

Seniors Living Well

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Improv club keeps seniors' minds active

What started as replacement
for drama group blossomed into
tight-knit community

BY CHRISTIAN TRUJANO

Is it possible for a group of seniors who live at the Stoneridge Creek senior living community to travel on a subway, argue while driving a truck and have lover's spats on a cruise all at the same time? The answer is yes, and all while being in the same room ... thanks to improv.

About a year ago, Stoneridge Creek resident Kathy Mello began teaching improvisation in the art studio at the senior living community. Improv is a form of theater where participants act out random scenes that are unplanned and unscripted.

But while the improvised scenes may seem like just a group of people saying random things while pretending to be in random places, Mello said the classes are so much more than just that. She said they act as a way to keep the minds of those seniors active and healthy.

"Everything that I've read, this type of focus helps seniors to be stronger mentally," Mello told the Weekly. "I've seen it in my class; I've seen it in myself."

Mello is a longtime professional in the improv world and acting. She holds a bachelor's degree in drama and has worked at the Improv Playhouse of San Francisco as well as having played various roles in television shows.

Two years ago, she moved into the Stoneridge Creek community in Pleasanton and thought her improv days were behind her. That was until about a year ago when Stoneridge Creek residents Denise Evans and Renee Bauer heard about Mello moving into the community.

Evans has been at Stoneridge for 10 years and originally was in the

drama club, which was inevitably canceled because they couldn't keep a drama director long enough to keep the club going. But when she and Bauer — who also had a love for the drama club — heard that Mello had taught improv before, they decided to approach Mello one day during lunch and ask if she would be interested in teaching an improv class.

Evans said she has done community theater in the past and has always been into drama, but because they didn't have a club anymore at Stoneridge, she wanted to give improv a shot, even if she thought it was scary.

"I was so into drama for so long that I was so happy to try something new," Evans told the Weekly. "And Kathy made it so easy that it wasn't frightening."

Ever since then, the group has grown from as little as three members to as much as 18 members on given days. Mello said the classes consist of physical activities, name recognition, storytelling games, two person scenes and plenty of other improv exercises.

She said that she has loved hosting the class because it allows her to keep doing improv and sharing her passion with others.

"It has kept me in my world," Mello said. "It's kept it alive for me."

It has also ignited a passion for the seniors who attend these classes.

On May 3, the Weekly was able to sit in during one of these sessions led by fellow improv enthusiast and former longtime recreation coordinator for the city of Pleasanton Mark Duncanson.

Duncanson participated in the Bay Area Theater Sports (BATS)



CHRISTIAN TRUJANO

A group of seniors who live at the Stoneridge Creek senior living community dance around the art studio at the living community during their improv class on May 3.

improv theater company at the same time Mello did during the '90s and early 2000s.

He said the two were reunited more recently when Mello attended one of Duncanson's improv shows at the Firehouse Arts Center. He then performed at the Stoneridge Creek community in January, at Mello's request, which is when he told her he was thinking of retiring.

It was at that moment that she asked him to help her out with teaching her improv class while she is away on trips and eventually take over the class when she's gone, which is why Duncanson was the substitute teacher on May 3.

He said what he has learned over his many years of doing improv is that experience breeds excellent improv, which is why he enjoys teaching the senior class.

"There are a lot of excellent experiences — professionally, personally — in the room in facilities and groups like this," Duncanson told the Weekly. "It brings a certain form of performance that you don't see anywhere else."

During the class, 13 seniors were moving around, acting out randomly hilarious scenes, playing fake instruments and joking with each other as if they were at their drama class in high school.

"We laugh a lot," Bauer said. "There is a family kind of closeness about us."

The residents were coming up with characters on the spot and keeping up with each other, which is what Mello said makes improv such a healthy mental exercise for the seniors.

"It's being in the moment, not letting your mind wander," Mello said. "It's so important for seniors especially to focus."

According to a peer reviewed article titled "Effects of Improv Training on Older Adults in a Long Term Care Facility", which was published in the National Library of Medicine, improv encourages creativity and adaptive cognitive stimulation.

But specifically after analyzing a group of senior citizens who live in long-term care facilities, the article found that improv training significantly improves the lives of older adults.

"Participants experienced significant improvements in social isolation and perceived stress, and trend improvements in positive affect, self-efficacy, and anxiety," according to the article. "Participants described themes of increased attentiveness, becoming more relaxed, increased cognitive stimulation, and improved communication skills."

But it also gives them so much more than that, according to Stoneridge Creek resident Tom Michalski, who is also in the

improv club. It gives them a chance to be themselves.

"We all have in us a desire and an ability to express ourselves but we tend to be quiet," Michalski told the Weekly. "Over the years you get used to not opening your mouth all the time and in situations."

He said at the club, they don't have to worry about expressing themselves and they're free to say whatever they want about how they feel without any risk. Whether it's raunchy jokes or playful jabs at each other, he said he feels like he can kid around with all of the club members.

"That sense of being able to do that is kind of like a freedom," Michalski said. "It's just fun."

Mello also said that apart from seeing her students be more present, being able to actively listen to each other and be more social, she has seen so much growth in their improv skills to the point where they're even planning on putting together improv shows for the Stoneridge Creek community in the future.

"Watching what I think is happening with my students, being appreciated by them and them coming up to me and telling me how much this means to them, it has meant a lot to me," Mello said. "I just love watching them just improve. They're becoming improvisers." ■

The same, yet different — seniors and real estate

Challenges for seniors looking to move include capital gains taxes and moving belongings accumulated over decades

By DAVID STARK

Seniors entering the current real estate market will be facing situations — some shared with all other buyers and sellers — and some unique to them.

Unique challenges for seniors who have been homeowners for many years and are now considering a move include potential exposure to significant capital gains taxes, the logistics of moving lots of “stuff” and finding a home that works for them that also is near family, friends, and services.

When a homeowner sells their home, the difference between what they originally paid and the sales price — the “capital gain” — may be taxable. According to the National Association of Realtors (NAR) since 1997, up to \$250,000 for a single person or \$500,000 for a married couple in capital gains on the sale of a home is exempt from taxation if the home has been a principal residence and for other factors.

In Pleasanton, with home sales prices typically in the million-dollar range, even with these capital gains “exclusions,” the tax bill a home seller may have to pay can be

significant enough to keep current owners from selling their homes.

Tracey Esling, 2024 president-elect for Bay East Association of Realtors, suggested senior homeowners concerned about a capital gains tax bill, “find an accountant and a financial person because those people are going to guide you.”

Esling, a Tri-Valley resident and realtor, said some senior homeowners may have a head-start on dealing with capital gains taxes. “What we do is we typically will tell them to go back and find every receipt of everything they’ve ever done for their home. We do find with many seniors is they were very meticulous in doing things like that. So again, get those receipts.”

Increasing the capital gains exclusion, which can decrease the tax bill a home seller may have to pay, has been a priority of the NAR.

Esling was recently in Washington D.C. with a team from the Bay East Association of Realtors, to encourage the East Bay congressional delegation to pass H.R. 1321, the More Homes on the Market Act. This bi-partisan



David Stark

and other homeowners, to make a move, and create home ownership opportunities for others.

In addition to the financial aspects of selling a home, the logistics of moving furniture, clothing, housewares and “stuff” can be difficult for anyone. For a senior who has lived in their home for decades, this may be particularly challenging because they may have more of everything compared with other home sellers.

“Sell it on Facebook marketplace,” was one suggestion Esling had for making minimizing easier. She also suggested the Pleasanton Garbage Service bulky items clean-up service. Esling said both options are easy for seniors and all home sellers because they don’t have to

leave their homes to manage the minimizing process.

With fewer things to move and store, a smaller home becomes more attractive and feasible. Esling shared that many senior homeowners want something smaller because it’s easier to maintain. “They’re coming out of homes that are 3,000 square feet, four bedrooms, three bathrooms. They don’t want that larger yard,” Esling said. “They want a smaller home that is two bedrooms, two baths with a small lot and that’s typically a condo in Pleasanton.”

However, they will need to be prepared for a high price tag. During April 2024, the median sales price for an attached unit in Pleasanton was more than \$830,000 and more than \$1 million in Dublin. “It’s going to be a challenge staying local if they want to downsize,” Esling said.

As an alternative, Esling mentioned many seniors seeking to make a change are considering communities to the north and east. “Lincoln and the Sacramento area seems to be the most affordable right now: restaurants and shopping

are really conducive to the senior lifestyle,” Esling said.

The median sales price for a single-family detached home in Pleasanton during April was more than \$1.9 million. Esling said current market conditions in Pleasanton can help all home sellers, including seniors, “the opportunity is you’re going to get the best amount of money for your home right now.”

If selling or buying a home now makes sense for a senior, Esling said their experience may be different compared with the last time they were in the real estate market. “It’s a whole different process than it was most likely when they purchased these homes some time ago. It’s just faster paced,” Esling said.

Esling shared that one skill can make coping and even thriving in the current real estate market easier for buyers and sellers regardless of their age: patience.

“You need to be patient with the process: whether it’s moving fast or slow or there’s too much stuff or I can’t do it all, or I don’t want to move,” Esling said. “Be patient with

See **REAL ESTATE** on Page 20

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Senior cyclists reflect on bike safety in Pleasanton

Bicycles serve as easy exercise option — but without proper infrastructure, older folks may be dissuaded from riding in city

BY CHRISTIAN TRUJANO

Riding a bike is a skill that most people learn at an early age and take with them as they grow up. Whether it's riding a bike to school, to work or using it as a form of exercise, cyclists are all around most cities like Pleasanton.

But for older residents, bicycles are more than just a mode of transportation — it's a safe way to keep their bodies healthy during a time in their life when other forms of exercise are not.

"I for instance am starting to have mild arthritis in my knees. I find if I do too much walking it bothers my knees," Pleasanton resident Sharon Piekarski told the Weekly. "But bicycling — because I don't have my weight on those knees — doesn't bother me at all."

That's why for years, Piekarski has been a vocal advocate for bike safety not just for everyone in Pleasanton, but for seniors as well who might have more physical limitations and need better bike infrastructure in the city to ensure their safety.

With May being Bike Safety Month, the Weekly spoke with Piekarski to learn more about why bike safety is

important not just for all people of all ages throughout Pleasanton, but specifically for seniors who tend to ride at slower speeds and who don't have the same quick reaction speeds as other younger riders.

Piekarski said she has always loved bicycling and when she retired, she made it her goal to be more active in getting the city to improve its infrastructure to make it safer for bicycle riders, which would get more people to use their bikes and decrease carbon emissions that would help fight climate change.

She said some of the main issues that contribute to the lack of bike safety in the city are the arroyos that split up the city and the wide streets like Santa Rita Road that focus on fitting more cars and not more cyclists.

"Most people that you talk to who are not out there riding, they don't feel comfortable being out there with high speed traffic," Piekarski said. "And our city is designed in such a way that in order to go anywhere, you almost have to travel in a car."

That's why she believes it's important to have more bike lanes that travel along some of those busy roads that are essential for getting



Senior citizens who ride with the Pleasanton Pedalers group take a break for a quick photo while cycling around the Calaveras Valley in 2019. COURTESY PLEASANTON PEDALERS

around, but also having those bike lanes protected with things like those green plastic bollards that are seen in various intersections around Pleasanton.

According to the city's communication manager Heather Tiernan, the city has approximately 89 miles

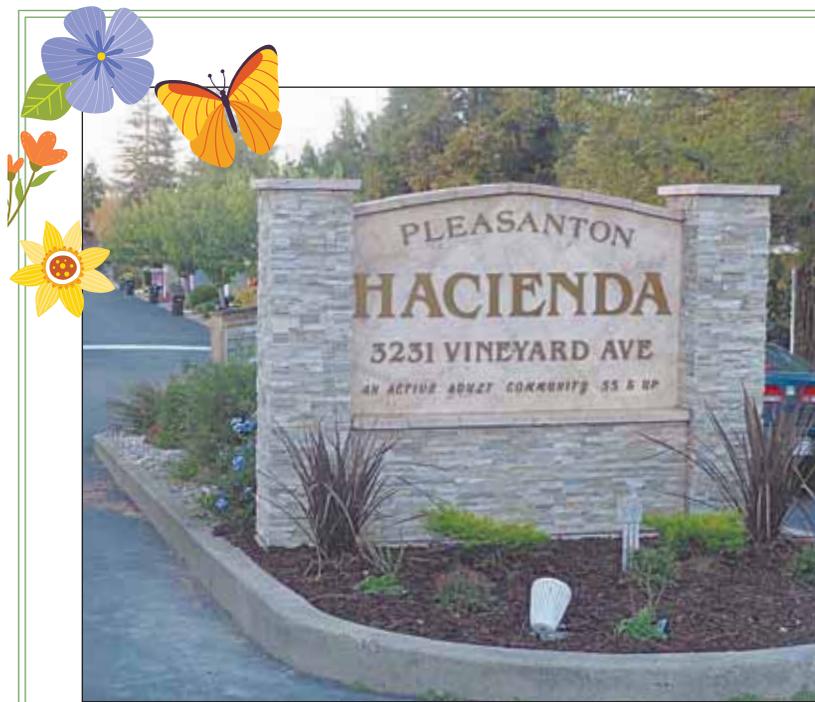
of bike lanes with a little over five miles of protected bike lanes that have those bollards.

Tiernan also said that the City Council, either this month or in early June, will be looking to approve a contract to complete the ultimate design of bike improvements on West

Las Positas between Hopyard Road and Stoneridge Drive.

The council approved the construction of a quick-build bike lane project on West Las Positas Boulevard between Hopyard Road and Hacienda

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See local screening of film on 'Hope in Aging and Dementia'

New doc selected to 'shift the narrative away from fear and hopelessness and bring in hope' for residents

By JEANITA LYMAN

The Danville Senior Center is hosting a screening of a new documentary on dementia by a Bay Area filmmaker at the end of May — recognized nationally as Older Americans Month — as a culmination of events for the month.

"Key Bags Names Words: Hope in Aging and Dementia" from North Bay producer and director Cynthia Stone was made available for screenings worldwide this year, with one of those screenings set for Danville's Village Theatre on May 28.

The screening is set to serve as a special event for the Danville Senior Center's monthly "buzz sessions" held on Tuesdays at 10 a.m. While the offerings vary month to month, Leah Martinez, the town's program supervisor for adults and seniors, said that the film was selected in order to offer a different perspective on dementia and cognitive decline than the practical information often provided in the monthly events.

"There's some fear around cognitive decline and memory care issues that we see, but we're casting it in a more positive light and showing people what it looks like in real time," Martinez told Embarcadero Media Foundation.

Rather than a deep dive into the science and the often tragic experiences facing those with dementia and their caregivers, "Keys Bags Names Words" seeks to showcase the lives of people living with cognitive decline and point more broadly towards what their day-to-day lives say about the human experience and spirit.

Stone, a longtime Bay Area documentarian, said on the film's website that "the wisdom and humor of those in this film helped her better connect with, and care for, her own mother throughout her aging process from her vital active years through her memory loss."

The film is aimed at comparing and contrasting the lived experiences of people facing cognitive decline worldwide, and highlighting how they adapt to diagnoses of dementia, as well as the work of artists and scientists seeking a better understanding of the condition and developing solutions.

The people featured in the documentary come from a range of fields including theater, medical anthropology, music, policy and neuropsychology.

"This documentary is intended to be the starting point of a conversation for people who are in

similar situations to be able to connect," Martinez said.

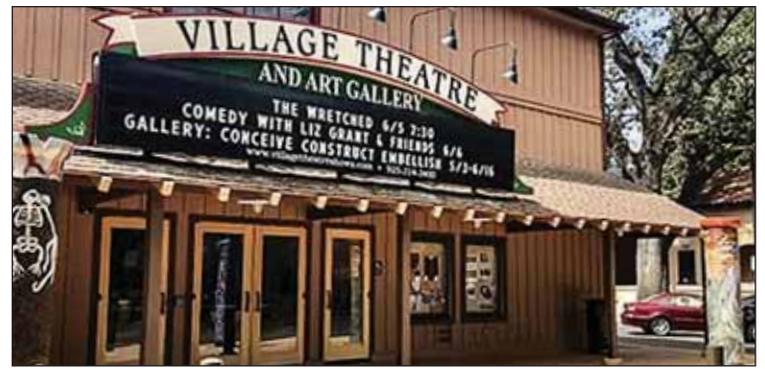
In addition to being targeted towards local seniors who themselves might be experiencing or concerned about experiencing cognitive decline, Martinez noted that the film screening — along with other sessions and services offered by the senior center — are also aimed at supporting caregivers, including seniors themselves who might be in that role.

"We're a very active senior center, so some of our seniors are family caregivers for their partner or someone they know," Martinez said.

While general offerings from the senior center and its "Buzz Sessions" include community building and other enrichment activities, Martinez said she estimated that about a third of the events focus on cognitive decline in some way, with a session focused on Alzheimer's disease in December having been particularly well attended. She noted that information, resources, and referrals on the topic are in high demand.

"Our goal is to provide a safe space to get credible resources, so they don't feel like they have nowhere to go," Martinez said. "We're happy to be that starting point for them."

In addition to supporting seniors with information on cognitive



FILE PHOTO

Danville's Village Theatre will screen "Key Bags Names Words: Hope in Aging and Dementia" later this month.

decline and other conditions that older adults are at higher risk for, Martinez said she and the senior center staff also seek to support caregivers, and to provide resources and reminders of the importance of caring for themselves as well.

"I think people underestimate the impact on themselves when they're caregiving for someone with memory care challenges," Martinez said. "Sometimes we'll actually see the caregiver decline physically. So continuing to take care of yourself and your own mental and physical health, even when going through a family caregiving process is really important."

"Don't forget your own doctor's

appointments, and make sure you are still seeking social time outside of yourself," she continued. "The world can shrink when we care for one and that person is requiring a lot of attention."

While the film aims to highlight the personal experiences of those with dementia diagnoses and their caregivers and supporters, it also points towards broader issues that make the condition all the more challenging. One of the experts featured is Walt Dawson, whose father developed Alzheimer's disease when he was 10 years old and who went on to become a policy expert seeking to

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CYCLISTS

Continued from Page 16

Drive, which was the first phase of a six-phase project that Piekarski said is essential for that road, which serves as a key path for cyclists to travel from east to west Pleasanton.

"The recommendation for this 1.1-mile section of roadway is to be designed with elevated bike lanes," Tiernan said. "We have both the design and construction funding to complete this section of the project. We anticipate a 12-month design with construction beginning in the summer of 2025."

She said that the quick-build design has already shown that the reduced lanes on West Las Positas Boulevard still supports traffic volumes and has helped the city determine that a larger buffer between the parking lane and travel lane next to Hart Middle School is desirable.

"The fully elevated design between Hopyard and Willow will better accommodate student travel," Tiernan said.

She also added that if the ultimate design for the boulevard is approved, the remaining sections — Foothill Road to Interstate 680; Stoneridge Drive to Santa Rita Road; and Santa Rita Road to Fairlands Drive — will either have the paint and plastic design or the city will keep the existing

design until more funding is available for the elevated bike lane.

However, fellow senior Pleasanton cyclist Steve McGinnis said that while he has seen a more positive change to make it safer for cyclists in Pleasanton over the past decade, he thinks there is still more work to be done.

"What I think we can do to improve cycling in Pleasanton is to have more separated bike lanes," McGinnis told the Weekly.

McGinnis is another longtime cyclist who actually helped form the Pleasanton Pedalers in 2011. The group is made up of seniors who range in age from their 60s to early-80s.

He said that some of the issues he has seen while riding with his group and by himself include a lack of shoulders on streets like Foothill Road and dangerous trails throughout the city.

But one specific safety concern he pointed out, which relates to seniors, is the amount of time it takes to cross street intersections like the one on Stanley Boulevard and Bernal Avenue.

"We had a member of our group who was riding down at Bernal and Stanley and as she attempted to cross the street, there was a seven-second yellow light," McGinnis said. "I think she was (in her) mid to late 60s and you can't cross Stanley in seven seconds on a bicycle. It can't be done."

That incident happened in 2016 and the cyclist ended up dying after getting hit by a truck, which led the city to install a protected intersection.

But while the city did that, McGinnis said the same issue pops up in other areas of Pleasanton and the city needs to be more aware of how long it takes for cyclists to cross streets, especially if they are older and can't go as fast as others.

While city infrastructure is a big part of this conversation, Kelly Dunlap who is the co-education manager for Bike East Bay said there is a lot of cyclists who can do to be more safe on the road.

"About half of bicycle crashes are solo crashes. They were something the bicyclist did," Dunlap told the Weekly. "So if you learn to be a better cyclist, you will be much safer and that's something you can directly control. We can't control the drivers around us."

Tiernan actually corroborated that fact by stating that while the city sees a consistent trend of about 30 bicycle accidents per year, for the past three years roughly 30% of those accidents were solo crashes.

She said over the past 10 years, they have had two bicycle fatalities and one of those was the one on Stanley boulevard.

So as Dunlap said, individual bike safety is an important factor when it comes to people wanting to ride their



COURTESY PLEASANTON PEDALERS

The Pleasanton Pedalers take a group photo during one of their rides where they started in Burlingame and rode all the way around Foster City.

bikes, which is why she encourages people to take the bike safety classes that Bike East Bay teaches.

But Piekarski doubled down on how important it is for more city infrastructure because at the end of the day, having more space and protection between a cyclist and a car as well as having safer trails will encourage people like senior citizens to get out there and ride a bike because they will feel safer.

McGinnis said that while it would also be safer for seniors to join groups like the Pleasanton Pedalers, who typically ride slower even if they do ride for over 20 miles sometimes, it's still important for the city to acknowledge that certain bike trails and roads need more improvements.

And as far as what the city is already doing to improve bike safety, Tiernan said that some other larger scale bike lane projects that are moving forward include separated and elevated bike lanes on Hopyard Road and Owens Drive in the southbound directions, along with a bicycle traffic signal movement and a protected intersection design.

"The City is also pursuing other improvements at the I-580 overcrossings," Tiernan said. "The designs are conceptual, and staff is pursuing a more detailed design to submit to Caltrans for review. The Caltrans review is mandatory, but also expensive and this review may limit the number of crossings that may be completed with the existing funding." ■

Seniors Calendar

Talks

MEET AUTHOR JACE CARLTON Meet author Jace Carlton where he will discuss his book "Letting Go". 5:30 p.m., May 18. Towne Center Books, Pleasanton.

HISTORY OF BRUSHY PEAK Brushy Peak is a nature preserve located in the hills above Springtown. Learn about the natural history of Brushy Peak and the surrounding region with a Ranger from LARPD in this presentation for adults. 6:30 p.m., May 21. Springtown Library Patio.

WHAT MEDICARE COVERS IN FULL This free monthly presentation from Legal Assistance for Seniors regarding Medicare and legal topics covers Free Preventative Benefits: What Medicare Covers in Full. 1-2 p.m., May 23. Visit larpd.org.

CONE WITH A COP Join members of your police department for a free cone of ice cream. This is an opportunity to chat about public safety while enjoying some ice cream. Attendees are encouraged to walk or bike to the dairy to avoid traffic slowdowns. 2-4 p.m., May 29. Meadowlark Dairy.

LIFE INTO ART PROGRAM AT LIVERMORE LIBRARY Community members are invited to an afternoon of dance and storytelling as Lois Ann Flood performs a selection of the historical dances of Isadora Duncan where attendees will learn how California influenced Isadora Duncan on her path to becoming the mother of modern dance. 2-3 p.m., June 2. Civic Center Library.

AN AFTERNOON OR EVENING WITH JUNKO Tabei Junko Tabei, the first woman to climb to the top of Mt. Everest and the Seven Summits, has come to address American audiences about her work with the Fukushima Earthquake and Tsunami Relief Programs. 2 p.m. & 7 p.m., June 4. Tickets \$15-\$25. Visit museumonmain.org.

Exercise

PLEASANTON PEDALERS AT THE SENIOR CENTER Pleasanton Pedalers Cycling is Tuesdays and Thursdays, 9 a.m. at the Pleasanton Senior Center. Rides will be 15 to 25 miles and scaled for those who participate.

SOLE MATES WALKING GROUP Sole Mates Walking Group is Wednesdays, 8:45-10 a.m., at the Pleasanton Senior Center. Participants must be able to walk 2.5 miles and keep a moderate pace with the group.

PICKLEBALL LESSONS IN PLEASANTON Discover the excitement of Pickleball, the sport that's sweeping the nation with its dynamic, fun-filled gameplay. Players of all ages, athletic backgrounds and abilities are encouraged to try this fun and social blend of tennis and ping pong. Call at 925-931-3449 to reserve a court. 5801 Valley Ave.

ACTIVE OLDER ADULT FITNESS CLASSES LARPD offers a variety of adult fitness classes, including Line Dancing, Zumba, Aerobics, Chair Strength, Tai Chi and Yoga to keep fit while having fun. Visit larpd.org.

Technology

TECH TUTORING AT THE PLEASANTON SENIOR CENTER One-on-One Tutoring (1 hr. appointments). Must bring own device. Get help using the internet, email, photo editing, sending attachments, smart phones, tablets and more. 9 a.m. & 10 a.m., Wednesdays. Drop-in fees apply \$3.00R/\$3.50NR. Call 925-931-5365.

VA Outreach

VETERANS EVENT Pleasanton Library will host the VA Palo Alto Mobile Medical Outreach team to provide veteran benefits review, enroll veterans for care with the VA Palo Alto Health System, answer questions about VA services and provide medical care and referrals for enrolled veterans. 10:00 a.m.-1:00 p.m., May 20. 400 Old Bernal Ave.

Driving

SENIOR DRIVERS RESOURCES For more information on Senior Driver Resources visit AARP Smart Driver Course at aarp.org/auto/driver-safety.

Walking Tours

RAVENSWOOD DOCENT TOURS Ravenswood Historical House will be open to the public on the second and fourth Sunday of each month. Come out and see the newly renovated gift shop and Ravenswood fountain. 12-4 p.m., May 26. 2647 Arroyo Rd., Livermore.

EXPLORING THE BUILDINGS IN DOWNTOWN PLEASANTON From the Ohlone to today this walking tour covers how the land along Main Street was used and developed over time. Learn about early settlements, the Railroad, Pleasanton's entrepreneurs and this town's agricultural bounty in the 1890s. 9 a.m., June 19 and 22. Visit museumonmain.org.

Assistance

MEMORY CAFES Join staff for the library's newest program, Memory Cafes, which utilizes their new Memory Kits. Especially recommended for adults and their families and/or caregivers. 3-4:30 p.m., May 19.

FREE LEGAL ASSISTANCE FOR SENIORS 60+ Receive legal advice and consultation from a professional lawyer over the phone, designed for adults 60+ and persons assisting individuals 60+.

No wills. Call 510-832-3040 for more information.

PLEASANTON RIDES Pleasanton Rides is a door-to-door, shared-ride transportation service for Pleasanton Seniors. Monday-Friday, 8 a.m.-5 p.m. Call 925-398-1045.

CITYSERVE OF THE TRI-VALLEY SENIOR PROGRAMS CityServe provides services for older adults that will foster independence, promote safety and well being, preserve dignity, create community and improve quality of life. Drop by their office at the Pleasanton Senior Center to set up a care session to see how they can provide support or call 925-222-2273 (CARE).

SPECTRUM MEALS ON WHEELS Spectrum Meals on Wheels provides home delivered meals (60+). Call 925-931-5385 for more or visit spectrumcs.org.

EMERGENCY FINANCIAL ASSISTANCE 60+ The Wiesner Memorial Fund is a special fund for seniors, 60 and older, who need financial assistance in the event of an emergency. For additional information, call 925-373-5760.

Hobbies

WOOD CARVING AT THE PLEASANTON SENIOR CENTER All experience levels are welcome. The club will provide a knife, safety equipment, gloves and leather thumb guard. 9 a.m.-4 p.m., Tuesdays. Drop-in fee \$3.00R/\$3.50NR.

KNITTING AT THE PLEASANTON SENIOR CENTER Refresh skills, pick up some new tips, share techniques, get help or just sit and knit. 9:00-11:30 a.m., Fridays. Drop-in fees apply \$3.00R/\$3.50NR.

WOODSHOP AT THE PLEASANTON SENIOR CENTER Use state-of-the-art equipment to make projects with experienced hands to guide you. Must pass woodshop test before using equipment. 9 a.m.-12 p.m., Mon., Wed., Fri. Drop-in fees apply \$5.75R/\$6.75NR.

POKER AT THE PLEASANTON SENIOR CENTER 1-4 p.m., Tuesdays/Thursdays. Drop-in fees apply \$3.00R/\$3.50NR. Must be familiar with the game of poker.

Entertainment

MOVIES AT THE SENIOR CENTER Join for a movie at the Pleasanton Senior Center the second and fourth Monday of the month. 1-3 p.m., May 27. For more information call 925-931-5365.

MOVIE MADNESS IN THE VINTAGE LOUNGE Join the Senior Services crew for a movie in the Vintage Lounge at the Robert Livermore Community Center the 1st and 3rd Monday of each month. 1 p.m., May 20.

JAKE'S WOMEN BY NEIL SIMON America's premier comic playwright makes another hilarious foray into the world of modern relationships. The wildly comic and sometimes moving flashbacks played in his mind are interrupted by visitations

from actual females. 7:30 p.m., May 17, 18. 2 p.m., May 19. Tickets \$25. Bothwell Arts Center. Visit livermorearts.org.

626 NIGHT MARKET 626 Night Market is back featuring food, merchandise, crafts, arts, games, music and entertainment attractions in an event that appeals to all ages. May 17-19. Visit alamedacountyfair.com.

PLEASANTON COMMUNITY CONCERT BAND The Pleasanton Community Concert Band performs at the Pleasanton Farmers' Market 9 a.m.-12 p.m., May 18. Visit pleasantonband.org.

MEMORIAL DAY CONCERT The Pleasanton Community Concert Band performs at the Pleasanton Senior Center, 10:30 a.m.-12:30 p.m., May 27. Free but donations are gladly accepted. 5353 Sunol Blvd. Visit pleasantonband.org.

Shows & Festivals

SILICON VALLEY HORSE SHOW Watch top West Coast horses, including Saddlebreds, Morgans and Hackney Ponies compete for prize money and ribbons. The show supports We Ride Too, an equestrian outreach program for Alameda County youth. May 16-19. Visit alamedacountyfair.com.

626 NIGHT MARKET 626 Night Market is back featuring over 200 food, merchandise, crafts, arts, games, music and entertainment attractions in an event that appeals to all ages. May 17-19. Visit alamedacountyfair.com.

LIVERMORE DOWNTOWN STREET FEST One of the longest running celebrations of wine, craft brew, arts, crafts, shopping, dining, entertainment and hometown charm. Explore unique vendor booths and enjoy restaurants that are globally inspired and locally enhanced. May 18-19. Visit livermoredowntown.com.

PLEASANTON HOT ROD ROW Main Street will be closed to enjoy a display of hot rods, motorcycles and trucks along with live music and fun activities. 10 a.m.-4 p.m., June 1.

Outdoors

RANGER PROGRAM: TRACKS, SCAT AND SIGNS Receive an introduction on how to identify tracks, scat and signs on this LARPD hike through Sycamore Grove Park and learn what local animals roam in the park. Weather permitting. 10-11:30 a.m., May 18. Visit larpd.org.

BUMBLE BEE HIKE Join a LARPD Ranger for a hike at Sycamore Grove Park to explore the world of bumblebees. Expect a leisurely 1-mile walk, weather permitting. 2-3:30 p.m., May 25. Visit larpd.org.

NIGHT HIKE WITH A RANGER Join a Ranger on an after-hours walk to learn about nocturnal animals and their adaptations on this 1 mile relaxed pace walk. Canceled if raining. 7:45-9:45 p.m., May 25. Sycamore Grove Park. Register at larpd.org.

Day Trips

SANTA CRUZ BEACH BOARDWALK Join for a historic seven-mile train ride through the beautiful redwood forests of the Santa Cruz mountains beginning at the town of Roaring Camp then board a train towards the Santa Cruz Beach Boardwalk. 8 a.m.-5 p.m., June 13. Cost \$180-\$185. For more information visit the Travel Desk at the Pleasanton Senior Center.

A DAY AT THE ZOO Join Pleasanton VIP Travel for a day at the San Francisco Zoo. Tour includes motorcoach and lunch. 9 a.m.-5:30 p.m., Aug. 13. Cost \$115-\$120. Visit the Pleasanton Senior Center VIP Travel desk for more information.

WICKED AT THE ORPHEUM THEATER This Broadway sensation looks at what happened in the Land of Oz, but from a different angle. 11 a.m.-7:30 p.m., Sept. 4. Tickets \$160-\$165. Includes roundtrip motorcoach, admission to the show and pre-paid food voucher. Visit the Pleasanton Senior Center Travel Desk.

LARPD SENIOR (50+) POP UP TRIPS Join LARPD for monthly pop-up trips throughout Northern California including Route 66 and the San Francisco Giants. For more information visit larpd.org.

Farmers' Markets

PLEASANTON FARMERS' MARKET The Pleasanton Farmers' Market is Saturday year round featuring vendors with seasonal fruits & vegetables, plus artisan goods. 9 a.m.-1 p.m. W. Angela St.

LIVERMORE THURSDAY FARMERS' MARKET The Livermore Thursday Night Farmers' Market is 4-8 p.m. at Carnegie Park with over 60 vendors. Rain or shine. 2155 3rd St.

Pursuits & Hobbies

LIVERMORE SUNDAY FARMERS' MARKET Gather for music, food and fresh local and organic products directly from producers. Support small businesses and local sustainable agriculture. 9 a.m.-1 p.m., Sundays. Between J St & L St.

Volunteer

DRESS A GIRL AROUND THE WORLD Make simple dresses for girls in third world countries. Help needed is sewing, ironing and cutting and cheerful cotton fabric is always accepted. 9 a.m.-3 p.m., May 18. Trinity Lutheran Church, 1225 Hopyard Rd., Pleasanton. For more information contact suzbeck@yahoo.com.

VOLUNTEER AT OPEN HEART KITCHEN Volunteers at Open Heart Kitchen help create a more food secure future in the Tri-Valley. Visit openheartkitchen.org/volunteer.

REAL ESTATE

Continued from Page 15

what people say to you and how people react to you.”

Compared with other home buyers or sellers, seniors in a real estate transaction may have other interested parties: their children. Esling said the same advice applies to them: “Be extremely patient. Be mindful. Be patient. Be empathetic. Be helpful. It’s a process.”

Asked about a recent transaction involving a senior homeowner, Esling said: “The last success story

was a woman whose husband passed away and she wanted to move. The house completely got away from her, and she knew she was going to have to pay capital gains.” Esling brought in a team of landscapers, cleaners, painters, stagers, and movers. She told her client: “Go be with your family. Let me handle the house. It took about six weeks after she left to get that house in awesome condition, and we ended up selling it for over her asking price.” ■

Editor’s note: David Stark is chief public affairs and communications officer for the Bay East Association of Realtors, based in Pleasanton.

FILM

Continued from Page 18

improve support systems for patients and families.

“We don’t really have a system that provides long-term services and supports in this country,” Dawson said on the film’s website. “I felt at that age that that was not right. That we could and should do better. And I still believe that today.”

Although Martinez and other senior center staff don’t provide medical or full-time caregiving services, she noted that supporting local

seniors with memory decline means developing and acting with empathy to contend with challenges often caused by the condition.

“What we see most frequently in our interactions here would be that when people become confused they can get frustrated, so we’re in a position of managing that from a customer service standpoint,” Martinez said. “From an empathy standpoint, it can be very frustrating when people become confrontational, so we’re continuing to develop compassion and empathy through everything we do. We don’t know when someone walks in what they’re dealing with at home,

either personally or with their spouse.”

However, she emphasized that the upcoming screening and the conversations started by it would be unique, rather than the senior center’s standard fare of practical resources that are offered regularly.

“We do have ‘Buzz Sessions’ that are dedicated to things like that, but this is more to shift the narrative away from fear and hopelessness and bring in hope,” Martinez said.

“Keys Bags Names Words” is set to play in the Village Theatre at 233 Front St. in Danville on May 28 at 10 a.m. More information is available at danville.ca.gov. ■

Public Notices

CALLIPPE PRESERVE GOLF COURSE FICTITIOUS BUSINESS NAME STATEMENT File No.: 605573

The following person (persons) is (are) doing business as:

1.) Callippe Preserve Golf Course, located at 8500 Clubhouse Drive Pleasanton, CA 94566, Alameda County.

This business is conducted by: a Limited Liability Company.

The name and residence address of the registrant(s) is(are):

PLEASANTON GOLF, LLC
5341 Old Redwood Hwy STE 202
Petaluma, CA 94954

State of Incorporation/Organization: DE/CA
Registrant began transacting business under the fictitious business name(s) listed above on January 24, 2004

This statement was filed with the County Clerk-Recorder of Alameda on April 16 2024. (PLW May 3, 10, 17 and 24, 2024)

SMART SHADES COMPANY FICTITIOUS BUSINESS NAME STATEMENT File No.: 605478

The following person (persons) is (are) doing business as:

1.) SMART SHADES COMPANY, located at 6635 DUBLIN BLVD B2, DUBLIN, CA 94568, ALAMEDA County. Mailing Address: 2700 SALISBURY WAY, SAN RAMON CA, 94582.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

MOHIT ADIANI
2700 SALISBURY WAY
SAN RAMON CA, 94582

Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

This statement was filed with the County Clerk-Recorder of Alameda on April 10 2024. (PLW Apr 26, May 3, 10 and 17, 2024)

PREMIER DENTAL CARE FICTITIOUS BUSINESS NAME STATEMENT File No.: 606259

The following person (persons) is (are) doing business as:

1.) Premier Dental Care, located at 4466 Black Ave., Suite G, Pleasanton, CA 94566, Alameda County.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

LIN LIN CHEN
4466 Black Ave., Suite G
Pleasanton, CA 94566

Registrant began transacting business under the fictitious business name(s) listed above on 1/1/2024

This statement was filed with the County Clerk-Recorder of Alameda on May 10 2024. (PLW May 17, 24, 31 and Jun 7, 2024)

MOONFLIGHT FICTITIOUS BUSINESS NAME STATEMENT File No.: 605716

The following person (persons) is (are) doing business as:

1.) Moonflight, located at 2105 Eagle Ave, Alameda, CA 94501, Alameda County.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

MAYANK THANAWALA

2105 Eagle Ave
Alameda, CA 94501

Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

This statement was filed with the County Clerk-Recorder of Alameda on April 22 2024. (PLW May 3, 10, 17 and 24, 2024)

GAME KASTLE FICTITIOUS BUSINESS NAME STATEMENT File No.: 605753

The following person (persons) is (are) doing business as:

1.) GAME KASTLE, located at 3911 Washington Blvd, Fremont CA, 94538, Alameda County. Mailing Address: 351 El Portal Way, San Jose, CA 95123

This business is conducted by: a Limited Liability Company.

The name and residence address of the registrant(s) is(are):

SOUTH SAN JOSE GAMES ASSOCIATION LLC
351 El Portal Way
San Jose, CA 95123

State of Incorporation/Organization: CA
Registrant began transacting business under the fictitious business name(s) listed above on 04/01/2024

This statement was filed with the County Clerk-Recorder of Alameda on April 23 2024. (PLW May 10, 17, 24 and 31, 2024)

MLFOX, LLC FICTITIOUS BUSINESS NAME STATEMENT File No.: 605669

The following person (persons) is (are) doing business as:

1.) MLFOX, LLC, located at 9104 Longview Drive, Pleasanton, CA 94588, Alameda County.

This business is conducted by: a Limited Liability Company.

The name and residence address of the registrant(s) is(are):

MLFOX, LLC
9104 Longview Drive
Pleasanton, CA 94588

State of Incorporation/Organization: California

Registrant began transacting business under the fictitious business name(s) listed above on May 13, 2022

This statement was filed with the County Clerk-Recorder of Alameda on April 18 2024. (PLW Apr 26, May 3, 10 and 17, 2024)

PRO-TECH MAINTENANCE AND REPAIR FICTITIOUS BUSINESS NAME STATEMENT File No.: 605834

The following person (persons) is (are) doing business as:

1.) PRO-TECH MAINTENANCE AND REPAIR, located at 21500 Eden Canyon Road Castro Valley, CA 94552, Alameda County.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

DAVID TURK
21500 Eden Canyon Road
Castro Valley, CA 94552

Registrant began transacting business under the fictitious business name(s) listed above on August 1989

This statement was filed with the County Clerk-Recorder of Alameda on April 25 2024. (PLW May 3, 10, 17 and 24, 2024)

WANN NETWORKS FICTITIOUS BUSINESS NAME STATEMENT File No.: 605887

The following person (persons) is (are) doing business as:

1.) Wann Networks, located at 1401 Red Hawk Cir Apt N203, Fremont, CA 94538, Alameda County. Mailing Address: 39120 Argonaut Way #383, Fremont, CA 94538.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

BRYAN WANN
39120 Argonaut Way #383
Fremont, CA 94538

Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

This statement was filed with the County Clerk-Recorder of Alameda on April 29 2024. (PLW May 10, 17, 24 and 31, 2024)

JERSEY TAILS FICTITIOUS BUSINESS NAME STATEMENT File No.: 605537

The following person (persons) is (are) doing business as:

1.) JERSEY TAILS, located at 789 Bonita Ave Pleasanton, CA 94566, Alameda County.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

ASWINI SUKUMAR
789 Bonita Ave
Pleasanton, CA 94566

Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

This statement was filed with the County Clerk-Recorder of Alameda on April 12 2024. (PLW May 3, 10, 17 and 24, 2024)

ROMO’S CLEAN WASH FICTITIOUS BUSINESS NAME STATEMENT File No.: 605609

The following person (persons) is (are) doing business as:

1.) Romo’s Clean Wash, located at 7279 Newcastle Lane, Dublin, CA 94568, Alameda County. Mailing Address: PO BOX 2212, Dublin, CA 94568.

This business is conducted by: an Individual.

The name and residence address of the registrant(s) is(are):

JOSE ROBELO
PO BOX 2212
Dublin, CA 94568

Registrant began transacting business under the fictitious business name(s) listed above on 02/10/2024

This statement was filed with the County Clerk-Recorder of Alameda on April 16 2024. (PLW Apr 26, May 3, 10 and 17, 2024)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF ALAMEDA

Case No.: 24CV072226
TO ALL INTERESTED PERSONS:
Petitioner: Maya Kalyan and Sharath Rathinakumar filed a petition with this court for a decree changing names as follows:
DEV SHARATH to DEV M SHARATH

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING: 06/21/2024, 9:30 a.m., Alameda Superior Court Rene C. Davidson Courthouse Department 1B of the Superior Court of California, County of Alameda located at 1225 Fallon Street, 2nd Floor, Oakland, CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 04/17/2024
THOMAS NIXON
JUDGE OF THE SUPERIOR COURT
(PLW Apr 26, May 3, 10 and 17, 2024)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF ALAMEDA

Case No.: 23CV037469
TO ALL INTERESTED PERSONS:
Petitioner: Shiraz Eaton filed a petition with this court for a decree changing names as follows:
SHIRAZ EINAV EATON to SHIRAZ HAREL

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: 06/21/2024, 9:30AM, Dept 1B of the Superior Court of California, County of Alameda located at 1221 Oak Street, Oakland, CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 06/12/2023
Sandra Bean
JUDGE OF THE SUPERIOR COURT
(PLW Apr 26, May 3, 10 and 17, 2024)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF ALAMEDA

Case No.: 24CV073982
TO ALL INTERESTED PERSONS:
Petitioner: Lyra Dietrich filed a petition with this court for a decree changing names as follows:
LYRA DIETRICH to LYRA DELA ROSA

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: 05/31/2024, 9:30 a.m., Dept. 1B of the Superior Court of California, County of Alameda located at 1225 Fallon Street, Oakland CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 04/15/2024
Thomas J. Nixon
JUDGE OF THE SUPERIOR COURT
(PLW Apr 26, May 3, 10 and 17, 2024)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF ALAMEDA

Case No.: 24CV073982
TO ALL INTERESTED PERSONS:
Petitioner: Lyra Dietrich filed a petition with this court for a decree changing names as follows:
LYRA DIETRICH to LYRA DELA ROSA

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: 06/21/2024, 9:30AM, Dept 1B of the Superior Court of California, County of Alameda located at 1221 Oak Street, Oakland, CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 06/12/2023
Sandra Bean
JUDGE OF THE SUPERIOR COURT
(PLW Apr 26, May 3, 10 and 17, 2024)

least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: 08/02/2024, 9:30AM, 1B of the Superior Court of California, County of Alameda located at 1221 Oak Street Oakland, CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 05/02/2024
Thomas Nixon
JUDGE OF THE SUPERIOR COURT
(PLW May 10, 17, 24 and 31, 2024)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF ALAMEDA

Case No.: 24CV071473
TO ALL INTERESTED PERSONS:
Petitioner: Ernest Marcelin Roberts filed a petition with this court for a decree changing names as follows:
ERNEST MARCELIN ROBERTS to ERNEST MARCELLIN ROBERTS

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: 05/31/2024, 9:30 a.m., Dept. 1B of the Superior Court of California, County of Alameda located at 1225 Fallon Street, Oakland CA 94612.

A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
PLEASANTON WEEKLY
Date: 04/15/2024
Thomas J. Nixon
JUDGE OF THE SUPERIOR COURT
(PLW Apr 26, May 3, 10 and 17, 2024)

The Pleasanton Weekly is adjudicated to publish in Alameda County.

• Fictitious Business Name
• Abandonment of Fictitious Business Name
• Name Change
• Partnership Withdrawal or Dissolution
• Petition to Administer Estate - Probate Hearing
• Notice of Bulk Sale
• Legal Summons
• Trustee Sale

The deadline is Sunday at 11:59 pm. Visit PleasantonWeekly.com/legal_notices/

For assistance email LegalNotices@PleasantonWeekly.com.