

# 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

## New Years in "Paris"

Come and join the Party to bring in 2015!

### December 31, 2014

Doors Open at 12:30PM

Dinner 1:15-2PM

Magic Show 2PM

Brentwood Senior Activity Center

193 Griffith Lane, Brentwood

Event will include a Magic Show, Balloon Drop, New Year's Favors and a Champagne Toast at 3PM.

Dinner will include a buffet of Chicken Cordon Bleu with accompaniments and Dessert.

No host bar.

Space is limited so register today!

Senior Club Members \$25

Non-Club Members \$30

No refunds

Table reservations available.



For reservations to this event, call the Brentwood Parks and Recreation Department at (925) 516-5444. Event # 14540

## 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

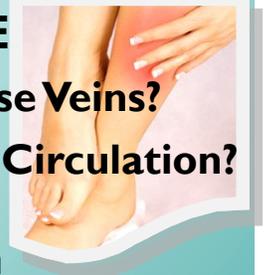
9:00 a.m.-1:00 p.m.	C.C. Café Senior Nutrition **
10:00-11:30 a.m.	Premiers Exercise
12:00-1:30 p.m.	C.C. Café Special Luncheon (2nd Friday of each month)
12:30-2:00 p.m.	Line Dancing Social (Last Friday of the month) 🌳
1:00-3:00 p.m.	Hula and Ukulele Class (1st and 3rd Friday of the month) 🌳

🌳 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+.



*Merry Christmas and Holiday cheer to all, with wishes for a happy and healthy new year in 2015 from the Brentwood Senior Activity Center and the Brentwood Senior Citizen's Club, Inc.*

**DO YOU HAVE**  
**Tired aching legs? Varicose Veins?**  
**Swollen feet or ankles? Poor Circulation?**



If so, visit us on

**LEG HEALTH DAY**

**Friday, November 14, 2014**

**11 AM to 2 PM**

for a **FREE** leg vein screening

Sponsored by Sweet Medical  
and Brentwood Senior Citizen's Club, Inc.

at 193 Griffith Ln.

Brentwood, CA. 94513

Sign-up for your free leg screenings at  
the Senior Center reception desk!

## 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

Program Sub-Committees meetings have been cancelled for the remainder of the year and will resume in January 2015.

## 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:

- **Thursday, November 13**
- **Tuesday, December 9**

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



*Special Thanks to El Campanil Theater from Antioch for their gracious 80 ticket donation to our seniors to attend “The Broadway Diva Show”. All of the seniors who attended the performance truly enjoyed it.*

## 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 2015? 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).

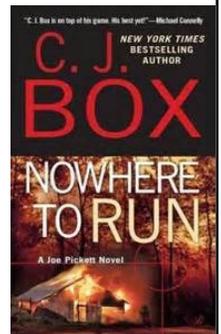
#### November

**Howards End**  
By E.M. Forster



#### December

**Nowhere to Run**  
by C.J. Box



**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!**

**November 25 & December 30**  
**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.

1<sup>st</sup> and 3<sup>rd</sup> 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.

Wednesdays 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.

### QUILTERS CLUB



## Calling all quilters and wanna be quilters!

Come and join us the FIRST Tuesday of  
the month in the classroom  
at 12:30-4:00 p.m.



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 lists 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



## 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.

The Holiday season is upon us and the end of a great year.

2014 is almost over, but it has been such a wonderful year at the Senior Café.

We have welcomed several new people that have joined us for lunch and had to say goodbye to some loved friends as well. This year would not have been such a success without the help of some truly dedicated people that come and volunteer to help me every single day. They help me in the kitchen, serving the food, taking the Meals on Wheels containers outside, wrapping the utensils for our special lunches, and doing the dishes. The following people have helped make the Brentwood Senior Café a success: Mary Lee Allen, Henrietta Bowers, Kris Christensen, Dee Dee Cornell, Tippy Cornell, Fran Hassler, Joanne Joaquin, Carol McPherson, Elsie Palladino, Eldefonso Velez, Pat and Barbara Sciancalepore.

As of the end of September 2014 we have served 13,387 meals and we'll probably serve close to 17,000 by the end of the year. Thank you to everyone for a very successful year.

Happy Holidays to you all.

Donna Martin  
Senior Café Manager

## 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, November 14, 2014**

🕒 Wednesday, November 26 (No Special Luncheon)

🕒 **Friday, December 12, 2014 Holiday Luncheon  
Special Performance by The Summerset Singers**

🕒 Wednesday, December 24 (Holiday - Center will be closed)

## 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.

## 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.



## 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.

### Message From the Board

Dear Members,

The success or failure of the Brentwood Senior Citizen's Club is solely dependent upon the degree of commitment of the volunteers and their willingness to work as a team putting aside personal views for the greater good. I have been fortunate during my tenure to have a number of special people who have contributed to the unprecedented success of the Club over the last two years. While we have many volunteers who give a great deal of time and energy to our cause, I could not hope to mention everyone in this letter. Lets reserve that for the Volunteer Appreciation Luncheon.

First, I would like to thank Kathy Pedroni for answering the call to join the Board when the Club was seemingly on the verge of collapse. She has embraced her job and taken on duties of the vacant positions and assembled a fine ambassador staff (each of them are exceptionally skilled at their job).

Joanne Joaquin is irreplaceable as a fount of knowledge of Club history, a chef, and her all around dedication. Her patience with my naiveté and her guidance have helped keep me on an even keel.

The current Board members – Laura, June, Kathy, Judy – and Paula have all kept me encouraged by their positive attitudes, energy and desire to have a successful organization.

Tippy is a constant presence, always on the job and willing to help.

Donelda cares so much and is so selfless that if I didn't already have faith in humanity, she would change my mind.

Donna took over the CC Café in difficult circumstances and has been cheerful and caring every moment of every day.

The volunteers she has helping serve are a reflection of her great attitude.

The special lunch bingo's excellent reputation was engraved in stone by C J Mueller. Thank you C J for all the hard work.

Marianne and Dale have transformed the Monday bingo into a force of nature.

Olivia Alvarez, I could write a book. I will, but not here. Thank you for all you do.

These are the people I deal with directly, some almost daily, who have inspired me to continue through some difficult times. They have vision, energy, dedication and a love for their work. The next president of the Club has an enormous support system in place to assist as he or she begins the new term. Because of the enriching experience of the last two years, I look forward to adding my support to the new Board and thank all the volunteers for their tireless support.

Thanks again for the opportunity to serve,

Richard Griek

Senior Citizen's Club, Inc. President



# SNEAK PEEK INTO 2015!

**JOHNNY  
CASH  
PATSY CLINE  
SHOW & DINNER**

Johnny & Dee Price  
and  
**THE Rhythm Riders**



**SATURDAY, FEBRUARY 14, 2015  
BRENTWOOD COMMUNITY CENTER  
35 OAK STREET, BRENTWOOD**

**Register  
Today!**

Senior Club Member: \$35  
Non-Senior Club Member: \$40  
Event #14541  
Show includes a delicious dinner and dessert.

Doors Open: 5:30PM  
Cocktails: 5:30-6PM  
Dinner: 6-7PM  
Show: 7-9PM

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

THIS EVENT SUPPORTS THE BRENTWOOD SENIOR CITIZEN'S CLUB, INC.



**MAD HATTER TEA PARTY**

**MARCH 7, 2014**

**SOCK  
HOP**

**May 2015**



**Cache Creek Casino Trip**

**February 25, 2015**



**Golden Gate Fields Trip**

**April 16, 2015**



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

**May 13, 2015**

# The Rat Pack



*Vegas Style Stage Show & Dinner!  
September 6, 2014*



*What a magical night...  
It was filled with great music, food and laughter.  
Not even a Vegas show can top this show!  
Performers were amazing!!!*



*Special thanks to all of the volunteers who made this event a memorable one for all of us!*

# HALLOWEEN BINGO EVENT



**BINGO!!!!**



**\$1,075 IN PRIZES WERE AWARDED  
AT THIS SPOOKTACULAR EVENT!  
WINNERS OF THE COSTUME CONTEST WERE:  
THE DOMINICAN NUN (FUNNIEST)  
BINGO FAIRY (MOST ORIGINAL)  
ELPHABA THE GREEN SKIN WITCH (THE SCARIEST)**

# 5TH ANNUAL HOLIDAY CRAFT FAIR



**The best year ever! Thank you to all our volunteers, bakers, cooks, decorators, raffle sales, kitchen help, booth sitters, sign setters and everyone else behind the scenes.**

**We couldn't have done it without you.**

**Our vendors topnotch handcrafted wares kept buyers emptying their pockets and filling their shopping bags.**

**All the wonderful donations from our vendors made our LUCKY DRAW AUCTION such a success.**

**Thank you everyone.**

**June Peters & Kay Bordi**

**More Veterans Events  
This Fall  
From Brentwood Library**

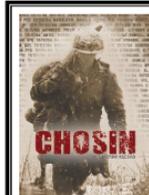


October through November, enjoy veteran-themed pieces by local artists!



**Meet a Veteran!**  
*Thur., November 6, 6-7 p.m.*

Local veteran Phil Ehrhorn brings humor and life to his stories of the Vietnam war. A slice of American history, perfect for 2nd grade and up. Held inside the Brentwood Library. Free, no registration required.



**Chosin Film Screening**  
*Tues., November 11 @ 6:30 p.m.*

At El Campanil Theatre, 602 W 2nd St, Antioch. This documentary records Korean War veterans as they relate one of the most savage battles in American history. Free; no registration required.



**War Ink**  
*Debuts November 11, 2014 at cclib.org*

This Veterans Day, visit [cclib.org](http://cclib.org) to view *War Ink*, an online exhibition of body art from local veterans of the wars in Iraq and Afghanistan. Participant stories and experiences were recorded by the *StoryCorps Military Voices Initiative*.

Brentwood Library | 104 Oak Street  
Mon-Thurs, 10-8 Fri/Sat, 10-6  
925-516-5290



**Medicare Plan Changes for 2015**



- Do you have questions about your Medicare health plan or prescription drug plan for 2015?
- Is your current plan leaving the county in 2015?
- Are there changes to the providers available to you?
- Do you know how to select the 2015 plan that's right for you?

*Contra Costa County HICAP (Health Insurance Counseling & Advocacy Program) will talk about what's new with Medicare for 2015, with a special focus on changes to Medicare Advantage and prescription drug plans.*

Date: November 13, 2014  
Time: 2:00 P.M.

Location: Brentwood Senior Commons  
750 Larkspur Lane - Brentwood, CA

2015 Medicare Open Enrollment dates:  
October 15-December 7, 2014

No products endorsed or sold.



LOCAL HELP FOR PEOPLE WITH MEDICARE

TELEPHONE: 925-602-4163

ONLINE: [www.cchicap.org](http://www.cchicap.org)

*Volunteers Needed*

Are you looking for a volunteering opportunity before the end of the year? This is your chance, the Club is looking for volunteers to assist in the following task, for the upcoming "New Years in Paris" event held on **December 31, 2014 12PM to 4PM.**

- Decoration/Set-Up
- Greeter
- Bartenders
- Photographer
- Servers
- Clean-Up/Take-Down



Stop by the Brentwood Senior Activity Center Reception Desk to sign up today!!! If you have any questions please contact June Peters at (925) 516-5380.



**Duarte Nursery & Cheese Company Trip**  
**Wednesday**  
**December 10, 2014**  
**Departure 9:30AM**  
**Return 4:30PM**

**IS SOLD OUT!**

Brentwood Senior Activity Center

193 Griffith Lane

Brentwood, CA 94513

Center Phone: (925) 516-5380

Fax: (925) 516-5447

Center Hours

Monday - Thursday 8:30 A.M.- 4 P.M.

Fridays 8:30 A.M. - 1 P.M.



**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 21 through December 19, 2014**

**Board Member Position Descriptions will be posted on the Senior Activity Center bulletin board.**