



Brentwood Senior Citizen's Club, Inc. Newsletter

In Partnership with the City of Brentwood Parks and Recreation Department.
A newsletter of programs, activities, and community services available to the active adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

B R E N T W O O D S E N I O R A C T I V I T Y C E N T E R 5 1 6 - 5 3 8 0

Senior Summer Fun.....

Ice Cream Social

Event# 13703



Friday
August 16, 2013
12:30-2PM

Brentwood Senior Activity Center
193 Griffith Lane • Brentwood

Senior Club Members **FREE**/Non-Members **\$3**

Senior BBQ is BACK!!!

Event# 13704

Saturday
September 21, 2013

12:30-2:30PM

Veterans Park (Picnic Area)
3841 Balfour Road • Brentwood



Senior Club Members
FREE
Non-Members **\$5**

Space is limited for both events, register today!

To register, please call the City of Brentwood
Parks and Recreation Department
(925) 516-5444

These events are sponsored by the
Brentwood Senior Citizen's Club, Inc.



WEEK AT A GLANCE
BRENTWOOD SENIOR ACTIVITY CENTER

Mondays

9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
10:00-11:30 a.m.	Premiers Exercise (Starts week of 8/12)
12:30-3:30 p.m.	A Place to Paint (Ongoing every week) 🌳
12:30-3:00 p.m.	BINGO (Ongoing every week)

Tuesdays

9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
9:00-10:00 a.m.	Zumba (Starts 8/13)
9:30-11:30 a.m.	Senior Board Meeting (2nd Tuesday of the month)
11:30 a.m.-3:30 p.m.	HICAP (2nd Tuesday of the month)
1:00-4:00 p.m.	Pinochle Drop-In (Ongoing) 🌳
1:00-4:00 p.m.	Bunco (Last Tuesday of the month) 🌳
1:00-4:00 p.m.	Gin Rummy – Every Tuesday (Ongoing) 🌳
1:30-2:30 p.m.	Book Banter Group (3rd Tuesday of the month)

Wednesdays

8:30-9:30 a.m.	Gentle Yoga Stretch (Starts 8/7)
9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
9:30-10:15 a.m.	Monthly Blood Pressure Checks (3rd Wednesday of the month)
10:00-11:30 a.m.	Premiers Exercise (Starts week of 8/12)
12:00-1:30 p.m.	C.C. Café Special Luncheon (Last Wednesday of the month)
12:30-3:30 p.m.	Knitting Circle (Ongoing Every week) 🌳
12:30-2:00 p.m.	Line Dancing (2nd Wednesday of the month) 🌳
1:00-4:00 p.m.	Oldies But Goodies
6:00-9:30 p.m.	Duplicate Bridge

Thursdays

9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
1:00-4:00 p.m.	Drop-In Pinochle (Ongoing) 🌳
1:00-3:00 p.m.	Billiards (Ongoing) 🌳
1:00-4:00 p.m.	Oldies But Goodies

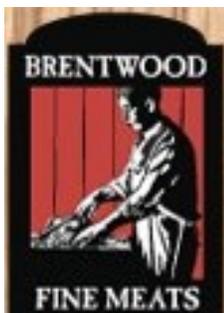
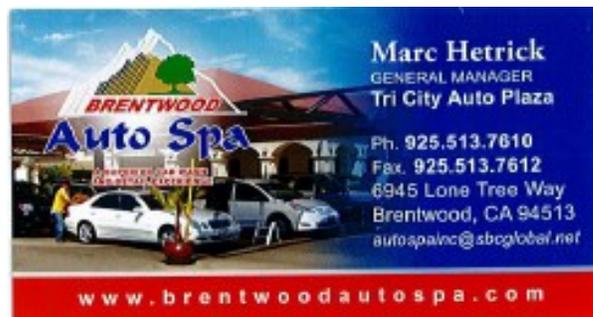
**WEEK AT A GLANCE
BRENTWOOD SENIOR ACTIVITY CENTER**

Fridays

- 9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **
- 10:00-11:30 a.m. Premiers Exercise (Starts week of 8/12)
- 12:00-1:30 p.m. C.C. Café Special Luncheon (2nd Friday of each month)
- 12:30-2:00 p.m. Line Dancing Socials (Last Friday of the month) 🌳

🌳 Denotes programs that require the participant to present a valid Senior Club Activity Card. Activity Cards may be purchased at the Brentwood Senior Center or at the City of Brentwood Parks & Recreation Department at 35 Oak Street. All classes and the “Oldies But Goodies” are in partnership with Liberty Adult Education. **C.C. Café is in partnership with Contra Costa Health Services and the City of Brentwood and is for ages 60+.

“Special Thanks” to all of those local businesses who support our Brentwood Senior Citizen’s Club, Inc. activities.



We would like to especially recognize Brentwood Auto Spa for their continued commitment to supporting fundraising efforts by the Brentwood Senior Citizen’s Club, Inc. They have donated over \$500 in raffle prizes to seniors!

KEEPING INFORMED

Everythingbrentwood.com has a special section for the “55 Better” community. This section features events, activities, classes and other relevant information of interest to adults who are 55 or better, as well as to their families. We are partnering with the City of Brentwood’s Parks and Recreation Department and the community in this endeavor. Check out <http://www.everythingbrentwood.com>.

Get connected with everythingbrentwood.com by telling them what you think about some of their featured articles and sharing what you would like to see more of. We live in the same community and probably have similar hopes and aspirations - that this community continues to be a great place for all to live in and that retains the values and characteristics that made everyone decide to move (or stay) here in the first place. Let’s talk about it!



Everything Brentwood

2013 BOARD MEETING SCHEDULE

Do you have an idea for a new activity or an improved procedure for Senior Services?
Attend the scheduled meeting to be heard by the decision makers.

• **July 9** • **August 13**

9:30 a.m.

Brentwood Senior Activity Center (Classroom)

PLAY BALL AND BRING THE REPELLENT! THE CHANGE OF SEASONS MARKS THE RETURN OF SPORTS & MOSQUITOES

The seasonal kick off of sports like baseball, softball, and spring soccer are back. Ball fields are once again teeming with players and fans from day until night. But as the ball parks come to life with competitors and spectators, they come to life with mosquitoes as well. And this year, the mosquitoes are off to an early start. With this health risk in mind, the Contra Costa Mosquito & Vector Control District recommends any players or spectators attending practices or games within two hours before and after sunset should [wear repellent](#) to deter mosquitoes that can make anyone of any age ill. Since 2005, 39 county residents are known to have contracted West Nile virus and two citizens have died. However, researchers tell us the vast majority of people who contract West Nile virus do not receive a doctor’s diagnosis, so the true number of West Nile virus patients was not known until 2012. The [Centers for Disease Control and Prevention published statistics](#) that suggest up to 1,902 Contra Costa County citizens have actually been infected with West Nile virus since the first known cases in 2005, but for a variety of reasons, they did not get tested for the disease. Remember to dump or drain any amount of standing water because fewer places to lay their eggs, means fewer mosquitoes in Contra Costa County and that makes nightly ball games and other activities not only more fun, but healthy as well. For more information, visit the [Contra Costa Mosquito & Vector Control District website](#).

SENIOR ACTIVITIES

SENIOR CENTER BOOK AND MEDIA LIBRARY



Please come and visit our media library located in the Game Room. We have a great selection of new books, audio tapes, and movies. Don't be shy, come by and select a few books or movies to enjoy at home.

Special Note

Before leaving books to be added to our collection, please see Donelda. She is a regular at the CC Café and a well-known personality around the Center.



2013 IDEAS & SUGGESTIONS

Do you have an idea for a program, trip or event that you think the Club should do in 2013? The Brentwood Senior Citizen's Board would like to know. Fill out a suggestion form located in the Center Lobby.



If you are facing a challenge, call 211. We can connect you with programs to help you find food, housing, health care, senior services, childcare, vocational rehabilitation, legal aid and much more.

- ◆ Pick up the phone and call today
- ◆ Prescription drug discount cards
- ◆ Discounted utilities
- ◆ Low-cost automobile insurance
- ◆ Food assistance
- ◆ Discounted transit passes
- ◆ Free and low cost banking services

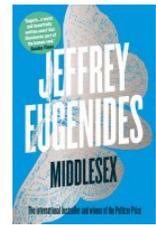
BOOK BANTER GROUP

Are you an avid reader, looking for someone to discuss the latest novel with? Join us on the third Tuesday of each month as they discuss the preselected books listed below. Participants are responsible for obtaining a copy of the book and should read it prior to attending the discussion. The group meets from 1:30-2:30 p.m. at the Brentwood Senior Activity Center (Classroom).

July 16

"Middlesex"

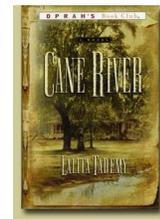
Book by Jeffrey Eugenides



August 20

"Cane River"

Book by Lalita Tademy



Club Members: Free/Non-Members: \$2
Senior Activity Card Required

50+ SENIOR FALL BOCCE LEAGUE



Team registration packets are available at the Brentwood Community Center, 35 Oak Street, beginning July 1, for the Coed B League that is tentatively set to begin the week of August 5. League

play is generally offered Thursday mornings. Teams consist of a minimum of four (4) players, maximum of ten (10). So grab some friends and form a team.

Deadline for team registration for the 2013 Fall League is 5p.m., July 26.

Fee: \$87.20 per team

SENIOR ACTIVITIES

CARDS, CARDS & MORE CARDS



Come and Join the Club and Get Ready for a Great Time!!!

Gin Rummy is one of the most popular card games worldwide. Usually, two players play the game and the basic aim of the game is to make a hand, that has most or all the cards arranged in sets and runs, and the point value of the leftover unmatched cards are low. If you are interested in playing, sign-up today and call Ralph at (925) 626-7383 to make your reservations. Don't forget to purchase your Senior Activity Card at the front reception desk.

GIN RUMMY CLUB MEETS

TUESDAY AFTERNOONS

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

Club Members: \$1/Non-Members: \$2
Senior Activity Card Required 🌳



Drop-In Pinochle

TUESDAY & THURSDAY AFTERNOON

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

Club Members: \$1/Non-Members: \$2
Senior Activity Card Required 🌳

Duplicate Bridge

WEDNESDAYS EVENING

6 - 9:30 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER
\$6 per person/per session
Drop-in, no registration needed.
Come play, make new friends, and earn master points.

BUNCO



Join us for a fast paced dice game of luck and laughter!

Seasonal themed prizes for all!
It's going to be a fun time!

Group will meet the last Tuesday of the month
1:00 p.m. - 4:00 p.m.

Club Members: \$1/Non-Members: \$2

Senior Activity Card Required 🌳

Register at the front reception desk!

BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM



BOOT SCOOTING LINE DANCING SOCIALS

Join Belle Hodnick as she plays some of the hottest line dancing music for your enjoyment and line dancing fun. So polish up those boots, kick-up your heels, and come ready to dance the afternoon away.

Just because you requested it, we are now dancing twice a month.

2nd Wednesday of the Month and the last Friday of the month.

12:30-2:00 p.m.



Club Members: Free/Non-Members: \$2

Senior Activity Card Required 🌳

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

SENIOR ACTIVITIES

KNITTING CIRCLE



Come join June Peters and friends for an afternoon of knitting. Bring your project, old or new. Help will be available to you. New knitters welcome! We'll teach you the basics and then move on from there. Yarn, patterns and loaner needles are available for all.

Wednesdays 12:30-3:30 p.m.

Club Members: Free/Non-Members: \$2

Senior Activity Card Required 

BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM

MEMORIAL



Bente Nybo Petersen

1926 - 2013

Passed away on May 8, 2013 at her home in the company of her family. Bente is survived by her son, Philip Petersen; daughter, Annette Martini; and four grandchildren, Alec and Anthony Martini, and Nicola and Blake Petersen.

Bente was one of our community senior leaders who advocated for the construction of the Brentwood Senior Activity Center and was an exemplary volunteer for many years. Bente will be greatly missed by all of those who loved her.

BINGO MONDAYS



Join the FUN!

Every Monday
(Excluding Holidays)

12:30-3PM

**Brentwood Senior
Activity Center**
Main Hall

\$10 Buy-in

Cash, Prizes, Snacks

Open to All

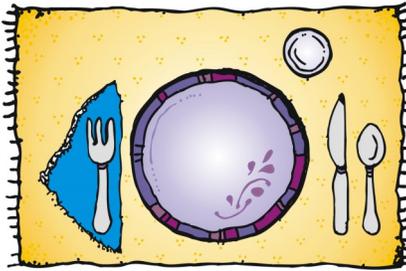
(Must be 18 years of
age to participate)

**Daubers available for
purchase on-site.**

No children please.

**Anyone Interested In
helping with the
Bingo games, please
contact MaryAnn
at (925) 626-7054.**

CC CAFÉ SENIOR NUTRITION PROGRAM



Hot lunches are served 5 days a week for seniors 60+. Cost is \$2 per person. Call CC Café to make your reservation at (925) 634-5040, weekdays between 9 a.m. - 12 p.m., to reserve your seat. Meals served at the Brentwood Senior Activity Center Meeting Room from 11:45 a.m. - 12:10 p.m.

SPECIAL MONTHLY BRENTWOOD SENIOR CITIZEN'S CLUB LUNCHEONS

Join the Brentwood Senior Citizen's Club, Inc. twice a month for their special luncheons featuring a variety of catered meals from CC Café. Enjoy a variety of entertainment such as entertainers, bingo, and special raffles. Advanced reservations are required for these special luncheons and can be made by calling CC Café directly, weekdays between 9 a.m. - 12 p.m. at (925) 634-5040 two days in-advance.

Dates for Special Luncheons

- 🕒 Friday, July 12, 2013
- 🕒 Wednesday, July 31, 2013
- 🕒 Friday, August 9, 2013
- 🕒 Wednesday, August 28, 2013

MEALS ON WHEELS INFO LINE



Are you homebound and in need of assistance with daily meals? Call the Meals on Wheels Program at (925) 625-4545. Meals on Wheels of Contra Costa is proud to announce the launch of their new website, www.mealsonwheelsofcontracosta.org, which allows better communication for clients and their families, as well as supporters and the general public.



Home Health Services
A Medicare Certified Home Health Agency
Licensed by
California Department of Public Health

We provide skilled nursing services in the comfort of your own home

Services that we provide:

- Registered Nurses
Post Surgical care / Medication Management / Wound Care
- Therapists
Physical / Occupational / Speech
- Home Health Aide Services
Personal Care / Hygiene / Grooming
- Medical Social Services
Community Resources and assistance
- Nutrition Services
Diet and Nutrition Counseling

For more information please call

JMJ Home Health Services
1210 Central Blvd., Suite 121
Brentwood, CA 94513

Tel: (925)634-1100
Web: jmjhomehealth.com

Paid advertisement.

Have you Had Your Blood Pressure Checked?



Monthly Blood Pressure Checks
3rd Wednesday of each month
9:30 - 10:15 a.m.

No appointment necessary.
Brentwood Senior Activity Center
Class Room
Sponsored by



DEAN MARTIN DINNER DANCE EVENT



Spending the evening with the "King of Cool" Dean Martin aka Matt Helm, Impersonator!



Special thanks to all of the volunteers who made this event possible!

Brentwood Senior Citizen's Club, Inc.

Want to have a say in what we do here at the Brentwood Senior Activity Center for activities and programs? Help plan future activities, trips, and parties. Everyone's input is important! The Brentwood Senior Citizen's Club Board meets the second Tuesday of each month from 9:30 - 11:30 a.m. in the Brentwood Senior Activity Center, Classroom.

So stop by and get involved!

It's easy to become a Club Member.

Call 516-5380 or visit the
Brentwood Senior Activity Center at 193 Griffith Lane.



Richard
Griek
President



Kathy
Pedroni
Vice President



Lynda
Cremeans
Treasurer



Laura
Jaramillo
Trip Secretary

Message From the Board

This has been a time of change for us at the Senior Activity Center and with our club. As we get older, change is nothing new but we tend not to always welcome it. As change is inevitable, we strive to be positive and look to the future while we remember the past as experiences we savor and the life lessons we have learned.

We have lost one of our dearest friends and founding member, Bente Petersen, and life at the center will never be the same without her. We have years of memories and lasting pictures in our mind of Bente, seemingly always present. Her character made a deep impression on us and that will always be with us. Her contribution to our Club will be felt long after all of us turn over the reins to the next generation.

Our Treasurer, Lynda Cremeans, has announced that she will be starting a new adventure in a new town. We may never know how she is doing down there because, "what happens in Vegas stays in Vegas". Lynda will be resigning her chair in mid August. She has kept our Club together through very hard times and always gives much more than her share of time. Although we know we can never replace her, we will look for someone to do the most important duties of her position. If any of our members would like to help us keep the books, please let a board member know.

We have a new member of the board. The Vice President position has been filled and is in the very capable hands of Kathy Pedroni who was sworn in at a special meeting of the board in May. We welcome Kathy and thank her for taking on the challenge. She has already taken over the job of volunteer coordinator, giving everyone a great example of what it takes to be a good volunteer.

The CC Café has lost its long-standing hostess, nutritionist Zel Ayers. To many she has been the face of our center, always cheerful and welcoming to everyone. Zel has chosen to retire and she is missed by us all. We thank you Zel, for your many years of flawless service and dedication to our seniors.

While we won't forget the past or be unthankful for it, we will embrace the future and give our full support to the wonderful people who spend their days helping our seniors live dignified, quality lives.

Looking to the future with you,

Richard Griek
President

SENIOR SERVICE PROGRAMS



BROWN BAG PROGRAM: Held at the Brentwood Senior Activity Center, 193 Griffith Lane in Brentwood, on the 2nd & 4th Thursdays of each month from 10:30 - 11:30 a.m. Serves Brentwood and Byron residents only. For program specifics, interested seniors should contact the Contra Costa Food Bank directly at (925) 676-7543.

SENIOR PEER COUNSELING: This Program offers both individual counseling and support groups to residents of Contra Costa County who are 55 years of age or older. Services are free of charge, and confidentiality is strictly observed. For more information call (925) 335-8741.

HOME CHORE REGISTRY/FRIENDLY VISITOR'S PROGRAM: Connects people in need with people who care and is sponsored by Senior Outreach Services. Call (925) 937-8311 for more information.

DIAL-A-RIDE SERVICE: For seniors and disabled individuals to register in the program, contact Tri Delta Transit, (925) 754-6622.

Adult/Senior Information & Referral Counselor: 1 (800) 510-2020

HICAP: Services offered on 2nd Tuesday of the month, from 11:30 a.m. - 3:30 p.m. at the Senior Center (Classroom). To make an appointment, please call the reception desk at 516-5380.

Volunteering Opportunities

Volunteers are changing the lives of seniors in our community by reaching out with their time and talents. Last year our dedicated volunteers gave over 2,000 hours to help seniors at the Brentwood Senior Activity Center. Please take a look at the following list of Volunteer Opportunities to see how you can help (and if you have an idea that's not on our list, please let us know). Sign up to volunteer today, make a lasting difference in someone's life through your generosity!

Areas to Consider

- Office Administration: Front Desk Receptionist (Ambassador Positions), Mailings, Special Projects
- Programs: Creativity Classes, Health & Wellness, Tutoring
- Special Events: Public Relations, Marketing, Creative Professionals
- Event Committee: Special Fundraising Event Planning, and Support
- Brentwood Senior Citizen's Club Board: Serve as an officer or become a committee member

For more information about volunteering as a Senior Ambassador, call the Brentwood Senior Activity Center at (925) 516-5380.



We're
Searching for
Volunteers

Oldies But Goodies

Come and join the fun with the Oldies but Goodies Bunch!!!

Every week Joanne & Bonnie have new and creative art and craft projects for Seniors to do.

All supplies are provided and everyone is welcome!!!



SENIOR ACTIVITIES



SENIOR SCAM STOPPERSM

CONTRACTORS STATE LICENSE BOARD



Thursday, July 18, 2013

10:30 a.m. – 12:00 p.m.

Brentwood Senior Center
193 Griffith Lane
Brentwood, CA 94513



Assemblymember Jim Frazier and the Contractors State License Board, invite you to attend a free Senior Scam StopperSM seminar.

For more information, please contact Assemblymember Frazier's office at 707.399.3011.

Experts will provide information about various types of fraud such as home repair, financial, telephone, identity theft, health, and more. Seniors, their families, and caregivers are welcome to attend this FREE seminar.



www.cslb.ca.gov • CheckTheLicenseFirst.com • SeniorScamStopper.com

City of Brentwood Presents

Starry Nights in Brentwood

Summer Concert
Series 2013

City Park 7:00pm

- | | |
|-----------|---|
| June 14 | The Floorshakers Funk/Soul/Rock & Roll |
| June 21 | The PhD's R&B/Latin |
| June 28 | Fulton St. Jazz Band Dixieland |
| July 5 | Summerset Big Band featuring
Mike Spellman singing Frank Sinatra |
| July 19 | Loose Blues Funk/Soul |
| July 26 | Laurent Fourgo & His Combo Jazz Standards |
| August 2 | Open Road Band Motown |
| August 9 | Swing Fever Big Band 30's & 40's |
| August 16 | Hipwaders Children's Concert (Starts at 6:30PM) |

All patrons are asked to follow park rules
before, during and after the concerts.
No Glass Containers • No Audio/Video Recording Devices



FREE LIVING TRUST SEMINAR

**DON'T LET THE GOVERNMENT
GET YOUR ASSETS!
TAKE CONTROL OF YOUR AFFAIRS NOW!**

**Do you need a Trust or have an old Trust that needs updating?
We can update and restate your old Trust for \$799
AND NEVER PAY ANOTHER DIME
FOR THE REST OF YOUR LIFE!**

Thursday August 22nd
2:00PM to 4:00PM
Brentwood Community Center
Conference Room A
35 Oak Street
Brentwood, CA 94513
Family and Friends Welcome



Protecting American Families For 25 Years!
Married couples are encouraged to attend together.

CALL NOW TO RESERVE YOUR SEAT!

TOLL FREE (877) 322-9778

the Law Offices of CR Abrams, P.C.
www.crabrams.com

951 Mariners Island Center, #300 • San Mateo, CA 94404
Corporate Office: 27281 Las Ramblas, #150 • Mission Viejo, CA 92691

Brentwood Senior Activity Center

193 Griffith Lane

Brentwood, CA 94513

Center Phone: (925) 516-5380

Fax: (925) 516-5447

Center Hours

Monday - Thursday 9 A.M. - 4 P.M.

Fridays 9 A.M. - 1 P.M.

