

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 older adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

Volume 11 Issue 3 (925) 516-5444

www.ci.brentwood.ca.us

May/June 2009

A letter from Maria Espino, Membership Secretary



Maria Espino
Membership Secretary

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Thoughts from a Native of San Francisco!

My name is Maria Fabela-Espino, Membership Secretary for the Brentwood Senior Club. Four short years ago, I moved to Brentwood from South San Francisco (a suburb of San Francisco).

While initially I was feeling lost in Brentwood, I become aware of and the need to become involved tutoring English to Hispanic children in one of the Elementary Schools. I found this to be a very rewarding way to give back to my new community.

As time went by, and after giving it much thought, a friend encouraged me to join the Brentwood Senior Citizens Club. Currently, I'm serving my third year as part of the Board of Directors. I am involved in planning our many senior events and activities. It has been a very challenging, and yet a very exciting responsibility.

Here's a preview of some of the

wonderful events we have coming up. They include;

- On Friday, July 17th the Second Annual Ice Cream Social from 2-4pm!
- On Friday, August 14th the return of the Senior Fashion Show!
- On Wednesday, September 23rd the "Vagabond Players" presentation of "On Golden Pond"!
- And coming soon, Monday Movies at the Senior Center!

More information on these upcoming activities is available by stopping by the Brentwood Senior Activity Center and picking up a flyer.








So friends, get energized, don't procrastinate, check out these upcoming Senior Club events and activities, and sign up today!

Maria



Week at a Glance



MONDAYS	9:00 a.m. - 1:00 p.m.	C.C. Café Senior Nutrition**
	10:00 a.m. - 12:00 p.m.	Premiers* - Low Impact Exercise
	9:00 a.m. - 1:00 p.m.	 Open Drop-In Billiards, ongoing
	1:30 p.m. - 3:30 p.m.	 A Place to Paint, begins, ongoing
TUESDAYS	7:30 a.m. - 8:30 a.m.	Tai Chi Introductory Clinic, 7/14
	7:30 a.m. - 8:30 a.m.	Tai Chi, classes begin 7/28
	9:00 a.m. - 1:00 p.m.	C.C. Café Senior Nutrition**
	9:30 a.m. - 11:30 a.m.	Senior Club Board Meeting (May 5th & June 2nd at the Brentwood Senior Activity Center.)
	9:30 a.m. - 11:30 a.m.	Learn to play Wii, classes begin 8/14
	10:00 a.m. - 11:30 a.m.	Conversational Italian, classes begin 7/28
	9:00 a.m. - 1:00 p.m.	 Open Drop-In Billiards, on going
	1:00 p.m. - 4:00 p.m.	 Pinochle Drop-In, ongoing
	1:30 p.m. - 2:30 p.m.	 Senior Book Banter (3rd Tuesday of each month. See inside newsletter for more info.)
	WEDNESDAYS	9:00 a.m. - 1:00 p.m.
9:30 a.m. - 11:30 a.m.		Billiards Clinics, beginning 8/12
9:30 a.m. -10:15 a.m.		 Monthly Blood Pressure Checks in partnership with John Muir (3rd Wednesday of each month.)
10:00 a.m. - 12:00 p.m.		Premiers* - Low Impact Exercise
9:00 a.m. - 1:00 p.m.		Open Drop-In Billiards, on going
1:00 p.m. - 4:00 p.m.		 "Oldies but Goodies" - Art Projects
11:30 a.m. - 1:00 p.m.		C.C. Café Special Luncheon and Guest Speaker, Michael Young on Wills And Trusts (May 27th)
3:00 p.m. - 4:00 p.m.		Beginning Line Dancing, classes begin 7/8
3:30 p.m. - 5:30 p.m.		Sewing for Fun, classes begin 7/29

for May & June



CONTINUED,

THURSDAYS	7:30 a.m. - 8:30 a.m.	Tai Chi, classes
	9:00 a.m. - 1:00 p.m.	C.C. Café Senior Nutrition**
	9:00 a.m. - 12:00 p.m.	 Contract Bridge (At the Women's Club.)
	10:30 a.m. - 11:30 a.m.	Brown Bag Program (2nd & 4th Thursdays of each month.)
	10:00 a.m. - 11:30 a.m.	Conversational Spanish, classes begin 7/30
	9:00 a.m. - 1:00 p.m.	 Open Drop-In Billiards, on going
	1:00 p.m. - 4:00 p.m.	 Pinochle Drop-In, on going
	1:00 p.m. - 4:00 p.m.	"Oldies but Goodies" - Crafts & Bingo
FRIDAYS	9:00 a.m. - 1:00 p.m.	C.C. Café Senior Nutrition**
	10:00 a.m. - 12:00 p.m.	Premiers* - Low Impact Exercise
	9:00 a.m. - 1:00 p.m.	Open Drop-In Billiards - ongoing
	12:30 p.m. - 1:30 p.m.	C.C. Café Special Luncheon (2nd Friday of each 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., 730 Third Street.

*Premiers and "Oldies but Goodies" 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+.

Personal Growth Activities

Look! 50+ Active Older Adult classes in partnership with Liberty Adult Education! Classes will be taught at the new Brentwood Senior Activity Center, 193 Griffith Lane (at the corner of Griffith and Balfour Road.) Walk-in registration is taken at the Parks and Recreation Department, 730 Third Street, Brentwood, or register by phone at 925.516.5444, or register on line at www.ci.brentwood.ca.us/e-motion (Start dates subject to change).

Sewing for Fun

Continue your sewing skills as spring time arrives. We will find out in our first class what everyone wants to learn in our second semester of Sewing and Craft classes. A class supply list available at registration. Students must bring their own sewing machines and supplies.

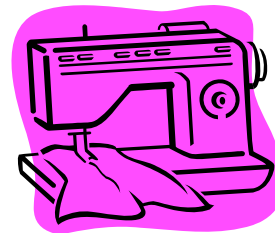
(10 student minimum.)

FEE: \$45 per session

INSTRUCTOR: Lochhead

LOCATION: Brentwood Senior Activity Center (Class Room)

CLASS #	DAY	TIME	DATE
9417	W	3:00-5:00 PM	7/29-9/30



Learn to Play Wii Sports

Learn to play Wii sports games. This is a great way to exercise and develop dexterity and hand-eye coordination. Games include Golf, Bowling, Tennis, Boxing, and Baseball. Each individual clinic focuses on one of the Wii games.

(10 student minimum.)

FEE: \$15 per session

INSTRUCTOR: Fiorelli

LOCATION: Brentwood Senior Activity Center (Game Room)

CLASS #	DAY	TIME	DATE	SPORT
9433	T	9:30-11:30AM	8/4	Baseball
9435	T	9:30-11:30AM	8/18	Boxing
9436	T	9:30-11:30AM	9/1	Tennis
9437	T	9:30-11:30AM	9/15	Golf
9438	T	9:30-11:30AM	9/29	Bowling

Fundamentals of Billiards Clinics

Learn how to use and identify the various tools in the game of billiards. Learn techniques for aiming, stroking, breaking and game strategies. Learn 8-ball, 9-ball, straight pool and billiards. Class will learn and use B.C.A. rules in scoring and game play.

(10 student minimum.)

FEE: \$15 per clinic session

INSTRUCTOR: Fiorelli

LOCATION: Brentwood Senior Activity Center (Game Room)



CLASS #	DAY	TIME	DATE	GAMES
9442	W	9:30-11:30AM	8/12	Focus on Bridge, Stroke, and Aim
9443	W	9:30-11:30AM	8/26	Focus on Speed, Rails, Set up & Safe Shots
9444	W	9:30-11:30AM	9/9	Focus on English, Draw, Follow & Stop Shot
9445	W	9:30-11:30AM	9/23	Focus on Scoring, 8-Ball & Straight

Conversational Italian

Conversational basic Italian, learn salutations, give and take directions, learn how to order at a Italian restaurant, learn some of the customs, traditions, and how to have a simple conversation. Learn basic grammar. (10 student minimum.)

FEE: \$65 per session

INSTRUCTOR: Bruno

LOCATION: Brentwood Senior Activity Center (Class Room)

CLASS #	DAY	TIME	DATE
9451	T	10-11:30AM	7/28-9/29

Conversational Spanish

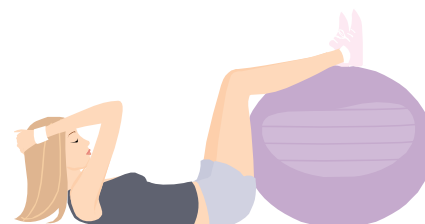
Learn basic Spanish for practical daily and travel use. This basic introduction to Spanish vocabulary offers a pleasant approach to Spanish language learning. Come, have fun and learn. (10 student minimum.)

FEE: \$35 per session

INSTRUCTOR: Child

LOCATION: Brentwood Senior Activity Center (Class Room)

CLASS #	DAY	TIME	DATE
9420	TH	10-11:30AM	7/30-10/1



Premiers Exercise Program

This popular class will offer stretching, light weights, and low impact aerobics for our Active Older Adults.

(10 student minimum.)

FEE: \$30 per session

INSTRUCTOR: Ghiggeri

LOCATION: Brentwood Senior Activity Center (Main Hall)

CLASS #	DAY	TIME	DATE
9429	M/W/F	10AM-12PM	8/10-10/2

TAI CHI Introductory Clinic – New

This “Free” introduction is intended to preview the classes that follow. The repeated slow moving TAI CHI exercises use breathing, body alignment (posture), and movement to massage the internal organs, tone the muscles, and to keep the joints free. Benefits include; balance and coordination are improved; a calmer mind and reduced stress; more energy and strength; circulatory improvements; various body aches diminish and disappear, and range of motion increases to the limits of your physical make-up.

(10 students minimum requirement.)

FEE: Free (Advance registration is required. Please call the City of Brentwood Parks & Recreation at 516-5444 to reserve your space).

INSTRUCTOR: Wolf

LOCATION: Brentwood Senior Activity Center (Main Hall)

CLASS #	DAY	TIME	DATE
9455	T	7:30-8:30AM	7/14

TAI CHI QI GONG – New

Based on a martial art form, TAI CHI exercises use mental focus and movement to strengthen, relax and energize the body. Repeated slow movements and thoughts are used to train the muscle memory (the subconscious) to move efficiently and effectively. Over time, balance and health are improved and maintained, and the effects of aging lessen.

(10 students minimum requirement.)

FEE: \$69 per session

INSTRUCTOR: Wolf

LOCATION: Brentwood Senior Activity Center (Main Hall)

CLASS #	DAY	TIME	DATE
9453	T/Th	8:30-9:30AM	7/28-9/1
9454	T/Th	8:30-9:30AM	10/13-12/10*

*No class 11/3

Line Dancing is finally here!

You will be totally delighted with this bright upbeat lady, who has mastered the art of coaching her students without stress while helping them to unfold the talents she claims we all have within. Our very own Cozette has been teaching Singles & Couples for twenty years. She has prepared many couples for their wedding dance, anniversary dance and cruise vacations.

Beginning Line Dance – New

Partners not required. Aerobics seem like too much work? Make it a pleasure! Join others for Line Dancing.

(10 student minimum requirement.)

FEE: \$35/per person or \$55 per couple.

INSTRUCTOR: Hileman

LOCATION: Brentwood Senior Activity Center (Main Hall)

CLASS #	DAY	TIME	DATE
9422	W	2-3:00PM	7/8-7/29
9423	W	2-3:00PM	8/5-8/26
9424	W	2-3:00PM	9/9-9/30
9425	W	2-3:00PM	10/1-10/28
9426	W	2-3:00PM	11/4-11/25



And from the Recreation Department...Basic Tap for Seniors!

Learn how to tap dance as an absolute beginner who has no experience of the dancing form. Students will learn the basic steps to get started. Lessons include steps like the shuffle move and the ball change, as well as basic toe techniques, tap dancing postures, and a practice routine.

FEE: \$43.62 Res./\$47.98 Non-Res. (6 weeks)

INSTRUCTOR: Mary Lyons

LOCATION: Brentwood Senior Activity Center (Main Hall)

CLASS #	DAY	TIME	DATE
8919	T	1-1:45PM	3/14-4/21
8920	T	1-1:45PM	4/28-6/2

CPR and First Aid Combination Class

Course emphasizes prevention and preparation for medical emergencies for the adult, child, and infant and basic first aid skills. This course is perfect for educators, parents, coaches, childcare providers, foster care, or anyone wanting to learn the skills of CPR.

(10 student minimum.)

FEE: \$75 Res./\$82.50 Non-Res. (1class)

INSTRUCTOR: CPR Fast Staff

LOCATION: Edna Hill (Exercise Room)

CLASS #	DAY	TIME	DATE
9135	SA	9AM-4PM	7/25
9136	SA	9AM-4PM	9/12



Aquatics ~ Lap Swim

Enjoy swimming laps? The Brentwood Family Aquatics Complex offers three time slots per weekdays for you to enjoy swimming laps in the outdoor competition pool. Entries may be paid per visit or a multi-swim pass may be purchased. Public Lap Swim is open on the following schedule:

Monday-Friday 5:30-8AM
11AM-12:45PM
6:15-8:15PM

Lap Swim Admission

Single Entry	\$3	16 Swim Pass	\$34.40
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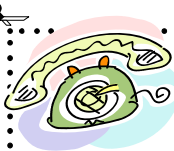
Lap Swim Passes may not be used for Recreation Swim.



Brentwood Masters Swim

The Brentwood Masters Swim Program (for ages 19+) is our newest and most fun aquatic program for adults! This program is registered with the Pacific Masters Swim Program. Practices include assistance in developing techniques and stroke improvement, and is a full body cardiovascular workout. Participants are welcome to compete at U.S.A. Sanctioned swim meets. All skill levels are welcome to join. For more information, drop by the aquatics center during lap swim hours and ask for Coach Fulton.

SENIOR SUNSHINE PROGRAM



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**



**A special service provided by
the Brentwood Senior Citizens
Club, Inc., that offers friendship
and moral support to our senior
citizens who have had a personal
or medical set back.**

**If you know of a senior,
regardless of whether they are a
club member or not, stop by the
Brentwood Senior Activity Center
and let us know. We'll relay the
"senior in need" information to
the Brentwood Senior Citizens
Club Sunshine Person who will
then contact the senior in
distress, bringing a little cheer
their way.**

Drop-In groups are forming now!

If you are interested in leading and/or participating in a particular program and/or activity, please contact the Parks & Recreation Office at 516-5444 and have your name and phone number added to the interest list.

Once enough interest has been determined, participants will be contacted to get things started. Current Interests include;

- Hiking Group
- Walking Group
- Horse Shoes Group



And even more services available...

Adult/Senior Information & Referral Counselor
Call 1-800-510-2020

Community Online Resources Database
www.crisis-center.org/cord.html

Dial-a-Ride Service
For seniors and disabled individuals
To register in the program, contact Tri Delta Transit, 925-754-6622

Community 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!

C.C. CAFÉ - Hot lunch served 5 days a week for seniors 60+. Cost is \$2.00 per person. Call (925) 634-5040, weekdays between 8:30 a.m. - 12:00 p.m., to reserve your seat. Meals served at the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood.

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.

MEALS ON WHEELS! 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.

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.

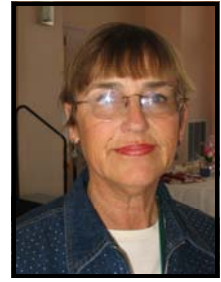


“Rides for Seniors Program”

Brentwood area senior citizens, 60 years +, now have a transportation system available to shuttle them to doctor and 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.

Getting Involved With Your Community!

Brentwood Senior Citizens Club, Inc.



*Club President
Lynda Oliver*

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 of Directors generally meets the first Tuesday of each month from 9:30 - 11:00 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, 193 Griffith Lane. Call the CC Café at (925) 634-5040 for lunch reservations at least two days prior to reserve your seat and times!

Your 2009 Board of Directors!

President:	Lynda Oliver
Vice President:	Omar Hindiyeh
Treasurer:	Frank Payne
Financial Secretary:	Margaret Cooley
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 2009. Enclosed please find my check made payable to the City of Brentwood. Cost is \$15.00 per calendar year, beginning January, 2009.

Please print:

Name _____

Address _____

City _____ Phone Number _____

Return completed form and check to:

The City of Brentwood

Parks and Recreation Department

730 Third Street, Brentwood, CA 94513



The Brentwood Senior Citizens Club, Inc. Presents...Bingo!



Join our Senior Club twice a month at our Special Luncheons to play bingo for cash! Generally held the second Friday and the last Wednesday of each month, play along with the Brentwood Senior Citizens Club, Inc. for cash prizes. \$1 per card, \$2 minimum buy-in!

For lunch reservations, please contact C.C. Café @ 634-5040 Monday through Friday before Noon, a minimum of one day in advance. All proceeds to benefit local senior programs and charities.

Note: Bingo days are subject to change without notice depending on entertainment or speakers scheduled.



Shirley Krohn Senior Assembly Member Liaison

California Senior Legislature

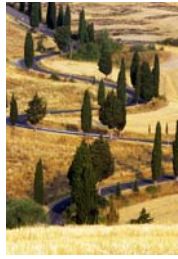
Protecting our Precious Seniors!

Protecting oneself from frauds, scams and ID theft...a wrenching issue for many seniors. Where to go to get information. Who to trust; who not to trust. Major issues faced by today's aging population. There is a grass roots effort in our County to provide the information necessary for our seniors to protect themselves from scam artists.

I have been working with a core group of organizations including the County DA's office, JFK University Elder Law Clinic, Contra Costa for Every Generation, the Elder Financial Protection Network, Department of Consumer Affairs, East County Coalition, A-MAZE-ing Solutions Foundation, (and many others) to put together a training to address these issues. Communities Against Senior Exploitation (CASE) is a grass roots effort that brings together volunteers within the community to provide information on prevention methods to our senior population.

We are looking for speaking engagements to bring this important information to a critical mass of seniors. If you are a member of a fraternal or philanthropic organization, member of a senior citizens group, a retired organization (i.e. schoolteachers, hospital employees, county employees, corporate retirement group, etc) and would like a speaker to come and present, I welcome the opportunity to help seniors understand how to protect themselves. Please contact me via email skrohn9520@aol.com, or phone at 925-256-8736 so that we can schedule a presentation.

Happiness is not a station to arrive at, but a manner of traveling.



“The Oldies but Goodies Program”

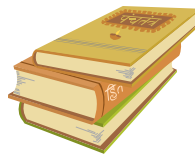


This program is specifically designed to offer fun, easy activities and socialization for the frail elderly or adults who find themselves homebound, isolated or alone, as well as active seniors who enjoy crafts, socializing, and helping other seniors.

A snack is provided along with weekly art and craft projects, music, field trips, guest speakers, bingo for fun, parties, and more. This program is in partnership with Liberty Adult Education and coordinated by Joanne Joaquin. This program is **FREE** to participants!



Joanne!



“Brentwood Book Banter Club”! 🌳

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 1:30-2:30pm at the Brentwood Senior Activity Center.

Senior Activity Card Required!

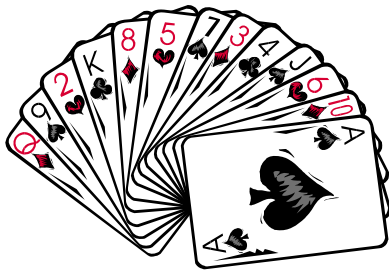
- May 19th Selection:
“Water for Elephants”
by Sara Gruen
- June 16th Selection:
“The Shooting Party”
by Isabel Colgate
- July 21st Selection:
“Up Country”
by Nelson Demille
- August 18th Selection:
“Ali & Nino”
by Nelson Demille

Free Blood Pressure Checks!

John Muir Senior Services will be on hand at the Brentwood Senior Activity Center on Wednesdays from 9:30 a.m.-10:15 a.m. and again from 1:30 p.m.-2:30 p.m., providing our seniors with free blood pressure checks. This program is on a first come, first serve basis and everyone is welcome. Just stop in during these days and times, and get your blood pressure checked!



CARDS, CARDS & MORE CARDS



WEDNESDAY EVENINGS

Duplicate Bridge

6:00-9:30 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 too.

THURSDAY MORNINGS

Senior Bridge

9:00 A.M. - 12 NOON

BRENTWOOD WOMEN'S CLUB

648 2nd Street

Drop-in, no registration needed.

Contract Bridge can be a lot of fun, so come make friends!

TUESDAY/THURSDAY

AFTERNOONS

Drop-In Pinochle

1:00 - 4:00 P.M.

BRENTWOOD SENIOR ACTIVITY CENTER

Thank you to our Club

Sponsors:



~Perko's Café~

1135 Second St.
Brentwood, CA

~Sweeney's Grill & Bar~

301 Oak St.
Brentwood, CA

~Brentwood's Ace Hardware~

8900 Brentwood Blvd.
Brentwood, CA

~Mimi's Café~

5705 Lonetree Way
Antioch, CA

~Raley's store# 336~

2400 Sandcreek Rd.
Brentwood, CA

~Great Clips~

5887 K - Lonetree Way
Antioch, CA

~Brentwood Café~

8500 Brentwood Blvd
Brentwood, CA

~Nines Bar & Grill~

Brentwood Golf Club

100 Summerset Dr.
Brentwood, CA

~Cap's Oak St. Bar and Grill~

Owners Vasilios & Elaine Karadais

~Ribbon and Roses~

Owner Diane O'Brian



Back on the Road Again... Day Trips & Tours

Red Hawk Casino in June 2009

Carole Hines
Trip Secretary

Enjoy a visit to the Red Hawk Casino in Placerville California.
Monday, June 8, 2009

Departure: 7:45 a.m.
Return: 4:15 p.m.
Cost: \$36 Club Member
\$38 Non Member



Price includes \$15 of Slot Play or \$20 Match Play for table games. Space is limited. Register today!

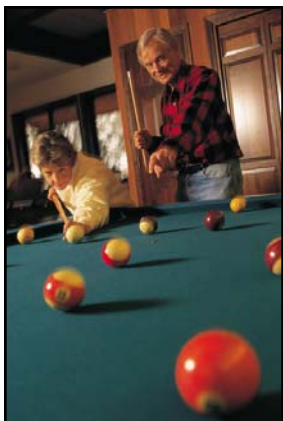
And Coming Up Soon...

- ◆ Russian River (Music Concert)
- ◆ Silent Step Back in Time
- ◆ March...Chinese New Year
- ◆ Festival of Lights
- ◆ KQED in San Francisco
- ◆ Mums Flowers
- ◆ Sutter Creek
- ◆ Comanche Ranch




Drop-In Billiards

Enjoy the Senior Club's Billiards room on a drop-in basis, Monday-Friday between 9:00 a.m. & 1:00 p.m., except when the Billiards clinics are meeting.



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

A Senior Club Activity card is required. 

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.

Ribbons & Roses

Flowers and Gifts for all Occasions

Diane O'Brien
Owner

Diane@ribbons-n-roses.com
Ribbons-n-Roses.com

Phone: 925-634-3832 - 151 Chestnut Street Brentwood, CA 94513

AARP 55 ALIVE DRIVING CLASS

This course is two (2) days of four (4) hours each and is divided into 9 topics that include; Course Overview, Self-Assessment, Vision and Hearing, Driving Situations, Hazardous Driving Environments, Drivers Guidance, the Vehicle, Alcohol and Medication, and driving discussion. Class limited by law to a maximum number of 30 participants. Payment made to instructor at the first class. (Please make checks payable to AARP) NOTE: Advanced reservations are required. Contact the Parks and Recreation Department at 516-5444.

FEE: \$12 AARP Members/\$14 Non-members

INSTRUCTOR: Walt Elliot, AARP Volunteer

LOCATION: Brentwood Senior Activity Center (Class Room)

CLASS #	DAY	TIME	DATE
9456	W	8AM-12PM	9/16-9/23



2009 Senior Bocce League Standings as of April 23rd

Happy Hearts	13 wins
High Rollers	15 wins
Hit & Miss	11 wins
5 Star Plumbing	8 wins
Delta Fence	11 wins
Ricci Painting	6 wins
Curves Elites	8 wins
Petro Chem.	6 wins
Rock & Rollers	8 wins
IncrediBALLS	7 wins
Premiers	4 wins
Earthquakes	5 wins

"A Place to Paint" Drop-In Program



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

DAY: Mondays

TIME: 1:30-3:30PM

DATE: On-going

Volunteer Ambassadors Wanted



The Brentwood Senior Club is continuing to look for individuals who may be interested in volunteering at the Brentwood Senior Activity Center. As a Volunteer Ambassador, individuals would be responsible for greeting participants, providing information on programs and activities, and generally answering questions about the Brentwood Senior Club. Interested individuals should contact Bente Petersen at 684-9202.



City of Brentwood
Parks & Recreation Department
Brentwood Community Center
730 Third Street

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