



# 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 BBQ is BACK!!!

Saturday

September 21, 2013

12:30-2:30PM

Veterans Park (Picnic Area)  
3841 Balfour Road • Brentwood

Event# 13704

Senior Club Members **FREE**

\$5 Non-Members

Come and Enjoy  
Live Music!



Space is limited  
register today!



## CALLING ALL MONSTERS SENIOR MONSTER MASH

Come and enjoy a spooktacular evening of entertainment, fine dining and dancing with the Brentwood Senior Citizens Club, Inc.

The night will feature music, a costume contest and a delicious chicken dinner with all the trimmings and some hot apple pie.

Friday, October 25, 2013

Doors Open at 6PM

Brentwood Senior Activity Center Main Hall

\$25 Senior Club Members

\$30 Non-Senior Club Members

Event # 13886



Come and Dance to

"Wolf Man Jack's" Music Collection ! AWOOO!!!

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

No Refunds

**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
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
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) <b>CANCELLED</b>
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
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
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) 🌳
1:00-3:00 p.m.	Board Games (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
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+.

**The Brentwood Senior Activity Center would like to  
welcome Debbie Cabusas  
our New Gentle Yoga Stretch Instructor**



Debbie is a graduate of the Advanced Yoga Studies Program at the Brentwood Yoga Center, with 200 hours of training. She is registered with Yoga Alliance. She began her yoga studies during her first pregnancy and found it a wonderful way to connect with her baby. She credits yoga with bringing balance and calmness to her life, allowing her to truly enjoy the good times and weather the not so good ones. Debbie's classes reflect both her broad experience and her love of learning and teaching.

**Join her class Wednesday Mornings 8:30-9:30AM. (Main Hall )**

This fun and supportive class is for every body. You will explore yoga poses to increase flexibility, tone your body, improve your breathing and your balance. Modifications are used to ensure your comfort and safety. Come join the fun.

**Next Class starts on October 16 – December 11**

**Class #13883**

## 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

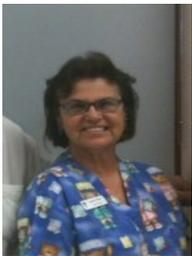
Do you have an idea for a new activity or an improved procedure for Senior Services?  
Attend the scheduled meeting to be heard by the decision makers.

• **September 10** • **October 8**

9:30 a.m.

Brentwood Senior Activity Center (Classroom)

## FAREWELLS



Lynda Cremeans  
Former Brentwood Senior Citizen’s  
Club, Inc. Treasurer

It is with great sadness that we wish Lynda Cremeans farewell. Lynda has started a new chapter in her life... she has moved to Las Vegas.

Lynda served the Club at the board level for 3 years as one of the best Treasurers this Club has seen. She not only kept the books straight, but brought to the Club all her charming, warm and bubbly personality. There wasn’t any challenge Lynda wouldn’t take on. With her can-do attitude she helped the Club raise over \$3,000 with her events, drawing over 50 new members. Her smile, and sense of humor and positive energy will be greatly missed. We wish you happiness and nothing but the best, Lynda, in all your future endeavors.



Margaret Cooley  
AKA “Scrappy”

Our dear Margaret Cooley is moving to greener and better pastures to the City of Santa Rosa. She was part of the very first board that founded the Brentwood Senior Citizen’s Club, Inc. Margaret was one of the senior leaders in our community who helped advocate for the new Senior Activity Center and was part of the design committee who helped the City develop the Center. She has donated thousands of hours to helping the Club with projects, events, and classes. For many years, she also oversaw the Senior Newsletter Folding Committee. With her smile and laughter she would recruit volunteers to get the senior club jobs done. We will miss you Margaret ....  
Don’t forget the road back to Brentwood!

## 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 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).

September 17

"Blue Haven "

Book by C.J. Fox



October 15

"Silas Marner "

Book by George Elliot



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

### TAX AIDE PREPARERS NEEDED



Volunteers are needed in Brentwood/Antioch/ Pittsburg to assist Seniors, and low-to-moderate income taxpayers with tax preparation; training provided; time commitment of

1 day/week February 1st - April 15th.

For more information, questions, and to volunteer please call Sally at (925) 684-3505, or [mechamrs@pacbell.net](mailto:mechamrs@pacbell.net)

## 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.

### BOARD GAMES ARE BACK

Do you like to play board games???

Starting on Thursday, September 5th

Join us at the Brentwood Senior Activity Center (Lobby) to play board games from 1:30-3:30PM.

Games available for you to choose from:

- ♦ Trivial Pursuit
- ♦ Senior Moments
- ♦ Scattergories
- ♦ Pictionary
- ♦ Taboo
- ♦ Chess

### 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

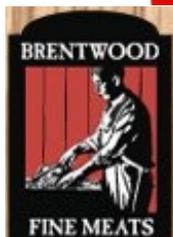
**“Special Thanks” to all of those local businesses who support our Brentwood Senior Citizen’s Club, Inc. activities.**



Marc Hetrick  
GENERAL MANAGER  
Tri City Auto Plaza  
Ph. 925.513.7610  
Fax. 925.513.7612  
6945 Lone Tree Way  
Brentwood, CA 94513  
autoapainc@stcglobel.net  
www.brentwoodautospa.com



KINDER'S  
EST. 1993  
Meats - Deli - BBQ



BRENTWOOD  
FINE MEATS



fresh & easy  
Neighborhood Market



STRAW HAT PIZZA  
Genuine California Pizza



DAMON OWENS  
OWNER/OPERATOR  
Dichey's Restaurant #12  
2660 East Coast Blvd  
Brentwood, CA 94513  
P. 925-249-8888  
F. 925-268-3182  
dichey@brentwoodca.com



Sticky Chicken & Beer  
EXPRESS DINE-IN • TAKE-OUT • CATERING  
www.stickychickenandbeers.com  
6670 Lone Tree Way  
BRENTWOOD, CA 94513  
925-240-2153  
3712 Lone Tree Way Suite C  
ANTIOCH, CA 94509  
925-706-7100

## 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.



I am thrilled to have been chosen as the new Brentwood Senior Cafe Manager. It has turned out to be a bright star in my life. I was lucky enough to transition to this position from working with Meals On Wheels as the Program Coordinator in charge of all the Meals on Wheels volunteers. I had been in that position since April 2008. So when I was selected to be the new Manager of the cafe, the facility and some of the seniors there weren't foreign to me. In my job with Meals on Wheels I often times had to go to the Brentwood Senior Center to monitor or train a new volunteer. Prior to working with Meals on Wheels, I worked for a very large Partnership of Emergency Room Physicians out of Emeryville, Ca., for 26 years. I want to thank all of the seniors that come to the cafe for lunch, for welcoming me and making me feel so at home. I am having a great time with all of you.

### 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, September 13, 2013
- ☉ Wednesday, September 25, 2013
- ☉ Friday, October 11, 2013
- ☉ Wednesday, October 30, 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](http://www.mealsonwheelsofcontracosta.org), which allows better communication for clients and their families, as well as supporters and the general public.

#### 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



# ICE CREAM SOCIAL



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



## STUDENT SCHOLARSHIPS

On July 26, 2013 the Brentwood Senior Citizen's Club, Inc. presented Kylee and Erin Valencia with a \$250 educational scholarship award in appreciation for the number of volunteer hours and dedication to serving seniors at the Brentwood Senior Activity Center during the past 3 years. These young ladies were greeted by Richard Griek, Kathy Peroni, Laura Jaramillo, Joann Joaquin and Olivia Alvarez at Mountain Mikes Pizza Parlor where they were presented with a Thank you Card and scholarship checks. Both girls were surprised and grateful. They are looking forward to continuing to volunteer at the Senior Activity Center as they pursue their education at Los Medanos College.



Kylee



Erin

## 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



Laura  
Jaramillo  
Trip Secretary

## Message From the Board

Here we are in September with only a short period of time before we're singing Auld Lang Syne. Many changes and events have occurred during the first eight months of 2013. They include a new Club Vice President, a Hobo/Bingo Soup and Salad, Dean Martin Dinner Dance, Lynda Cremeans leaving the board to start a new life in Las Vegas, an ice cream social, and Margaret Cooley leaving to start her new journey in Santa Rosa.

The last four months of the year include a BBQ for Club members, Monster Mash, and the Holiday Art and Crafts Faire. We are currently searching for volunteers to help make these events a success. Get involved... it's a lot of fun. You get to see everything that happens behind the scenes, help make decisions and participate in these events for free.

We have already planned a few events for 2014 but, need your help and assistance in completing these plans. If you have an hour a week or a few hours a month, it would be appreciated. The Senior Activity Center can not continue to run without volunteers. We really do need your help! If you can donate some time, please call Kathy Pedroni at (925) 516-5980.

Kathy Pedroni  
Vice 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.**



**UP COMING SENIOR SHOWS**

**The Vagabond  
Players Present...**

**Wagon  
Wheels a-Rollin'**  
By Tim Kelly



**Friday, October 4, 2013**  
**Brentwood Senior Activity Center**  
**Doors open at 6PM**  
**Show starts at 6:30PM**

This fast-paced spoof of the Old West is filled with a stable of goofy characters – our trail blazing hero, Chuck Wagon; our sweet heroine, Candy Kane; and the villainous crooked card dealer, Smiling Slade Claggett. Then there's Wild Bill Hiccup, the Hamm sisters, (Virginia and Glazed), fascinating Senorita Juanita Fandango; and a host of hilarious others.

We will invite the audience to hiss and boo at the outlaws, and root and cheer for our hero. This is a fun show, which will entertain our seniors and provide some good ole' Western entertainment.

Senior Club Members \$8 per person  
Non-Senior Club Members \$10 per person

Sponsored by The Brentwood Senior Citizen's Club Inc.

Event # 13888



This Spring in February 2014

**The Golden Follies  
Variety Show**

comes to the  
Brentwood Senior  
Activity Center!

This fast paced Las Vegas revue is lavishly costumed, and features lot of high energy, stylish choreography performed by the 25 member cast of seasoned performers ages 60-88. Tickets will be available for sale November 1, 2013. Get your tickets before they sell out!

\$8 Senior Club Member  
\$10 Non-Senior Club Member  
(All ticket sales are final.)

**This show will make an excellent  
Valentine's present!**

## BRENTWOOD COMMUNITY EVENTS

Join the  
City of Brentwood's  
2nd Annual

# "Scarecrows in the Park"

event this October!

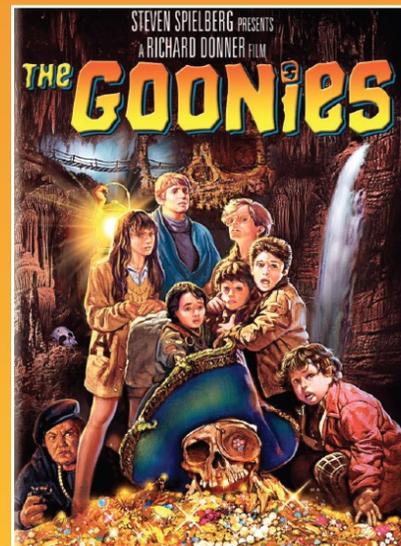
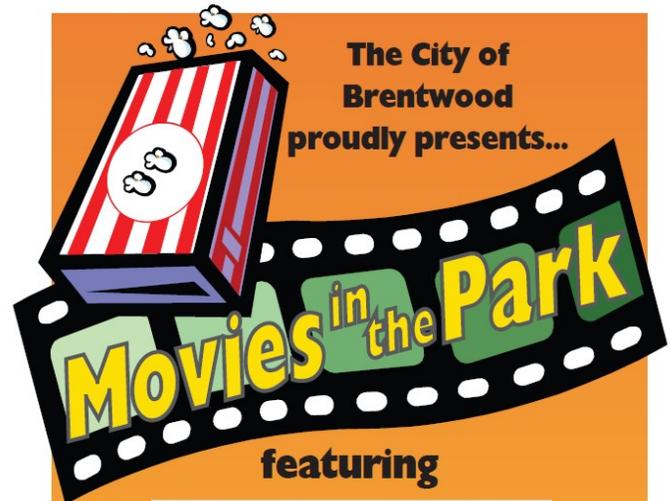
Here's how it works . . .

- Design and build your own Scarecrow. Scarecrows will be displayed in City Park beginning October 18
- Sign-up with the Parks & Recreation Department. Registration deadline: 5PM, Friday, October 11
- Ribbons awarded in two categories! Non-Professional or Design Professional
- Stop by the Parks & Recreation Department and pick-up your registration form today or download from our website at [www.brentwoodca.gov](http://www.brentwoodca.gov)



2012 Winner  
"Horsing Around Hattie"  
By Melody Murpree

Fee: \$15 per "Scarecrow"  
Class #13816



PG 111 minutes

**Friday**  
**October 25, 2013**  
**7PM**

at Brentwood City Park  
710 Second Street, Brentwood

**Bring your lawn chair,  
a picnic dinner, a blanket,  
and enjoy  
"Movies in the Park"!**

## EXERCISE WALKING FOR SENIORS: PREVENTING FOOT PROBLEMS

BY CHRISTINE DOBROWOLSKI

Exercise has a very important role in the general health and the quality of life of everyone, but especially in seniors. Seniors who walk tend to look younger, sleep more soundly and have fewer visits to the doctor. Walking for 30 to 60 minutes four to six days a week will help improve osteoarthritis and decrease the risk of osteoporosis, heart disease, hypertension, diabetes and obesity. Walking is the top recreational sport for seniors.

Although many seniors may be scared to start an exercise program because they are worried about injury, the health benefits of exercise outweigh the risk of injury. Walking is considered one of the best forms of exercise because it's safe, cheap and easy. Unfortunately, foot problems can prevent seniors from starting or continuing with a walking program. Follow these tips to help avoid foot problems when walking:

1. Choose the right shoe. Make sure the shoe is supportive and bends only at the toes. The shoe should also be stable from side to side. If you can twist the shoe or fold it in half, it is too flexible. The shoe should have enough wiggle room for the toes, yet be snug enough to keep the heel from slipping.
2. Buy shoes in the afternoon. Feet swell during the day and it is better to fit your shoes at this time. The only exception to this rule would be if you always do your walks in the mornings. Make sure your foot is measured at the store to obtain your correct size. Feet change size over time. Most feet lengthen and widen over the years, increasing the shoe size. Don't assume you've always been the same shoe size.
3. Start slowly with an easy pace. Try a short walk of 15 minutes and gradually increase the time each day.
4. If you haven't walked before, make sure you start on a flat, soft surface. A great surface to start on is a level, dirt path. Don't jump into climbing hills until you build some endurance.
5. Warm up before walks. Gentle stretching before and after walking can improve circulation and prevent injury. But, don't over stretch. If you haven't stretched before, be careful not to over do it. This can lead to injury.
6. Avoid walking in bad weather. Cold, wet weather makes surfaces slippery and hard and decreases visibil-

ity. Muscles can become tight and the feet can become numb, increasing the chance of injury.

7. Examine your feet after the walk. Look for areas of irritation, red spots, blisters or areas of swelling. Self-treating can turn a minor problem into a major problem. Consult a podiatrist if a problem persists.
8. Avoid cotton socks. The white cotton socks you've been told to wear all these years are not appropriate for exercise walking. Synthetic or wool socks will help wick moisture away from your feet as you walk. This will decrease your chance of fungal infections, excess rubbing or blister formation.
9. Walk in well-lit places. The darker the trail or road, the more difficult it is to see and the higher the chance you will have of tripping, falling or twisting an ankle.
10. Don't walk through pain. As soon as you notice a foot problem, stop walking. If you continue walking with an injury you could be making the problem worse. If a few days of rest does not resolve the problem, see a podiatrist, if you feel it's necessary to continue your exercise.



La Clínica  
a californian health center  
"Improving the health of the community"



**OAKLEY COMMUNITY HEALTH FAIR**  
Saturday September 14, 2013 • 9am to 1pm  
St. Anthony's Church • 971 O'Hara Ave., Oakley, CA 94561

La Clínica invites you and your family to enjoy music and entertainment, medical screenings, raffles and more! **All free.**

<b>FREE SCREENINGS</b>	<b>ENTERTAINMENT</b>
Blood pressure • Cholesterol • Diabetes • HIV Rapid Test Dental Exams (adult & children)	Live Band • Raffles • Children activities and fun for the entire family!
Assistance to register with La Clínica	
Also, information on Health Care reform, immigration, cancer early detection and other resources available in your local community	<b>For more information please contact Patricia Dalbey at (925)776-8217</b>

# Look who turned 95!

## Our very own Ethel Badham

Ethel has volunteered as an Ambassador for our Brentwood Senior Activity Center for over 3 years on Thursday afternoons. She is the definition of a truly remarkable Lady.

Ethel was born in 1918 in Atlantic City.

In 1934 moved to Philadelphia where she attended school, got married and raised her son and daughter. She's loved all the jobs she's ever had because of every thing she was able to learn and experience. Ethel describes her self as being a very optimistic and positive person, who only remembers the good times all the time....

Her secret to success and longevity is, "Keeping Busy".

Her volunteer work is what keeps her moving and on her toes. She has volunteered for:

City Hall, Girl Scouts, Hospitals, A place of Learning, Clothing Ministry/Food Bank (at her Church).

She loves to travel and has been to almost to every continent in the world. Europe, Australia, China, Japan, Columbia, Venezuela, just to name a few and hopes to visit Singapore some time soon.

In her spare time she loves to spend time at the pool while she enjoys reading a good novel.

Ethel you are truly an inspiration to all of us!

Keep doing what you do because you are doing great!!!



## Inspirational Quotes on Aging

Let these quotes on aging inspire you

- ◆ The longer I live the more beautiful life becomes!  
Frank Lloyd Wright
- ◆ Age is a matter of feeling, not of years.  
George William Curtis
- ◆ Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.  
Henry Ford
- ◆ You are never too old to set another goal or to dream a new dream.  
C.S. Lewis
- ◆ Beautiful young people are accidents of nature, But beautiful old people are works of art.  
Eleanor Roosevelt
- ◆ And in the end, it's not the years in your life that count. It's the life in your years.  
Abraham Lincoln

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.



Brentwood Senior Citizen's Club Inc. Presents  
A Two-Day Event  
**Holiday Art & Craft Faire**

Saturday, November 2 and  
Sunday, November 3, 2013  
10AM-4PM

Brentwood Senior Activity Center  
193 Griffith Lane, Brentwood

A wonderful selection of original handmade arts and crafts. This event will be a two-day holiday shopping extravaganza with many new, exciting vendors. Mark your calendar, visit the Senior Center, and enjoy shopping for a variety of unique items for your holiday gift giving. Entrance is free!

For more information, contact Kay at (925) 516-8387 or e-mail us at [Brentwoodcraftfair@yahoo.com](mailto:Brentwoodcraftfair@yahoo.com)

