



# 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

Don't be late for this very important

**Mad Hatter Tea Party! (Ages**

**Saturday, March 7, 2015**

**1-3 PM**

**Brentwood Senior Activity Center**

Celebrating everyone's Un-Birthday with delicious tidbits, cakes and tea, a visit from Alice, and a hat contest for adults and children.

All children must be accompanied by an adult.

We will also have a Mad Mad Crazy Draw Auction

25 Chances to WIN for ONLY \$5

Register with the Queen of Hearts at the Brentwood Parks and Recreation Department or off with your Heads!



## 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+.



Daylight Savings Begins March 8th.

## DON'T FORGET!

**Renew your Senior Club Membership for 2015  
and pick up your S.H.A.R.E.S Card today!**



Pick up your S.H.A.R.E.S Card at the Senior Center and support the Brentwood Senior Citizens Club, Inc. Here's how: just use your S.H.A.R.E.S card at any Food Maxx family stores: Save Mart Supermarkets, S-Mart Foods, Food Maxx and Lucky. Up to 3% of the supporters spending goes to the Club. Your group cards are registered to the Club as soon as you receive the card. There is no money value on the cards. **Cards must be swiped before your order transaction is completed. Pick up your cards today at the Receptionist 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*

### 2015 PROGRAM SUB-COMMITTEE SCHEDULE

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

If yes, attend the following meeting to share your ideas:

**March’s meeting has been canceled**

- **Tuesday, April 7**

### 2015 BOARD MEETING SCHEDULE

- **Tuesday, March 10**
- **Tuesday, April 14**

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

**Thank you all for participating in the New Club Member  
MEET AND GREET SOCIAL!**



## 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.

### VALENTINES SPECIAL LUNCHEON



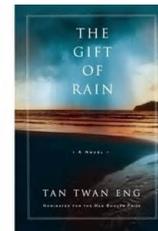
Special Thanks to Nani's Hula Dance & Ukulele Students for such a beautiful performance at our Valentines Special Luncheon.

### BOOK BANTER GROUP

Are you an avid reader looking for some one with whom to discuss the latest novel ? Join us on the 3rd Tuesday of each month at 1:30PM Brentwood Senior Activity Center class room to talk about the preselected books listed below and available at the local library desk upon request.

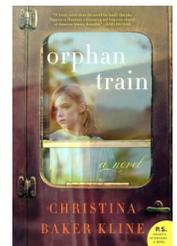
March

**The Gift of Rain**  
By Tan Twan Eng



April

**The Orphan Train**  
By Christina Baker Kline



**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!**

**March 31 & April 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.

1<sup>st</sup> and 3<sup>rd</sup> Friday of the month,

1-3 p.m. 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

### 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

## 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.

**March 2nd**  
**Bingo will host a**  
**Progressive Bingo Game**  
**of \$500.**

**Don't Miss Out!!!**



## 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, March 13
- 🕒 Wednesday, March 25
- 🕒 Friday, April 10
- 🕒 Wednesday, April 29

## MEALS ON WHEELS



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.



## 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.

## AARP TAX AIDE HAS MOVED TO THE BRENTWOOD COMMUNITY CENTER

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

Continuing through April 6, 2015 on Mondays only, AARP Tax-Aide, certified counselors will be available to prepare and electronically file Federal and CA state tax returns at the Brentwood Community Center, 35 Oak St.

For your convenience you can park at 100 City Park Way.

This free tax preparation and filing service is available for low to moderate income taxpayers of all ages with a special focus on seniors 60 plus.

### **Note Important Information So You Can Be Prepared:**

- \* Tax Services are available on Mondays only through April 6, 2015 from 9:00 a.m. to 3:30 p.m.
- \* Appointments must be made in person at Brentwood Community Center on Mondays (only) 9:00 a.m. to 3:30 p.m. through April 6, 2015. Please bring prior year's tax returns.
- \* Do not call the Brentwood Community 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:

Karen Nuñez (925) 925-989-7482 or email [onlyyesterday@comcast.net](mailto:onlyyesterday@comcast.net)

## 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,

For the first time in many years, the Brentwood Senior Citizens Club Executive Board has all seven of its seats filled. It is gratifying that members stepped forward to commit to improving the quality of life for Brentwood seniors and to raise the social and cultural bar for their entertainment. Committing to a two-year term as a board member is no small sacrifice.

Many hours are spent in meetings and many more preparing and presenting social events, fundraisers and trips. Unseen by all, they spend more hours at home preparing proposals and budgets and contacting entertainers and caterers. With the help of numerous volunteers they set the tables for dinners and clean up after them. They go shopping for the best deals on all the supplies it takes to put on an event. The board members are the mainstays of the club. They have given up much of their free time to make sure others reap the benefits of their membership.

Why? There are traits common to all of them. They believe they can make things better for others. They are positive thinkers, can-do people. They don't sweat the small stuff but at the same time want to make sure every detail is taken care of. They love what they do.

We have seen unprecedented growth in the club in the last year. It is an exciting time to be so deeply involved in this organization. Events are selling out fast because they are professionally presented and lots of fun. And they are the best deal you can find anywhere.

This is a wonderful family to be a part of. You have those traits too. Come join us. Volunteer for an event. It will enrich your life. I guarantee it.

Richard Griek  
President



# SNEAK PEEK INTO 2015!



**Mad Hatter Tea Party**

**Annual Senior Club Member**



**September 12**



**May 2**



**HOLIDAY CRAFT FAIR**

**November 7 & 8**



**Witches Ball**

**October 23**



***Golden Gate Fields Trip***

*April 16*

Visit pg. 15 for more Senior Trip Information.



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

*May 13*

# 2015 Election Results

This year we had 174 Ballots Returned  
Congratulations to all of the following candidates who have been elected by the  
Senior Citizen's Club Membership.



Charlotte Allison  
Secretary

I have lived in Byron and Brentwood since 1967. My husband Howard and I enjoy the community, the farming components and friendly residents. I am pleased to be part of the Senior Citizen's Club. I am inspired by the members and other dedicated individuals that I have met since joining the club. As your newly elected secretary I am committed to supporting our team for the benefit of members & volunteers. My direction is to support the Board, encourage more volunteers, and the continuance of the "welcome feeling" to all that come to our center.



Richard Griek  
President

Thank you to all the members of the Brentwood Senior Citizen's Club for the great voter turnout for the Executive Board elections. Your support is sincerely appreciated. I will endeavor to fulfill my obligations and to affirm the trust you have shown by electing me as your president. It is an honor to serve and an obligation I do not take lightly. Having your support and a full board is inspiration to try to make the future of the club more successful than ever before.



Paula Joyce  
Trip Secretary

Thank you so much for electing me as your Trip Secretary for the next two years. Your Senior Club has some exciting trips planned for 2015, and is already working on 2016. If you have any ideas of what you would like to do as a trip, please do not hesitate to contact me or drop your idea off in writing at the reception desk at the Senior Center. Thank you again for electing me to be your trip secretary.



Kristine Christensen  
Financial Secretary

Hello, everyone. I'm Kris Christensen and I'm the new Financial Secretary for the Board of the Brentwood Senior Citizen's Club. I'd like to thank you all for your vote of confidence. Be assured I will do all in my powers to fulfill my position to the best of my abilities. I look forward to working with the Board to make our Senior Center a place where people choose to visit and enjoy the many things we have to offer to the community. Thank you.

# Johnny Cash & Patsy Cline Show



## NEW THERAPEUTIC WATER FITNESS!



Enjoy low impact fun while you increase your heart rate and tone your muscles. Promotes strength and endurance through buoyancy and water resistance. This class will help you loosen stiff joints and improve flexibility. No Swimming Experience Required. Classes are held in shallow water.

**CLASS LOCATION:** Brentwood Family Aquatic Complex, 195 Griffith Lane

CLASS #	DAY	TIME	DATES
14839	TU/TH	8:45AM-9:45AM	March 31– May 7

**FEE: \$45 (Resident) \$50 (Non-Resident)**

For additional information please contact the Park & Recreation Department  
Administrative Office, 35 Oak Street (Community Center) Brentwood, CA 94513.

Office hours 8am-5pm, Monday - Friday. (925) 516-5444.

## ATTENTION ALL CLUB MEMBERS!

We need raffle items for some of our upcoming events!!!! This is your opportunity to clean out your shelves and closets! New and items able of being re-gifted or recycled welcome. Please bring donations to front reception desk at the Senior Activity Center marked for the Mad Hatter Tea Party by March 1, 2015.



Are you looking for a volunteer opportunity? This is your chance! The Club is looking for volunteers to assist in the upcoming Club event:

**Mad Hatter Tea Party Saturday, March 7th**

**Sock Hop Saturday, May 2nd**

- \*Bakers
- \*Bartenders
- \*Photographer
- \*Decoration/Set-Up
- \*Greeter
- \*Clean-Up/Take-Down

Stop by the Brentwood Senior Activity Center Reception Desk to sign up today!!! If you have any questions or would like to sign up over the phone please call (925) 516-5380 and speak with one of our ambassadors.

## SENIOR CITIZENS CLUB TRIPS DISCOVER, EXPLORE AND HAVE FUN!

All trips depart from the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood.  
Space is limited for all trips. Don't wait ... register today!



### Day at the Races "Golden Gate Fields"

Thursday, April 16, 2015

Enjoy a visit to Golden Gate Fields, your day at the races is sure to be an unforgettable event. Your group will have reserved seating at the Turf Club with a hosted buffet lunch and perfect viewing to cheer for your "Brentwood Senior Citizen's Club" dedicated race.

Depart: 10:30AM Return: 6PM

Senior Club Member: \$60

Non-Senior Club Member: \$69

Trip #14821

### Sebastiani Vineyards and Winery – Lunch & More

Wednesday, May 13, 2015

Your day will begin with a tour of this rich historic winery and learning about the transition of Sebastiani's wines. What tour would be complete without tasting a "flight" of wines before your hosted "picnic style" lunch. Before leaving the "Wine Country" your group will stop at B.R. Cohen in Glen Ellen where you will enjoy tasting five B.R. Cohen wines, olive oils and vinegars.

Depart: 9:30AM Return: Approx. 5PM

Senior Club Member: \$92

Non-Senior Club Member: \$112

Trip #14822

## MARK YOUR CALENDARS UP-COMING TRIPS



## Tour of the NEW Home of the 49ers Wednesday, August 12, 2015

Fleet Week on the San Francisco Belle for the  
Best View in Town!  
Saturday, October 10, 2015



ALL DECKED OUT FOR THE HOLIDAY'S



JOIN  
BRENTWOOD SENIOR  
CITIZEN CLUB  
FOR A VISIT TO THE



MCHENRY MANSION AND DUARTE FARMS

WEDNESDAY, DECEMBER 2, 2015

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.



**SOCK  
HOP**  
*Cruise In*



*Dress Up  
&  
Dance Contest!*

**Saturday, May 2, 2015**

**Brentwood Senior Activity Center**

**Doors Open at 4:30PM**

**Event 5-9:30PM**

**No Host Bar**

**Burgers off the grill at 5:30PM**

**Registration begins March 16, 2015**

**Senior Club Member: \$20**

**Non-Club Member: \$25**

**No Refunds**

**Event # 14824**



Crystal Image Band will be performing 50 & 60 Hits !  
Reserved Parking available for your "COOL CLASSIC CAR"



Sign up soon before the event is SOLD OUT! (925) 516-5444