

# Brentwood Senior Citizens 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 SENIOR BOARD REPRESENTATIVES

Congratulations to our newly elected 2010 Board Members

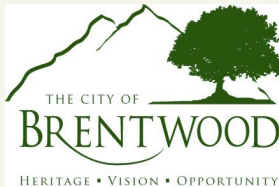
Margaret Cooley (Vice President)

Tove Johnston (Financial Secretary)

Donna DeFrates (Correspondent Secretary)



**Thank you all who voted during the January Senior Club Election.**



## 2010 BOARD MEETING SCHEDULE

March 9	August 10
April 13	September 14
May 11	October 12
June 8	November 9
July 13	December 14

**Board Meetings are held  
2nd Tuesday of the month  
at 9:30 a.m.  
Brentwood Senior  
Activities Center  
(Main Hall)**

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## PROGRAM SUB COMMITTEE MEETING SCHEDULE

Do you have an idea for a new activity or improved procedure for senior services? Then attend the following meetings to be held by the decision makers. Meetings are held 1st Tuesday of the month at 2 p.m.  
Brentwood Senior Activities Center (Main Hall)

March 2	August 3
April 6	September 7
May 4	October 5
June 1	November 2
July 6	December 7



## WEEK AT A GLANCE

### BRENTWOOD SENIOR ACTIVITY CENTER



### Mondays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 10:00 a.m. - 12:00 p.m. Premiers Exercise  
 12:45 p.m. - 2:45 p.m. Senior Movie Mondays (3/15 & 4/19)  
 1:30 p.m. - 3:30 p.m. A Place to Paint (On-going every week) 🌳

### Tuesdays

- 8:00 a.m. - 9:00 a.m. Tai Chi Qi Gong  
 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 9:30 a.m. - 11:30 a.m. Senior Board Meeting (2nd Tuesday of the month)  
 10:00 a.m. - 11:30 a.m. Conversational Italian Class  
 1:00 p.m. - 4:00 p.m. Pinochle Drop-In (On-going)  
 1:00 p.m. - 4:00 p.m. Bunco (Last Tuesday of each month) 🌳  
 1:30 p.m. - 2:30 p.m. Book Banter Group (3rd Tuesday of the month) 🌳  
 2:00 p.m. - 4:00 p.m. Program Sub Committee Meeting  
 (1st Tuesday of the month)

### Wednesdays



- 8:00 a.m. - 9:00 a.m. Gental Yoga Stretch  
 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 9:00 a.m. - 3:30 p.m. AARP Income Tax Assistance Program  
 9:30 a.m. - 10:15 a.m. Monthly Blood Pressure Checks (3rd Wednesday of each month)  
 10:00 a.m. - 12:00 p.m. Wii Games 🌳  
 10:00 a.m. - 12:00 p.m. Premiers Exercise  
 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon (Last Wednesday of each month)  
 12:30 p.m. - 3:30 p.m. Knitting Circle (Every week) 🌳  
     2:00 p.m. - 4:00 p.m. Cooking with Peggy (Last Wednesday of each month)  
 2:00 p.m. - 4:00 p.m. Oldies but Goodies  
 2:00 p.m. - 3:00 p.m. Line Dancing  
 6:00 p.m. - 9:30 p.m. Duplicate Bridge





## WEEK AT A GLANCE BRENTWOOD SENIOR ACTIVITY CENTER



### Thursdays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 10:00 a.m. - 11:30 a.m. Conversational Spanish II  
 1:00 p.m. - 4:00 p.m. Drop-In Pinochle (On-going)   
 1:00 p.m. - 3:00 p.m. Board Games (On-going)   
 2:00 p.m. - 4:00 p.m. Oldies but Goodies  
 7:30 a.m. - 8:30 a.m. Tai Chi Qi Gong

### Fridays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon (2nd Friday of each month)  
 12:30 p.m. - 2:00 p.m. Line Dancing Socials (Last Friday of the month)   
 10:00 a.m. - 12:00 p.m. Premiers Exercise  
 1:00 p.m. - 3:00 p.m. Open Drop In Billiards, 2nd and 4th 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 City of Brentwood  
Park & Recreation Department at  
101 B Sand Creek Rd.**

**All classes and the “Oldies but Goodies” are 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+.**

**KEEPING INFORMED**

People know to call 9-1-1 for emergencies, 4-1-1 for directory assistance, and 5-1-1 for traffic information. Now you can dial 2-1-1 to find out about a variety of health and social services that are available in our communities. Everyday someone needs assistance in finding essential health information and resources. It's important for people to know where in their community these healthcare and social services are available. Faced with a dramatic increase in the number of agencies and help-lines, people often don't know where to turn.

2-1-1 helps people find and give help. It is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. Whether you need help or want to offer your help, 2-1-1 Contra Costa is the place to start. Just by dialing 2-1-1 from any local prefix, you can access information for approximately 2,500 health and social services available offering multi-lingual access and connections to those hearing impaired. 2-1-1 is a national, toll free, three digit phone number. Calls are answered live, 24 hours a day 365 days a year by trained information and referral specialist. In Contra Costa County, 2-1-1 services is provided by the Contra Costa Crisis Center. You can also access services and referrals by connecting on-line at: [www.211contracosta.org](http://www.211contracosta.org).

**AARP INCOME TAX  
ASSISTANCE PROGRAM**

AARP Tax-Aide volunteers will help prepare federal and state tax returns for low to middle income taxpayers, especially senior citizens. An AARP Tax-Aide volunteer will be available to take Appointments at the Brentwood Senior Activity Center every Wednesday from (9 a.m.-3:30 p.m. only).



**No appointments will be taken by telephone.**



## SENIOR ACTIVITIES

### KNITTING CIRCLE

Come join us 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. Practice yarn and looper needles will be available for beginners.

Wednesday 12:30 a.m.-3:30 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER GAMEROOM

**FEE: Senior Club Activity Card Required**   
**Club Members: Free / Non-Members: \$2**  
*(Beginner Knitting Kits available for purchase)*



### BOOT SCOOTING FRIDAY 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.

**Last Friday of the Month from 12:30-2p.m.**

March 26

April 30

May 28

June 25

BRENTWOOD SENIOR ACTIVITY CENTER

MAIN HALL

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



### W I I

Drop in and learn how to play the latest video games on the Wii. Come learn how to play Bowling, Golf, Baseball and Tennis.

Wednesday 10 a.m.-12 p.m.

April 14 & 28

May 12 & 26

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

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM



### BUNCO

Starting in March join us for a fast paced dice game of luck and laughter!

Seasonal themed Prizes for losers and winners!

**It's going to be a fun time!**

Group will meet the last Tuesday of the Month starting in March.

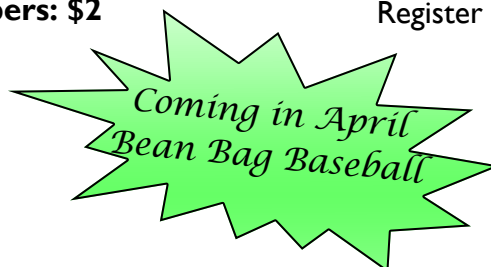
March 30th / April 27th/ May 25th

1- 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

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

Register at the front reception desk!



SENIOR ACTIVITIES

COOKING WITH PEGGY

Learn to prepare entrees and desserts that are quick and easy. Helpful hints and shortcuts are also covered. Make cooking fun and enjoyable as well as delicious!



FEE: \$5 per class  
 LOCATION: Brentwood Senior Activity Center (Meeting Room)

DAY	TIME	DATE	ITEMS
W	2-4 p.m.	3/31	Beef Stroganoff & Fruit Pizza
W	2-4 p.m.	4/28	Chili Blanco & Sugar Free Pumpkin Chiffon Pie
W	2-4 p.m.	5/26	Pork Medallions with Marsala Sauce & Fried Apples

Register at the Senior Activity Center Reception Desk. Please make checks payable to **Brentwood Senior Club Inc.** No cash or credit cards will be accepted.



50+ SENIOR THURSDAY EVENING BOCCE

A new twist on our most popular social activity for our Active Adults! For those seniors who would prefer an evening program instead of the morning program. Game times will be 5:30 p.m. for a Coed B League that is tentatively set to begin the week of April 1st. So grab some friends and form a team. **Deadline for teams registration is 5 p.m., March 19.**

SENIOR BOOK BANTER GROUP

Are you an avid reader, looking for someone to discuss the latest novel with? Join Jane and friends the third Tuesday of each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining a copy of the book on their own 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 )

MARCH	SUN AND SHADOW BY AKE EDWARDSON (CRIME NOVEL)
APRIL	THE CATCHER IN THE RYE BY J.D. SALLER (CLASSIC)



You can now register for all of your favorite classes and activities at the Brentwood Senior Activity Center reception desk.

Checks and credit cards are accepted only.  
 No cash please.

# SENIOR ACTIVITIES

## SENIOR MOVIE MONDAYS

Come join us on the third Monday of each month as we enjoy a variety of special movies in the comfort of the Main Hall at the Brentwood Senior Activity Center. The fun is free so join us. All movies start promptly at 12:45 p.m.

March 15th  
The Proposal  
Romantic Comedy

April 19th  
Chicago  
Musical-crime & drama



**Selection subject to change depending on availability.**

## A PLACE TO PAINT

Oil Painting provides for self expression, learning new skills, and assists with cultural competence. Join our drop-in group and share your knowledge of oil painting and techniques.

FEE: Senior Club Activity Card Required  
LOCATION: Brentwood Senior Activity Center Classroom  
DAY: Monday  
TIME: 1:30-3:30 p.m.  
DATE: On-going

## DROP-IN BILLIARDS

Enjoy the Senior Club's Billiard Room on a drop-in basis, 2nd and 4th Friday of the month from 1- 3 p.m.

Meet some friends, enjoy some billiards, and watch the game on our 52 inch flat screen!

## CARDS, CARDS & MORE CARDS

**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.

**Drop-In Pinochle**

**TUESDAY/THURSDAY AFTERNOONS**

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

Senior Club Activity Card Required  
Drop-in, no registration needed

## BOARD / TABLE GAMES



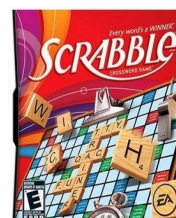
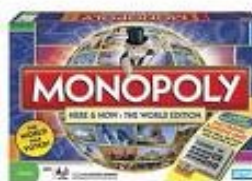
**Drop in and join in on the Fun on**

**Thursdays  
1- 3 p.m.**

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM



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



## CC CAFÉ SENIOR NUTRITION PROGRAM



ZEL

Hot Lunches are served 5 days a week for seniors 60+. Cost is \$2 per person. Call Zel 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 from 11:45 a.m.-12:10 p.m.

## SPECIAL MONTHLY BRENTWOOD SENIOR CITIZEN CLUB LUNCHEONS

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



### Dates for Special Luncheons

- Friday, March 12  
**(St. Patrick's Day Celebration)**
- Wednesday, March 31  
**(Wii Demonstration)**
- Friday, April 9
- Wednesday, April 28  
**(Special Presentation by Dr. Canoun)  
"Facial Rejuvenation"**

## MEALS ON WHEELS INFO LINE



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.

TRIPS

Join the Brentwood Senior Citizens Club excursion to



“San Francisco”

“Plunge beneath a four-story “Living Rainforest” in a glass elevator to see the “Flooded Amazon” Floor during the rainy season. Take a trip to the “Edge of the Universe” and back in a Planetarium that uses a state of the art digital projection system along with real time data from NASA. See the world’s deepest interior coral reef ecosystem featuring 3,000 exotic fish in the 25’ deep aquarium.”

**This trip includes a hosted lunch at the Beach Chalet, which offers a breathtaking ocean view.**

**Don’t miss out on this great experience!**

**Monday, April 12, 2010**

**FEE: Members \$86 per person**

**Non-Members: \$91 per person**

**Class # 9984**

**DEPARTING FROM: Brentwood Senior Activity Center Lobby**

**DEPARTURE TIME: 8:15 a.m.**

**RETURN TIME: 6 p.m. Approximately**

**TRIP REGISTRATION & CANCELLATION POLICY**

Registration for the “*Brentwood Senior Citizens Club, Inc.*” road trips are open to all seniors, 50 years and older:

- Registrations are accepted on a first-come, first-serve basis.
- Payment is due at the time of registration, unless otherwise noted.
- Payment may be made by cash, check, Visa or MasterCard. Please make checks payable to “*City of Brentwood*”.
- Trips not meeting the minimum number of participants by the registration deadline will be cancelled.
- If a trip is cancelled due to lack of interest, you will be refunded the full amount.
- If you withdraw from a trip, the following will apply:

**ONE DAY TRIPS - Sorry - no refunds within 5 working days prior to the departure date.**



**Space in Limited!!!**

**Deadline Friday, April 2, 2010 (4 p.m.)**

## SENIOR SERVICE PROGRAMS



**BROWN BAG PROGRAM!** Held at the Brentwood Senior Activity Center\*\* on the 2nd & 4th Thursdays of each month from 10:30 - 11:30 a.m. Serves Brentwood and Byron residents only. \*\*Program operates out of the Brentwood Senior Activity Center, 193 Griffith Lane in Brentwood! For program specifics, interested seniors should contact the Contra Costa Food Bank directly at (925) 676-7543.

**SENIOR PEER COUNSELING!** Senior Peer Counseling 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 , 1- (800) 510-2020**

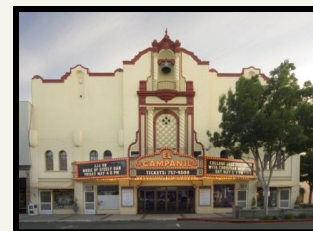
Many services are provided at the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood, unless otherwise noted. Call the City of Brentwood, Parks and Recreation Office at 516-5444 if you have any questions.

## SPECIAL THANKS TO



### Trader Joe's

for donating two wonderful gift bags to our Senior Club for the Valentines Senior Luncheon.



### El Campanil Theatre

For donating 30 Tickets to the Brentwood Senior Club to attend "Quarteto Vivace Brasil".



# Getting Involved With Your Community!



## Brentwood Senior Citizens 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 Citizens Club Board meets the second Tuesday of each month from 9:30 - 11:30 a.m. in the Brentwood Senior Activity Center, 193 Griffith Lane. So stop by and get involved! Open general membership luncheons are usually held the second Friday and last Wednesday of each month at 12 noon in the main hall at the Brentwood Senior Activity Center. Call the CC Café at (925) 634-5040 for lunch reservations at least two days prior to reserve your seat and times!

### Your 2010 Board of Directors!

President:	Lynda Oliver
Vice President:	Margaret Cooley
Treasurer:	Frank Payne
Financial Secretary:	Tove Johnston
Secretary:	Donna DeFrates
Membership Secretary:	Maria Espino
Trip Secretary:	Carole Hines



### Brentwood Senior Citizens Club Membership Form

Yes, please accept my membership registration for the Brentwood Senior Citizens Club, Inc., for the year 2010. Enclosed please find my check made payable to the City of Brentwood. Cost is \$15.00 per calendar year, beginning January, 2010.

**Please print:**

Name \_\_\_\_\_ DOB: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone Number \_\_\_\_\_

**Emergency Contact**  
**Phone Number:** \_\_\_\_\_

**Return completed form and check to:**  
The City of Brentwood  
Parks and Recreation Department  
101 B Sand Creek Road



City of Brentwood  
Parks and Recreation Department  
101B Sand Creek Road  
Brentwood, CA 94513

PHONE: (925) 516-5444  
FAX: (925) 516-5447

**“Keeping Seniors Connected”**

## **VOLUNTEERS WANTED**

**The Senior Citizens Club is looking for**



**Volunteers:**

- ◆ **Ambassadors**
- ◆ **Class Instructors**
- ◆ **Senior Lunchroom Aid**

Our Volunteer program benefits you by contributing your skills and abilities, knowledge and time for the betterment of the community. The volunteer will obtain a sense of accomplishment and personal development. Anyone interested in volunteering must fill out a Brentwood Senior Volunteer Application and submit application to the Senior Center reception desk.

## **RIDES FOR SENIORS PROGRAM**

Brentwood area senior citizens, 60 years +, now have a transportation system available to shuttle them to doctor, dentist appointments, and to the grocery store. The “*Rides for Seniors Program*” has started here in Brentwood and provides a service to seniors who can’t drive or afford a cab and live out of the loop of Dial-a-Ride. Trained volunteers provide the manpower for this program that has been very successful county wide! For more information about the program, or to arrange to join the program, please call Laurie Beck at (925) 284 - 6161 for a program eligibility assessment.

