



## Welcome to the Martinez CC Cafe

**For reservations, call:  
925 –646-2598  
the prior business day  
before noon**

**Lunch is served at noon,  
Monday through Friday  
(exceptions include holidays-  
refer to the monthly calendar)**

Our program provides hot nutritious meals for adults 60 years and older for a suggestion donation of \$2.00.

Monthly menus are available in the Dining Room.

## How the Program Works

### Make A Reservation

Call with your meal order before noon the prior business day. You may leave a message on the phone. If an emergency arises and you are unable to join us, please call as soon as possible so that your meal can be served to another person. **Canceling your meal** helps prevent food waste and funds for the program.

In addition to the meal listed on the monthly calendar, you may select a

- Seafood Salad
- Chef Salad
- Garden Burger or
- Cheeseburger.

If you would prefer one of the alternative meals, please specify that in your order.

If you are running late, please call us to hold your meal. If you haven't arrived by 12:15pm or let us know you are going to be late, we will give your meal to someone on the waitlist.

### Sign In

When you arrive, it is important that you sign in each day and pick up a meal choice ticket. You may also request future meal reservations at this time.

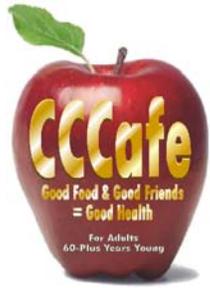
### Donate

The suggested donation amount is displayed on the donation box. The donation you make benefits you and others by assuring that we can serve all those who request a meal.



### Fill out a NAPIS and Emergency Contact Form

The NAPIS form (completed every year in July) is a California state requirement. This information is kept confidential. The information collected from the NAPIS form helps to fund the program. The emergency contact is essential to rescue personnel in case of a medical emergency.



## Experience

It's a great opportunity to meet new people and share a nutritious meal. We hope your experience is a great one. Please join us again.

## Volunteering

Volunteers are the heart of the center. They help serve meals and perform many other tasks to assist the operation of the program. If you are interested in volunteering with the program, please fill out an application at the center's reception desk and you will be contacted.

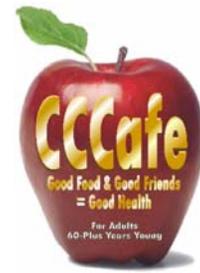
## Participate in an Activity

Our center offers a variety of fun activities for you to enjoy! See the next page for more information.

## Sampling of Activities at the Martinez Senior Center

- \*Bingo
- \*Fitness Classes
- \*Educational Presentations
- \*Special Holiday Events
- \*Card Games
- \*Crafts, Quilting
- \*Painting and Beading Classes
- \*Movie Day
- \*AARP Smart Driving Classes
- \*Local and Extended Trips
- \*And much more

**\*For a complete list of activities,  
classes and events visit the Front  
Desk to view a monthly  
newsletter.**



## Martinez Senior Nutrition Program (C.C. Café)



## New Participant Information