

## Highlights

Crab Feed  
January 7



New Year's Bingo  
January 20



Friday Social  
January 27



Valentines Tea  
February 10



WCSC Web Site



Membership  
Renewal 2012

## Annual Crab Feed Dinner



Saturday, January 7, 2012

At and For the BENEFIT OF  
THE WALNUT CREEK SENIORS CLUB

\$45 Per Person (after January 1st, \$50)  
No-Host Bar from 5:30pm; Dinner @ 7:00pm

Dancing from 8:00pm to the music of George Campi



Dinner includes: Hors d'oeuvres, Tossed Salad, Fresh Cracked Crab,  
Pasta al Pesto, Garlic Bread, Dessert & Coffee

All seats reserved. Reservations confirmed upon receipt of payment  
Checks payable to: WCSC

Mail checks to: 1441 Springbrook Road, WC 94597  
(attn: Marylou Tassinari)  
or drop checks off at the Seniors Club.

For questions call Marylou at 932-0471

Tickets WILL NOT be mailed. You can pick up your tickets at the front  
door on the day of the party. No tickets sold at the door.

Civic Park Community Center 1375 Civic Dr. Walnut Creek 94596

(Cut here and include with check payment)

Name \_\_\_\_\_

Phone # \_\_\_\_\_ No. of Tickets \_\_\_\_\_

With whom would you like to sit? (not literally "next to", but at the same section of  
tables)

\_\_\_\_\_  
(please include all names)



### Seniors Club 2012 Advisory Board

President: Jody Johnson

President, Deaf Club: Jerry Chase

Vice President: Mignon Gaffney

Secretary: Louise Ciullo

Treasurer: Bob Mohler

Hostess Chairpersons: Liz Slater, Liliana Pretzer,  
Phyllis Roucayrol, Carol Galas,

Special Events: OPEN

Public Relations: Mike Carlo, Bob Graham,  
Sharon Doherty

Trips: Mary Wood, Jody Johnson, Anne Hagler

Transportation: Bob Freeman

Members at Large: Catherine Nitz,  
Howard Goodrich

Trustees: Dorothy Carver, Linda Ausplund,  
Wayne Slater

Historian: Marylou Tassinari

Hospitality: Shirley Walker

Sunshine: Annette Hammond

Immediate Past President: Lou Schrepel

### Walnut Creek City Council

Bob Simmons, Mayor

Council Members:

Kish Rajan, Gary Skrel, Kristina Lawson,  
Cindy Silva

### Parks, Recreation and Open Space Commission

Dan Lawrence, Chair

Commissioners:

Joe Stadum, Richard Carlston, Carla Ludwig,  
Tom Worthy, Sandra Jacobsen,  
Richard Underwood

### Civic Park Staff

Managers: Leo Harrod and Todd Trimble  
Program Specialists:

Cathie Ramey - Seniors Programs  
Preston Jones - Seniors Programs and  
Therapeutic Recreation  
Carol Glavor, Office Assistant  
Carol Chiavetta, Office Specialist

### Senior Resources & Human Services

C.C. Café call 280-7310

Senior nutritious lunch program at the Senior Club

- Call one day prior (10:00-noon) for reservations

Lunch served Monday-Thursday 12 noon; Friday 11:30am

### Blood Pressure Screening

Co-sponsored by John Muir Senior Services

- 2nd Wednesday 9:00-11:00am; lobby;  
drop-in, no appointment

Elder Abuse Prevention call 646-4380

Information & Referral call 943-5851 or 1-800-510-2020

Senior Outreach Services call 937-8311 for information

### Care Management

- Call 945-8040, for appointment
- Assists with money management, conservatorship, crisis  
intervention and in-home assessments

Services By Appointment Only—call 943-5851

### Health Insurance Counseling (HICAP)

- 2nd Wednesday & 4th Tuesday 1:00-3:00pm
- Assists in clarifying medical health insurance coverage; i.e.  
Medicare billing and claims, Medicare, Supplemental  
Insurance, and Long Term Health Care Insurance. Bring all  
pertinent information with you.

Senior Peer Counseling Tuesdays, 2:00-4:00pm

- Trained volunteer counselors provide counseling to individuals  
in Contra Costa County over 55 years of age

Simple Will Preparation 1st Monday 1:30-3:00pm

Senior Legal Services 2nd Thursday 10:00am-1:00pm  
4th Thursday 11:00am-2:00pm

Investment Counseling 1st Tuesday 1:30-3:00pm

### Transportation Services

Walnut Creek Seniors Club Mini Bus call 933-1434

- Reservations: one day prior for reservations  
(2 days prior for medical appt.), between 9:00-11:00am
- Information/cancellations: 943-5851
- Some limitations may apply
- Fare \$1 each direction. Tickets are available from driver.

### County Connection Link

- LINK registration & reservation; call 938-7433

### Transit Ticket Purchase

#### BART Tickets

- Purchase at reception desk (cash only)
- \$9.00/ ticket, \$24 value; available for adults over 65

### County Connection Bus Passes

- Senior/Disabled, 20 rides \$15 (cash or check)

# New Year's Bingo



**Friday, January 20th  
10am-1pm**



Join us for a fun morning of Bingo!  
**\$20 payouts, \$50 Blackout,  
\$25 Money Tree Raffle & Door Prizes**  
Celebrate 2012 with Fun, Food and Friends!  
Lunch features **Genova Deli Pasta**  
Civic Park Community Center Assembly Hall  
Doors open at 9:30am. Questions: Call 943-5851  
**Tickets: \$8**

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**2012 ADVISORY BOARD  
ELECTION RESULTS**

**PRESIDENT**  
JODY JOHNSON

**VICE PRESIDENT**  
MIGNON GAFFNEY

**SECRETARY**  
LOUISE CIULLO

**HOSTESS CHAIRPERSONS (4)**  
CAROL GALAS  
LILIANA PRETZER  
PHYLLIS ROUCAYROL  
LIZ SLATER

**PUBLIC RELATIONS (3)**  
MIKE CARLO  
SHARON DOHERTY  
BOB GRAHAM

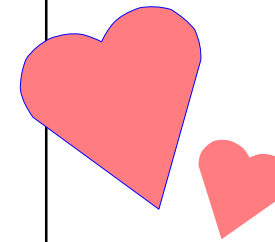
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**Walnut Creek Seniors Club  
Website**  
[www.walnutcreekseniorsclub.org](http://www.walnutcreekseniorsclub.org)

The Walnut Creek Seniors Club now has a website that contains the latest news and comments from our members. Be sure to check the site frequently.



If you would like to add news items, please contact our webmaster:  
Cindy Mohler at [Goldflash@earthlink.net](mailto:Goldflash@earthlink.net)

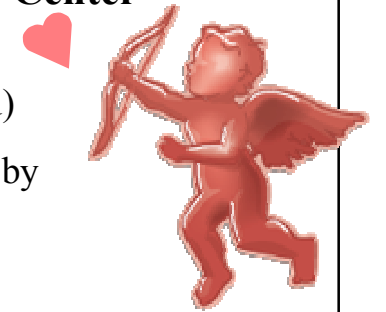


## Walnut Creek Seniors Club Annual Valentine's Tea Friday, February 10, 2012

Doors open at 11:00am  
Assembly Hall, Civic Park Community Center

Tickets \$10  
(available in January; seating is limited)

This event is sponsored and coordinated by  
your senior club and its volunteers.  
For questions, call 943-5851



### Monthly Highlights

#### Friday Social/Birthday Celebration Friday, January 27th

Entertainment: *Jerry Gee*  
*Harmonica, Vocal and Guitar*

To reserve a lunch: call 943-5851  
**Seating Limited.** Doors open at 10:30am. Lunch will be served until 11:30am. Reservations will be honored until 11:30am and then offered to those on the waiting list.

#### Pancake Breakfast 9:00-11:45am 1st Sunday of each month February 5

**Closed New Year's Day**  
Enjoy an all-you-can-eat pancake breakfast for \$2.25 for adults and \$1.50 for children under 12. Hosted by members and volunteers of the Walnut Creek Seniors Club. Breakfast includes sausages, orange juice, coffee and all-you-can-eat pancakes.  
**Service is available until 11:45am.**

#### Movie: "Midnight in Paris" Monday, January 9th, 1:00pm

Join us in the Lounge; donation 50¢, includes freshly popped popcorn.

#### Wine 'n Dine Monday, January 23rd, 5:00pm Alborz

1829 Mt. Diablo Blvd, Walnut Creek  
Please call Marylou Tassinari at 932-0471 for information and to reserve your seat.

#### Hooked On Books - WCSC Book Club 1st Tuesday of each month January 3rd

Lounge at 1:00pm; 50¢ drop-in fee  
"The English Passengers" by Matthew Kneale

#### Card Making Workshop 9:00-10:30am Civic Park Monday, January 30th

Working with Decorative Punches  
**Monday, February 27th**  
Using Creative Painting Techniques  
Pre-registration required  
Call 943-5851 to register; Fee: \$10

#### Bowling Every Tuesday 10:00am Diablo Lanes \$9.25 for 3 games complimentary coffee

New players are always welcome. Good fun, good people so come and join us.

◆ **Future Gambling Trips** ◆

**By Popular Demand!**  
**Cache Creek Casino Resort**  
**Tuesday, January 24, 2012**  
**Depart: 9:15am** from Heather Farm Field #1  
**Return: 4:15pm** ( approximately)  
 Spend four hours at this popular and close-by Cache Creek Casino in Brooks with 2,200 of the newest slots and table games, including blackjack; Cache Creek Craps, roulette; eight restaurants and a large **non-smoking area**. Receive \$10 slot credit; \$5 food coupon  
**Cost: \$31 per person**



**Thunder Valley Casino**  
**Tuesday, February 14, 2012**  
**Depart: 8:30am** from Heather Farm Field #1  
**Return: 5:30pm** (approximately)  
 Celebrate Valentine's Day at Thunder Valley, the ultimate Las Vegas style casino. More than 1,900 slot machines, 100 gaming tables, and a **no-smoking slots room**. There are several restaurants to choose from including the Feast Around the World Buffet. Receive \$5 food coupon and \$15 for slots or game table.  
**Cost: \$30 per person**

**Historical Jackson Rancheria Casino Getaway**  
**SAVE THE DATE: MARCH 20, 2012**

**Additional Handicap Parking**

Did you know that **additional Handicap Parking** is available for **FREE** beneath the Library? There are handicap spaces right next to the door to the **elevator** that will bring you right to the path leading to the Center.  
 Reminder: With a handicap placard you may park for free in **any** available parking space.

◆ **Extended Trips** ◆

**Hawaiian Island Cruise**  
**April 13-28, 2012**  
**15 Nights Aboard the Star Princess**  
**R/T San Francisco to Hawaii—No Flying**  
 Immerse yourself in the Aloha Spirit and visit the Big Island and its active volcano; Kauai, Maui and Oahu. Features include R/T Heather Farm to the S.F. Pier, a 15-night cruise including all meal and shipboard activities, hosted cocktail party, baggage handling for one suitcase pp, taxes and tips, excluding shipboard and gratuities.

On our return voyage, we will stop in Ensenada, Mexico's second most visited port of call. Cabin categories are limited in number and sold on a first-come basis only. Call Mary Wood for brochure.

**Cost: \$2,143pp, dbl Inside stateroom**  
**\$2,563pp, dbl Outside stateroom**  
**Balcony cabin: Waitlist**  
**Mini-Suite: Waitlist**

**Alaska Cruise 7-nights**  
**August 29-September 6, 2012**  
**Aboard the Deluxe Silver Shadow**  
 Treat yourself to a scenic tour of Alaska aboard the 382 passenger, luxuriously appointed, all-suite SILVER SHADOW.

Feature: R/T airfare including transfers; Pre-cruise night Anchorage Hilton ; train to Seward to embark the Silver Shadow. You will cruise the Inside Passage before arriving in Vancouver.

The cruise includes all meals, beverages (including alcohol), butler for each suite, shipboard activities and gratuities. Special 60% discount offered for a limited time. Refundable deposit reserves your cabin.

Call for a brochure: 934-8894  
**Cost: \$4975 pp. dbl.Vista Suite**  
**\$5985 pp. dbl Veranda Suite**  
**\$6198 pp. dbl Mid-Ship Veranda Suite**

◆ **Day Trips** ◆

**Thursday, January 12 (January 10 is filled)**  
**Academy of Sciences—San Francisco**  
**Depart 8:30am Return 4:30pm**  
 Visit the California Academy of Sciences, the only place on the planet where you can explore an aquarium, planetarium, rainforest and natural history museum under one living roof! Cost includes bus transportation, entrance fee, and driver gratuity. Time allowed at museum for a no-host lunch.  
**Cost: \$ 52pp**

**Thursday, January 26, 2012**  
**Oakland Aviation Museum**  
**Depart 10:00am Return 3:30pm**  
 Join us to visit this little known treasure right in our back yard. This aviation museum features a Lockheed Electra 10-A – similar to the one Amelia Earhart was flying when she disappeared over the Pacific Ocean in 1937; Short Solent Mark III "Flying Boat" featured in Raiders of the Lost Ark; a Korean/Soviet MIG 15 – and much more. Hosted lunch at San Leandro Marina included. Cost includes bus transportation, museum entrance and hosted lunch.  
**Cost: \$63pp**

**February 14 and 16, 2012**  
**Valentine's Day "Top of the Mark"**  
**Depart 10:30am Return 3:30pm**  
 Let's celebrate Valentine's Day with a romantic lunch at the **Top of the Mark** and remember when we were all so young and the best part of a night out was a night-cap at "The Top of the Mark" !!! Cost includes bus transportation, hosted lunch, all tips and gratuities. Please choose one entrée: Poached Salmon or Seared Chicken Supreme. Lunch includes salad, entrée and dessert.(We may add Feb. 22 if this trip fills quickly)  
**Cost: \$99pp**

**March 17, 2012 (Saturday matinee)**  
**"Mamma Mia"**  
**Sacramento California Musical Theatre**  
**Depart 10:30am Return 6:30pm**  
**"Mamma Mia"** is the story and music that makes it the ultimate "feel-good" show! On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the Greek Island they visited 20 years ago. The story-telling magic of ABBA's timeless songs about love and friendship has everyone dancing in the aisles! Cost includes bus transportation, ticket to show, gratuities and taxes. Time allowed for no-host lunch.  
**Cost: \$86pp**

**March 27, 2012**  
**MAHARAJA: The Splendor of India's Royal Courts - Asian Art Museum**  
**Depart 9:00am Return 4:00pm**  
 Join us for this splendid tour showing that maharajas were anything but showy figureheads. Their grandeur was very real—as this show surveys their lives and times from the 18th through the 20th centuries. Paintings, furniture, jewelry, costumes, weaponry and more are on display. Time allowed for no-host lunch in the museum Café. Cost includes bus transportation and museum entrance fee.  
**Cost: \$45pp**

**April 21, 2012 (Saturday matinee)**  
**"Million Dollar Quartet"**  
**Sacramento California Musical Theatre**  
**Depart 10:30am Return 6:30pm**  
**Million Dollar Quartet** is the new Broadway smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. MDQ brings that legendary session to life, featuring a score of rock hits including "Blue Suede Shoes," "Sixteen Tons," "Folsom Prison Blues," "Walk the Line," "Hound Dog" and more. Cost includes bus transportation, ticket to show, gratuities and taxes. Time allowed for no-host lunch.  
**Cost: \$92pp elvis**



◆ **Extended Trips** ◆

**May 2, 2012**  
**10-Day Great Lakes Adventure**  
 This exceptional 10-day trip features the Holland Tulip Festival Weldheer Gardens and Mackinac Island. Highlights include Greenfield Village, Henry Ford Museum, the quaint German town of Frankenmuth, Green Bay & Door County, Wisconsin, lunch at the Grand Hotel on Mackinac Island, Taliesin east and House on the Rock in Wisconsin. Cost includes R/T air, 15 meals, baggage handling/transfers and admissions per itinerary.  
**Cost: \$2,662pp, dbl. (\$700ss)**

**You must be a Walnut Creek Seniors Club Member to participate on our trips**

**INSTRUCTIONS for TRIP RESERVATIONS:**

In an envelope, enclose the following:

1. A **SELF-ADDRESSED, STAMPED envelope**, (receipt and confirmation will be sent back to you in the self-addressed, stamped envelope you provide)
2. Trip form completely filled out
3. Separate checks for each trip payable to Walnut Creek Seniors Club or for extended trips, make the check payable to the company named in the travel brochure
4. Note attention to either Mary Wood or Jody Johnson on the front of the envelope
5. Walk in or mail to: **MARY WOOD or JODY JOHNSON**  
Walnut Creek Seniors Club Trips  
1375 Civic Drive, Walnut Creek, CA 94596

**JODY'S TRIPS**

- \_\_\_ Academy of Sciences, San Francisco  
January 12, 2012 \$52pp
- \_\_\_ Oakland Aviation Museum  
January 26, 2012 \$63pp
- \_\_\_ Valentine's Day "Top of the Mark"  
February 14 & 16, 2012 \$99pp \_\_\_ Salmon \_\_\_ Chicken
- \_\_\_ "Mama Mia" Sacramento California Musical Theatre  
March 17, 2012 \$86pp
- \_\_\_ Maharaja: The Splendor of India's Royal Courts-Asian Art Museum  
March 27, 2012 \$45pp
- \_\_\_ "Million Dollar Quartet" Sacramento California Musical Theatre  
April 21, 2012 \$92pp
- \_\_\_ 10 Day-Great Lakes Adventure  
May 2, 2012 \$2662pp dbl; (\$700 single supplement)

**MARY'S TRIPS**

- \_\_\_ Cache Creek Casino  
January 24, 2012 \$31pp
- \_\_\_ Thunder Valley Casino  
February 14, 2012 \$30pp
- \_\_\_ Hawaiian Island Cruise  
April 13-28, 2012 Prices from \$2095pp
- \_\_\_ Alaska 7-Night Luxury Cruise  
August 29-September 6, 2012  
Vista Suite \$4975pp dbl  
Veranda Suite \$5985pp dbl  
Mid-ship Veranda Suite \$6198pp dbl

NAME(S) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS, CITY, ZIP \_\_\_\_\_

**RELEASE, WAIVER AND ASSUMPTION OF RISK:** I certify that I am the above-named person and that I am a participant in the City of Walnut Creek and Walnut Creek Seniors Club Trip Program. The particular trip and dates that I will be participating in are indicated above. I understand that there may be a variety of activities attendant to this activity, such as physical exertion, experiencing stressful situations and transportation by a number of modes. I agree to assume full responsibility for any injuries, death or property damage incurred by me in connection with such participation, including transportation, if required as a part of the scheduled activity. I release the City of Walnut Creek, the Walnut Creek Seniors Club, and their officers, officials, agents, employees or volunteers from any and all liability for such accident or injury, even though the negligent activities of the City, or those acting on its behalf, may have caused or contributed to the injury, death or property damage suffered. I understand that this document is binding upon my heirs and dependents as well as myself. In the event of an emergency, I hereby authorize the City to call the participant's physician. I understand that certain limitations may require a doctor's approval prior to traveling with the group.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

IN CASE OF EMERGENCY PLEASE CONTACT:

NAME \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

Please make checks payable to "City of Walnut Creek."

**Tuesday Line Dance Class**

Join us for an afternoon of fun and exercise while learning popular line dances.

**Instructor: Dennis McGuire**

**\$37 5 classes Assembly Hall, Civic Park CC**

|                     |     |              |          |
|---------------------|-----|--------------|----------|
| <b>Introductory</b> |     |              |          |
| <b>Class 18452</b>  | Tue | 12:45-1:45pm | 1/10-2/7 |
| <b>Continuing</b>   |     |              |          |
| <b>Class 18439</b>  | Tue | 2:00-3:30pm  | 1/10-2/7 |

**Yoga Classes**

This class is ideal for those who are challenged with Mobility, or for those looking for an alternative to the existing program. **Instructor: Marcia Conroy**  
(Call Marcia Conroy at (925) 462-5285 with questions.  
Class size is limited)

**Gentle Yoga**

**\$82 10 classes Conference Room, Civic Park CC**  
**Class 18411** Thu 8:45-10:00am 1/12-3/15

**Chair Yoga**

**\$82 10 classes Conference Room, Civic Park CC**  
**Class 18398** Thu 10:15-11:15am 1/12-3/15

**Move to Improve Your Balance**

These classes will be based on the Feldenkrais Method which uses creative and innovative movements that will feed and challenge your brain. **No class 2/20**

**Instructor: Tancha McKnight**

**\$74 6 classes Conference Room, Civic Park CC**  
**Class 18424** Mon 1:30-2:30pm 1/23-3/5

**Gentle Exercise Class**

This exercise class, which can be done sitting or standing, helps increase your mobility, vitality and well-being.

**Certified Instructor: Ziv Porat, AMT**

**\$40 5 classes Lounge, Civic Park CC**  
**Class 18408** Fri 1:00-2:00pm 1/13-2/10  
**Class 18409** Fri 1:00-2:00pm 2/17-3/16

**Zumba for Beginners**

Zumba fuses beautiful Latin rhythms and easy-to-follow moves to create an experience of great fun and great exercise **No class 1/18**

**Instructor: Jo Nash**

**\$22 4 classes Assembly Hall, Civic Park CC**

**Class 18446** Wed 1:45-2:30pm 1/11-2/8

**Class 18447** Wed 1:45-2:30pm 2/22-3/14

**\$17 3 classes Social Hall, Civic Park CC**

**Class 18444** Fri 1:45-2:30pm 1/27-2/10

**Class 18445** Fri 1:45-2:30pm 2/24-3/9

**Heart Shapers**

Fitness and fun for men and women with low-impact exercises that include stretching, aerobics, strengthening and cool down.

**Instructor: Sylvia Rodriguez NASM Certified Personal Trainer. No class 1/16, 2/20**

**\$22 4 classes Assembly Hall, Civic Park CC**

**Class 18412** Mon 3:00-3:45pm 1/9-2/6

**Class 18413** Mon 3:00-3:45pm 2/13-3/12


**\$27 5 classes Lakeside Room, Heather Farm CC**

**Class 18414** Fri 2:00-2:45pm 1/13-2/10

**Class 18415** Fri 2:00-2:45pm 2/17-3/16\*

\*2/17 will meet in the Social Hall, Civic Park CC

**Senior Sculpt**

 This all-over body sculpting class includes warm up and strengthening exercises for all major muscle groups. You'll receive both a

cardiovascular and fat-burning workout while you build strength. Floor work is optional and can be modified to meet individual limitations. For all fitness levels. **Instructor: Sylvia Rodriguez NASM Certified Personal Trainer.**

**\$22 4 classes Assembly Hall, Civic Park CC**

**Class #18949** Tues 8:15-9:00am 1/10-1/31

**Class #18950** Tues 8:15-9:00am 2/7-2/28

**\$12 2 classes Assembly Hall, Civic Park CC**

**GET READY...GET SET...GO!**

**Be sure to register for classes held in January, February & March**

**You may register in-person, by mail, fax, online or by phone.**

**\*TIP: Register at least 4 days in advance of the 1st class meeting to avoid class cancellations**

### Bridge Class –Diamond Series

**Text: Play of the Hand in the 21st Century**  
 This class is designed to improve the student's skill at declarer play. The Club series or equivalent experience is a prerequisite. Techniques including developing a plan, the finesse, hold up play, dummy reversal, crossruff, endplay and others are presented and practiced.

**Instructor: Larry Miller**  
**\$62 8 classes Conference Rm, Civic Park CC**  
**Class 18388 Wed 1:30-3:30pm 1/11-2/29**

### Acrylics & Oils: Independent Art Study

All painting and drawing media welcome. This open studio environment offers a great opportunity for continuing artists to experiment and explore multiple media of their own choosing. Bring your collection of supplies and join us.

**Instructor: Mira M. White**  
**\$132 8 classes Social Hall Civic Park CC**  
**Class 19015 Tue 1:15-4:15pm 1/17-3/6**

### Write Your Memoirs

A Continuing Workshop  
 Drop in program, pay at class  
**Volunteer Facilitator: Bob Lewis**  
**\$20 members/\$25 non-members (one-time fee)**  
**Social Hall, Civic Park CC, Every Friday 1:30-3:30pm**



### **New Mah-Jongg (American Style)**

Mah-Jongg, a centuries-old game combines mental skill with luck.  
 For a fun experience come and learn in a supportive environment where you will learn to play one step at a time. **Lab Fee:\$8**

**Instructor: Betty Fraga**  
**\$42 4 classes Conference Rm Civic Park CC**  
**Class 19036 Tue 1:00-4:00pm 1/10-1/31**

**Walnut Creek Senior Club  
 ADVISORY BOARD**  
**Next Meeting: January 23rd @ 9:30am**  
**Guests Welcome**

**Course Registration Form** Recreation Division

Person responsible for the account Telephone (Home) Telephone (Cell/Work)  
 Address City Zip  
 Email address

| Participant Name | M/F | DOB | Activity Name | 1st Choice |            | 2nd Choice |            | Fee |
|------------------|-----|-----|---------------|------------|------------|------------|------------|-----|
|                  |     |     |               | Class #    | Start Date | Class #    | Start Date |     |
|                  |     |     |               |            |            |            |            |     |
|                  |     |     |               |            |            |            |            |     |
|                  |     |     |               |            |            |            |            |     |
|                  |     |     |               |            |            |            |            |     |
|                  |     |     |               |            |            |            |            |     |

MasterCard    VISA  
 Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 TOTAL \_\_\_\_\_  
 Authorizing Signature \_\_\_\_\_

WAIVER OF LIABILITY: I consent to the above person's participation in these activities and agree on behalf of said person and the undersigned that we assume the risk of accident or injuries sustained from whatever cause in connection therewith and release the City of Walnut Creek and its officers, agents and employees from any and all liability for such accident or injury. I understand I am responsible for all registration policies and procedures outlined in the department brochure. I further understand the City of Walnut Creek reserves the right to photograph facilities, activities, and program participants for potential future use. All photos remain the property of the City of Walnut Creek Recreation Division and may be used for publicity or promotional purposes only.

Dated: \_\_\_\_\_ Signature \_\_\_\_\_ Please indicate whether: Parent \_\_\_\_\_ Participant \_\_\_\_\_ Guardian \_\_\_\_\_

The Walnut Creek Seniors Club Annual Membership dues per person are  
**\$12.00 from January to December 2012**  
 Checks payable to: Walnut Creek Seniors Club  
 Please do not staple check to application  
 Mail to: Walnut Creek Seniors Club, Membership Office,  
 1375 Civic Drive, Walnut Creek, CA 94596

|   |   |
|---|---|
| <b>Member #1</b>                              | <b>Member #2</b>                              |
| DATE: _____                                   | DATE: _____                                   |
| I am a NEW Member to this club                | I am a NEW Member to this club                |
| I am renewing a current or past membership    | I am renewing a current or past membership    |
| I am age 90 and qualify for a free membership | I am age 90 and qualify for a free membership |
| Name _____                                    | Name _____                                    |
| Address _____                                 | Address _____                                 |
| City _____ Zip _____                          | City _____ Zip _____                          |
| Telephone Number ( ) _____                    | Telephone Number ( ) _____                    |

|                      |                      |
|----------------------|----------------------|
| E-mail address _____ | E-mail address _____ |
|----------------------|----------------------|

|   |   |
|---|---|
| Birth date (mm/dd/yyyy)___/___/___ DOB<br><i>needed to be included on monthly birthday list</i> | Birth date (mm/dd/yyyy)___/___/___ DOB<br><i>needed to be included on monthly birthday list</i> |
|---|---|

|  |  |
|--|--|
| <b>In an emergency, who should we call?</b><br>Phone # ( ) _____<br>Name _____<br>Relationship _____<br>Hospital _____ | <b>In an emergency, who should we call?</b><br>Phone # ( ) _____<br>Name _____<br>Relationship _____<br>Hospital _____ |
|--|--|

I am interested in becoming a volunteer.

YES

NO

### Donations

If, in addition to your dues, if you would like to make a tax deductible donation to the Walnut Creek Seniors Club programs and activities, please show your level of support below. Thank you very much for your donation and support. All donations to the Walnut Creek Seniors Club are tax deductible. The Walnut Creek Seniors Club is a non-profit corporation, exempt from taxes under section 501 (c) (3) of the IRS code.

**Optional Donation to the Walnut Creek Seniors Club programs and activities: \$ \_\_\_\_\_**

**FOR OFFICE USE:**

ADDRESS CHECKED       ENTERED IN SYSTEM  
 PAID:    Cash \_\_\_\_\_ Ck# \_\_\_\_\_       NEW MEMBER CALL LIST

# DAILY HIGHLIGHTS

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Sat | Sun   |
|--|---|---|--|---|-----|---|
| <p><b>8:00am—12:00pm</b> <b>TENNIS</b><br/>Larkey Park Experienced players<br/>Ed Cohn, Volunteer Coordinator</p> <p><b>10:00am—1:00pm</b> <b>PICKLE BALL CLUB</b><br/>Tice Gym<br/>Bill Dougherty, Volunteer Coordinator<br/>Contact: Rossmoorpickleball@yahoo.com</p> <p><b>12:00pm Seating</b> <b>CC CAFÉ</b><br/>Social Hall, Pg. 2</p> <p><b>12:30—3:30pm</b> <b>PINOCHLE, 50¢</b><br/>Multi-Purpose Room Drop-in<br/>Carol Galas, Volunteer Coordinator</p> <p><b>1:45—2:30pm</b> <b>ZUMBA FOR BEGINNERS</b><br/>Assembly Hall, Pg. 7<br/>Jo Nash, Instructor</p> <p><b>3:00—3:45pm</b> <b>HEART SHAPERS</b><br/>Assembly Hall; Pg. 7<br/>Sylvia Rodriguez, Certified Instructor</p> | <p><b>8:15am</b> <b>WALKING BUDDIES, \$1 Drop-in</b><br/>Rolando Salazar, 934-8830, John Walkinshaw, 933-8220<br/>Volunteer Coordinators</p> <p>• All hikes and walks are subject to change based on weather or leaders' discretion</p> <p><b>8:15am</b> <b>SENIOR SCULPT</b><br/>Assembly Hall, Pg. 7<br/>Sylvia Rodriguez, NASM</p> <p><b>8:45am—12:00pm</b> <b>BRIDGE, Open/Drop-In</b><br/>Multi-Purpose Room Experienced players</p> <p><b>9:00—11:00am</b> <b>CREAKERS SOFTBALL</b><br/>Heather Farm Ball Fields<br/>Russ Mower 935-8373</p> <p><b>10:00am</b> <b>BOWLING</b><br/>Diablo Lanes, Pg. 5</p> <p><b>12:00pm Seating</b> <b>CC CAFÉ</b><br/>Social Hall, Pg. 3</p> <p><b>1:15—4:15pm</b> <b>AT THE PAINTING PLACE: INDEPENDENT ART STUDY</b><br/>Conference Room, Pg. 6<br/>Mira White, Instructor</p> <p><b>2:00—3:30pm</b> <b>LINE DANCE</b><br/>Assembly Hall, Pg. 7<br/>Dennis McGuire, Instructor</p> <p><b>2:00—4:00pm</b> <b>SENIOR PEER COUNSELING</b><br/>Pg. 2</p> | <p><b>8:00am—12:00pm</b> <b>TENNIS</b><br/>Larkey Park Experienced players<br/>Ed Cohn, Volunteer Coordinator</p> <p><b>10:00am—1:00pm</b> <b>PICKLE BALL CLUB</b><br/>Tice Gym<br/>Bill Dougherty, Volunteer Coordinator<br/>Contact: Rossmoorpickleball@yahoo.com</p> <p><b>9:00am—4:00pm</b> <b>DEAF CLUB</b><br/>Lounge</p> <p><b>9:30am—3:00pm</b> <b>BAZAAR GROUP</b><br/>Multi-Purpose Room<br/>Jane Costa, Staff Coordinator</p> <p><b>12:00pm Seating</b> <b>CC CAFÉ</b><br/>Social Hall, Pg. 2</p> <p><b>1:30—3:30pm</b> <b>BRIDGE CLASS</b><br/>Conference Room, Pg. 6<br/>Larry Miller, Coordinator</p> <p><b>1:45—2:30pm</b> <b>ZUMBA FOR BEGINNERS</b><br/>Assembly Hall, Pg. 7<br/>Jo Nash, Instructor</p> | <p><b>8:15am</b> <b>WALKING BUDDIES, \$1 Drop-in</b><br/>Anne Sheldon, 930-0259 &amp; Mona Taucher, 837-9041<br/>Volunteer Coordinators</p> <ul style="list-style-type: none"> <li>All hikes and walks are subject to change based on weather or leaders' discretion.</li> <li>Priority for special trips given to members with two or more hikes/walks in the last six months</li> </ul> <p><b>8:45am</b> <b>GENTLE YOGA; Conf. Room, Pg. 7</b></p> <p><b>10:15am</b> <b>CHAIR YOGA; Conf Room, Pg. 7</b><br/>Marcia Conroy, Instructor</p> <p><b>9:00am</b> <b>CYCLING CLUB</b><br/>(8:30am June, July, August)<br/>Pete Culshaw, Volunteer Coordinator<br/>Contact at shotsfan@gmail.com</p> <p><b>9:00—11:00am</b> <b>CREAKERS SOFTBALL LEAGUE</b><br/>Heather Farm Ball Fields<br/>Terry Mason 934-2535</p> <p><b>11:00am</b> <b>EARLY BIRD BINGO</b><br/>Multi-Purpose Room</p> <p><b>12:00pm Seating</b> <b>CC CAFÉ</b><br/>Social Hall, Pg. 2</p> <p><b>12:30-4:00pm</b> <b>BRIDGE, Open/Drop-in</b><br/>Conference Room Experienced players</p> <p><b>12:45pm</b> <b>AFTERNOON BINGO</b><br/>Multi-Purpose Room</p> | <p><b>8:00am—12:00pm</b> <b>TENNIS</b><br/>Larkey Park Experienced players<br/>Ed Cohn, Volunteer Coordinator</p> <p><b>9:30am</b> <b>SNAPPY CATS Kazoo Band</b><br/>Assembly Hall<br/>Gloria Miller, Volunteer Coordinator</p> <p><b>9:30am</b> <b>SING-A-LONG, Drop-In</b><br/>Lounge, \$1<br/>Frank Ryken, Volunteer Coordinator</p> <p><b>11:30am-seating</b> <b>CC CAFÉ</b><br/>Social Hall, Pg. 2</p> <p><b>12:00—4:00pm</b> <b>MARATHON BRIDGE</b><br/>Multi-Purpose Room<br/>Neal Monasch, Volunteer Coordinator</p> <p><b>1:00—2:00pm</b> <b>GENTLE EXERCISE</b><br/>Conference Room, Pg. 7<br/>Ziv Porat, Certified Instructor AMT</p> <p><b>1:30—3:00pm</b> <b>MEMOIR WRITING</b><br/>Conference Room, Pg. 6<br/>Bob Lewis, Volunteer Facilitator</p> <p><b>2:00—2:45pm</b> <b>HEART SHAPERS</b><br/>Heather Farms, Pg. 7<br/>Sylvia Rodriguez, Certified Instructor</p> <p><b>1:30—4:00pm</b> <b>FRIDAY TEA DANCES</b><br/>Assembly Hall; \$3 Drop-in, Colin Dickie,<br/>Coordinator &amp; DJ</p> |     | <p><b>12—4:00pm</b> <b>BRIDGE</b><br/>Open/<br/>Drop-in<br/>MP Room<br/>Experienced players</p> |

## JANUARY 2012

## MONTHLY HIGHLIGHTS

|  |   |   |  |   |                                     |           |
|--|---|---|--|---|-------------------------------------|-----------|
|  |   |   |  |   |                                     | <b>1</b>  |
| <b>2</b> <b>Holiday</b><br><b>Civic Park Community Center Closed</b>   | <p><b>3</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Lafayette-Moraga Trail</p> <p><b>1:00pm</b> <b>HOOKED ON BOOKS</b> Pg. 5<br/><i>The English Passengers</i> by Matthew Kneale</p> <p><b>1:30pm</b> <b>INVESTMENT COUNSELING</b> Pg. 2</p> | <b>4</b>  | <p><b>5</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Redwood Park Elaine Spiecker 937-9384</p>   | <b>6</b>  | <b>7</b> <b>Crab Feed</b><br>5:30pm | <b>8</b>  |
| <p><b>9</b> <b>1:00pm</b> <b>MOVIE</b><br/>"MIDNIGHT IN PARIS"<br/>Lounge, Pg. 5</p>   | <p><b>10</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Newhall Park</p>  | <p><b>11</b> <b>9:00—11:00am</b> <b>BLOOD PRESSURE SCREENING</b><br/>Pg. 2</p> <p><b>1:45pm</b> <b>HICAP COUNSELING</b><br/>Pg. 2</p> | <p><b>12</b> <b>8:00am</b> <b>WALKING BUDDIES</b><br/>Briones Park Fran McTamane 831-3918</p> <p><b>10:00am</b> <b>LEGAL CONSULTS</b>, Pg. 2</p>   | <b>13</b>   | <b>14</b>                           | <b>15</b> |
| <b>16</b> <b>Holiday</b><br><b>Martin Luther King Day</b><br><b>Civic Park Community Center Closed</b>                             | <p><b>17</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Contra Costa Canal Trail</p> <p><b>1:30pm</b> <b>INVESTMENT DISCUSSION GROUP</b>, Lounge</p>  | <b>18</b>   | <p><b>19</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Mt. Wanda John Walkinshaw/Suzanne Hess 933-8220</p>  | <b>20</b> <b>10:00am</b> <b>NEW YEAR'S BINGO</b><br>(Doors Open at 9:30am)            | <b>21</b>                           | <b>22</b> |
| <p><b>23</b> <b>9:30am</b> <b>Advisory Board Meeting</b><br/>Lounge</p> <p><b>5:00pm</b> <b>WINE 'N DINE</b><br/>Alborz, Pg. 5</p> | <p><b>24</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Iron Horse Trail</p> <p><b>1:00pm</b> <b>HICAP Counseling</b> Pg. 2</p>   | <b>25</b>   | <p><b>26</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>SF Leaders Choice Roger Lamm 212-1001</p> <p><b>11:00am</b> <b>LEGAL CONSULTS</b>, Pg. 2</p> | <b>27</b> <b>11:00am</b> <b>SOUP &amp; SANDWICH AND BIRTHDAY CELEBRATION</b><br>Pg. 5 | <b>28</b>                           | <b>29</b> |
| <p><b>30</b> <b>9:00am</b> <b>CARD MAKING</b><br/>Pg. 5</p>  | <p><b>31</b> <b>8:15am</b> <b>WALKING BUDDIES</b><br/>Ygnacio Canal Trail</p>   |   |  |   |                                     |           |