



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



Spend an Evening with
the "King of Cool" himself...

Dean Martin

Matt Helm, Impersonator

**Friday, June 21, 2013
6-9PM**

Brentwood Senior Activity Center
Main Hall

Come and enjoy an evening of entertainment, fine dining and dancing to the music of Dean Martin.

- ◆ You will enjoy a tri-tip dinner from Brentwood Fine Meats with all the trimmings and a delicious dessert.
- ◆ Table booking available. Space is limited register today!

Senior Club Members \$20/Non-Members \$25 (No Refunds)

Event Registration: Please call the City of Brentwood
Parks and Recreation Department (925) 516-5444.

Event number #13673



This fundraiser is 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 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 (2nd Tuesday of the month)
 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. - 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 (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+.

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

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 a 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.

• **May 14** • **June 11**

9:30 a.m.

Brentwood Senior Activity Center (Class Room)

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

Springtime traditions including the seasonal kick off of sports like baseball, softball, and spring soccer are back. Ball fields are once again teaming 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

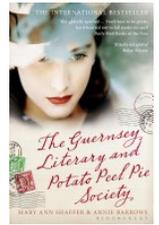
BOOK BANTER GROUP

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 (Class Room).

May 21

“The Guernsey Literary and Potato Peel Pie Society”

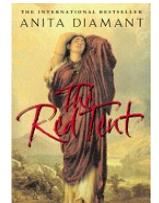
Book by Mary Ann Shaffer



June 18

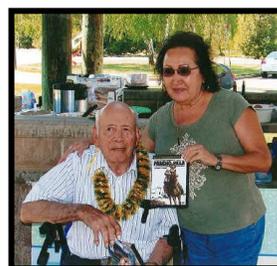
“The Red Tent”

Book by Anita Diamant



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

MEMORIAL



Blas Franco

1918 - 2012

Blas is survived by six children and their spouses, twelve grandchildren and their spouses and seventeen great grandchildren. After retiring he loved working in his garden and he loved to travel. He also enjoyed his three weekly trips to the Brentwood Senior Activity Center both for exercise and to socialize with friends. All of those who knew him will always remember his warm and engaging smile. He will be truly missed.

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 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

GRAND RE-OPENING OF BOCCIE COURTS AT VETERANS PARK



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 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 Meeting Room 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, May 10, 2013 (Mothers Day Celebration)
- ☉ Wednesday, May 29, 2013
- ☉ Friday, June 7, 2013 (Fathers Day Celebration)
- ☉ Wednesday, June 26, 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.

Calling All Handcrafters and Artisans!

Booking now for artisans to participate in the "2013 Holiday Craft Faire"! This two-day event will be held on November 2nd and 3rd, 2013. Applications are now available at the City of Brentwood Parks and Recreation office and the Brentwood Senior Activity Center. Applications are due by June 21st .



For more information call event coordinator Kay Bordi (925) 516-8387.

EASTER BUNNY VISITS THE SENIOR CENTER



HOBO DINNER AND BINGO EVENT

Special thanks to all of the volunteers who made this event a possibility. The hobo soup and salad were great!!! We all loved seeing the people who dressed down for the event ! Congratulations to all the BINGO Winners of that Night!!!



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



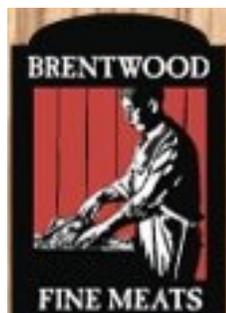
6670 Lone Tree Way BRENTWOOD, CA 94513 925-240-2153
3712 Lone Tree Way Suite C ANTIOCH, CA 94509 925-706-7300



Marc Hetrick
GENERAL MANAGER
Tri City Auto Plaza

Ph. 925.513.7610
Fax. 925.513.7612
6945 Lone Tree Way
Brentwood, CA 94513
autospa@sbglobal.net

www.brentwoodautospa.com



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!

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, Class room.

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 Jaramil-
lo
Trip Secretary

Message From the Board

I have just returned home from an event that gave me inspiration for this letter. Our senior citizen's club is completely dependent upon the many volunteers who give up their time to provide services to our members. Today 63 of these caring people came for lunch at the club's invitation so we could honor their selfless commitment to one goal; ensuring that seniors receive the simple comforts and basic needs that give them social interaction, financial aid and advice, food, creative expression and dignity.

The event was coordinated by some of those volunteers who had to accumulate the names, send out invitations, order pins, certificates and plaques. They met closely with the CC Café and its volunteers to include the event with the Special Lunch party so all the volunteers could dine and commune with those people for whom they care deeply.

Like many events that involve over 100 people there were glitches and we had some last minute scrambling. Somehow we had six extra volunteers who for one reason or another were not recorded as sending RSVP's. We were holding our collective breath as the food dwindled and we wondered if there would be enough for everyone. Some of the volunteers, true to their giving spirit, offered to forgo their meal so others could eat. I would like to offer special thanks to them for their understanding and selfless attitudes, by letting others eat without complaining about it. The CC Café staff should be commended for the special exclamation point they put on the spirit of giving. Thank you all for that.

To close I would like to mention a new award we started this year. It is the Volunteer of the Year Award. To exemplify the spirit of the award we have named it after the first recipient, Bente Petersen. She has been my mentor since I joined the club and she is the soul of our organization. Thank you Bente for all you have done for the club.

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 (Class room). To make an appointment, please call the reception desk at 516-5380.



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

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



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.



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!!!



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.



Volunteer Appreciation Luncheon

Every year the Brentwood Senior Citizen's Club, Inc. host this Volunteer Appreciation event to thank all of the Volunteers who day in and day out Volunteer to assist with all of the activities and functions that are housed at the Brentwood Senior Activity Center.

Our Brentwood Senior Activity Center would not function if it wasn't for you!!!

Thank you for everything you do. You are the key to our success!

Groups of Volunteers that were recognized included

- Ambassadors
- CC Café
- Future Explores
- Bingo Monday
- Brown Bag
- AARP Tax Program

- Holiday Craft Faire Organizers
- Senior Center-Librarian
- Bread Donation Volunteers
- Senior Trips
- Line Dancing Volunteer Instructors
- Knitting Circle Volunteer Instructors
- Special Luncheon Bingos

Three Service Awards were presented to

Zel Ayres & Pat Reyes

Joanne Joaquin

Special New Senior Citizen of the Year Award

was awarded to

Bente Peterson

For her Extraordinary

Years of Service and Leadership



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.



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 \$699
**AND NEVER PAY ANOTHER DIME
FOR THE REST OF YOUR LIFE!**

Wednesday May 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

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