

Golden Times

The Bulletin of the Martinez Senior Community Center

Membership at the Martinez Senior Community Center is open to all men and woman 50 years of age or older. Membership cost \$10 per calendar

“Faye” Day & Thanksgiving Bingo Special Thursday, November 19, 2015

We are honoring Wanda “Faye” Bowen on this day, by making a donation in her name to her favorite charity; we will miss her so much. Regular games will pay \$50, there will be prizes given out and a free dauber to each person.

Thanksgiving Luncheon Friday, November 20, 2015

Join us for our annual Thanksgiving Luncheon. We will be serving a traditional menu with turkey, mashed potatoes and gravy, dressing, vegetables and dinner roll. Enjoy your pumpkin pie while Diana Starr and the “Hot Flashers” entertain us.

Tickets go on sale Tuesday, Oct. 13 until Friday, November 6, unless we reach our capacity before that date.

Ticket prices: \$12 members/\$14 non-members.

Bunco Game Thursday, December 3, 2015

We will have an early evening Bunco game in December. At 4:45 p.m. Mary Jo will go over the rules of the game for those who have never played. Dinner will be served at 5 p.m. and the games will begin at 5:45 p.m. Cash prizes will be awarded. Enjoy a “Dessert Bar” at the break. The evening should end around 8:45 p.m. Donation: \$14.

Tickets on sale now, until Monday, November 30.

Christmas Holiday Luncheon Friday, December 18, 2015

Join us for our annual Traditional Christmas Luncheon with all the trimmings. Good entertainment will make an enjoyable afternoon you will not want to miss. This special event is for members only and will include a Christmas gift of appreciation.

Tickets will go on sale Tuesday, November 3 until Friday, December 11, unless we reach our capacity before that date. Cost: \$12.



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Mark Your Calendar

- **Center Closed
Wednesday, Nov. 11th
Veteran’s Day**
- **Center Closed
Thursday & Friday
November 26 –27
Thanksgiving Holidays**

Bingo Specials Coming Up

“Faye” Day & Thanksgiving—Thursday, Nov. 19

Bingo Bash—Thursday, Dec. 31

It's Membership Renewal Time for 2016 Sign up begins Friday, November 1st



It is time to renew your membership with the Martinez Senior Center. It is still a bargain, only \$10 per person calendar year. You will continue to receive an informative monthly bulletin, sign up for trips when first available, save money on special events and much more. If a new member signs up beginning

November 1, they will become a member immediately and their membership will continue through December 31, 2016.

You may print out a new membership form online at www.cityofmartinez.org or you can pick one up at the front desk.

Remember your 2015 parking decal and membership card expire on December 31, 2015.

HOPE! It is often in the darkest skies that we see the BRIGHTEST stars.

~ Richard Evans

It's That Time of Year Again

Please bring in unused, unopened small travel-size lotions, shampoos, soap, and 2016 calendars to be delivered during the holidays to area convalescent hospitals. We also accept cash donations. Make checks payable to the "City of Martinez". Your cash donation will be used to take the Activity Directors from each of the Martinez convalescent hospitals shopping to purchase needed items. Bring your donations to the center office.

Thank You, Marda Savioni

Volunteer with AARP Tax-Aide Volunteers For 2016 Tax Season

Do you like working with people? Are you good with numbers?

Contra Costa County AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages. Tax-Aide volunteer positions include Tax counselors who are trained by Tax-Aide and certified by IRS and Client Facilitator who schedules appointments and assist clients at tax sites. Orientation is in November 2015, classes for tax counselors start in January 2016. Service from February through April 15, 2016. If interested, apply online at www.aarp.org/taxvolunteer or call LaVerne Gordon at (925) 726-3199 for any additional information.

AARP Driver Refresher Course Friday, November 6, 2015 10:00 a.m.—3:00 p.m. (30 Minute Lunchbreak)

This one day 4.5 hour course is for those who took the 8 hour AARP Driver Safety Training in the past 4 years. Either course qualifies you for a mature driver discount with your auto insurance company. (Please check with your insurance agent for details) Cost: \$15 for AARP members/ \$20 for non AARP members.. Please bring your AARP membership card to the first class. Either call or come in to register for this class. **Make checks payable to "AARP" at the time of registration. No Cash Accepted. If registration is made by phone, mail check to the center prior to the class.**

Message From Charli



What can I find on the City of Martinez Website?

I have had many seniors ask me if the bulletin is online. The answer is YES!

If you go the cityofmartinez.org and click on Senior Community Center tab, you will not only find the most current Bulletin but also many other fantastic links that can show all the fabulous activities at the Senior Center.

On the first page you will see information regarding our philosophy, facility rentals, membership and volunteer information, transportation and the most important one of all, C.C. Café's Menu. But please do not stop there; navigate your way to the next few pages that will allow you to explore activities, classes and trips. Just click on the links and you will have a printable page with all the information on the activity you are looking to join. There is also a monthly calendar to check out!

As we are updating the website, it will soon allow you to click on a link to bring a more in depth description or flyer of all activities. Please be patient with the updates, it does take a bit to process and complete these links.

As membership becomes a priority again, you can beat the lines and have your membership renewal form printed prior to coming to the center by using our downloadable, pre filled membership form from our website. This year we are asking if you would like to receive your bulletin either by snail mail or email. We are trying to save some trees and go green as much as possible but we do understand that some seniors love to read a fresh printed bulletin and that is perfectly fine. The first few months, we will be sending it out both ways to make sure we have no computer glitches. So if you like getting email, save a tree and choose the option to email the bulletin to you.

I also want to thank the Board of Directors for going green this year. We now send all agendas and minutes via email to our fantastic board members.

Charli Prete

Senior Center Supervisor

Parking

Due to limited parking spaces, we ask all members to only park in our lot while attending an activity at the senior center. If you plan to take a walk after your class, please park elsewhere. An exception to this rule is our schedule walking group on Wednesdays.

Donations for Martinez Animal Shelter

Have you replaced your towels, blankets, yoga mats, and small rugs? Remember to bring in the used items to the Senior Center office and we will take them to the Animal Shelter. Please keep in mind the Shelter CANNOT use the following items:

- NO items that will unravel or fray (knitted, crocheted items)
- NO items that have wires
- NO items that have any type of stuffing (quilts, duvets, pillows, etc0

Thank you for your continued support to help make the dogs and cats more comfortable.

A message from our Librarian

We are accepting "slightly used" paperbacks but cannot handle bags of books as our space is limited. **Please NO hardback books.**

The Martinez Library accepts books for their book sale.

Welcome to Our
New Members

Dawn Surges
Kamla Fitzell

90's Club Members

The Board of Directors offers free membership to those 90 years of age or older. We are pleased to announce our member who has joined our 90's club this month.

Dorothy Wilson

Your membership is free, but you need to pick up your parking pass and membership card. Due to our current membership program limitations, we cannot automatically pull up our members turning 90. **Please call and notify the office receptionist.**
Thank you!

Friendship Report
By Mavis Ferreira

Get Well Wishes

Sharon Viano

In Memory of

Wanda "Faye" Bowen

Club News & Special Events

Pancake Breakfast—Sunday, November 8, 2015 8:00 a.m.—11:00 a.m.

This delicious breakfast includes:
Pancakes or toast, sausage, eggs, orange juice and coffee.

Cost is \$4.00 for Adults
\$2.50 for children 10 & under.

Handmade crafts will be on sale during the breakfast.

Always open to the Public!

***If you would like to join this volunteer group, call the front office.
We could always use your help!***



Board of Directors' Meeting—Monday, November 2 @ 10:00 a.m.
All club members are welcome to attend our monthly board meetings.

President's Message:

Where's the rain? Here's hoping that we get a lot in the upcoming months.

A very nice time was had at our "Taste Of Italy" event. The snacks accompanied with wine tasting was provided by the Chateau III Independent, Assisted and Memory Care Community, Pleasant Hill and arranged for by our Senior Supervisor Charli Prete. Unfortunately it was at a very short notice and future "Tasting" events will be in our newsletter well in advance. As always I am looking forward to our Thanksgiving luncheon and visiting with our members. We are so fortunate to have the office staff and club volunteers we have that are truly dedicated to our club needs and everyone's enjoyment – that's something to be proud of.

Volunteers are always welcomed for the pancake breakfasts, serving at luncheons and bingo just let the front office know if you would like to volunteer.

Be sure to look through our club newsletter as there are a variety of activities for various interests, from crafts to learning to play a ukulele and most are free at our club.

Please share any ideas you might have for a nice trip with our office staff!!!

Larry Rysner (Club President)

Holiday Bazaar—Friday, November 13, 2015 9:00 a.m.—3:00 p.m./Lunch served 11:30 a.m.—1:00 p.m.

Please bring in "lightly" used clean items, **No large** items such as appliances, computers or furniture. They are accepting small items, glassware, home décor items, holiday decorations or homemade craft items, plants, prints/paintings, jewelry and small household items. There will be a bake sale, so bake a favorite recipe and bring it in **Thursday, November 12 or Friday, November 13 by 9 a.m.** Lunch will consist of Pasta, salad & Garlic bread. Coffee, ice tea and water will be available. Cost: \$4 advanced sales/\$4.50 on the day of the sale.

Blood Pressure Check

**Monday, November 2
9:30—10:30am**

This free monthly service will help you monitor your blood pressure for any concerns. No appointment necessary.

Health Insurance Counseling (H.I.C.A.P)

**Tuesday, November 10 &
November 24, 2015.**

Appointments begin @ 9:00 a.m. Make an appoint if you have questions concerning your Medicare Coverage. Counselors can also help evaluate your current health insurance.

Call H.I.C.A.P. @ (925) 602-4168 for appointment. Cost: FREE

Consult-An-Attorney Program

Senior Legal Services provides FREE legal assistance to Contra Costa Seniors. Age 60 or over & current residents of Contra Costa County . Call the center for an appointment.

**Judith Sanders, Atty. At Law
Tuesday, November 3, 2015
1:00 p.m.—3:30 p.m.**

Topics Covered: Housing, consumer debt, restraining order, conservatorship.

**Kathleen Day-Seiter, Atty. At Law
Friday, January 22, 2016
1:00 p.m.—3:30 p.m.**

Topics Covered: Simple Wills (not living trust), Estate Planning, P.O.A. for both Health Care and Asset Management.

Podiatrist

**Thursday, November 19
Begins @ 1:30 p.m.**

Dr. Divyang Patel will perform routine foot care. Call center for appointment.

Cost: \$40

Alzheimer's Respite Program

The Martinez Respite group is for those with mild to moderate dementia with an ability to care for their basic needs independently, such as using the restroom and feeding themselves. Activities to help group members function through discussion groups, exercise, crafts, games and projects to maintain social skills. No drop in participation.

Cost: One time \$20 registration fee, daily fee of \$15 charged Monthly, which includes lunch. Call (925) 370-8772.

Instructor: Bonnie Pannell

Food Assistance Program (Martinez residents only)

Every month the Food Bank gives away USDA foiod in our community to anyone of any age needing assistance. Each qualifying household is allowed one visit per month. Please note: Distribution is at the Boys & Girls Club (1301 Alhambra Avenue, Martinez, CA 94553) , **Monday, November 2, 10:00 a.m.—12:00 p.m.**, in the parking lot. Please call (925) 676-7543 or (800) 870-3663 with any questions.

Food Assistance Program (Martinez residents only)

Thursdays, November 5 & 19, 9:00 a.m.—10:00 a.m. For low income seniors 55 years and older, who live in Martinez, with a max. monthly income of less than \$1,962 (person) and \$2,655 (2 person). Registered individuals receive bags of food each month. There is no longer a membership fee. Location: Teamster's #315 Parking lot at 2727 Alhambra Ave. For questions, call the Contra Costa Food Bank at (925) 676-

County Link Transportation

Door-to-Door Services for those unable to use fixed route buses. You must qualify to use this service. Allow up to 21 days for processing . To receive more information, application and cost please call the County Connection at (925) 938- 7433 for this service.

You may Purchase the Following at the Senior Center Office

Bart Tickets



The Senior BART ticket is available for purchase at the Martinez Senior Center. Price: \$9 (\$24 Value) for anyone 65 years or older. We also have BART tickets available for disabled riders and children 12 and under.

If you would like a Senior Clipper Card, you must apply at [www. clippercard.com/discounts](http://www.clippercard.com/discounts) or by going to The County Connection Office, 2477 Arnold Industrial Way,

County Connection Cards 20-Ride Punch Card

Discount Punch cards are available for purchase for those who are 65 years and older and any disabled riders. Cards are for use on fixed-route (large busest that stop at bus stops) and cost \$15 (worth 20 rides) For more information , please call (252) 676-1976.





Trip Calendar

Senior Center

November-15

Trip Presentations Dates

Presentation Date	Time	Location of Trip	Dates of Trip
October 19, 2015	10:30 AM	Canadian Rockies by Train	April 21 - 29, 2016
October 19, 2015	10:30 AM	France Magnifique	May 21 - June 1, 2016

2015 Sightseeing and Gambling Trips

Date of Trip	Excursion Name
Thursday, November 19	Holiday Sweets
Sunday, December 6	Singing Christmas Tree

2015/16 Short Getaway Trips

Date of Trip	Location of Getaway
December 2 - 6, 2015	San Antonio Holiday
December 4 - 10, 2015	Amish Country Christmas
February 9 - 11, 2016	Banjo Snow Train

2016 Extended Trips

Date of Trip	Location of Extended Trip
April 2 - 17, 2016	Banjo Hawaiian Cruise
April 21 - 29, 2016	Canadian Rockies by Train
May 21 - June 1, 2016	France Magnifique
September 4 - 11, 2016	America's Music Cities
October 5 - 12, 2016	New England Rails and Trails
November 6 - 11, 2016	Great Trains and Grand Canyon

Sightseeing Tours 2015

Holiday Sweets & Goodies—Thursday, November 19, 2015

Sold Out—Waitlist ONLY!

The Singing Christmas Tree —Sunday, December 6, 2015

Our holiday trip begins with lunch at the Old Spaghetti Factory in Sacramento. The hosted lunch choices are Sicilian Meatballs, Fettuccini Alfredo or Spinach & Cheese Ravioli. Served with fresh baked bread, soup or a crisp green salad, hot tea, iced tea, coffee or milk and their signature spumoni ice cream for desert. After lunch we will depart for the Capital Christian Center where we have reserved seating for “The Singing Christmas Tree” performance at 3:00 p.m.

This year’s performance is “Christmas in the City” “The Singing Christmas Tree” features the Capitol Choir, a 40-piece symphonic orchestra, the SCT Vocal Ensemble, The Capital Children’s Chorale and the SCT Choreography Team. It is a very entertaining show that will get you into the Holiday Spirit; you won’t want to miss this fantastic holiday spirit. **Cost: \$75. Make checks payable to the “City of Martinez”** Escort: Marion “Mimi” Vaeth.

**All our day trips—Gambling and Sightseeing —Meet at Safeway,
3334 Alhambra Avenue.
Park on “G” Street side and park at your own risk.**



Short Getaway Trips 2015 & 2016

Amish Country Christmas—Friday, Dec. 4—Thursday, Dec. 10, 2015

Trip Highlights: Philadelphia, Brandywine Valley, Wheatland, Amish Farmlands, Founder’s Hall, Dutch Apple dinner Theatre, Hershey’s Chocolate World, USA

Trip Includes: Transfers to airport , round trip air; air taxes and fees/surcharges; hotel transfers, 6 nights hotel accommodations, luggage handling, gratuities, entrance fees per itinerary; deluxe motor coach; gratuities for Collette Tour Escort, bus driver and any local guides. Cost: \$2629 double occupancy p.p./\$2599 Triple p.p./\$3029 single.

Banjo Snow Train— Tuesday, Feb. 9—Thursday, Feb. 11, 2016

Meet at the Martinez Amtrak Station to board the “Banjo Snow Train” on the luxurious California Zephyr, an Amtrak Superliner train. While on board you will experience the utmost comfort and service in train travel while enjoying some of the West’s most spectacular scenery.

Trip Includes: Round trip deluxe train ride, two-night accommodation at Harrah’s Resort in Reno, Harrah’s Winner Coupon Book (\$180 value), special evening concert jam in Harrah’s Sapphire, a snack box lunch on the way to Reno. There is no luggage handling included, but Harrah’s is across the street from the train station. Cost: \$40 deposit/\$20 cancellation waiver/\$329 pp double/ \$399 single. Final payment due Tuesday, December 1, 2015.



Extended Trips 2016

Lake Havasu Balloon Fiesta – Thursday, January 13 – Tuesday, Jan. 19, 2016

Trip Highlights: Colorado River Cruise; View the Balloon Fiesta’s spectacular “Mass Ascension”; Sunrise Flag Ceremony; visit the famous London Bridge; Oatman, Arizona where donkeys “rule the town”; View free Gems Show, Classic Car Collection; enjoy the Balloon Fiesta Night Glow; Route 66 “The Main Street of America; Seligman Arizona’s iconic Snowcap Drive-in and Angel’s Visitor Center; a couple of stops for Route 66 photo ops; Kingman AZ, Mojave Museum and self-guided tour of Powerhouse Route 66 Museum.

Trip Includes: Roundtrip Airfare and Airport transfers; Deluxe Motor coach transportation, professional escort, all entrance fees for above attractions; 1 night at Golden Nugget in Las Vegas, NV; 4 nights Laughlin, NV Edgewater Hotel & Casino; Luggage handling; 1 dinner, 3 breakfasts.

Cost: \$200 deposit/\$1399 pp double /\$1649 single

Final Payment due: November 15, 2015. Cancellation Insurance included



Banjo Hawaiian Cruise – Saturday, April 2 – Sunday, April 17, 2016



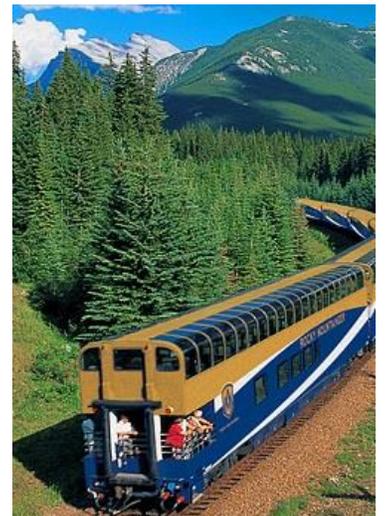
Play, Sing-a-long, and sail away on the next Banjo Cruise to Hawaii. Travel on the GRAND Princess roundtrip from San Francisco. On this 15- day cruise visit the ports of Hilo, Honolulu, Kauai, Maui Hawaii and Ensenada, Mexico. Rates start at \$1599 pp inside cabin, \$1799 pp ocean view cabin, \$2499 pp balcony and \$2999 pp mini suite. Space is limited. If you are interested or have questions call Jack Convery at (707) 208-1269. Ask if you would qualify for any discounts (military or previous passenger).

Canadian Rockies by Train - Thursday, April 21—Friday, April 29, 2016

Join us for a remarkable journey through the stunning landscapes, charming towns and beautiful lakes of the Canadian Rockies.

Trip Highlights: British Columbia, Vancouver – city tour, Granville Island; VIA Rail re-live train travel in the days of old; Jasper – enjoy Maligne Lake, Maligne Canyon and the quaint town of Jasper; Athabasca Falls, Columbia Icefield, stroll on the Glacier Skywalk, view Sunwapta Valley from the glass-floored platform, Peyto Lake; Lake Louise; Banff – view the spectacular Moraine Lake and Valley of the Ten Peaks, “Land of the Sleeping Giants”; Calgary – Kananaskis Valley.

Trip Includes: Cancellation Waiver and Insurance, round trip air, air taxes and fees/surcharges, all transfers, deluxe hotels; overnight VIA Rail Canada; all gratuities and entrance fees listed in itinerary including gratuities for Tour Manager, bus driver and local guides. Optional side trips available. Deposit \$595 per person. Cost: \$4499 double occupancy/\$5099 single. Final payment due Friday, February 19, 2016.



Volunteering and Donations

C.C. Café would like to thank everyone who has donated aluminum cans and plastic bottles. The money is used at our Center to enhance the program (celebrating birthdays and holidays). Please keep them coming.

We need volunteers, especially for kitchen clean up.

Days are flexible.

Tour Committee

We have a few opening on the Tour Committee, please contact the office if you would like further information.

Board of Directors'

We have an opening for Members at Large on the Board of Directors. If you are interested in serving in this committee or a position on 2015–2016 Board, please check in with the office for more information.

Keep in out in the next few months for some great "Let's Be Informed" presentations.

C.C. Café at the Martinez Senior Center

Join Us for Lunch

Monday-Friday

Lunch will be served at 11:45 a.m.

For Senior Adults, 60 years and older – Donations: \$2

Those under 60 years may attend for \$5.00

To make reservations, you MUST call by 12:00 p.m. (noon) on the business day before you want to attend.

Call 646-2598

Daily MENU is on Page xx of this bulletin.

Movies

Wednesdays at 1:00 p.m.

We reserve the right to substitute another movie if scheduled movie is not available.

We NOW have a new 59" Plasma Flat Screen T.V.

Nov 4— BLACK OR WHITE

Still reeling from his wife's death, Elliot Anderson struggles to maintain custody of his biracial granddaughter when her grandmother begins pushing to have the girl sent back to her father – a crack addict Elliot blames for his daughter's demise. Starring: Kevin Costner, Octavia Spencer, Jillian Estell.

Rated PG-13, Drama, 121 minutes. 4.1 rating.

Nov 11— NO MOVIE

We will be closed for Veteran's Day

Nov 18— ELSA & FRED

Elsa & Fred is the story of two people who, at the end of the road, discover that it's never too late to love. After losing his wife, Fred feels disturbed, confused and alone, so his daughter helps move him into a small apartment where he meets Elsa. From that moment on, everything changes. Starring: Shirley Maclaine, Christopher Plummer.

PG-13, 97 mins. 3.9 rating.

Nov 25—TAMMY

Pushed to the limit after losing her job and discovering her husband's been cheating on her. Tammy agrees to flee town with her alcoholic grandmother, Their destination is Niagara Falls, but the journey offers some unexpected pit stops. Starring: Melissa McCarthy, Susan Sarandon.

Rated R, Comedy, 97 minutes. 3.0 rating.

Voice your opinions and select the movie we view.

We vote the first Wednesday of the month just before the movie.

Exercise Classes

Jazzercise – Senior Body Sculpting

Monday, Wednesday & Friday

8:30 a.m.-9:30 a.m.

You must register with the Martinez Adult School for their class held at 818 Green Street. For questions about their schedule and price please call the Adult school at (925) 228-3276 (press 0).

Jazzercise Body Sculpting: Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging 40-50 minute muscle toning workout that features a creative combination of strength training and stretching. All the routines are fun and easy-to-follow. Benefits include increased endurance, strength and flexibility, as well as an overall “feel good” factor. Lab fee: \$40 per quarter.

Instructor: K. Daly

Hula for Exercise

Thursday

10:30-11:30 a.m./6:30-8:00 p.m.

Session 6: Oct. 15 – De. 17 (No class 11/26, 12/3)

Session Fee \$40

Join our “Hula for Exercise” class. Basic hand, foot and body movements of the hula set to Hawaiian music will be taught while exercising and having fun.

Instructor: Rosmarie Ramos

The Crocketts

1111 Ferry Street

Monday

10:15 a.m.-12:00 p.m.

Cost: Free

Are you interested in performing in a dance group? Newcomers welcome. Have fun and get great exercise!

Tai Chi Chuan

1111 Ferry Street

Monday & Friday

8:00 a.m.-9:00 a.m.

Cost: \$3 Drop In Fee

Learn the slow, soft movements of Yang Style Tai Chi. Widely recognized as a gentle, safe way to increase strength, stamina and balance. This class is suitable for those who can walk without difficulty. Wear loose, comfortable clothes and appropriate shoes. (Call Larry with questions or concerns at (925) 286-2432.

Instructor: Larry Hines

Yoga with Linda

Tuesday & Thursday

8:00 a.m.-9:00 a.m.

Cost: \$5 Drop In Fee

Linda Burkard has studied extensively in various styles of yoga, specializing in Yoga Therapy. She is trained to work with seniors and those with special health circumstances. Wear loose fitting clothes and bring a yoga mat.

Instructor: Linda Burkard – certified Yoga Therapist.

Jack’s Sweet 100 Line Dances

Wednesday

10:30 a.m.-12:00 Noon

Cost: \$3 Drop in Fee

Line dancing to country-western, popular and Latin music. Enjoy the exercise while meeting friends new and old.

Instructor: Jack Seman

Zumba for Beginners

Thursday

11:45 a.m.-12:30 p.m.

Cost: \$6 Drop In Fee

Join the fun! Zumba Gold was designed for the active older adult with a lower intensity and not as fast. . **Instructor: Jo Nash**

Meditation Class

Friday

10:30 a.m. – 12:00 p.m.

Cost: \$10 Drop In Fee

Meditation has long been known to produce relief from stress and tension, greater health and well-being, and a path to personal/spiritual growth and development. Join us Friday mornings to learn and practice healing meditation and gain support for the journey. Each week will have a focus. This is an on-going class, drop-in any Friday.

Instructor: Mary Bruns



Classes Offered

China Painting Class

Monday

10:30 a.m.—1:00pm

Session 6: Nov. 2 – Dec. 21

Session Fee \$55

This class is designed to learn how to paint on porcelain objects with mineral color for decorative/ utilitarian use. Also make jewelry & ornaments. Supplies & kits available.

Instructor: Barbara Croft

Beading 101

Monday

1:00 p.m.-4:00 p.m./5:30 p.m.-8:30 p.m.

Session 4: Oct. 19 – Dec. 21

Session Fee \$55

Instruction in beading of bracelets, earrings and more; from the beginning and progressing slowly to more difficult projects. All levels welcome and everyone works at their individual speed. Great ideas for gifts!

Instructor: Marion "Mimi" Vaeth
(925) 228-7567

Basic Beading for Beginners

Thursday

1:00 p.m.-4:00 p.m.

Fee: \$5 per class.

This class is geared for beginners. Please call the instructor if you have any questions.

Instructor: Marion "Mimi" Vaeth
(925) 228-7567

Brush Up on Bridge

Wednesday

10:00 a.m.-12:00 p.m.

No Fee

"Standard American" including 5 card majors, convenient minors, etc. Call if you are interested in "Basic Beginning Bridge."

Quilting

Tuesday

9:30 a.m.-12:30 p.m./6:00 -9:30 p.m.

Session 2: Nov. 3 – Dec. 22

(No class 11/24)

Session Fee \$25

Wednesday

6:00 p.m.-9:30 p.m.

Session 2: Nov. 4 – Dec. 23

(No class 11/11 & 11/25)

Session Fee \$21

Basic instruction in quilting. Classic and Modern styles. Bring your own projects or let Sandy help you start a new project. Bring your own machine and enthusiasm. Instructor: Sandra Keller

Sewing, Serging & Quilting

Tuesday

1:00 p.m.-4:00 p.m.

Session 2: Nov. 3 – Dec. 22

(No class 11/24)

Session Fee \$25

Learn how to use & care for serger and sewing machine. Make garments, quilts, tote bags and accessories. Bring your own machine, equipment and instruction book.

Instructor: Sandra Keller

Community Quilts

Wednesday

1:00 p.m.-4:00 p.m.

No Fee.

Learn to quilt community quilts – use our fabric and equipment to learn some simple quilt patterns. Quilts will be donated to help out our community.

Martinez Ukulele Jam Club

Monday

2:15—4:00 p.m.

The senior Ukulele Jam Club is open to beginners and experienced players. Newcomers welcome.

Ongoing Activities

Pinochle **

Monday, 8:30 a.m.—11:30 a.m.

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

Thursday, 8:30 a.m.-11:30 a.m.

Play single deck pinochle.

Walking Club

Wednesday 9:00 a.m.

Meet at Senior Center

Walk city streets and the Marina area. Walks last 1 hour.

Poker **

Mondays & Thursdays @ 12:00

p.m. Join in for some exciting card playing! Request a list of rules before playing your first game.

Mah Jongg

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

Everyone is welcome, great place to learn the game.

Fee: \$1 donation for center.

Crafts

Tuesdays @ 12:30 p.m.

Help make items to sell for the benefit of the Senior Center. Newcomers welcome.

Leader: Linda Bradshaw

Bridge **

Afternoon bridge games by reservation, members only.

Tuesdays: Duplicate Bridge
Kay Schaefer, 348-0741

Wednesdays: "Brush-up" Bridge

Wednesdays: "Party" Bridge
Joy, 917-1353

T.O.P.S.

(Take Off Pounds Sensibly)

Thursday Weigh-in at 8:30-9:00 & Meeting at 9:00-10:00 a.m.

Yearly dues: \$32/Monthly dues: \$4.

Leader: Sharon Kadi

Bingo

Thursdays at 1:00 p.m.

Open for sales at 12:00 p.m.

Games begin at 1:00 p.m.

\$30 Guaranteed minimum prize for 10 regular games. Plus 3 warm up and half time special games (prize dependent upon sales).

Lounge Activities Play card and table games and puzzles, borrow a book from our library, or just stop by for coffee!

Martinez Senior Community Center
818 Green Street, Martinez, CA 94553
(925) 370-8770 Fax (925) 229-2467
Membership \$10 per Calendar Year

Martinez Senior Citizens Club

2015/2016 Board of Directors

President	Larry Risner
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2nd Vice President	Sal Vega
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	Darlene Commiskey
	Sue Harbrecht
	Kathi Thompson
	Joan Stockinger
	Vacant
Historian	Vacant
Parliament	Vacant

Senior Center Staff

Senior Supervisor	Charli Prete
Senior Coordinator	Bonnie Prato
Nutrition Coordinator	Elena Blake
	Rita Wells
Senior Citizen Aides	Dave Moody
	Richard Valdez
Front Desk:	Rita Wells
	Georgia Pelot
	Emogene Thomas
	Respite Program
	1111 Ferry Street
	(925) 370-8772
Respite Coordinator	Bonnie Pannell
Respite Senior Aide	Linda Valenziano

Senior Center Hours: Monday—Thursday, 8:30 a.m.—4:30 p.m.
Friday, 8:30 a.m.—4:00 p.m.



Martinez Senior Community Center

818 Green Street
 Martinez, CA 94553

Phone: 925-370-8770

Fax: 925-229-2467

E-mail: dprete@cityofmartinez.org

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November 2015
Martinez Senior
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