



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

Attention: Grandparents, Parents, Friends and Family Join us and don't be late for this very important date!!!



Mad Hatter Tea Par-

Saturday, April 5, 2014
12-3PM

Brentwood Senior Activity Center
193 Griffith Lane, Brentwood (Main Hall)

Follow the White Rabbit to the Brentwood Senior

Activity Center where the Mad Hatter will host games, music and a Mad Hatter Hat Contest.

Participants will also enjoy Tea or Punch, Sandwiches, and Special

Event # 14165

\$5 per person
(No Refunds)



ALL CHILDREN

MUST BE ACCOMPANIED BY AN ADULT !

Every one must have a ticket

To register for this event call the City of Brentwood Parks and Recreation Department at

(925) Space is Limited Register Today!

Can Action- Raffles

This event supports 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
12:30-3:30 p.m.	A Place to Paint (Ongoing every week) 🌳
12:30-3:00 p.m.	BINGO (Ongoing every week)

Tuesdays

8:00-9:00 a.m.	Premiers Exercise
9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
9:00-10:00 a.m.	Zumba
11:00 a.m.-12 p.m.	Meditation I
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.	Gin Rummy – Every Tuesday (Ongoing) 🌳
1:00-4:00 p.m.	Bunco (Last Tuesday of the month) 🌳
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 **
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

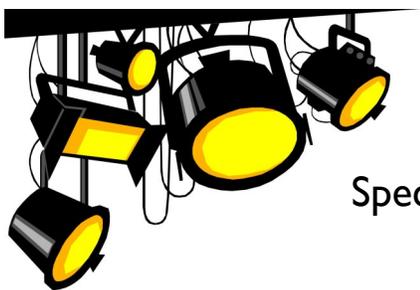
8:00-9:00 a.m.	Premiers Exercise (New Class)
9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
9:30-11:00a.m.	Basic Beading (New Class) 🌳
1:00-4:00 p.m.	Drop-In Pinochle (Ongoing) 🌳
1:00-3:00 p.m.	Billiards (Ongoing)
1:00-3:00 p.m.	Board Games (Ongoing)
1:00-4:00 p.m.	Oldies But Goodies

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 Social (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” program 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 Lunch Guest Speaker

Marla Luckhardt

Senior Advocate

April 30, 2014



Marla is a local newspaper columnist for the Brentwood, Oakley, Discovery Bay and Antioch Press newspapers. She has written the Senior Care Corner for over two years dealing with senior issues in a light and humorous way, while offering valuable information as well. As the marketing Director for Visiting Angels Senior Home Care and developer of her FREE senior friendly website www.marlasreferrals.com, she shares lots of safe information for our local seniors. No one pays to be on it or is able to advertise and there are no fees to visitors, it's just a labor of love that is easy to navigate. For the past seven years Marla has taken care of her own senior mom. The learning experience began as trial and a lot of errors but like all paths, the journey has been enlightening as well as a bit scary. Marla tries to share the good, the bad and the funny with her readers and is proud to be a senior herself. Aging is not only a part of life, it is a privilege, but **it's how you smile and laugh your way through it that keeps you sane.**

“My stories are about aging with a sense of humor and are based on things that happen to all of us on a daily basis.”

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 it 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

2014 PROGRAM SUB-COMMITTEE
SCHEDULE

Meetings are held on the 1st Tuesday of the month at 9:30 AM

Brentwood Senior Activity Center (Class Room)

• **March (No Meeting)** • **April 1** • **May 6**

2014 BOARD MEETING
SCHEDULE

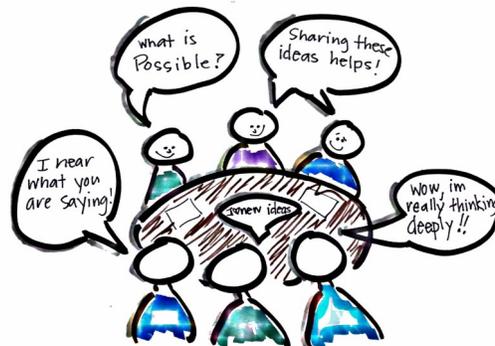
Do you have an idea for a new activity or improved procedure for senior services?

Then attend the following meetings to share your ideas.

Meetings are held on the 2nd Tuesday of the month at 9:30 AM

Brentwood Senior Activity Center (Class Room)

• **March 11** • **April 15**



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.



2014 IDEAS & SUGGESTIONS

Do you have an idea for a program, trip or event that you think the Club should do in 2014? The Brentwood Senior Citizen's Board would like to know. Fill out a suggestion form located in the 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.

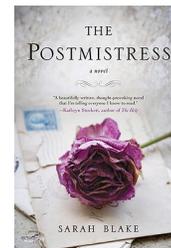
- ◆ Pick up the phone and call today
- ◆ Prescription drug discount cards
- ◆ Discounted utilities
- ◆ Low-cost automobile insurance
- ◆ Food assistance
- ◆ Discounted transit passes
- ◆ Free and low cost banking services

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 we 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).

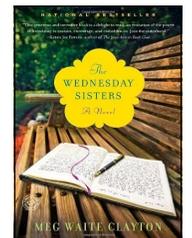
March

The Post Mistress
By Sara Blake



April

Wednesday Sister
By Meg Waite Clayton



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

NEW SENIOR CLASSES

Meditation II

Calm your mind, increase your focus, rejuvenate and feel energized through the techniques of meditation. Karen Kinsch can teach you how to improve your quality of life with meditation techniques.

She has 13 years of experience and is certified in reiki, quantum touch



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

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

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.

BOARD GAMES ARE BACK

Do you like to play board games???

Every Thursday

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.

Wednesday's 12:30-3:30 p.m.

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

Senior Activity Card Required 

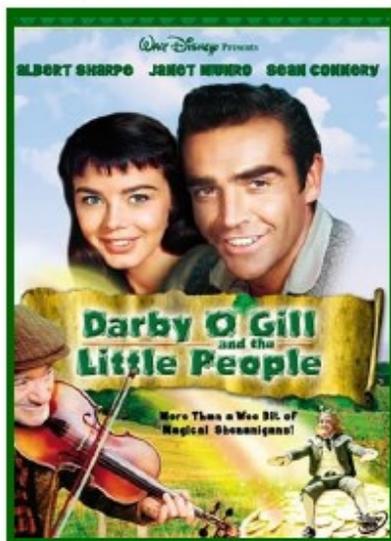
BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM



March 14, 2014



Don't Miss a Special Movie Presentation of



Movie start time **7 PM**

Brentwood Senior Activity Center (Main Hall)
193 Griffith Lane, Brentwood

Come and enjoy Irish Coffee, Desserts and
Leprechaun Popcorn Balls

If you are interested in making reservations for the Special Luncheon please contact CC Cafe at (925) 634-5040.

This FREE event is Sponsored by the Brentwood Senior Citizen's Club Inc.

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.

The Senior Club and all of us at the Brentwood Senior Activity Center would like to welcome back to Donna Martin. You were missed....

A special thanks to all of Donna's substitutes Ladies job well done! Thank you for keeping our café functioning during Donna's Medical Absence. KODOS to you all!!!

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.

Special Luncheon Dates

- 🕒 Friday, March 14, 2014
- 🕒 Wednesday, March 26, 2014
- 🕒 Friday, April 11, 2014
- 🕒 Wednesday, April 30, 2014

CCC FOOD BANK BROWN BAG PROGRAM

In Partnership with the Food Bank of Contra Costa and Solano Brown Bag Program, low income senior citizens receive free supplemental food twice per month. These groceries supplement the food seniors are able to buy on their own and stretches their dollars. Food distribution is held at the Brentwood Senior Activity Center on the 2nd and 4th Thursday of the month from 10:30AM-11:30AM. To qualify for this program, you must reside in a low income household, live in Contra Costa County and be 55 years of age or older. This Brentwood site services the following communities: Brentwood, Byron, Discovery Bay and Knightsen. You can pick-up an application at our Senior Activity Center Reception Desk or call (925) 676-7534 for more information.



SENIOR SERVICE PROGRAMS

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: | (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 (925) 602-4168.



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.

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.



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,

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.

Judith	Richard	Laura	Kathy Pedroni
Griek	Griek	Jaramillo	Vice President
Acting Treasure	President	Trip Secretary	

Message From the Board

Dear members,

As the first significant rains fall, seemingly since our senior barbecue in September, we look to the next few months with renewed optimism and the expectation that the Brentwood Senior Citizen's Club will continue to grow. We have had a successful election with a healthy turnout of voters. Many thanks to all of you who cast votes, a sign that you care and are involved in our future. With a healthier budget we have been able to supplement individual costs for events, allowing more of us to be included. For example the cost to members for our Sacramento trip (which sold out in record time!) was reduced by over 30% of the actual cost. All of our events include reduced fees for members. The annual barbecue is always free to members and this year it promises to be bigger and better than ever. We have many great things in store already on the calendar and they will sell out early. Get your tickets now!

While we see these signs that we are headed in the right direction we can't sit back and feel content. Little complications still arise and we always need new volunteers as we increase our services and add activities to the schedule. Our membership is always in flux and volunteers come and go for many reasons. We have a few stalwarts on whom we can depend no matter what and we never know when a new face will become one of those. With this in mind, meeting new people who venture into the club can be an exciting experience. Our ambassadors have a unique and envious job with rewards that come out of the blue. You never know...

If you haven't visited us in a while please give it a try. See if there is something here for you or see if there is something you can contribute.

We all have old friends. Once they were new friends. You never know...

Richard Griek

Senior Club President

2014 EVENTS CALENDAR

March

- 14 Darby O Gill and the Little People Movie Showing
- 18 Sacramento "Under Ground Tour" Trip (SOLD OUT)



April

- 5 Mad Hatter Tea Party
- 25 Senior Activity Center Volunteer Appreciation Luncheon

May

- 10 Big Band Dinner Dance
- 20 Casino Trip
- 29 Senior Safety Day



June TBA

July

- 26 Senior Club 4rd Annual Member



August

- 1 Senior Swim Day at Brentwood Family Aquatics Complex
- 27 Ice Cream Social

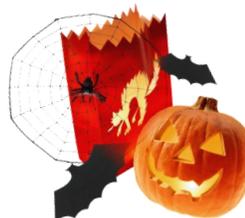
September

- 6 The Rat Pack Vegas Show



October

Halloween Dinner & Dance



November

- 1-2 Holiday Art & Craft Fair



December

- 31 New Years In Paris



"BIG BAND" Dinner Dance



They are back !!!

Saturday, May 10, 2014

6 - 9PM

Brentwood Community Center

Take to the dance floor or just sit , listen and tap your toes as the Big Band Era comes alive with " What's Up Big Band". You'll enjoy the music of the Big Band Legends such as Glenn Miller, Harry James, Count Basie, Perez Prado, Benny Goodman, Helen Forrest and more! "What's Up Big Band" is an 18-piece Dance Band and vocalist. So, find your favorite pair of dancing shoes and get ready to dance the night away!

You will enjoy a delicious pasta dinner with all the trimmings and desserts.

Table bookings available upon availability.

Senior Club Members \$20/Non-Members \$25

(No Refunds)

Space is Limited, Registration for this event will start February 1, 2014

For Event Registration Please Call The City of Brentwood

Parks and Recreation Department (925) 516-5444

Sponsored by Brentwood Senior Citizen's Club, Inc.

TRIPS



Brentwood Senior Citizen Club, Inc.

Invites you to join them for a visit to the popular

Cache Creek Casino

Tuesday - May 20, 2014

Depart: At 8:45 am from Brentwood Senior Activity Center
193 Griffith Lane, Brentwood

Return: At approx. 5:15 pm to Brentwood



Cost per person:

\$ 38.00 Senior Club Member

\$40.00 Non-Senior Member



Trip # 14404

Cost includes:

Roundtrip motorcoach transportation & Driver Gratuity



Casino Bonus Package:

\$10.00 bonus play or \$20.00 match play and \$5.00 food coupon
(can not be used at the Buffet)

Contact: Brentwood Park and Recreation at (925) 516-5444

Make Checks Payable to: City of Brentwood Park and Recreation

Mail Payment to: City of Brentwood Park and Recreation @
35 Oak Street, Brentwood, CA 94513-6215

All trips and tours are arranged for your pleasure. TravelCenter Tours and Travel, Paula Joyce, Laura Jaramillo and Brentwood Sr. Citizen Club, assume no liability for passengers or their possessions. All trips and tours are subject to change and availability. Individual cancellations /changes must be made a minimum of 7 days prior to departure date. Tickets are non-refundable. No refunds unless a replacement is found. Specific conditions apply. CST#1002945-40

TravelCenter, Tours and Travel 1936 Oak Park Blvd., Pleasant Hill, CA 94523

(925) 937-2223 / (800) 528-2223

SENIOR SERVICES

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

Starting on February 12, through April 9, 2014 on Wednesday's only 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 Wednesday's only thru April 9, 2014 from 9:00 a.m. to 3:30 p.m.
- * Appointments must be made in person at Brentwood Senior Activity Center on Wednesday's (only) 9:00 a.m. to 3:30 p.m. through April 9, 2014. 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:

Fernando Lema (925) 513-4480 or mrfernandolema@gmail.com



SENIOR CENTER

Without Walls

Is a free telephone program connecting California elders through activities, friendship, and community.

Senior Center Without Walls offers activities, friendly conversation, and an assortment of classes and support groups to homebound elders and others who find it difficult to go to a community senior center. Participants call from the comfort of home through telephone conference calls. No special equipment is needed and the calls are completely free.

Brain Games, Supportive Groups, Armchair Travelers, Health & Well-Being Presentations, Literary Discussions, Bird Watching, Parties, Pets, Bingo, Trivia, Poetry, Play Reading, Gardening, Food/Cooking, Reading & Writing Loss

**Winter/Spring 2014 Session
January 27 - April 20
Schedule now available.
Call 1-877-797-7299 to request a copy.**

GOLDEN FOLLIES VARIETY SHOW
WHAT A SHOW! BRAVO!!!



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.



5th Annual Holiday Art & Craft Fair Update

All is going well with the preparations for this years event. We only have nine vendor spaces available. If you are or know of a hand crafter / artist get your application ASAP.

Help Us Fund Raise!

We need raffle items for Mad Hatter Tea Party Event!

Teapots, Cups, Tea, Beach/Pool items, Wine, Gardening Items, Spa Day Items, Gift Certificates, Gift cards, Stationary, 12 pack of coke, Chocolate, Board Games, Easter Candy.

All donated items are Tax Deductible. Items can be brought in to the Senior Activity Center Reception Desk.

**“Thank You” to all of the local businesses
for your continued support to our
Brentwood Senior Citizen’s Club, Inc. activities.**