



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



HALLOWEEN BINGO



Come in costume or not!!!

Friday, October 24, 2014

6-9 PM, Doors Open at 5:30 PM

Event #14539

Senior Club Member: \$20/Non-Member: \$25

Bingo & Costume Contest
\$100 Cash Prizes!!!!

Price includes Joanne's famous Hobo Stew, Bread and Dessert.

One 6-face/10-game Bingo Packet and dauber.

Costume Contest- Cash Prize for the funniest, most original and scariest costume!

Extra Bingo Packets Available for \$5

5th Annual Holiday Art & Craft Faire

Saturday & Sunday

November 1 & 2, 2014

10 AM - 4 PM

Brentwood Senior Activity Center

193 Griffith Lane, Brentwood

Entrance is FREE



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)
12:30 a.m.-4 p.m.	Quilting (1st 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+.



We are looking for a few good Senior Club Candidates!!!

Yes, it's that time of year.... With Senior Elections coming up soon, Senior Club Members need to start thinking about possible nominees for the following positions:

President * Secretary

*** Financial Secretary * Trip Secretary**

Nomination Period will be November 3 through December 12, 2014

Board Member Position Descriptions will be posted on the Senior Activity Center bulletin board. If you are interested in joining the Elections Committee, please attend the October 7th Board Meeting.

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 have been changed to the following dates:

- **September 2**
- **September 30**

Brentwood Senior Activity Center (Class Room) at 9:30 AM

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.

Meeting dates have been changed to the following dates:

- **September 9**
- **October 7**

Brentwood Senior Activity Center (Class Room) at 9:30AM



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 3rd 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).

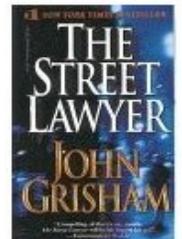
September

"The Perfect Storm"
by Sebastian Junger.



October

"The Street Lawyer"
by John Grisham.



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



**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!**

September 30 & October 28
1-4:00 p.m.

Senior Activity Card Required
BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM

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.

HULA AND UKULELE CLASS



Join Nani Lozier as she teaches the art of Hula Dancing!

Dance lessons include live ukulele music.

1st and 3rd Friday of the month,

1-3PM in the (Main Hall)

No registration required

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

Senior Activity Card Required 🌳

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

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



QUILTING



Calling all quilters and wanna bees!

Come and join us the FIRST Tuesday of the month beginning October 7th.

12:30-4:00 p.m. in the classroom.

A new quilt block and technique will be introduced each month. Experienced quilters will be available to assist with your own projects.

Equipment and Supply list are available at the Senior Activity Center Reception Desk.

Come and quilt with us.

Club Members: \$1/Non-Members: \$5

Senior Activity Card Required 

BRENTWOOD SENIOR ACTIVITY CENTER
CLASSROOM



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. 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, September 12, 2014
- 🕒 Wednesday, September 24, 2014
- 🕒 Friday, October 10, 2014
- 🕒 Wednesday, October 29, 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.

Richard Griek, President

Kathy Pedroni, Vice President

Judith Griek, Treasurer

June Peters, Membership Secretary

Laura Jaramillo, Trip Secretary

Message From the Board

Dear members,

We have had another successful two months with the sold out Bay Cruise and Senior Barbecue. Monday bingo continues to grow and has become a major source of revenue. The Luau/Senior Swim Day was also well attended and will be a regular event in the coming years. With the temperature soaring over 100 degrees we moved the barbecue inside for the second year in a row. Even so, the food was great and so was the band. And as always, the volunteers were on the spot and did a fabulous job making it a fun time for all. Thanks to all of you for your dedication and hard work.

We have more events planned for the rest of the year including the Rat Pack on the 6th of September. Check the calendar in this issue to make sure you don't miss anything!

Also, just around the corner are the elections for the Executive Board. Positions available will be President, Secretary (recording), Financial Secretary, and Trip Secretary. The elections will begin in December so it is time to recruit qualified members who are willing to make the commitment. This President will step down when the term expires. So, start thinking about the possibilities for the new Board and make your opinion count.

Richard Griek
President



2014 EVENTS CALENDAR

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

- 10 Duarte Nursery &
 Cheese Company Trip
 31 New Year's In Paris!

**Sneak Peek into 2015!****Johnny Cash & Patsy Cline Tribute Show!**

Featuring John & Dee Price and the Rhythm Riders
 On Saturday, February 14, 2015
 At the Brentwood Community Center

**Senior Club Trips**

March: Cache Creek Casino

May: Wine and Olive Oil tasting at Sebastiani Winery
 and B.R. Cohn (Glen Ellen) Olive Oil.



SUMMER FUN

Western Style Senior

BBQ

For those of you who missed it....

It's WAS a

FINGER LICKING Good Time!



TRIPS



Bridge to Bridge Trip a Success



On Tuesday July 22nd, we headed out from the Brentwood Senior Center to our destination of San Francisco for a Bridge to Bridge Cruise on the Bay. Our first stop was for lunch at the Famous Fisherman's Grotto #9 restaurant. The lunch was DELICIOUS. With just a short walk from the restaurant, we boarded one of the Red and White passenger vessels for a narrated Bridge to Bridge cruise. The cruise took us past Fort Mason, The Marina, The Presidio, Alcatraz, Treasure Island, the Ferry Building and Coit Tower. The weather was spectacular, sunny with just a little breeze. What a great day it turned out to be and we came back to Brentwood feeling wonderful about the day and ready to go again.

one complimentary 6" plant. If you are interested in going, please pick up a form from the Brentwood Senior Center, or Brentwood Parks and Recreation, to sign up. Please remember, if you are paying over the phone by credit card, you still need to fill out a form to go and sign the waiver release at the bottom of the form.

Registration forms will be available September 11th.

Paula Joyce
Trip Coordinator

This December The Holidays are Blooming in the Valley

Wednesday
December 10, 2014

Departure 9:30AM
Return 4:30PM



As you all are aware, our trip to San Francisco in October for Fleet Week is a sell out. We plan to do it again next year so watch your newsletter as it gets close to that time in 2015 for updates and sign up time.

Join us on this trip and visit the Duarte Farms to view their amazing Holiday Poinsettias. Next stop on this trip Hilmar Cheese Factory Tour followed by a Sandwich Lunch Buffet.

Cost Includes: * A Poinsettia Plant per participant
* Hosted Lunch at Hilmar.

Senior Club Members: \$38.50
Non-Club Members: \$58.50
Trip # 14542

Sign up for this great trip before it sells out!
Registration will start on September 11th.

Our last trip for the year will be on Wednesday, December 10th, 2014. We will be touring the Hilmar Cheese Company, which will include a hosted Sandwich Buffet Lunch. After lunch, we're off to visit the Duarte Nursery in Hughson for a greenhouse tour of their Poinsettia Farm. Each guest will receive

**For a sneak peek into 2015
Senior Trips, visit pg. 11**

SUMMER FUN



“Senior Swim Day Luau” Brentwood Family Aquatic Complex

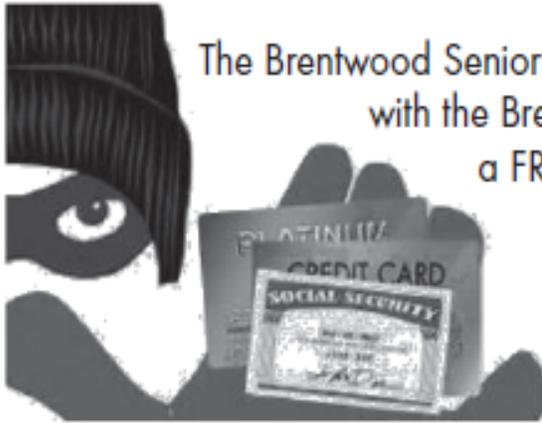


Special thank you to our performers “Nani & Friends Polynesian Group” and “In Steel” a Caribbean Steel Drum Group for their performances.

Ice Cream Social



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.)



What a successful Ice Cream Social over 100 participants enjoyed a variety of ice creams and variety of sundae toppings. Seniors and their guest we also able to enjoy playing games such as bowling, ring toss, and corn hole. "Fun Times!"

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.



The Rat Pack

Vegas Style Stage Show & Dinner!
September 6, 2014

Cocktails 5:30-6:00 PM
Dinner 6:00-7:30 PM
Show: 7:30-9:00 PM

Event # 14402

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

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



\$35 Per Senior Club Member
\$40 Non-Senior Club Member
No Refunds

Event supports the Brentwood Senior Citizen's Club, Inc.