lafayette Tennis Club  
Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549  
Beginning pickle ball instruction. Scoring, technique, and doubles play for the beginner to intermediate level.  
**Session I:**  
Mon, September 14 - Mon, September 28 - 4:30pm to 5:30pm  
[Click to Register]  
**Session II:**  
Mon, October 5 - Mon, October 19 - 4:30pm to 5:30pm  
[Click to Register]  
**Session III:**  
Mon, October 26 - Mon, November 9 - 4:30pm to 5:30pm  
[Click to Register]

**Beginning Adult Tennis**
Ages: 18 and up  
Fee: $58.00 / 3 Week Session  
Instructor: Lafayette Tennis Club  
Location: Classes located at the Lafayette Tennis Club, 3125 Camino Diablo, Lafayette, CA 94549  
This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.  
**Session I:**  
Wed, September 16 - Wed, September 30 - 5:30pm to 6:30pm  
[Click to Register]  
**Session II:**  
Wed, October 7 - Wed, October 21 - 5:30pm to 6:30pm  
[Click to Register]  
**Session III:**  
Wed, October 28 - Wed, November 11 - 5:30pm to 6:30pm  
[Click to Register]
Mandarin - Conversational Chinese
Ages: 18 and up
Fee: $246.00 / 12 Week Session
Location: Virtual Classroom
Instructor: Walnut Creek Chinese School
To teach conversational Chinese and enable students start learning Mandarin Chinese. Through conversation, games, cultural introduction, students learn phonic skills, greetings, numbers, family member titles, date/time, basic grammar and character writing knowledge. Knowledge learned in the class can be easily applied to travel, business, academic needs or personal interest. $10 supply fee payable to instructor on first day of class.

Level I
Mon, September 14 - Mon, December 14 - Noon to 1:15pm
Click to Register

Level II
Mon, September 14 - Mon, December 14 - 9am to 10:15am
Click To Register

Level III
Mon, September 14 - Mon, December 14 - 10:30am to 11:45am
Click to Register

Tong Ren Healing and Qi Gong
Ages: 18 and up
Wed, September 2 - Wed, December 16 – 7pm-8:30pm
Location: Virtual Classroom
Fee: $54.00 / 16 Week Session
Instructor: Henry Yu
Location: Virtual Classroom
Tong Ren healing and qi gong. Helpful for chronic mental and physical health issues. Effective and easy to learn.
Click to Register

Yoga with Silloo
Ages: 16 and up
Instructor: Silloo Tarapore
Location: Virtual Classroom
This Yoga class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body. It also focuses on body alignment and the therapeutic aspects of Yoga. Each class ends with relaxation and breathing techniques. It’s a friendly, gentle atmosphere. Silloo has trained with the internationally renowned B.K.S. Iyengar for 8 years. She has taught for many years and has written about Yoga. The Zoom video and audio make individualized poses possible, along with individual attention. All levels are welcome. Bring a blanket

Monday:
Fee: $134.00 / 13 Week Session
Mon, September 14 - Mon, December 14 - 9:15am to 10:30am
Click to Register

Thursday:
Thu, September 10 - Thu, December 17 - 6pm to 7:15pm
Fee: $144.00 / 14 Week Session
Click to Register
Classes For Adults (Cont.)

Yoga Beginning/Advanced Beginning
Ages:  18 and up
Fee:   $65.00 /  5 Week Session
Instructor: Howard Van ES
Location: Virtual Classroom
This class is for those with some yoga experience or athletic beginners. Deepen your experience of basic postures, learn more challenging postures, posture flow and breathing practices. Yoga improves flexibility, reduces stress and builds energy. Please bring a yoga mat and thick blanket.

Session I:
Tue, September 1 - Tue, September 29 - 9:30am to 10:45am
Click to Register

Session II:
Tue, October 6 - Tue, October 27 - 9:30am to 10:45am
Click to Register

Session III:
Tue, November 3 - Tue, November 24 - 9:30am to 10:45am
Click to Register

Session IV:
Tue, December 1 - Tue, December 22 - 9:30am to 10:45am
Click to Register

Outdoor Yoga with Howard VanEs
Ages:  18 and up
Fee:   $36.00 /  2 Week Session
Sun, September 13 - Sun, September 27 - 9:30am to 11:00am
Instructor: Howard Van ES
Location: Patio at the Lafayette Community Center
Join us for a safe, socially distanced yoga class outdoors! In this 1 ½ hr. class we will work on flexibility, strength, stress reduction, and improve concentration. There will be time for breathing exercises as well. Please bring a yoga mat, yoga strap, thick blanket, and 2 yoga blocks. Please dress in layers as mornings can be cool. You must have some yoga experience to attend this class.
Click to Register

Evening Hatha Yoga
Ages:  16 and up
Fee:   $186.00 /  13 Week Session
Tue, September 8 - Tue, December 15 - 7:15pm to 8:30pm
Instructor: Nancy Anderson
Location: Virtual Classroom
This beginning/intermediate beginning class promotes strength building and flexibility through proper physical alignment of the asanas (postures) as well as relaxation techniques through various breathing practices. Poses are adjusted to suit different ages and body types. Bring a yoga mat and thick blanket.
Click to Register
Classes For Seniors

In-person classes are cancelled due to COVID-19. To register for the online classes below or request a one-to-one Zoom tutorial, contact Lafayette Senior Services: seniors@lovelafayette.org or 925-284-5050

Membership in Lafayette Senior Services

Classes are free for members, $10 per meeting for non-members.

Membership: $15/person per calendar year (January 1 – December 31, 2020).

Accepted credit cards are Visa, MasterCard, Discover and American Express.

To pay your membership fee:

- Online 24/7: www.lafayetterec.org
- Phone: 925-284-5050. The Senior Services office is closed due to COVID-19 but we are responding to voicemail.
- Email: seniors@lovelafayette.org - The Senior Services office is closed due to COVID-19 but we are responding to email.
- Visit our webpage for helpful resources and information: https://www.lovelafayette.org/city-hall/quick-links/senior-services

Apple Mobile Devices

Sharon Beck, Owner of Mac-Senior

This ongoing class covers many topics such as Apple IDs, iCloud, apps and general iPad and iPhone usage. Topics for upcoming sessions are based on participants' input and needs. There is always time for Q&A. Please note: this class deals with Apple devices only. You may join the class at any time. To register, contact Lafayette Senior Services: seniors@lovelafayette.org or 925-284-5050. The Zoom link will be emailed the day before the class.

1st and 3rd Thursday monthly
10:30am - noon via Zoom

Fee per meeting: Members Free Non-members $10

Words of Wisdom Discussion Group

Led by Craig Janke

Share your opinions in a freewheeling exchange of ideas from current events to philosophy to the inspirational. There may be agreement or there may be differing opinions -- it’s all in the spirit of learning, sharing, enrichment and good humor. Our "elder perspective" frequently sounds a lot like wisdom! You may join this group at any time. To register, contact Lafayette Senior Services: seniors@lovelafayette.org or 925-284-5050. The Zoom link will be emailed the day before the class.

3rd Tue Monthly 10:30am – Noon via Zoom
8/18, 9/15, 10/20, 11/17, 12/15

Fee per meeting: Members Free Non-members $10
Classes For Seniors (Cont.)

Are Your Legal Documents in Order?

Session 1: The Basics
Stefanie West, Estate Planning Attorney

Are you aware of the basic documents you should have in place? Stefanie will cover the essential forms: Living Trust, Will, Health Care Directive, Financial Power of Attorney, beneficiary forms, personal items distribution list and POLST. In addition to taking your questions, she will shed light on the following:

- Why do I need these documents?
- What happens if I don’t have them?
- Are my old documents valid? What has changed in the law? How should they be updated?

To register contact Lafayette Senior Services: seniors@lovelafayette.org or 925-284-5050. The Zoom link will be sent via email the day before the class.

Tuesday, September 8 1:00 – 2:30 via Zoom

Fee per meeting: Members: no charge  Non-members: $10

Are Your Legal Documents in Order?

Session 2: The Details
Stefanie West, Estate Planning Attorney

Creating a trust and making decisions regarding the distribution of assets brings up questions and issues, some of which can be complicated, such as:

- Can my children inherit my house without a property tax increase?
- Can my children’s inheritance be protected if, in the future, they divorce?
- What can I do to keep my heirs from fighting over their inheritance?
- How do I best plan for my beloved household pets?

Stefanie will provide answers to these, and other questions you may have. To register, contact Lafayette Senior Services: seniors@lovelafayette.org or 925-284-5050. The Zoom link will be sent via email the day before the class.

Thursday, September 10 1:00 – 2:30 via Zoom

Fee per meeting: Members: no charge  Non-members: $10
Classes For Seniors (Cont.)

Health Insurance Counseling and Advocacy Program (HICAP)

NOTE: Due to COVID-19, all counseling and community education presentations will be done over the phone or via Zoom through the end of the year.

Through free, one-to-one, confidential and objective counseling, you will learn how Medicare works in order to make informed decisions about your coverage. HICAP counselors will also help with Medicare claims and appeals; provide information to those needing help with healthcare costs; and when necessary, make referrals for legal assistance with health insurance matters. The counselors are registered with the State of California and do not sell or endorse insurance products.

To make an appointment, contact HICAP: 925-602-4168.
For additional information, visit their website: www.cchicap.org

Free

AARP Smart Driver Courses

NOTE: Due to COVID-19, AARP has cancelled all in-person classes through the end of the year. The following classes are being offered online:

- Smart Driver: Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. AARP is extending a 25% discount through the end of the year:
  
  Go to www.aarpdriversafety.org
  Promo code for 25% discount: DRIVINGSKILLS
  Good through December 31, 2020

- Smart DriverTEK Online Workshop: Smart Driver TEK is a new, free educational program being offered in Northern California. Developed jointly by AARP Driver Safety and The Hartford, Smart DriverTEK is a 90-minute workshop, presented by an AARP-trained volunteer. The workshop is designed to help drivers understand current and emerging vehicle safety technologies, how to use them and to recognize how these technologies might extend their safe driving years. NOTE: This class does not qualify for the insurance premium discount that the “Smart Driver 8-Hour or 4-Hour” courses do.

Visit https://learn.aarp.org/smart-drivertek-online-workshops

Free
REGISTER TODAY!

WWW.LAFAYETTEREC.ORG
925-284-2232
RECREATION@LOVELAFAYETTE.ORG