



# 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

## “What's Up Big Band”

**Is Back!!!**



**Saturday, May 10, 2014**

**6 - 9 PM**

**Brentwood Community Center**

**35 Oak Street, Brentwood**

**Doors Open at 5:30 PM**

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, 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, Register Today!

**EVENT SOLD OUT LAST YEAR!!!**

For event registration please call  
the City of Brentwood

Parks and Recreation Department at  
(925) 516-5444.

**SUMMER IS JUST AROUND THE CORNER...**

**VISIT PAGE 11 FOR UP-COMING CLUB EVENTS!!!**

**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 **
9:30-11:30 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 **
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+.

**Health Fair**  
**Saturday, May 31, 2014**  
**10am-2pm**  
**500 Fairview Ave. Brentwood, CA 94513**



- City Center Pharmacy
- Nami Mental Health
- Kaleidoscope Cancer Support Group
- Rotacare Pittsburg Free Medical Clinic
- CC Health Insurance Counseling & Advocacy
- Contra Costa Legal Services
- Elderly Wish Foundation
- Dog for Diabetics Kaiser Hospital
- John Muir Hospital
- Sutter Hospital
- La Clinica –Oakley Rota
- Dr. Ong/vision Optix
- Diversified Healthcare Recourse
- Medical Information
- Obama Care Information
- Sutter Care At Home
- Fresh and Easy

- Annie Jung, LPCC
- Information Table on Diabetes, Alzheimer's and Cancer
- Meals on Wheels

On Site Services:

Hypertension Screening

Senior Legal Services

Medical Screening

Clinic and Hospital Resources

For more information call Mary Putman at

(925) 516-1079



**Coming Soon Face Book  
Senior Club Page!**

## 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)

- **May 6**
- **June 3**

## 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)

- **May 13**
- **June 10**



# 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

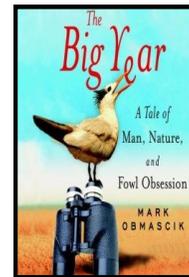
## BOOK BANTER GROUP

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).

### May

**The Big Year**

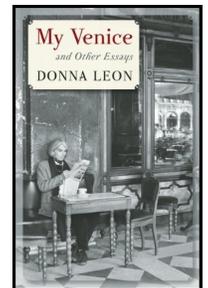
**By Mark Obmascik**



### June

**My Venice**

**By Donna Leon**



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

## HAPPY 97TH B-DAY TO A SPECIAL VOLUNTEER MILDRED!



Happy Birthday to Mildred who turned 97 years old! She has been part of the Food Bank Brown Bag distribution since its initiation at the old Brentwood community center 30yr's ago. For decades twice a month Mildred leads the team of volunteers who serve approximately 80 to 100 participants a day. Congratulations Mildred!

# 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



WE JUST WANNA HAVE FUN BUT, WE  
CAN'T PLAY IF YOU DON'T COME!

Afternoon BUNCO

COME ON FOLKS, THE TIME IS HERE;  
BRING \$5 AND GET IN GEAR!

May 27 & June 24  
1-4:00 p.m.

**Senior Activity Card Required**   
BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

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.

There is a lot that goes into making your lunch experience at the CC Café a fun and enjoyable time. It takes more than myself to get everything ready to serve up lunch. It takes dedicated wonderful volunteer's that help me everyday; Tippy Connel, Dee Dee Cornell, Fran Hassler, Elsie Paladino, Kris Christensen, Mary Lee Allen, Telmer Twedt, Carol McPhearson, Henrietta Bowers, Joanne Joaquin, Pat Scianvalepore and Barbara Sciancalepore. Thank you to everyone for making my day every day. Donna Martin

## 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, May 9, 2014
- 🕒 Wednesday, May 28, 2014
- 🕒 Friday, June 13, 2014
- 🕒 Wednesday, June 25, 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](http://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.

Richard Griek, President

Kathy Pedroni, Vice President

Judith Griek, Treasure

June Peters, Membership Secretary

Laura Jaramillo, 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

## May

- 10 Big Band Dinner Dance
- 20 Casino Trip



## June TBA

## July

- 26 Senior Club 4th Annual Senior Member BBQ



## August

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



## September

- 6 The Rat Pack Vegas Show
- 20 Senior Identity Theft Prevention Senior Safety Event



## October

- 24 Halloween Dinner & Dance



## November

- 1-2 Holiday Art & Craft Fair



## December

- 31 New Year's In Paris!



## 2015 ?

What would you like to see at our Senior Club Plan for 2015. Let us know.....

The Club is always open to new ideas!!!

\* Drop off your suggestions at the Senior Activity Center Reception Desk!!!

# MAD HATTER TEA PARTY



## TRIPS



*San Francisco  
Bridge to Bridge  
Bay cruise with lunch at  
Fisherman's Grotto #9  
Tuesday, July 22, 2014*



Enjoy the opportunity to view the "New" Bridge from a unique point of view aboard one of Red and White's passenger vessels. Begin your adventure with a hosted lunch at the Famous Fisherman's Grotto #9. Enjoy a stone's throw walk to Pier 43 ½ where you will board your sightseeing vessel. The 90 minute fully narrated "Bridge to Bridge" cruise will take you past Fort Mason, The Marina, The Presidio, Golden Gate Bridge, Alcatraz, Treasure Island, Bay Bridge, Ferry Building, Downtown SF and Coit Tower.

**Depart: 11:30 a.m.**

**Return: approx. 6 p.m.**

**Cost: \$55.00 Senior Club Member**

**Cost: \$60.00 Non-Senior Member**

**Trip# 14497**

**Cost includes:**

- \*Roundtrip motorcoach \*Hosted lunch at Grotto #9 (lunch choices: RexSole, Spaghetti Italiano or Shrimp Sandwich. Ice Cream and Coffee)
- \*\*"Bridge to Bridge" cruise with headset narration
- \* Indoor/outdoor seating



*Fleet Week Air Show Returns to San Francisco!*

*Saturday, October 11, 2014*

Join the Brentwood Senior Citizen's Club for the Best View in Town! Enjoy a wonderful cruise as you enjoy the spectacular Blue Angels show!

**Depart: 11:30 a.m.**

**Return: approx. 6 p.m.**

**Cost: \$98.00 Senior Club Member**

**Cost: \$128.00 Non-Senior Member**

**Trip # 14480**

**Cost includes:**

- \*Roundtrip motorcoach \*Cruise on board the S.F. Belle Paddle Wheeler \*Reserved seats on board ship
- \*Hosted Hot Buffet Luncheon \*Music entertainment
- \*Special viewing of the Blue Angels \*Gratuity

**To Register Contact: City of Brentwood Park and Recreation at (925)516-5444**

**Make Checks Payable To: City of Brentwood Parks and Recreation**

**Mail Payments To: City of Brentwood Park and Recreation at  
35 Oak Street, Brentwood, CA 94513-6215**

**ALL TRIPS DEPART FROM THE BRENTWOOD SENIOR ACTIVITY CENTER  
193 GRIFFITH LANE, BRENTWOOD**

SUMMER CLUB EVENTS

Put your cowboy boots on and come over

for a **Western Style**

**Senior** **BBQ**

**Saturday, July 26, 2014**

**12-3 PM**

**Veterans Park (Picnic Area)**

Come and Enjoy some "Live" Country Music

By the "Miracle Mule" Band

Burgers, Dogs, and a Whole Roasted Pig!

It's **GONNA** be a **FINGER LICKING** Good Time!

To register, please call the  
City of Brentwood  
Parks and Recreation Department  
(925) 516-5444 (Event # 14476)

Senior Club Members FREE

Non-Members \$5



## VOLUNTEER APPRECIATION LUNCHEON



*Gene Brown was this years Recipient of the 1st Bente Peterson Award as the Volunteer of the Year.*

*Thank you Gene for being a "Leader" in our community and for helping us achieve the dream of having a home for all seniors in our community. Thanks to your vision, perseverance and dedication. Seniors now have a place to socialize, receive services and have fun at the Brentwood Senior Activity Center. Your Memory is a keepsake from which we will never part. God has you in his keeping, and we have you in our hearts!*



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.



**“Senior Swim Day Luau”**  
**Brentwood Family Aquatic Complex**  
**Friday, August 1, 2014 1-6PM**



Brentwood Family Aquatic Complex will be OPEN “Exclusively to  
ALL SENIORS 50+”

\$3 Fee to the 1<sup>st</sup> 150 Pre-Registered Senior Club Members.

\$6 Fee to all other participants.

(This can be paid at the door)

Sticky Chicken will be providing a Luau Special Lunch for \$5

Register Today! Event 14477

**Come and Enjoy a Day in the SUN!**

