

# RANCHO SANTA FE SENIOR CENTER

16780 La Gracia · Rancho Santa Fe · (858) 756-3041

## October Garden Talks

Seating is outdoors and on a first come, first served basis.

Please call 858-756-3041 to reserve your seat.

---

**Tuesday, October 5, 12, 19, 26, November 2, 9, at 2:00 pm**

**CHESS FOR BEGINNERS** - Join Senior Center Board President George Bullette in this 6-week course to learn chess basics including the pieces, the moves, the openings and the strategies. George is a tournament player and has attained an F.I.D.E. (International Chess Federation) rating of 1800. This class is limited to 8 players. Please call the Senior Center at 858-756-3041 to register.

---

**Wednesday, October 6, and 13, at 10:00 am**

**BALANCE & MOVEMENT WORKSHOP FOR SENIORS** - Learn easy movements to improve balance and reduce risk of falling while creating your own routine to practice at home. Mordy Levine is an instructor of yoga, Tai Chi, karate and meditation. There is a \$10 fee per class paid to the instructor. Please call the Senior Center at 858-756-3041 to register.

---

**Wednesday, October 13, at 2:00 pm**

**MEDICARE AND YOU IN 2022!** - Liz Schulte, President Schulte Insurance, and Stephen Cummings, Certified Medicare Agent, will provide Medicare information and discuss changes for 2022. Bring your questions! Please call the Senior Center at 858-756-3041 to register.

*turn page* →



# Garden Talks



**Wednesday, October 20, at 10:00 am**

**NEW RESEARCH IN TREATING MILD COGNITIVE IMPAIRMENT (MCI). EEG Guided Brain Training to Improve Working Memory - Dr.**

Singh is a Board Certified Psychiatrist and Associate Professor of Psychiatry at UCSD. Dr. Singh's lab specializes in developing novel approaches to treat the brain directly rather than traditional medications or talk therapies. Please call the Senior Center at 858-756-3041 to register.



---

**Thursday, October 21, at 2:00 pm**

**MOVING, LEARNING, AND NAVIGATING THE LANDSCAPE FOR SUCCESSFUL AGING -**

Learn techniques to improve your balance when accomplishing everyday activities and how to take advantage of the body's natural capacity for neuroplasticity. Mickey Burke graduated from UCSD with a BS in Psychology, Neuroscience and Behavior. He also has a MS in Applied Movement Science from SDSU. Please call the Senior Center at 858-756-3041 to register.



---

## Ongoing Classes

**Access our online classes by visiting our website [www.rsfseniors.org](http://www.rsfseniors.org)**

---

**New!** Group balance classes Wednesdays at 9:00 am &  
Parkinson's Disease exercise classes Saturdays at 10:30 am  
with NeuroLab 360

---

Online Guided Group Meditation with Lizzy Weiss  
Mondays from 10:00 am - 11:00 am

---

Online Chair Yoga with Peggy Moore  
Sundays & Tuesdays at 9:00 am

**In-person Chair Yoga with Peggy at the Senior Center**  
**Thursdays at 10:00 am**

---

Online Memory Alive! with Lisa Randall  
Thursdays at 2:00 PM

