

September/October 2011



# 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

## HALLOWEEN MASQUERADE BALL

FRIDAY, OCTOBER 28

6 TO 9PM

BRENTWOOD SENIOR ACTIVITY CENTER

MUSIC BY "NOTE WORTHY"

DANCING, HORS D'OEUVRES

& "SPIRITS"

TICKETS: \$8 FOR MEMBERS

\$10 FOR NON-MEMBERS

PURCHASE YOUR TICKETS AT THE SENIOR CENTER OR  
THE PARKS & RECREATION DEPARTMENT

### Events:

- Friends, Food, Fun, Free! September 24th
- Senior BBQ @ Veterans Park, October 8
- Halloween Masquerade Ball, October 28th
- 2nd Annual Holiday Gift & Craft Faire, November 5th
- Holiday Concert Program, December 16

INSIDE THIS  
ISSUE:

**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. - 11:30 a.m. Premiers Exercise (Ongoing, New Session starts 10/17)  
 12:45 p.m. - 2:45 p.m. Movie Monday (9/19 & 10/17)  
 12:30 p.m. - 3:30 p.m. Knitting Circle (Ongoing Every week) 🌳  
 12:30 p.m. - 3:30 p.m. A Place to Paint (Ongoing every week) 🌳

**Tuesdays**

- 8:00 a.m. - 9:00 a.m. Tai Chi Qi Gong (Ends 9/20)  
 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 9:30 a.m. - 11:30 a.m. Program Sub-Committee Meeting (1st Tuesday of the month)  
 9:30 a.m. - 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)  
 1:00 p.m. - 4:00 p.m. Pinochle Drop-In (Ongoing) 🌳  
 1:00 p.m. - 4:00 p.m. Party Bridge (1st & 3rd Tuesday of the month) 🌳  
 1:00 p.m. - 4:00 p.m. Bunco (9/29 & 10/25) 🌳  
 1:30 p.m. - 2:30 p.m. Book Banter Group (9/20 & 10/18)

**Wednesdays**

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 9:30 a.m. - 10:15 a.m. Monthly Blood Pressure Checks (3rd Wednesday of the month)  
 10:00 a.m. - 12:00 p.m. Wii Games 🌳  
 10:00 a.m. - 11:30 a.m. Premiers Exercise  
 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon (Last Wednesday of the month)  
 2:00 p.m. - 4:00 p.m. Cooking with Peggy (9/28 & 10/26)  
 1:00 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

**Thursdays**

- 7:30 a.m. - 8:30 a.m. Tai Chi Qi Gong (Ends 9/22)  
 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 1:00 p.m. - 4:00 p.m. Drop-In Pinochle (Ongoing) 🌳  
 1:00 p.m. - 3:00 p.m. Billiards and Board Games (Ongoing) 🌳  
 1:00 p.m. - 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 a.m. - 11:30 a.m. Premiers Exercise  
 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) 🌳

🌳 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 101 B Sand Creek Road. All classes and the "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+.

### Marianne's Lunch Bunch

Hate to eat alone? Enjoy a meal with friends. Join us on the 3rd Wednesday of each month at local Brentwood restaurants at Noon.

September 21: The infamous Brentwood Emporium, 561 1st Street, is our first stop. Giant deli sandwiches for \$2.75. Great décor, lots of history and unbelievable prices.

October 19: We will dine at the landmark Brentwood Café, 8500 Brentwood Blvd. Known for their tasty food, great service and huge portions.

November 16: Silver Skillet, 8300 Brentwood Blvd. A has new owners! True Mom & Pop serving authentic Mexican as well as American food that is yummy.

No reservations are necessary. Just show up and share your ideas for the next three months of great friendship and dining.



### Be a part of the fun!

#### Volunteer at the Brentwood Senior Activity Center as a Senior Ambassador

Time Commitment: Minimum - one (1) day per week, four (4) hours per day. Morning or Afternoons shifts are available. Ambassador Duties:

- Answer telephone (record accurate messages as needed).
- Greet the public, answer questions, give directions, and provide basic Center information.
- Assist with class/activity registrations.
- Prepare mailing materials.
- Make appropriate referrals.
- Maintain sign-in logs.

If interested in volunteering, please contact Bente Petersen at (925) 684-9202.



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. Use your S.H.A.R.E.S card at any Save Mart family Stores:

Save Mart Supermarkets, S-Mart Foods, FoodMaxx and Lucky. Up to 3% of the supporters spending goes to the Club. Your groups 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 Volunteer Ambassador Receptionist Desk.

# KEEPING INFORMED

Everythingbrentwood.com is excited to announce that in January the website launched 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.



*Everything Brentwood*

Check out <http://www.everythingbrentwood.com>. Get connected with everythingbrentwood.com by telling them what you think about some of a 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!

### Cache Creek Casino Here We Come!

On Wednesday, August 17, 2011 the Brentwood Senior Center Members and guests boarded a Golden West Travel bus for a day of fun at the Cache Creek Casino. The bus was filled with smiling faces all anticipating their big win of the day. Speaking of winner’s, there were a few who did return with some jingle (cash) in their pockets. Our Trip Secretary, Laura Jaramillo, had provided us with snacks on the way to the casino and a fun raffle on the way back. There were four prizes given out. One being the Grand Prize, a “free ticket” for the next trip with the Brentwood Senior Citizen’s Club, Inc. All in all, it was a very nice day and I, too, am looking forward to our next trip!

By: Paula Joyce—Trip Committee Member



## 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 9:30 a.m.  
Brentwood Senior Activity Center (Main Hall)

- September 6
- October 4

## 2011 BOARD MEETING SCHEDULE

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



- September 13
- October 11

# SENIOR ACTIVITIES

## SENIOR CENTER BOOK AND MEDIA LIBRARY



Please come and visit our newly updated media library located in the Game Room. We have a great selection of new books, audio tapes, and movie tapes. 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.

## COOKING WITH PEGGY



Learn to prepare entrées and desserts that are quick and easy. Helpful hints and short-cuts are also covered. Make cooking fun and enjoyable as well as delicious! Last Wednesday of the month from 2-4 p.m.

FEE: \$5 per class

LOCATION: Brentwood Senior Activity Center (Meeting Room)

**September 28**  
**Chicken Stew & Beer Biscuits**  
 Special Time: 1:30-3:30pm



**October 26**  
**Easy Bake Chicken & Marinated Carrots**

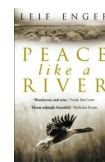
Register at the Senior Activity Center Reception Desk. Please make checks payable to:

**Brentwood Senior Citizens, Club Inc.,**

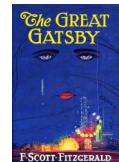
## BOOK BANTER GROUP

Are you an avid reader, looking for someone to discuss the latest novel with? Join Jane and friends on the third Tuesday of each month as they discuss the preselected books listed below. Participants are responsible for obtaining a copy of the book and should read it prior to attending the discussion. The group meets from 1:30-2:30 p.m. at the Brentwood Senior Activity Center (Class Room).

September 20  
 Peace like a River  
 By Leif Enger



October 18  
 The Great Gatsby  
 By F. Scott Fitzgerald



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

**Senior BBQ**

**At**

**Veterans Park**  
 (3841 Balfour Road)

**Saturday, October 8**  
 12 p.m. to 3 p.m.

**Free**

**Entertainment by "InSteel"**

**Menu: Hamburgers, Macaroni & Potato Salad, Baked Beans, Ice Cream, Soda & Water**

**RSVP at the Senior Center Ambassador Desk**

## SENIOR ACTIVITIES

### 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 Game Room at the Senior Center. The fun is free, so join us. All movies start promptly at 12:30 p.m. in the Game Room.

September 19th

**"Special Request" Zorba the Greek**



October 17th  
**About a boy**



Movies are FREE TO ALL

Selection subject to change depending on availability.

### 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

**Club Members: \$1 / Non-Members: \$2**

**Senior Activity Card Required** 🌳

### DROP-IN BILLIARDS AND BOARD GAMES

**Drop in and join in on the fun on**

**Thursdays**

**1- 3 p.m.**

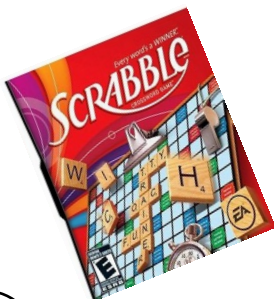


SENIOR ACTIVITY CENTER

GAME ROOM

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳



### DROP-IN PARTY BRIDGE



**1ST AND 3RD TUESDAY OF THE MONTH**

1 - 4 p.m.

**BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM**

**Club Members: \$1 / Non-Members: \$2**

**Senior Activity Card Required** 🌳

**Drop-in, no registration needed.**

Come play and make new friends

Program will start this Summer in June

For more information, please contact

Marsha at (925) 513-4446.



## SENIOR ACTIVITIES

### KNITTING CIRCLE

Come join June Peters 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 looser needles will be available for beginners.

Mondays 12:30-3:30 p.m.

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

*(Beginner Knitting Kits available for purchase)*

SENIOR ACTIVITY CENTER  
CLASS ROOM

### WII

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

Wednesdays 10 a.m.-12 p.m.

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

### 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.

Mondays from 12:30-3:30 p.m.

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

SENIOR ACTIVITY CENTER  
CLASS ROOM

### BUNCO



Join us for a fast paced dice game of luck and laughter!

Seasonal themed prizes for all!  
**It's going to be a fun time!**

Group will meet the last Tuesday of the month  
1-4 p.m.

**Club Members: \$1/ Non-Members: \$2**

**Senior Activity Card Required** 🌳

Register at the front reception desk!

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

### 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

12:30-2PM

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

BRENTWOOD SENIOR ACTIVITY CENTER

### BINGO

**During you Special Luncheons  
the following applies:**

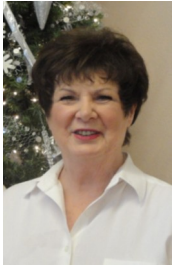
**Green Cards: 3 plays = 3 gifts**

**Tan Cards: 2 plays = 2 cash envelopes will be  
given out!**

**Raffle Gifts are also provided!**



## 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'S CLUB

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.

#### Dates for Special Luncheons

- 🕒 Friday, September 9
- 🕒 Wednesday, September 28
- 🕒 Friday, October 14
- 🕒 Wednesday, October 26

### 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.



## *2nd Annual Holiday Gift and Craft Faire*



**Saturday, November 5, 2011**

**9 a.m. - 4 p.m.**

**Brentwood Senior Activity Center**

**193 Griffith Lane Brentwood**

## SPECIAL EVENTS



**Free!**

# FRIENDS, FOOD, FUN, FREE



**DON'T MISS OUT!**

## **RAFFLES, ENTERTAINMENT, INFORMATION & RESOURCES FOR SENIORS!**

**SEPTEMBER 24, 2011**

**10:00 a.m. - 2:00 p.m.**

**Brentwood Senior Activity Center  
193 Griffith Lane, Brentwood**

**Senior Helpers, Hannah Nicole Vineyards, Eskaton Lodge, Elderly Wish Foundation, Hospice of the East Bay, A Place for Mom, The Commons at Dallas Ranch, Welcome Home Cleaning, Doctor Beer, The Residences – Antioch Care Home, Vet Tech Petcare, Art by Kaethe, Gold Refinery, John Muir Senior Services, Grief Baskets, Sweet Medical, Edward Jones, Contra Costa Hearing Aid, Classy Cottage, Anthem Blue Cross, Kaleidoscope, Harp, Neptune Society, Ombudsman Services, Brentwood Police Dept., Brentwood Fire Dept., Caring Hands, Kinders, Melo's Pizza, Mountain Mike Pizza, Trader Joes, Chilli's, Panera, City Center Pharmacy, SNAP, East County Coalition, Hicap, Matthew Hart Attorney at Law, Meals on Wheels, Bedford Center, California Access, Travel AAA, Hospice of the East Bay Thrift Shop, Special Walking Tubs, Bath & Body Homemade, Silpada Jewelry, Costco, and Comfort Dental.**

**FREE RAFFLE TICKETS AS A BONUS FOR PARTICIPATING!!!**



## SENIOR SERVICE PROGRAMS

**BROWN BAG PROGRAM:** Held at the Brentwood Senior Activity Center, 193 Griffith Lane in Brentwood, on the 2nd & 4th Thursdays of each month from 10:30 - 11:30 a.m. Serves Brentwood and Byron residents only. 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

**HICAP:** Services offered on 2nd Tuesday of the month, from 11:30am-3:30pm at the Senior Center

## HICAP

### NEED HELP DECIDING WHETHER TO CHANGE YOUR MEDICARE DRUG OR HEALTH PLAN?

Do you need help deciding whether to change or join a Medicare Prescription Drug Plan or Medicare HMO or PPO plan. Do you want to know if you could be eligible for Extra Help paying for prescription drug coverage?

HICAP can help. Medicare's annual enrollment period for plans runs from October 15 to December 7, 2011. Based on information you provide about your prescriptions, HICAP will identify the plans that will provide you the best coverage for the lowest overall cost. HICAP will also identify opportunities to lower your costs through public or discount programs. You will meet with a registered HICAP counselor to discuss the results and any Medicare questions you may have at our enrollment event. November 15 at the Brentwood Senior Activity Center. Please contact HICAP at 1-800-510-2020 option 2 to get a worksheet for your personalized plan review.

### Have you Had Your Blood Pressure Checked?



Monthly Blood Pressure Checks  
**3rd Wednesday of each month**  
**9:30-10:15AM**

**No appointment necessary.**  
Brentwood Senior Activity Center  
Class Room  
Sponsored by John Muir Health

## RIDES FOR SENIORS PROGRAM

Brentwood area senior citizens, 60 years plus, 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.

## Getting Involved With Your Community!

### **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, 193 Griffith Lane.

So stop by and get involved!

### **Your 2011 Board of Directors!**

President:	Ernie Rodrigues
Vice President:	Marianne Wiesen
Treasurer:	Lynda Cremeans
Financial Secretary:	Tove Johnston
Secretary:	Donna DeFrates
Membership Secretary:	Bev Rossi



### **Brentwood Senior Citizen's Club, Inc. Membership Form**

Please accept my membership registration for the Brentwood Senior Citizen's Club, Inc., for the year 2011. Enclosed please find my check made payable to the City of Brentwood. Cost is \$15.00 per calendar year, beginning January 2011.

**Please print:**

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

Address \_\_\_\_\_

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

Emergency Contact Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

**Return completed form and check to:** City of Brentwood, Parks and Recreation Department  
101 B Sand Creek Road Brentwood, CA 94513



City of Brentwood  
 Parks and Recreation Department  
 101B Sand Creek Road  
 Brentwood, CA 94513  
 Phone: (925) 516-5444  
 Fax: (925) 516-5447

Brentwood Senior Activity Center  
 193 Griffith Lane  
 Brentwood, CA 94513  
 Phone: (925) 516-5380

**“Keeping Seniors Connected”**

**SPECIAL THANKS TO OUR SPONSORS!**



Donna Ross  
 Graduate Gemologist (GIA)  
 Owner / Jeweler  
 phone: 925-516-8200  
 email: dross@cremedelagem.com

Hours:  
 Tue 10am - 6pm  
 Wed 10am - 6pm  
 Thu 10am - 6pm  
 Fri 10am - 6pm  
 Sat 10am - 3pm  
 Sun & Mon CLOSED

