

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

Mother's Day Special Luncheon & Show

Friday, May 8, 2015

11:45a.m. - 1p.m.

I Got You Babe!

Mike Spellman and Ella Wolfe sing their special interpretation of some of the most beloved songs from standards, jazz, rock, and country.



From Mike's faithful rendition of Sinatra's "New York, New York," to Ella's soulful singing of Patsy Cline's "Crazy," to their hilarious take-off on Sonny and Cher — they guarantee to get your toes tapping and your face smiling!

Join the Brentwood Senior Citizen's Club, Inc. for this very special Mother's Day Luncheon and show. Advance reservations are required for this luncheon. Call CC Café directly, weekdays between 9 a.m. - 12 p.m. at (925) 634-5040 to make your reservations to attend by May 5, 2015. A \$2 donation per participant is appreciated.

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+.

Congressman Jerry McNerney, in coordination with
Brentwood Senior Citizens Club, Inc., invites you to a

Senior Assistance Fair

Wednesday, May 27, 2015

1:00 p.m. - 3:00 p.m.

Brentwood Senior Activity Center
193 Griffith Lane
Brentwood, CA 94513



**Have questions about Social Security or Medicare?
Want information on affordable meals & transportation?
Stop by our FREE event to learn about local services
available to you!**

RESOURCES & SERVICE PROVIDERS:

- ❖ Contra Costa County Employment
& Human Services, Aging & Adult Services
- ❖ Social Security
- ❖ Medicare
- ❖ Alzheimer's Association

To RSVP, call Congressman McNerney's Antioch office at (925) 754-0716

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:

- Tuesday, May 5
- Tuesday, June 2

2015 BOARD MEETING SCHEDULE

- Tuesday, May 12
- Tuesday, June 9

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



Join us for a New Club Members

MEET AND GREET SOCIAL!

May 19 from 5 - 6:30 p.m.

Senior Activity Center (Main Hall)

Come and find out what our Senior Club is all about!

Meet club representatives from senior programs, classes, and activities.

Sign up to attend this event at the Senior Activity Center registration desk.

Light refreshments will served.

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.



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

Afternoon "BUNCO"

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

May 26 & June 30
1-3:00 p.m.

Club Members: \$1/Non-Members: \$2
Senior Activity Card Required 🌳

\$10 Buy In! Cash prizes are now larger due to increased prize money.

BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM

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.

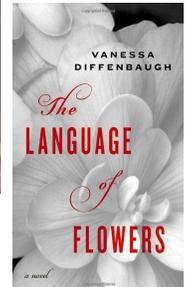
May

Little Dorrit
By Charles Dickens



June

The Language of Flowers
By Vanessa Diffenbaugh



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



ATTENTION!

Starting on June 5, 2015
the Brentwood Senior Activity
Center will be extending its hours of
operation on Fridays.
The new closing time will be 3PM.
This is a result of increased
scheduled activities on Fridays.

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,

1-3 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 & CROCHETING CIRCLE



Come join June Peters and friends for an afternoon of knitting or crocheting. 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 Brentwood 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.

**Progressive Bingo Game
every week!**

Chance of winning \$500

Don't Miss Out!!!

CC CAFÉ SENIOR NUTRITION PROGRAM

We are going to Party at the CC Café!

Starting in May 2015 we are going to have themed lunches at the CC Café. We want to fill the room with happy seniors. Come and meet new friends and get involved at the center. These themed lunches will be in addition to our special lunches on the second Friday and the last Wednesday of each month.

We will decorate for these lunches – so I am asking for volunteers to help out. Get involved, be creative, show us your talent!

Below is a schedule for these lunches – we really hope to see as many seniors there as possible. We have fun, so join us. The cost you ask – only \$2.00 for a nutritious lunch. Reservations can be made by calling 634-5040 – you can make reservations in advance but no later than 12:30 the day before. We don't like cancellations, but if you must, be sure to call and cancel if you can't make it.

Hoping to see you at the CC Café for lunch any day where seniors have fun.

Donna Martin

CC Café Manager



Themed Lunches
Friday, May 22, 2015
Remember those that served and
dress in Red, White and Blue

Wednesday, July 22, 2015
Summer Picnic - Bring a friend and you both
get a free lunch (Raffle prizes)

SPECIAL MONTHLY BRENTWOOD SENIOR CITIZEN'S CLUB LUNCHEONS

Join the Brentwood Senior Citizen's Club, Inc. twice a month for their special luncheons featuring a variety of catered meals from CC Café. Enjoy a variety of entertainment such as entertainers, bingo, and special raffles. Advanced reservations are required for these special luncheons and can be made by calling CC Café directly, weekdays between 9 a.m. - 12 p.m. at (925) 634-5040 two days in advance.

Special Luncheon Dates

Friday, May 8
Mothers Day Celebration Luncheon & Show
Special "I Got you Babe" performance by
Mike Spellman and Ella Wolfe

- 🕒 Wednesday, May 27
- 🕒 Friday, June 12
- 🕒 Wednesday, June 24

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 VISITORS 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 for the program, contact Tri Delta Transit, (925) 754-6622.

ADULT/SENIOR INFORMATION & REFERRAL COUNSELOR: 1 (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.

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.

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, which allows better communication for clients and their families, as well as supporters and the general public.

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.

CLUB PRESIDENT'S ADDRESS

Dear Club Members,

The new executive board has hit the ground running with an extended training session that included defining responsibilities and setting goals for the coming year. Many events have been proposed; some returning for repeat performances and some completely new. The enthusiasm by the new members and their willingness to take on work has been a thing of beauty.

A recent trip to Golden Gate Fields was a good example of a great idea becoming a successful reality. A sold out bus load of young-at-heart, adventure loving seniors for the one hour trip to Berkeley and a day of horse racing. The Club had a signature race and pictures with the winning jockey, a four hour buffet in the turf Club and seven exciting races to try to become expert handicappers.

April was also the month to honor all the volunteers who make the Club possible. Virtually all the work done for fundraisers, trips and benefits is accomplished by volunteers. An annual luncheon is hosted by the Club to recognize these special people, presenting certificates and other small tokens of our appreciation. Mayor Bob Taylor presented awards and thanked the Club and the volunteers for their contribution to the community.

The Bente Petersen Award for the volunteer of the year was deservedly earned by Rosaire "Bee" Lefebvre who is a constant presence at the Senior Activity Center. Bee exemplifies the spirit of volunteering with his pleasant personality, dedication and love of people.

This is a good time to be a senior in Brentwood and a great time to join the volunteers and see how rewarding service to others can be. Call the center and see how you can help. Or just come down and check it out!

Richard Griek, President

Brentwood Senior Citizen's Club

SNEAK PEEK INTO 2015!



May 2



Annual Senior Club Member



September 12

HOLIDAY CRAFT FAIRE

November 7 & 8



**WITCHES BALL
OCTOBER 23**



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

**Visit pg. 15 for more
Senior Trip Information.**

MAD HATTER TEA PARTY



VOLUNTEER APPRECIATION LUNCHEON

Every year the Brentwood Senior Citizen's Club, Inc. hosts this Volunteer Appreciation event to thank all of the Volunteers who day in and day out volunteer to assist with all of the activities and functions that are housed at the Brentwood Senior Activity Center.

Our Brentwood Senior Activity Center would not function at the level it does if it wasn't for you!!!

Thank you for everything you do. You are the key to our Center's Success!



Special thanks to Mayor Bob Taylor and Ambassador

Joann Klement from Jim Frazier's Office for attending and recognizing our volunteers at this years event.



This year's Bente Peterson's "Senior Volunteer of the Year" award was presented to Rosaire (BEE) Lefebvre For his Extraordinary Service and Leadership.



BRENTWOOD LIBRARY PRESENTS

Container Gardening and Gardening in Small Spaces

Featuring
Master Gardener
Terry Lippert



Join us for this free program on
Tuesday, May 12 @ 6:30 p.m.
At the Brentwood Community Center
35 Oak Street



Do you love to garden but have a small yard? Learn to grow your own fruits, vegetables and flowers, even in limited space. Learn to build and prepare raised beds and containers, and espalier fruit trees!

Brentwood Library
104 Oak Street
925-516-5290
Mon-Thurs 10-8
Fri-Sat 10-6
Closed Sunday



Registration is required. You may register at the library Help Desk, by calling the library at 516-5290, or online at ccclib.org/programs.



Road Scholar Ambassador Gladys Gilliland

At the Brentwood Community Center,
35 Oak St.
Tuesday, May 19th at 6:30 p.m.

Join Gladys Gilliland for a discussion about travel and lifelong learning opportunities offered by Road Scholar. Gladys recently traveled to Cuba with the Road Scholar program and will share her experiences from that trip. *"I have done everything from kayaking/snorkeling trips to Europe, Central and Latin America, Asia, etc."*



A main street in Santiago de Cuba.

Road Scholar educational adventures are created by Elderhostel, the not-for-profit world leader in lifelong learning since 1975. Road Scholar offers 5,500 educational tours in all 50 states and 150 countries.



Seniors dance at a Senior Center in Cuba.

Sponsored by the Friends of the Brentwood Library.

Brentwood Library
104 Oak Street
925-516-5290



Hours:
Mon-Thurs 10 - 8
Fri-Sat 10 - 6
Sunday Closed

VOLUNTEERS!

The Seniors Center's Volunteers serve in many ways— join the ranks of our dedicated volunteers! Volunteering is a great way to feel useful, meet new friends and know that you are helping others. Training is provided for all positions.

If you have an expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk.

Volunteers Needed

The Club is currently looking for volunteers to assist at the upcoming Club event:

Senior Club Annual BBQ, Ice Cream Social

- *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!



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

**This Trip is almost sold out
SIGN UP TODAY!!!**

Levi's Stadium Tour

Wednesday, August 12, 2015

Departure: 8AM

Return: Approximately 4:30PM

This new stadium is the home of the 49ers and the stage for the next generation of tradition. Be the first to go behind the scenes of this state of the art venue that has created the ultimate guest experience through innovated technology, with an environmental focus. At the conclusion of your tour you will enjoy a hosted lunch at the Michael Mina Bourbon Steak and Pub Restaurant at Levi's Stadium. After Lunch you will enjoy free time in the 49ers Museum.

Senior Club Members: \$67

Non-Senior Club Members: \$97

Trip # 15269



Fleet Week Air Show!

Saturday, October 10, 2015

Departure: 11:15AM

Return: Approximately 6PM

Join the Brentwood Senior Citizen's Club Inc. for the Best View in Town! Cost will include:

- Round trip deluxe motor coach transportation
- Cruise on board the S.F. Belle Paddle Wheeler
- Reserved seats on board ship
- Hosted hot buffet luncheon
- Music entertainment
- Special viewing of the Blue Angels show
- Driver's gratuity

Senior Club Members: \$97

Non-Senior Club Members: \$127

Trip #15266

DAY AT THE RACES "GOLDEN GATE FIELDS"



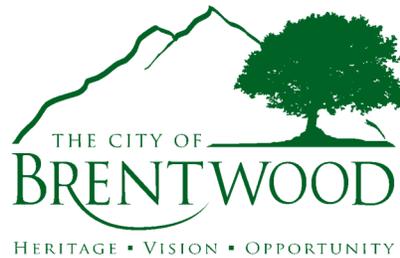
Horse racing offers a unique interactive experience like no other sport, and I must say it truly was a grand experience. We had reserve seating at the Turf Club, a hosted buffet lunch and PERFECT viewing of the race track. The third race of the day was dedicated to The Brentwood Senior Citizens Club, Inc. Eight people were chosen to have their picture taken with the winning Jockey. Those eight people were Dale and Mary Ann White, Richard and Judy Griek, Bill and Paula Joyce and Wendy and Michael Schraer. The day was such a success that I have re-booked the Day at the Races trip for the 2016 season. Please watch your spring newsletter for the next date and time. Thank you so much for participating in our trips. Without YOU these trips would not be such a success.

Paula Joyce

Trip Chairperson



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.



Calling for Artists!

The Brentwood Senior Citizen's Club is looking for artists to help us design a "NEW" Club logo. The goal of this logo is for it to capture the essence and mission of the Senior Club. This logo would be used by the Club in its letterhead and marketing materials.

- 1) Develop a two dimensional logo
- 2) Attach a coversheet with your basic contact information
- 3) Mail your logo entry to 35 Oak Street, Brentwood CA. 94513
Attention: Senior Club "Logo Contest" Committee.

Deadline to submit your logo entry is Friday, July 31, 2015

WINNER will be notified in August and will be announced in the September Newsletter!



\$100 Cash Prize!