

# Seniors Living Well

## Inside:

- Purrfect pairs at Valley Humane Society Page 14
- Tips for homeowners who plan never to sell Page 16
- Seniors Calendar Fall 2024 Page 18

## Seniors chip away to keep minds (and hands) healthy

Pleasanton Senior Center hosts Tri-Valley woodcarvers who create community in small shop

STORY AND PHOTOS BY CHRISTIAN TRUJANO

It's another typical Tuesday morning at the Pleasanton Senior Center for Ed Heskett — out in the sun with his knife as he slowly makes these surgical incisions on a small piece of wood.

Heskett has been a woodcarver for the past 18 years, and is one of many who fill up the woodshop inside the senior center every Tuesday and Friday.

The tight-knit group of seniors make everything from geographical patterns on pieces of wood like Heskett to larger-scale models like hilarious opening scenes from the 2017 movie "Guardians of the Galaxy Vol. 2" with Rocket telling baby Groot not to push the button.

"With woodcarving, you sort of sneak up on it," Ken Morgan, a Pleasanton resident and vice president of the Tri-Valley Woodcarvers, told the Weekly.

Morgan, who was the artist behind the "Guardians" model, said the club has been meeting at the senior center ever since 1997 and that as someone who has personally been with the club for 24 years, he has seen the direct benefit it has on seniors.

"A lot of what people are doing is keeping in touch with each other," Morgan said.

Zack Silva, city recreation supervisor, told the Weekly that he also believes the main benefit the program

has for seniors is socializing.

"These folks come in here every Tuesday, and it's the same folks and they're sharing what they're working on, they're getting tips ... and I think that social benefit is huge," he said. "It's a tight space so they're sitting next to each other. It's pretty close, and so they're able to learn from each other."

Morgan said the camaraderie and having that space at the senior center where they can meet every week and catch up really means a lot to them.

But it's not just the social benefits that draw in seniors from all across the Tri-Valley, and even across the East Bay, to the woodcarver program at the center.

Rob Motal, a 74-year-old from San Ramon, said he's been retired for 10 years and making little wooden badges for Boy Scouts in the area is a way for him to have a sense of purpose in life.

He said for him, it also brings him a sense of peace.

"When you're woodcarving, the rest of the world evaporates," Motal said. "There's no worries. There's nothing that's bothering you. So it just gives me that real special inner space that I value."

But apart from the community that the various Tri-Valley Woodcarvers club members have created inside the senior center, many of the



Above: Tri-Valley Woodcarvers vice president Ken Morgan shows off the wooden eagle dancer model that he is currently working on. Far left: An image of a wood burning project by Ngam Worley. Left: Club members make anything from small pins to large pieces such as this flower.

people simply like the physical benefits woodcarving have for them.

"I think seniors can enjoy this because it's something that doesn't require a lot of tools, you can carry it with you, you can go and do it wherever you want," Motal said. "It's a way of enjoying your hands, helping with your hand-eye coordination ... it does all of that."

Morgan said one of the main benefits for people, specifically for seniors, is being able to stay busy with their hands.

"First couple of weeks ... your hands might be sore," he said. "But then once you start doing it more and more, you're keeping the muscles there."

Morgan also said the precision it takes to stay focused keeps their minds sharp as well.

"You can't worry about world politics or other stuff because if you do, your hand will pay the price," he said. "You need to stay focused and in the moment."

And the best part, Morgan said, is

that anyone at any age can do it.

"All they need is a desire to try it and we sit them down and get them carving," Morgan said.

Gary Eaves, a Fremont resident who has been with the club for seven years, explained how he first got started with making a simple sea otter out of a block of wood.

Eaves, who had chances to get into woodcarving in the past but didn't do so until recently, said he was a bit nervous until he found the program at the Pleasanton center and the club members who gave him all the tools and instruction he needed to get the fundamentals down.

"By the time you finish (the otter), you've developed some skills," he said. "You're not an expert ... (but) it's the fundamentals."

Darlene Mellquist, a Walnut Creek resident who recently moved to the area, also said that once someone learns how to carve wood, it's one of those things they can do in the backyard or the porch.

She picked the skill up four years ago. When she moved to the area last year, she attended the Tri-Valley Woodcarvers' annual show — which took place this past weekend — where she met others from the club and began joining them at the center.

Mellquist just learned a new technique where she makes deeper cuts into the wood that create intricate patterns and shapes on a walking stick that she recently completed.

"It's all practice," she said. "If you're not having fun, don't do it."

In order to practice, or even pick it up as a beginner, seniors can drop in to one of the time slots on Tuesday or Friday at the center on Sunol Boulevard. For Pleasanton residents, there is a \$3 drop in fee; for non-residents, it's \$3.50.

Silva said the center collaborates with the woodcarver club volunteers to offer beginner training sessions and other programs like soap carving — which shows the same techniques just on a different material — and wood-burning.

Eaves added that once beginners get through that first fundamental project, the sky's the limit for whatever folks want to work on next.

"Show us what you want to do and we will help you do it," he said. ■

# Life on YOUR terms, the CARE you deserve



Elevate your senior living experience at **The Watermark at San Ramon**, where personalized care meets inspired living. Unwind in our comfortable apartment homes and immerse yourself in a community that goes beyond the ordinary. From engaging on-site activities and events to resort-style amenities, we prioritize your comfort by offering all essential services, activities, and care in one centralized location. At The Watermark at San Ramon, we redefine senior living, creating a haven where every moment is tailored to enhance your well-being, allowing you to live life on your terms.

*Come See*

## WHAT MAKES US DIFFERENT



Gourmet Dining with  
Tablesides Service



Engaging Events  
and Activities Daily



Pet Friendly



Health and Wellness  
Center



SCHEDULE YOUR TOUR TODAY AND ENJOY LUNCH ON US!

**THE WATERMARK**  
AT SAN RAMON

925.230.0792

[SeniorLivingSanRamon.com](http://SeniorLivingSanRamon.com)

12720 Alcosta Boulevard, San Ramon, CA 94583

Assisted Living | Memory Care



©2024 Integral Senior Living Management, LLC. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed by Integral Senior Living Management, LLC. RCFE LICENSE #079200962. DCSR-0021 9/24.



# Valley Humane aims for purrfect pairs

Nonprofit's work includes matching seniors with animal companions

By JUDÉ STRZEMP

It was love at first sight for 82-year-old Pleasanton resident Ray Brandon and Lady, a small dog with an underbite from Valley Humane Society.

"As soon as I saw her, I knew I wanted her," Brandon said of meeting the 4-year old pup in August. "She came home and fit right in, used the dog door and walks on a leash. She's cuddly and she's happy and doesn't bark every time somebody comes to the door. If you put an order in, she's the dog."

Brandon is one of many senior Tri-Valley residents who has found their furr-ever friend at VHS, a nonprofit organization in Pleasanton that saves and improves the lives of companion animals in the area. Their work spans pet adoptions, low-rate spay and neuter services, animal food distribution to the community and more.

"Seniors considering adding an animal to their home can work with the Valley Humane team to help make the best match," VHS President Melanie Sadek told the Weekly.

One VHS program, called Seniors for Seniors, is specifically meant to connect people over 65 years old

with dogs and cats 7 years and older.

These senior animals often come from homes where the owner has passed away or the family can't afford to care for their pet anymore.

Now, they can become part of a new family at half off the adoption fee.

"Animal shelters are no place for senior animals, and unfortunately, we don't see a lot of adopter interest in seniors," Sadek said.

It can be hard for some people knowing they'd have less time with an older animal, she explained.

But they are the perfect companions, as they might not require much activity and are typically potty-trained, according to Sadek.

They also tend to be fond of quieter environments, and they may have health conditions that need special attention.

"It is well-known that people thrive when given the opportunity to care for an animal," Sadek said. "You are also providing an opportunity for a senior animal to have a wonderful ending to their story."

All the adoptions at VHS, including those in the Seniors for Seniors program, are carefully considered matches.

For example, if someone is not willing to house-train, then VHS won't pair them with an animal that needs that kind of training.

Or in the case of adoption by a senior with limited mobility, VHS doesn't typically match them with a dog that needs five-mile walks every day.

"We're transparent about what we know and what we don't know about the animal," said Emily Scholz, adoption and foster manager at VHS.

That's a vital part of making sure the adopters and the adoptees are suited for each other, she explained.

The attention to matchmaking is still important amid a general decline in adoption rates.

Since a lot of people adopted during the pandemic, they aren't looking to adopt another animal, Scholz explained. It's not an issue of more animals at VHS, it's just a drop in demand.

On top of that, the number of adopters of senior animals is low, so VHS tries to keep only two or three senior dogs at a time and about the same number of senior cats.

"Our ability to make a significant

See VALLEY HUMANE on Page 15



82-year old Pleasanton resident Ray Brandon adopted Lady, formerly known as Butters, at Valley Humane Society last month. She is everything he'd hoped for in a dog. COURTESY VHS

## Your Neighborhood Estate Planning Solution Conveniently Located in Downtown Pleasanton

### Living Trusts

For Families of All Ages and Sizes:

- ✓ Grandparents
- ✓ Widows and Widowers
- ✓ Blended Families
- ✓ Updating Old Trusts
- ✓ Fixing Outdated AB Trusts

480 St. John Street, Suite 260

Corner of St, John and Peters

Downtown Pleasanton

Same building as the Pleasanton Chamber of Commerce



Creating Peace of Mind for You  
~Security for Your Family~

**DECARLI LAW**  
WILLS • TRUSTS • ESTATE PLANNING

**(925) 568-2350**



COURTESY VHS

Valley Humane Society provides adoption services, dog and cat food distribution to low-income families and public education.



COURTESY VHS

The nonprofit also offers low-cost spay and neuter services at its Phil Scholz Veterinary Surgery Center in Pleasanton.

## VALLEY HUMANE

Continued from Page 14

impact for all animals requires us to move animals through our system into new homes quickly. Holding animals for three to six months significantly reduces our ability to help multiple animals,” Sadek explained.

But even if VHS can't intake a senior animal or younger animal, owners can use the organization's social platform to find their pet a new home, as part of VHS's Home to Home program.

In addition to its adoption services, VHS also supports the community

through animal food distribution and affordable vet care to help families keep their pets.

Through the AniMeals program, the organization distributes about 250,000 animal meals every year to help families keep pets. And through the Phil Scholz Veterinary Surgery Center in Pleasanton, which celebrated its grand opening last May, they offer low-cost spay and neuter services.

VHS will also start its first Field Vet Program to provide veterinary care to clients at Open Heart Kitchen and neighbors at Goodness Village this year. They expect to expand

the program to CityServe of the Tri-Valley in the coming months too.

Their work relies on a team of 25 employees, about 500 active volunteers and funding by private donors and grants, Scholz said.

Though they receive no government funds, tax dollars, or money from national humane organizations, according to their website, “We are very fortunate to have long-term donors and support from a community that supports animal welfare,” Scholz said.

The public is welcome to meet adoptable animals at VHS from 10 a.m. to 4 p.m. Tuesdays through

Saturdays at 3670 Nevada St. in Pleasanton. Additional opportunities to meet a furry friend also come up throughout the year, as VHS holds adoption events at pet stores, corporate events and sometimes wineries.

For just this year, senior cat adoption fees are waived for adopters of all ages because of a gift to VHS in honor of Patrick Phelan.

Potential adopters of any age should create a plan for animal care including cleaning, exercising, and veterinary costs before adoption.

For more information about Valley Humane Society, visit its website at [valleyhumane.org](http://valleyhumane.org). ■



JUDE STRZEMP

Sheldon, an affectionate 6-year old lap cat, is available at VHS.

# East Bay's Premier Memory Care since 2014



“Our mother recently moved to Sunol Creek Memory Care. We couldn't be more pleased with the outstanding care they provide. They've done everything possible to ease her transition to her new home. The staff treat our mom with respect, dignity, and kindness. Sunol Creek is a very special place.”

 Robin, daughter of a Sunol Creek Resident

Learn more or schedule a tour.

[SunolCreekMemoryCare.com](http://SunolCreekMemoryCare.com) | (925) 846-8283



SUNOL CREEK  
MEMORY CARE



5980 Sunol Blvd, Pleasanton, CA, 94566 | [info@SunolCreekMemoryCare.com](mailto:info@SunolCreekMemoryCare.com) | RCFE #19200484



# Tips for homeowners who plan to never sell

Keeping house in top condition makes it safer, more comfortable — and ready when life changes quickly

BY DAVID STARK

**W**hat should you do if you plan on never selling your home? Get it — and keep it — in ready-to-sell condition.

“We all think we’re going to live in our houses for the rest of our lives. The reality is you’ve got to be prepared for what tomorrow looks like,” said Tracey Esling, 2024 president-elect for Bay East Association of Realtors.

Russ and Doris Slater, 53-year Pleasanton residents, weren’t planning on ever moving. This changed when they needed to move closer to their grandchildren.

They experienced some surprises while getting their home ready to sell. “The home inspections revealed things that you wouldn’t really think about,” Russ Slater said. “We had foundation and pest repairs that were expensive.”

Esling, a Tri-Valley resident and Realtor, said preventative and ongoing maintenance sooner rather than later will make a home safer and more comfortable to live in. And if needed, easier to sell in the future — planned or otherwise.

“There’s less to do,” Esling said.

“Because our lives can change rather quickly, if you need to get your home on the market quickly, if you have to go backwards and get a lot of maintenance done, it could make preparing your home for sale more complicated.”

Esling said homeowners can start from the outside in: “You need to make sure the gutters are intact and clean because there are lots of trees in Pleasanton. Paint it and watch if there are cracks in the stucco. Is there wood rot? Are there shrubs and bushes growing up against your home? You need to make sure those items are maintained.”

Plumbing problems can creep up on homeowners particularly in Pleasanton where many homes were built more than 50 years ago. Esling said to be on the lookout for leaks under sinks, bathtubs and showers.

“Any type of leaks, even running toilets, if you see a leak, you need to check it,” Esling said. “Windows can leak and they can crack, all kinds of things can happen and you need to maintain those windows.”

Preparing their home for sale taught the Slaters several lessons that are valuable to all homeowners,

even if they aren’t planning to sell. Russ Slater said, “We pulled up the carpet and discovered pristine hardwood floors,” another lesson for homeowners not planning to sell but still wanting to improve their home: regular maintenance can uncover a pleasant surprise.

Both Slater and Esling agree that professionals can help homeowners stay ahead of keeping a home in shape either for the long haul or for getting it ready to sell.

Esling said, “You need to reach out to a real estate agent because they have contacts. That’s what every one of my clients have said. Agents have painters, landscape people, roofers, gutter people, tree trimmers, we have the people that you need to make sure that your maintenance is done.”

Moving inside, Esling had more suggestions for homeowners who want to stay put: “They need to keep their homes decluttered, they need to paint the interiors, check the plumbing, keep the home up-to-date.”

Esling said homeowners don’t necessarily need to take on a large-scale remodeling project, adding, “Paint and flooring are probably the

two most important things that you need to keep in good shape. You need to maintain the interior just like you maintain the exterior.”

Maintaining a home is easier if there’s less clutter and minimizing now can help later when a home is sold.

The Slaters had to tackle the declutter challenge. “We had three kids and once they left home, all of our closets were filled,” Russ Slater said. His advice for anyone planning on staying or moving is to “resist the temptation to fill empty space. If you’re willing to get rid of stuff, you’re well ahead of the game.”

Esling also had advice for taming clutter, “If a homeowner has a family, start there. The reason I say that is we all think our children want everything and the children are the ones who end up dealing with your things. Ask your kids, ‘What do you want, what don’t you want?’” For those who may not have children, Esling said someone will still eventually have to deal with their belongings and suggested everyone minimize sooner rather than later.

Getting a home ready for sale



David Stark

now, even if that sale may be many years in the future, could decrease the impact on a homeowner’s life when the home is eventually put on the market.

Esling agreed that a homeowner can either keep their home in good shape now or be faced with having to move out while extensive maintenance and repair work is done when they are preparing to sell the house. Having to replace carpet and repaint at the same time can be disruptive versus completing that work as separate projects.

“You have to be prepared for what’s going to happen in life, and what may lead to having to sell your home. If you can be prepared, it helps when those moments come,” Esling said.

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



Thinking of a Lifestyle Change?

• Ready to Rearrange Your Life

Whether your focus is on family, traveling and taking it easy or still working, you’ve likely got equity, so why not take advantage of that now? Many buyers age 50+ prioritize one-floor living and aging in-place amenities. We have the experience to facilitate a stress-free move and financing.

I have the connections with agents all over the country, which enables me to refer you to a top agent anywhere.

**Contact Diana for your complimentary “Moving on Guide”. She can assist with a stress free transition to your next home.**

• Take Advantage of Your Equity Now

The real estate market is favoring sellers at the moment because buyer demand is through the roof. Imagine putting your life savings into your home and not being able to reap the rewards.

Maybe it’s time to make the next move and take your equity out of your home before it’s too late. Just imagine what you could do then.

• Do you want to purchase your new home before you sell?

We can assist with financing options, refinances & HELOC’s

**Text, call or email us to know your options whether your move is locally or nationally.**



**Diana Korpi**  
www.Dianahomes.net  
925.963.5795  
RE/MAX ACCORD  
Corporate Relocation Specialist  
Senior Real Estate Specialist® (SRES®)  
Serving Contra Costa & Alameda Counties  
DRE#01127944



**Joel Ferrill**  
Senior Loan Advisor  
EMAIL: Joel@BayAreaFunding.com  
OFFICE: 925.730.0909 CELL: 925.519.2245  
5980 Stoneridge Dr, Suite 122, Pleasanton, CA 94588  
NMLS #86218 | DRE#0905411



*I’m your Senior Real Estate Specialist, I’ve been expecting you*



Count on an SRES® to guide you through the process of buying or selling your home, making the transaction less stressful and more successful. The Seniors Real Estate Specialist® (SRES®) designation is awarded by the SRES® Council a subsidiary of the National Association of REALTORS® (NAR).



# ARMARIO HOMES

TRI-VALLEY LUXURY REALTY

## Seniors Real Estate Specialist



### Schedule a Free Real Estate Strategy Session with DeAnna Today!

In your strategy session, DeAnna Armario, a certified Seniors Real Estate Specialist® (SRES®), will:

- Guide you through market trends
- Maximize your home's selling value
- Help you purchase at the best price
- Discuss your short and long-term goals
- Assess your unique real estate needs
- Provide expert, senior-focused real estate advice
- Empower you to make informed decisions



With over 200 senior clients successfully assisted, DeAnna is here to empower you every step of the way!



Scan the QR Code or Call DeAnna directly!  
(925) 694-0806

### Downsizing | Retiring | Relocating

Armario Homes Clients Achieve Real Estate Success!



- ✓ Top-Dollar Sales Results!
- ✓ Trusted Referrals:  
Handyman, Landscape, Moving
- ✓ Inspections:  
Roof, Termite, Home
- ✓ Professional Marketing  
Photography, Videography, Strategy
- ✓ Organizing Belongings
- ✓ Professional House Cleaning
- ✓ Garage / Estate Sale
- ✓ Stress-Free Experience

DeAnna Armario | Senior Partner | SRES  
459 Main Street, Pleasanton  
DRE# 01363180 | Broker DRE# 02065804



**FREE HOME VALUATION:**  
**(925) 302-2626**  
www.ArmarioHomes.com



# The Downsizing & Senior Move Manager Difference!

We help reduce the stress of moving by creating a seamless plan tailored to your needs.



Our family-owned and fully in-house services include:

- **Sorting** personal belongings and organizing for the move
- **Guidance** on what to take to the new home
- **Dispersing** unwanted items by hauling or donating
- **Packing** boxes and labeling
- **Scheduling** move-out and move-day flow
- **Loading, transport, and unloading** at new home, and more!

Contact us for a free move consultation:  
(925) 895-4411  
CustomMoveHaul.com

LICENSED CA STATE HOUSEHOLD MOVERS - LIC# CAL-T200402

# Seniors Calendar Fall 2024

## Hobbies

**FALL CRAFTING SOCIAL** Join this Fall Crafting Social (50+) and enjoy time with new friends, creating fun and imaginative crafts and decor for home or as gifts for friends and loved ones. 1-2:30 p.m., Sept. 26. \$22R/\$24NR. Robert Livermore Community Center. To register, call 925-373-5700.

**ARTS AND CRAFTS SOCIAL** Join this Arts and Crafts Social at the Pleasanton Senior Center. 1:30 p.m., Sept. 27. \$5.00. To register call 925-931-5365.

**WOODCARVING AT PLEASANTON SENIOR CENTER** This drop-in program is 9 a.m. to 4 p.m., Tuesdays. All experience levels are welcome. The club provides a knife, safety equipment, gloves and leather thumb guard. Drop-in fees apply \$3 resident/\$3.50 non-resident.

**POKER AT THE PLEASANTON SENIOR CENTER** 1-4 p.m., Tuesdays and Thursdays. Drop-in fees apply \$3R/\$3.50NR. Must be familiar with the game of poker.

**KNITTING AT THE PLEASANTON SENIOR CENTER** Refresh skills, pick up some new tips, share techniques, get help or just sit and knit. 9-11:30 a.m., Fridays. Drop-in fees apply \$3R/\$3.50NR.

**PLEASANTON VIP TRAVEL** Visit the VIP Travel Desk at the Pleasanton Senior Center to pick up flyers or register for a local day trip or an extended trip. Open 10 a.m. to 2 p.m., Mondays, Wednesdays, Fridays.

**DROP-IN CRAFTS AT RLCC** The Golden Circle Craft group meets at 12:30 p.m., Mondays. Bring a craft project to work on. Robert Livermore Community Center. 4444 East Ave., Livermore.

**DROP-IN MAHJONG AT RLCC** American Version Mahjong meets 1-4 p.m., Wednesdays in the Sycamore Room. Free lessons are available if new to the game. Robert Livermore Community Center, 4444 East Ave.

## Talks

**FREE WALKING TOURS** Join the Museum on Main staff and learn about Pleasanton's long and varied history in this free walking tour named in remembrance of local architect Charles Huff. Learn about the architecture and back stories of some of the town's most notable buildings. 9 a.m., Sept. 21. Rain or shine. 603 Main St.

**AUTHORS AND THE FREEDOM TO READ** This is an evening of understanding book bans and challenges and celebrating the freedom to read where authors will speak on their recent personal experiences with book challenges. Special guests include Assemblywoman Rebecca Bauer-Kahan. 7 p.m., Sept. 23. Firehouse Arts Center. Free tickets at bit.ly/PleasantonFreetoRead.

**EMERGENCY PREPAREDNESS WORKSHOP** Join for a comprehensive Emergency Preparedness Workshop and learn essential steps on how to safeguard family and home in case of an emergency. Whether it's a natural disaster, power outage, or other emergencies, being prepared can make all the difference. 6:30-8 p.m., Sept. 24. Pleasanton Library.

**HAPPY HOUR WITH AUTHOR CAM INMAN** Meet Cam Inman, author of "The Franchise: San Francisco 49ers", and take a more profound and unique journey into the history of an

iconic team. 5-6 p.m., Sept. 28. Towne Center Books, 555 Main St., Pleasanton.

**RETHINK YOUR RETIREMENT** Join this free talk from LARPD which will discuss how to protect savings and investment balance while generating income that lasts for retirement. 1-2 p.m., Oct. 9. To register, call 925-373-5700.

**ARMCHAIR TRAVELERS AT LIVERMORE LIBRARY** Dan Moore presents "Biking around Livermore with Dan Moore" where he will show photographs he's taken over the past 15 years and will highlight bike-accessible sights within 12 miles of Livermore. 1:30 p.m., Oct. 10. Civic Center Library Storytime Room.

**TREVARNO ROAD HISTORY WALK** Take a nostalgic walk along this shady lane reminiscent of an earlier era complete with old-fashioned street lamps and learn from Heritage Guild docent, Susan Canfield, about the local history of the Craftsman-style bungalows nestled on generous, grassy lots. Free. 10 a.m. to 12 p.m., Oct. 29. Register at 925-373-5700.

## Exercise

**PLEASANTON PEDALERS** Pleasanton Pedalers Cycling is 8:30 a.m. Tuesdays and Thursdays at the Pleasanton Senior Center. The Tuesday ride is 30-45 miles and the Thursday ride is 25-30 miles, for cyclists who want a slower pace. For more information contact pleasantonpedalers@outlook.com.

**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.

**WALKING WITH A PURPOSE** Walk at a comfortable pace, designed for all levels of walkers. Group leaves from the RLCC Courtyard to walk the perimeter of Robert Livermore Community Park. 9:30 a.m., Thursdays.

## Support

**GENERAL LOSS SUPPORT GROUP** This Hope Hospice virtual eight-week support group for adults is intended for anyone experiencing the loss of a loved one. Mondays, 6-7:30 p.m., Sept. 23-Nov. 11. For more information, visit hopehospice.com/services/grief or call 925-829-8770.

**LEGAL ASSISTANCE FOR SENIORS** This LARPD free presentation from Legal Assistance for Seniors will discuss how to create a secure future by explaining Advance Health Care Directives and how to complete them, end-of-life decision-making and referrals for other planning tools. 1-2 p.m., Sept. 26. Call 925-373-5700.

**CAREGIVER SUPPORT GROUP** Join a free support group for unpaid caregivers of an individual(s) over the age of 60. Meetings are in person every Wednesday at the Pleasanton Senior Center. 2-3 p.m., Arts and Crafts Room.

**LIVE & LEARN PRESENTATIONS** This free Caregiver Support Group from City Serve of the Tri-Valley meets at 10:30-11:30 a.m. every 1st and 3rd Thursday of the month

See **CALENDAR** on Page 19

## CALENDAR

Continued from Page 18

through Dec. 19. Participants should be unpaid caregivers of individual(s) over age 60. Robert Livermore Community Center, 4444 East Ave.

**LUNCHES AT THE SENIOR CENTER** Senior Lunches (60+) are served in the Main Hall 11:45 a.m. to 12:45 p.m. Mondays to Fridays. Call Open Heart Kitchen at 925-500-8241 for more information.

**SPECTRUM MEALS ON WHEELS** Spectrum Meals on Wheels provides home delivered meals (60+). For more information call 510-881-0305.

**COMMUNITY MEAL PROGRAM** Open Heart Kitchen serves free meals, first come, first served, that are nutritious and freshly prepared. 12-5 p.m. weekdays, Vineyard Resource Center, 450 N Livermore Ave.

**OPEN HEART REFUGE** Open Heart Refuge is a 20-bed overnight shelter in Livermore for adults who are in crisis or experiencing homelessness, operating seven days a week from 6 p.m. to 8 a.m. Includes both a hot dinner and hot breakfast. For more information, visit [openheartkitchen.org/refuge](http://openheartkitchen.org/refuge).

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

**SIT FIT FALL PREVENTION** This free class by CityServe is 11:30 a.m. to 12:30 p.m., Thursdays at the Pleasanton Senior Center.

**FEE ASSISTANCE PROGRAM** The City of Pleasanton Recreation Department provides a Fee Assistance Program for residents who would like to participate in recreation programs but may not have the financial means. For more information contact Recreation Services at 925-931-5340.

**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.

**VETERANS CONNECT AT THE LIBRARY** The Pleasanton library can help veterans connect with earned benefits from the VA and CalVet including education, employment, housing, health and disability. See the online Veterans Resource page at [pleasantonlibrary.org](http://pleasantonlibrary.org) or contact 925-931-3400, ext. 4.

## Entertainment

**FOREVER MOTOWN** Experience the ultimate Motown reunion with Forever Motown and celebrate the timeless classics of Berry Gordy's legendary hit factory. 8 p.m., Sept. 20. Tickets \$55. Visit [livermorearts.org](http://livermorearts.org).

**INDIGENOUS PEOPLE'S CELEBRATION** Join this free celebration of story, song and dance, appreciating

the long history of culture and traditions that Native Americans and Hispanic Americans have preserved through the centuries. 11 a.m., Sept. 21. Bankhead Theater. Visit [livermorearts.org](http://livermorearts.org).

**CARNAVAL SANTANA TRIBUTE** Carnival faithfully recreates the drive and the sound that has made Santana's music a mainstay in rock music history for the past five decades. 8 p.m., Sept. 28. Tickets \$25-\$35. Visit [firehousearts.org](http://firehousearts.org).

**JAZZ AT INKLINGS** The next free Jazz at Inklings features vocalist Nicolas Bearde and Matt Finders Trio. 6 p.m., Sept. 28. Seating is limited. 533 Main St., Pleasanton. For reservations, visit [meetup.com/pleasanton-jazz-society](http://meetup.com/pleasanton-jazz-society).

**LIVERMORE VALLEY OPERA** Livermore Valley Opera presents "Daughter of the Regiment", the charming tale of Marie found on a battlefield and raised by a French Regiment. 7:30 p.m., Sept. 28; 2 p.m., Sept. 29, Oct. 5-6. Tickets \$25-\$110. Visit [livermorearts.org](http://livermorearts.org).

**PLEASANTON COMMUNITY BAND** The Pleasanton Community Band will perform at the Pleasanton Farmers' Market 9 a.m. to 12 p.m., Sept. 28.

**MINNA FU PIANO RECITAL** Enjoy the music of great composers including Beethoven, Chopin, Price and Stravinsky performed by Minna Fu. Minna received the performance diploma of the Fellowship of the Royal Schools of Music with distinction in Piano Performance. Free. 3 p.m., Sept. 29. Firehouse Arts Center.

**THE SHE GEES** This electrifying female-fronted tribute to the Bee Gees will have the audience dancing and singing along to all of the hits. 7:30 p.m., Oct. 2. Tickets \$55-\$75. Visit [livermorearts.org](http://livermorearts.org).

**JOAN OSBORNE AT THE BANKHEAD** Joan Osborne is known for her gritty, blues-based rock sound, passionate performance and emotionally evocative songwriting. 8 p.m., Oct. 4. Tickets \$25-\$220. Visit [livermorearts.org](http://livermorearts.org).

**LHS MUSIC DEPARTMENT FALL CONCERT** Join Livermore High School's Instrumental Music Department band and orchestra as they play to the theme of "When Light turns to Dark". Free admission though donations to Livermore Music boosters' organization accepted. 6 p.m., Oct. 16. Livermore High School Theater.

## Exhibitions

**ALAMEDA FALL HOME SHOW** The 38th Annual Fall Home Show is back at the Alameda County Fairgrounds. Meet experts and visit exhibits and displays to help turn a house into the home of your dreams. 12-5 p.m., Oct. 4, 10 a.m.-5 p.m., Oct. 5-6. Visit [alamedacountyfair.com](http://alamedacountyfair.com).

**TEXTURES OF REMEMBRANCE** This exhibit explores a date that impacts many Vietnamese Americans: April 30, 1975, the end of the Vietnam War, featuring works by 25 Vietnamese artists and

writers. Through Sept. 28. Visit [museumonmain.org](http://museumonmain.org).

**LOCOMOTIVE EXHIBIT** The exhibit "Rails Connect: A Livermore-Pleasanton Railroad Journey through Art & History", is on display at the UNCLE Credit Union Art Gallery, Bankhead Theater lobby. 1-5 p.m., through Oct. 6.

## Movies

**FILM CLUB MOVIE & DISCUSSION** Join for a free movie, "The Thomas Crown Affair", showing on the big screen and stay for an engaging group discussion about the movie. Bring your own snacks and drinks. 1:30-4 p.m., Sept. 21. Pleasanton Library.

**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. Movies begin at 1 p.m.

## Fundraisers

**ENCHANTED GARDEN GALA** Join Sunflower Hill for their biggest fundraiser of the year and experience an unforgettable evening filled with magic and wonder. Step into the beauty of an Enchanted Garden where dreams blossom and possibilities are endless. 6-10 p.m., Sept. 21. Tickets \$175. Blackhawk Museum. Visit [paybee.io/in-person-event/sunflowerhil/5](http://paybee.io/in-person-event/sunflowerhil/5).

**BEER, BRATS & BINGO** Join this Pleasanton Military event at the Veterans Memorial Building. Doors open 5 p.m., Sept. 21. Bingo Cards \$15. 301 Main St.

## Festivities

**CULTURA POETRY & ART FEST** Write poetry, share your own poetry, listen to bilingual poetry and enjoy art from various artists in this family friendly event which encourages literacy, community engagement, and art appreciation. 1 p.m., Sept. 21. Livermore Civic Center Library.

**SIP WITH US LIVERMORE** Celebrate California Wine Month in Downtown Livermore with No Corkage Fees. Bring a favorite bottle of Livermore produced wine and have the first bottle's corkage fee waived per party. Sept. 1-30. Visit [livermoredowntown.com](http://livermoredowntown.com).

**TASTE OF AFRICA FESTIVAL** Taste of Africa is a free, outdoor festival showcasing musical and dance performances by local African and African diaspora artists, art exhibits, food, African marketplace, a community art project and a kidzone. 10 a.m., Oct. 5. Visit [livermorearts.org](http://livermorearts.org). Free Bankhead Theater Plaza.

**FILIPINO BARRIO FIESTA** October officially marks Filipino American History Month in the United States. Celebrate Filipino American History Month through art, food, music,

dance, history and culture. 10 a.m., Oct. 6. Free. Visit [livermorearts.org](http://livermorearts.org).

**QUILT, CRAFT & SEWING FESTIVAL** Don't miss this colorful quilting and craft show and interact with nearly 150 booths of the very best vendors from across the country. 10 a.m. to 5 p.m., Oct. 10-12. Admission is free. Visit [alamedacountyfair.com](http://alamedacountyfair.com).

**GHOST WALK TICKETS ON SALE** This family-friendly tour is led by a team of ghost hosts to visit nine haunted locations around downtown. Tours begin at Museum on Main and leave every thirty minutes from 6-8 p.m. Oct. 11, 12, 18, 19. Visit [museumonmain.org](http://museumonmain.org).

**DIWALI-FESTIVAL OF LIGHTS** Celebrate Diwali with a fireworks display, vendor booths featuring arts, crafts, jewelry and clothing from India, food booths and a cultural program featuring Bollywood dances and performances. 12 p.m. to 11 p.m. Oct. 19. Tickets \$15. Children under 5 free. Visit [alamedacountyfair.com](http://alamedacountyfair.com).

**HULA FESTIVAL & COMPETITION** Hula schools from all over the world will perform with distinguished judges flown in from Hawaii to judge this competition. Experience an assortment of cultural dance, music, food and arts & crafts. Nov. 1-3. Tickets \$16-\$26. Visit [alamedacountyfair.com](http://alamedacountyfair.com).



\*\*\*  
**ELECTION**  
**2024**  
LOCAL EVENT

PLEASANTON UNIFIED SCHOOL DISTRICT

# Board of Trustees Candidates' Forum

**JOIN US**

## WEDNESDAY, SEPT. 25

**6 to 7:30 p.m.**

**Pleasanton Unified School District Boardroom**

**5758 W. Las Positas Blvd., Pleasanton**

HOSTED BY



IN PARTNERSHIP WITH




**AREA 3 CANDIDATES**




**Donalyn Harris**      **Kelly Mokashi**

**AREA 4 CANDIDATES**




**Jen Flynn**              **Charlie Jones**

**LEARN MORE: [PleasantonWeekly.com/election-forums/](http://PleasantonWeekly.com/election-forums/)**

**To submit questions for consideration, scan code or visit [tinyurl.com/PUSD-board](http://tinyurl.com/PUSD-board)**

