

Pleasanton Senior Center
5353 Sunol Blvd.
Pleasanton, CA 94566

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Permit No. 123



Ongoing Services

**Caregivers Support Group,
Senior Support Program**

2nd Monday of each month, 1:00-3:00pm in the offices of the Senior Support of the Tri-Valley.

Computer Tutoring

Individualized computer help for novices. For one hour appointments, please call front desk at 931-5365; \$1.75R/\$2.25N.

Dental Consultations

Brief dental consultations offered by Dr. Paulos (off-site, by appt.). Please call (925) 225-9552.

Estate Planning Attorney

3rd Thursday, 7:00-8:00pm, and 3rd Friday, 10:00-11:00am; Twenty-minute appointments with Shirley Micek White, Attorney-at-Law; offers counsel on trusts, wills, Durable Power of Attorney and health care directives.

Eye Glass Adjustments & Repairs

2nd Tuesday, 10:00am-2:00pm, Main Lobby. No charge.

Foot Care and Health Screening

2nd Monday, Senior Support Program nurses. For an appointment, please call 931-5383.

Fraud Counseling

Meet with Nick Henley, certified fraud specialist. 4th Wednesdays, 9:00-11:00am. 20 minute appts. No charge.

**Health Insurance Counseling and
Advocacy Program (HICAP)**

1st and 3rd Thursdays, 9:00am- 12:00pm, by appt.

Legal Assistance For Seniors

Meet 1:1 with a lawyer to discuss your legal issues (no wills, durable power of attorney); Every 2nd Monday, 10:00am-12:00pm (by appt.)

Lunch Program

Sponsored by Spectrum Community Services. Lunch served at Noon, M-F. Reservations required a day in advance by 1:00pm. Please call 931-5385. Suggested donation: \$3.25

Notary Service

3rd Wednesday, 9:00-10:30am (by appt.). No charge.

Parkinson's Support Group

2nd Saturday, 10:00am-12:00pm, Senior Support Program

**Reverse Mortgage Counseling with
ECHO Housing**

Have questions about reverse mortgages? A representative from ECHO Housing can be contacted at (510) 581-9380, ext. 19.

Travel Ambassadors

1:1 assistance using local public transportation options including WHEELS, PPS, Downtown Route, and BART. Get better acquainted with local routes and public transportation options. For appointments, please call (925) 931-5376.

**Pleasanton VIP Senior Club; for
membership and VIP Travel Club
information, please call 931-5370.**

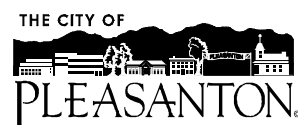
A unique social club with benefits that include special luncheons, entertainment, discounts on travel and guest speakers - a great way to make new friends and get better acquainted with the Center programs! \$10 for the first year, \$7 for succeeding years.

Pleasanton  Senior Center

Looking Ahead

Fraud Counseling

Are you a possible victim of fraud? Or feel like you've been "scammed"? Nick Henley, certified fraud specialist and former IRS criminal investigator is now available for fraud counseling, free of charge, on the fourth Wednesday of each month from 9:00-11:00am (20 minute sessions). To make an appointment, please call stop by the front desk or call 931-5365.



Senior Center

5353 Sunol Boulevard

Weekdays: 8:30am to 4:30pm

(925) 931-5365

www.pleasantonseniorcenter.org