



# 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

## *The Rat Pack*

*Vegas Style Stage Show & Dinner!*

*September 6, 2014*

*Table Reservations Available*



*Come and enjoy an evening with the Rat Pack, Dean Martin, Sammy Davis Jr., Frank Sinatra, and Joey Bishop impersonators.*

Brentwood Community Center  
35 Oak Street, Brentwood  
Show includes a delicious Tri-Tip Dinner  
No host bar

Cost : \$35 Senior Club Members  
\$40 Non-Senior Club Members  
No Refunds

Cocktails 5:30-6:00 PM  
Dinner 6:00-7:30 PM  
Show: 7:30-9:00 PM  
Photo opportunity after show

Space is limited, so register today!  
Tickets on sales now!  
Event # 14402

*For reservations to this event, call the City of Brentwood  
Parks and Recreation Department at (925) 516-5444.*



*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)
10:00-12:00 p.m.	Blood Pressure Checks (1st Monday of the month)

#### 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
12:30-2:30p.m.	Blood Pressure Checks (3rd Wednesday of the month)

#### 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) 🌳
1:00-3:00 p.m.	Hula and Ukulele Class (1st and 3rd 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+.



## Look at what's NEW!



## Hula and Ukulele Class

Join Nani Lozier as she teaches the art of Hula Dancing!  
Dance lessons include live ukulele music.  
1<sup>st</sup> and 3<sup>rd</sup> Friday of the month, 1-3PM in the (Main Hall)  
No registration required  
Starts in August  
**Activity Card Required** 🌳

## 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)

- **July 1**
- **August 5**

### 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)

- **July 8**
- **August 12**



# 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

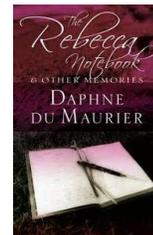
## BOOK BANTER GROUP

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).

### July

**Rebecca**

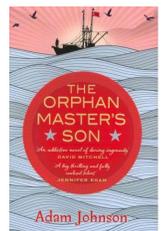
**By Daphne Du Maurier**



### August

**The Orphan Master's Son**

**By Adam Johnson**



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

## HARVEST TIME FESTIVAL VOLUNTEERS WANTED!

Club Members needed to man our Senior Club Information Booth at the Harvest Time Festival.



**Saturday & Sunday**  
**July 12 & 13.**  
**Sign up for a two-hour shift.**

Meet and greet the public to let them know about the wonderful events, programs, serves and trips our club offers seniors in our community.

You can sign up to volunteer at the reception desk of the Brentwood Senior Activity Center

## 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



## 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.



**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!**

**July 29 & August 26**  
1-4:00 p.m.

**Senior Activity Card Required** 

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

## 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. Come and enjoy lunch, meet new friends and have a great conversation.



## 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, July 11, 2014
- 🕒 Wednesday, July 30, 2014
- 🕒 Friday, August 15, 2014
- 🕒 Wednesday, August 27, 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, Treasurer

June Peters, Membership Secretary

Laura Jaramillo, Trip Secretary

## Message From the Board

Dear members,

The last few months have been successful for the Brentwood Senior Citizen's Club. We had a sold out trip in March to Old Sacramento, visiting the underground city and enjoying lunch on the Delta King, a paddle wheeler that has turned into a floating hotel. In April we hosted the Mad Hatter Tea Party, which because of its great turnout and feedback, we will be repeated again next year.

April was also a time to honor our many volunteers without whom we would cease to exist. The club hosted a luncheon catered by Dickie's Barbecue Pit and awarded certificates and pins to 127 beautiful people. Brentwood Mayor Bob Taylor and California State Assemblyman Jim Frazier both addressed the assembly. The enthusiasm and hard work by so many people speaks well of the spirit of the Brentwood community and their belief in the direction of our Senior Club organization. The Executive Board would again like to thank you for your unselfish contributions to the senior community. The luncheon was the least we could do to recognize you for inspired work and dedication.

Also honored at our luncheon was our recipient of the Bente Petersen Volunteer of the Year Award. Gene Brown was one of the founding members of the Club and was its first president. He was a key developer of our by-laws and an active member until his passing. We were fortunate to know Gene and drew special inspiration from his energy and insight. He was a tireless representative for the Club and always put the seniors first in his mind. He was one of a kind and will be sorely missed.

May was also eventful with the Big Band Dinner/Dance and the trip to Cache Creek Casino. Both events were sold out. The dance (200 beautiful ladies and gentlemen attended) was spearheaded by Kathy Pedroni our Senior Clubs Vice President. Job well done Kathy! Joanne Joaquin cooked a dinner worthy of any of our fine Brentwood restaurants and the Liberty High School Band served us at our tables. That night the Senior Club fundraised \$1,955 in revenue to continue to support the Club's efforts in providing low-cost programs and social events to seniors in our community.

The Cache Creek trip was also sold out and the reviews were off the charts thanks to our trip organizer, Paula Joyce. We have many more events planned for the near future. Check elsewhere in the newsletter for details.

**These events sell out early, so don't delay getting your spot!**

Richard Griek

President, Senior Citizen's Club



# 2014 EVENTS CALENDAR

## July

- 26 Senior Club 4th Annual Senior Member BBQ



## August

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



## September

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



## October

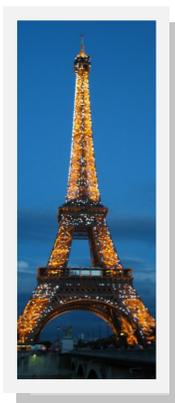
- 24 Halloween Bingo Party

## November

- 1-2 Holiday Art & Craft Faire

## December

- 31 New Year's In Paris!



## Sneak Peak into 2015

Johnny Cash & Patsy Cline Tribute Show!  
 Featuring John & Dee Price and the Rhythm Riders  
 Saturday, February 14, 2015  
 Brentwood Community Center



# SUMMER FUN

## "Senior Swim Day Luau"

### Brentwood Family Aquatic Complex



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



Don't miss the live performance by "Nani & Friends Polynesian Group"  
and "In Steel" a Caribbean Steel Drum Group

Come and Enjoy a Day in the SUN! Register Today! Event# 14477



## Western Style Senior



Saturday, July 26, 2014

12-3 PM

Veterans Park

It's GONNA be a

FINGER LICKING Good Time!



## TRIPS



**This December...**

**the Holidays are Blooming in the Valley**

**Wednesday, December 10, 2014**

**More information to follow...**

**Registrations for this trip will start on September 11th.**

**Trip # 14542**

Your first stop will be at Duarte Farms to view their amazing Holiday Poinsettias. You will tour the facility with time to shop before departing with one of their 6.5 inch Poinsettias plants to enjoy at home. From Duarte Farms, it's a short ride to your next stop, Hilmar Cheese Factory, where your guide will step onto your motor coach for a guided tour through the facility followed by your hosted "Everything Cheese" Sandwich Lunch Buffet.

Cost Includes:

Roundtrip Motor coach Transportation \* Tour at Duarte Farms \* Poinsettia Plant (1 per passenger) \* Tour at Hilmar Cheese Factory \* Hosted Lunch at Hilmar

**Space is limited for all trips.**

**Don't wait . . . trips are selling out fast!!!**

**All trips depart from the Brentwood Senior Activity Center. No trip refunds.**

**(Level 3-Moderate to heavy walking)**

**If you were waiting to register for these trips .....You are too late!**

**The following trips have SOLD OUT!**

*San Francisco*  
*Bridge to Bridge*  
*Tuesday, July 22, 2014*

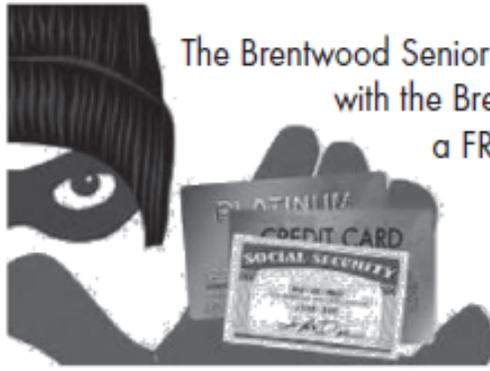


*Fleet Week Air Show Returns to San Francisco!*  
*Saturday, October 11, 2014*

# "BIG BAND" DINNER DANCE



# SAFETY



The Brentwood Senior Citizen's Club Inc., in collaboration with the Brentwood Police Department Present a FREE educational event

## Protect Yourself Senior Fraud and Identity Theft

**Saturday, September 20, 2014 • 1-4PM**

Brentwood Senior Activity Center, 193 Griffith Lane

- Why are senior citizens so often the target of identity thieves?
- How can you protect yourself against identity theft?
- How can you protect yourself against fraud?
- Vacation Watch and Crime Prevention also presented.



**Event #14454**



**"Shred This"** will be on-site providing **FREE shredding services from 2-5PM to all seniors who pre-register to attend this FREE event.** (5 boxes or bags maximum per house hold.)

## 50+ SENIOR BOCCCE LEAGUE



*Team registration packets will be available at the Brentwood Community Center, 35 Oak Street, beginning July 1, for the Coed B League that is tentatively set to begin the week of August 4<sup>th</sup>. League Play is generally offered Thursday mornings. Teams consist of a minimum of four (4) players, maximum of ten (10).*

***Deadline for team registration for the 2014 Fall League is 5PM, July 25<sup>th</sup>.***

***Capo's meeting scheduled for Thursday, July 31<sup>st</sup> at 10AM at the Brentwood Community Center! Register for League #14515***

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.



**Wednesday, August 27**

**2-3:30 PM**

# Ice Cream Social

Join the Club for refreshing summertime Ice Cream with all the toppings!

Members: FREE / Non-Members \$2

**Sign-up today! Event # 14499**