



# 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

Seniors - join us on our first trip of the year!  
Don't miss the bus, we are going to.....



CACHE CREEK  
CASINO RESORT



**Tuesday, April 23, 2013**

**Trip Number #**

Board Bus at 8 AM

**13643**

Leave Brentwood Senior Activity Center 8:30 AM

Return to Brentwood Senior Activity Center 4:30 PM

Senior Club Members \$30/Non-Members \$35

Space is limited, register today!

## Hobo Dinner & Bingo!!!

**Friday, April 5, 2013**

**Event Number #**

**5 to 8 PM**

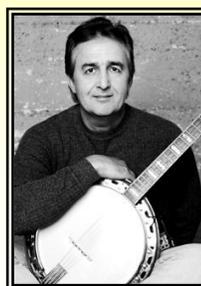
**13644**

Brentwood Senior Activity Center (Main Hall)

Special Banjoist Performance by

Dinner will include: Soup, Salad, and Dinner Roll

Senior Club Members \$10/Non-Member \$12



Winner of the 1973 United Artists best banjoist of Northern California contest, having performed and worked with such music legends as Bing Crosby and Perry Como, and band director of the S.F. 49ers band since 1987.



\$\$\$ Cash Prizes \$\$\$  
\$10 Buy-In

*"Jack Convery"*

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

**Mondays**

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

**Tuesdays**

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 9:30 a.m. - 11:30 a.m. Senior Board Meeting  
 (1st Tuesday in March, 2nd Tuesday of the month in April )  
 11:30 a.m. - 3:30 p.m. HICAP (2nd Tuesday of the month)  
 1:00 p.m. - 4:00 p.m. Pinochle Drop-In (Ongoing) 🌳  
 1:00 p.m. - 4:00 p.m. Bunco (Last Tuesday of the month) 🌳  
 1:00 p.m. - 4:00 p.m. Gin Rummy – Every Tuesday (Ongoing) 🌳  
 1:30 p.m. - 2:30 p.m. Book Banter Group (3rd Tuesday of the month)

**Wednesdays**

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

**Thursdays**

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 1:00 p.m. - 4:00 p.m. Drop-In Pinochle (Ongoing) 🌳  
 1:00 p.m. - 3:00 p.m. Billiards and Board Games (Ongoing) 🌳  
 1:00 p.m. - 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 a.m. - 11:30 a.m. Premiers Exercise  
 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon  
 (2nd Friday of each month)  
 12:30 p.m. - 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+.

\$\$ Cash Prizes \$\$

**BINGO  
MONDAYS  
FROM 1:00 – 3:00 PM**

\$10 Buy-In

AT THE BRENTWOOD SENIOR ACTIVITY CENTER  
193 GRIFFITH LANE  
BRENTWOOD

EVERY MONDAY EXCLUDING HOLIDAY'S

**YOU CAN PURCHASE DAUBERS ON SITE**

MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE  
IN BINGO GAMES

NO CHILDREN

PLEASE TRY TO BRING THE RIGHT CHANGE

ANYONE INTERESTED IN HELPING OUT WITH THE BINGO GAMES  
PLEASE CONTACT MARYANN (925) 626-7054



# 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>.



*Everything Brentwood*

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!

## CHECK OUT THE NEW BOCCIE COURTS AT VETERANS PARK

Grand Opening  
Thursday, March 7, 2013



## 2013 BOARD MEETING SCHEDULE

Board Meetings  
9:30 a.m.  
Brentwood Senior  
Activity Center (Class Room)

◆ March 5

◆ April 9

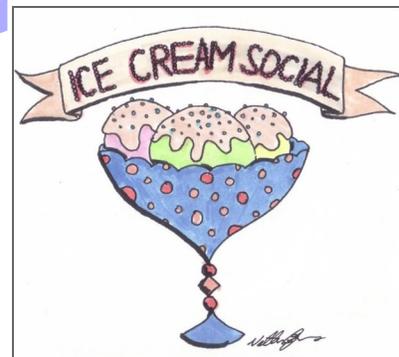
## UPCOMING EVENTS THIS SUMMER

**JUNE**



**BLACK AND WHITE Ball**

**AUGUST**



**SEPTEMBER**

Senior Citizen's Club  
Annual...



## 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.

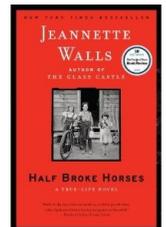
### BOOK BANTER GROUP

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 (Class Room).

March 19th

"Half Broke Horses"

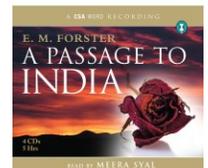
by Jeannette Walls



April 16th

"A Passage to India"

by E.M.Foster



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

### 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 Club would like to know. Fill out a suggestion form in the Center Lobby.



# 211

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

**Care. Comfort. Compassion.**

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[www.seniorhelpers.com](http://www.seniorhelpers.com)



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Paid advertisement.

SENIOR ACTIVITIES

CARDS, CARDS &  
MORE CARDS



CLUB

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 ON**

**TUESDAY AFTERNOONS**

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

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

**Senior Activity Card Required** 🌳

**Drop-In Pinochle**

TUESDAY/THURSDAY AFTERNOONS

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

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

**Senior Activity Card Required** 🌳



**Duplicate Bridge**

WEDNESDAY EVENINGS

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.

**AT HOME**  
*Care & Companion Services*

925-238-6665



**Personalized Care  
For Your Loved One**

We work with you!  
Short and Long-Term Options  
Hourly or Live-In Caregivers  
Free Comprehensive Assessment  
and Detailed Care Plan

**CALL NOW FOR YOUR  
PERSONALIZED CARE PACKAGE**

Paid advertisement.

BOOT SCOOTING  
FRIDAY  
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 others 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 available for all.

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

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

**Senior Activity Card Required** 🌳

SENIOR ACTIVITY CENTER  
GAME ROOM

## Homelife's Caregivers Help Seniors Remain in Their Homes!

**H**omeLife Senior Care provides personalized in-home care to seniors in need of assistance who wish to remain independent to enjoy the comforts of home for as long as possible. Independently owned and operated by Angela & Vinny DiNicola, HomeLife Senior Care offers families dependable and compassionate in-home care with trained "Certified Companion Aides" (CCA®) providing professional, award winning, bonded and insured in-home services customized to fit every budget.



Angela & Vinny DiNicola

"Our family helping yours"

Call Today For a Free Assessment

**925-240-5770**

[www.HomeLifeSeniorCare.com](http://www.HomeLifeSeniorCare.com)



Paid advertisement.

## WII

Drop-in and learn how to play the latest video games on the Wii. Come learn how to play Bowling, Golf, Baseball, and Tennis.  
Wednesdays 10 a.m. - 12 p.m.

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

**Senior Activity Card Required** 🌳

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

## 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

## BINGO

**During your Special Luncheons the following applies:**

**Green Cards: 3 plays = 3 gifts**

**Tan Cards: 2 plays = 2 cash envelopes will be given out!**

**Raffle Gifts are also provided!**



## CC CAFÉ SENIOR NUTRITION PROGRAM



Hot Lunches are served 5 days a week for seniors 60+.

Cost is \$2 per person. Call Zel 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 from 11:45 a.m. - 12:10 p.m.

Zel

### 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, March 8, 2013

🕒 Wednesday, March 27, 2013 (**Easter Celebration**)

🕒 Friday, April 12, 2013

🕒 Wednesday, April 24, 2013  
(**Volunteer Appreciation**)

### 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](http://www.mealsonwheelsofcontracosta.org), which allows better communication for clients and their families, as well as supporters and the general public.



### Interviewing One of Our Senior Center Stars ZEL!



Zel Ayres, a volunteer for CCCafé, moved from Ohio to California. She found a nutrition program advertised in a newspaper; "I have always loved senior citizens," she said and finding the article in the newspaper turned out to be a perfect opportunity for her. Zel has been a volunteer for CCCafe for 30 years total and started working for CCCafe in Antioch and was in charge of the Antioch unit as the Coordinator for 15 years, and then later was transferred to uptown Brentwood. CCCafe provides wonderful meals, with good portions for only \$2. CCCafe also provides Special Monthly luncheons with entertainment for senior citizens to enjoy which include Bingo, a Guest Speaker, and a Raffle Drawing. CCCafe ranges from 10-15 wonderful volunteers and helps provide a family like environment; "we all look after each other" Zel said. "I loved the first day I started and we have wonderful volunteers and that really makes up the program." Zel treats everyone who comes into CCCafe like family, calling them "Honey or Darling" it makes the eating room at the Brentwood Senior Activity Center feel very inviting. Celebrating 30 years of wonderful service, meals and volunteers, Zel states "I love everyone in this program and I don't know what I would do if I didn't have this job."

Interview by Kylee Valencia

# BIG BAND DINNER DANCE WAS A BIG HIT!



The Brentwood Senior Citizen's Club hopes you all enjoyed this wonderful evening and we look forward to seeing you again at our next social fundraiser!!!

There is more fun times to come...

A special thanks to all of the wonderful volunteers and City staff who made this event possible. Without your help we couldn't have pulled this off.... you folks were "AMAZING"!



# GARDENING TIPS



## February

Living Valentine – living blooming gifts of carnations, miniature roses, camellias and Oriental lilies can be planted outdoors after blooming. The gift that keeps on giving!

Dormant spray your fruit trees, ornamental shrubs, and roses now. The warmer days mark the emergence of crawler scale insects and other harmful beetles. Smother these critters now when they are most vulnerable with a simple 'superior' oil spray. You will cut down on the need for more toxic pesticide treatments later in the summer.

## March

Amend Soil – Before planting amend fast-draining or heavy clay soils with compost or other organic materials.

Pep up your trees and shrubs by spreading your favorite fertilizer around their drip lines. Spring rains will water in the fertilizer promoting a strong spring flush of growth.

Plant from six-packs when you can; they're more economical and rapidly catch up to 4-inch plants.

## April

For Summer Beauties – Now is the time to plant those warm-seasoned annuals.

Try heat lovers like dahlias, vincas, petunias and verbenas.

## May

Check Your Drip System – before weather turns hot. Inspect lines, clean filters, check heads and flush out lines. Remember to adjust automatic sprinkler systems for warm weather watering.

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

fresh & easy  
Neighborhood Market

**Tires LES SCHWAB**  
BEST TIRE VALUE PROMISE  
6361 Lone Tree Way  
Brentwood, CA 94513  
(925) 513-3432

**SpeedDee**  
OIL CHANGE + TUNE-UP  
7377 Brentwood Blvd  
Brentwood, CA 94513  
(925) 516-0623

**Sticky Chicken & Pasta**  
6670 Lone Tree Way  
BRENTWOOD, CA 94513  
925-240-2153

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PROMOTIONAL GIFT CARD  
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Water Treatment Solutions  
SPECIALIZING IN:  
Water Filtration • PMM Water Treatment  
P.C.E. Pipe Station  
Kitchen Chemical Systems  
Water Cleaners • Bottle-Less Cleaners  
MON-FRI 10:00-6:00  
SATURDAY 9:00-3:00  
SUNDAY 11:00-5:00  
41-A SANDCREEK ROAD  
BRENTWOOD, CA 94513  
Store (925) 634-6658 | www.purewaterco.com | Lic. #935264

**See's CANDIES**

**Starbucks Coffee Company**  
2530 Sand Creek Rd B1  
Brentwood, CA 94513

**NEIL BURMENKO**  
Managing Partner  
5809 Lone Tree Way  
Antioch, CA 94531  
925-754-5880  
Fax: 925-754-5948  
C00960@chilis.com

**LUMPY'S DINER**  
925-778-LUMP  
925-778-5817  
5891 LONE TREE WAY  
ANTIOCH, CA. 94531  
925-439-3911  
925-439-2911  
615 RAILROAD AVE.  
PITTSBURG, CA. 94565

**Brentwood Auto Spa**  
Marc Herrick  
GENERAL MANAGER  
Tri City Auto Plaza  
Ph: 925.513.7610  
Fax: 925.513.7612  
6945 Lone Tree Way  
Brentwood, CA 94513  
autospa@bcsglobal.net  
www.brentwoodautospa.com

*Starry Nights in Brentwood*  
**Summer Concert Series**  
Eight Friday Nights of Family Fun and Entertainment!  
Starting June 14, 2013

## Getting Involved With Your Community!

### 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, 193 Griffith Lane.

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



Lynda  
Cremeans  
Treasurer



Laura  
Jaramillo  
Trip Secretary

### Message From the Board

Executive Board elections were held on February 12 and the new board is as follows: Treasurer, Lynda Cremeans; Trip Secretary, Laura Jaramillo; President, Richard Griek. There were no nominations for Membership Secretary. The three positions not up for election, Club Secretary, Financial Secretary and Vice President are unfilled. Dick Halpin, who stepped in when the club needed him and took the often thankless job of President, has decided not to continue on the board. Dick has helped the club and the board come through a time of decline and uncertainty and has given us the guidance we needed to keep us viable. The Senior Citizen's Club and the board appreciate the contribution of time and effort for all he has done and his continued support in the future.

After a hugely successful Dinner and Dance on February 9<sup>th</sup>, we have good reason for optimism in the coming months. Jo Ann Joaquin and Lynda Cremeans did a fabulous job spearheading this event. The band and the food were great and everyone wants more of the same. We had many new faces there and signed up some new members.

Obviously, with the low voter turnout (less than 5% of the membership) and lack of nominations for office, we have some obstacles to overcome. Membership interest and participation is low. Our fundraising suffered last year, as several events had to be cancelled due to low turnout.

The primary task of the board in the near future and beyond will be to increase membership participation and interest in club activities. We will be seeking input from members to better understand your needs and desires. Please let us know what you want and what concerns you have. The board is here to serve you so let us know how to do it best.

We have ongoing support from businesses in the community and we acknowledge their contributions in the newsletter. Please take note and reward their support by using their services and products and encourage others to do the same. When you visit them please let them know you appreciate their generosity.

May you all have a healthy and happy spring,

Richard Griek

## 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:** Senior Peer Counseling 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.



# Turn your savings into earnings. Let's talk.

**Jennifer Jost**  
Financial Advisor

100 Cortona Way  
Suite 240  
Brentwood, CA 94513  
925-240-7257  
www.edwardjones.com

**Edward Jones**  
MAKING SENSE OF INVESTING

### 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





### **AGE WELL/DRIVE SMART PROGRAM FOR SENIOR DRIVERS AND THEIR FAMILIES**

The California Highway Patrol (CHP) offers the “Age Well/Drive Smart” Program to help senior drivers and their families continue to drive safer and longer.

This free program presents valuable information about tips for driving; accessories for safer and more comfortable driving; requirements of the Department of Motor Vehicles (DMV) when drivers reach the age of 70 years; lists of resources to obtain services and goods; an opportunity to speak with and ask questions of a CHP Officer; and much more.

We provide handouts and literature to help develop their “plan” with their family and/or friends when the time comes to stop driving. We provide a Transportation Cost Worksheet to help them visualize what it is currently costing them to operate their private vehicle. This worksheet can show them what they would have available for public transportation costs to help alleviate their fear of possibly not being able to afford it.

This workshop is an inter-active, enthusiastic hands-on approach. We will provide some car accessories for Seniors to use and understand the importance for their driving safety and comfort.

The presentation is approximately an hour and a half in length, including breaks.

Date: Wednesday, April 17, 2013

Time: 12:30 to 2PM

Location: Brentwood Senior Activity Center  
(Main Hall)

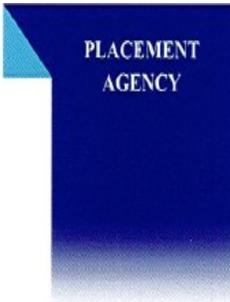
Program Number

# 13642

You can register by phone by calling the Parks and Recreation Department  
at (925) 516-5444. Space is limited call today.

# ELS ELDER LIVING SOLUTIONS

Our goal is not to find you or your loved one a facility; our goal is to find you or your loved one a home.



STEPHANIE KUJALA

Phone: 925.726.9433

Fax: 925.684.7090

Email address:  
ElderLivingSol@aol.com  
ELS@elderlivingsolutions.org



### EXPERIENCED AND COMPASSIONATE PERSONAL CARE ATTENDANTS

- Personal Care
- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Companionship
- Flexible Hours
- Alzheimer's & Dementia Care
- Hourly & Live-In
- Available 24/7
- Insured & Bonded

## Free In-Home Consultation

Tri-Valley/Contra Costa County

925.226.2884

[www.allseasons-homecare.com](http://www.allseasons-homecare.com) | [info@allseasons-homecare.com](mailto:info@allseasons-homecare.com)

Paid advertisement.



*"Make a difference...  
Volunteer"*

## VOLUNTEER 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.

To Volunteer please contact the front reception desk at (925) 516-5380.

MARK YOUR CALENDARS AND JOIN US FOR A DAY OF FUN AND WELLNESS!

8<sup>th</sup> Annual

# Living Better After 50

Featuring renowned award-winning speaker:

**Allen Klein**



(aka Mr. Jollytologist™ and Author of 18 books)

## How to Find Humor In Not So Funny Stuff

**Entertaining Educational Motivational Inspirational and very funny!**

Allen has shown audiences worldwide how to use humor to deal with changes, challenges, and stressful situations.

Also part of the day:

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- It Might be Worth Something!
- Looking and Feeling Good

and more!

Registration Fee \$5.00 – includes Light Breakfast, Lunch and Raffle!

**SATURDAY, APRIL 13, 2013 8:45am-3:15pm**

Pittsburg Adult Education Center - Community Resource Building-1001 Stoneman Ave.

For more Information contact PAEC at (925) 473 - 4460

Brought to you by: Area Agency on Aging, East County Senior Coalition and PAEC

Registration Information on Reverse



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## In the know. Community Special Events

### Lunch with Bunny

(Ages 3-10 + parents)

Saturday, March 23, 2013

11:30AM-1PM

Brentwood Community Center



Hop on over to the annual lunch with Bunny event, featuring spring-themed activities, a yummy lunch, and special guests including the Easter bunny! Make sure to bring your appetite, camera for great photo opportunities, and dress up in your Easter best. Registration ongoing through March 18 and seating is limited to the first 150 guests.

**CLASS # 13075**

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**DO YOU NEED HELP GETTING YOUR TAXES FILED??  
WELL.....AARP TAX-AIDE IS ON THE WAY!!!**

Every Wednesday (only) through April 10, 2013, AARP Tax-Aide, certified counselors will be available to prepare and electronically file Federal and CA state tax returns at Brentwood Senior Activity Center, 193 Griffith Lane. This free tax preparation and filing service is available for low to moderate income taxpayers of all ages with a special focus for seniors 60 plus.

**Note Important Information So You Can Be Prepared**

- \* Tax Services are available on Wednesdays only thru April 10, 2013 from 9:00 a.m. to 3:30 p.m.
- \* Appointments must be made in person at Brentwood Senior Activity Center on Wednesdays (only) 9:00 a.m. to 3:30 p.m. through April 10, 2013. Please bring prior year's tax returns.
- \* Do not call the Brentwood Senior Activity Center - No appointments will be taken by phone.
- \* Walk-ins accepted only if time permits – must have all documentation and prior year's tax returns.

For more information contact:  
Virginia Dembner (925)-634-5037 or [ginny.dembner@yahoo.com](mailto:ginny.dembner@yahoo.com)  
Sally Mecham (925) 684-3505 or [mechamrs@pacbell.net](mailto:mechamrs@pacbell.net)

