

**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 year**

### 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: \$12. **Tickets on sale until we reach our capacity.**

### Christmas Holiday Luncheon

Friday, December 18, 2015

12:00pm (Noon)

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. Cost \$12. **Tickets on sale until Dec. 15, 2015**

### Art, Wine & Jazz Night

Friday, January 22, 2016

4:30—8:30pm

Join us for some great entertainment, a showcase of beautiful art display by our own local artist Gary Bergren and a fabulous array of wines provided by Chateau III Independent, Assisted and Memory Care Community, Pleasant Hill. Light hors d'ouvres will be served. Cost: \$10 Members, \$12 Non-Members. **Tickets on sale now.**

### Holiday Hours:

December 24 8:30—1:00pm

December 25 Closed

December 28 – 30 8:30—1:00pm

December 31 & January 1 Closed

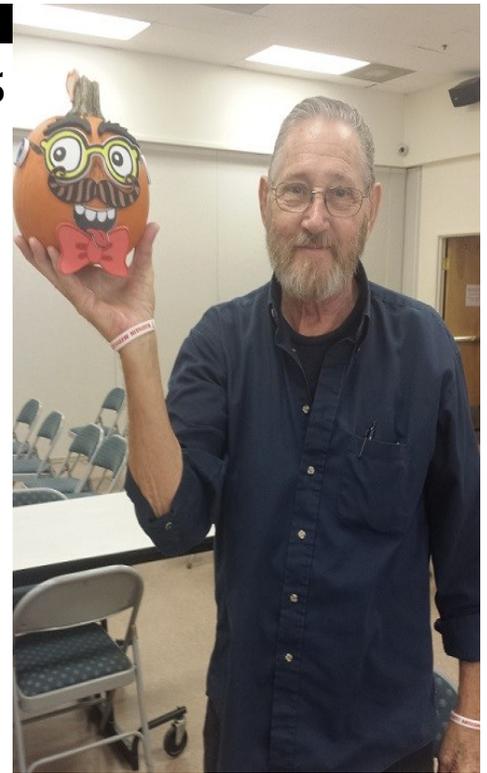
**All Activities will Resume on Monday, January 4, 2016**

### New Year's Eve Bingo—Thursday, Dec. 31

Join us for a New Year's Eve Bingo Celebration. Doors open at 5:30pm.

Games start at 7:00pm SHARP! Guaranteed \$50 pots, prizes, and refreshments.

No reservation necessary. Just come for this fun-filled night of Bingo!



*Our Halloween Feast Best Decorated Pumpkin.*

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### Mark Your Calendar

- Wednesday, December 2, we will be CLOSED from 8am—12:00pm (NOON). PG&E will be doing restoration work in our area and will be shutting down all power to the center. All morning classes, programs, and activities will be cancelled on this date. We will not be serving lunch at C.C. Café. We will resume regular programming at Noon.

## It's Membership Renewal Time for 2016 Sign Up Now



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.

We have included the NEW application every member MUST fill out and sign the back. You may also print the new membership form online at [www.cityofmartinez.org/depts/recreation/senior](http://www.cityofmartinez.org/depts/recreation/senior) or you can pick one up at the front desk.

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

***VOLUNTEERS are not paid - - not because they are worthless but because they are priceless ~ Unknown***

### **VOLUNTEERS NEEDED**

Are you looking for a fantastic way to meet new people, develop new friendship or just want to give back to your Martinez Senior Center than come and volunteer with us. We need volunteers in the following areas:

**Bingo**

**C.C. Café**

**Tour Committee**

**Special Events**

Please ask at office for more information about these and other volunteer opportunities.

### **AARP Tax-Aide Tax Preparation Notice**

FREE TAX PREPARATON for the 2015 tax season will again be offered by Tax-Aide's AARP sponsored program. This service, provided by IRS certified tax counselors, will start February 2015. Tax-Aide does not specify an income limit but the service targets low and moderate income taxpayers of any age with special attention given to seniors 60+. **We begin taking Appointments on January 8, 2015.** For more information or to make an appointment for Tax-Aide sites serving the Martinez/Pacheco area, please call (925) 370-8770 Martinez Senior Center or (925) 709-4525 Pacheco Community Center site. For general information and other site locations, call (925) 726-3199.

### **AARP Driver Safety & Refresher Courses in 2016**

*Mark your Calendar and watch the bulletin for more information*

#### **AARP Driver Safety Training Program**

**2 Consecutive Fridays (8 hour course)**

Friday, March 4 & 11, 2016

Friday, September 9 & 16, 2016

#### **AARP Driver Refresher Course**

**(4.5. hour course)**

Friday, March 20, 2016

Friday, November 4, 2016

This course is for those who already taken the AARP Driver Safety Training Program (8 hour course) in the past 4 years.

# Message From Charli



Tis the Season...

I read a great article about five amazing reasons seniors should volunteer their time. So this month I thought it would be a great opportunity to share this with my own amazing seniors.

Besides the intrinsic rewards of helping others, volunteering promotes good physical and mental health. It also allows us to pursue our passions in our life.

One of the better known benefits of volunteering is the impact on our Senior Center. Volunteers are the glue that holds our Senior Center together. Volunteers allow us to connect to our Senior Community and it makes it a better place for all.

Other very important reasons why you should volunteer:

- Volunteering helps you make new friends and contacts. It is such a great way to meet new people who love to share similar activities.
- Volunteering increases your social and relationship skills. We all are different, some are naturally outgoing, others have a hard time meeting new people. Volunteering helps everyone connect and become more comfortable in social settings.
- Volunteering increases self-confidence. We all can use a good healthy boost of self-confidence, self-esteem and satisfaction in life.
- Volunteering provides a sense of purpose — being an older adult, especially those who have retired or lost their spouse, can find meaning & purpose in helping others.
- Volunteering can combat depression. A key risk factor for depression is social isolation. Volunteering keeps you in contact with others and helps develop a solid support system.

If you are interested in a great opportunity please volunteer at the Senior Center but also you can check within our community for other opportunities. Let's keep the season of giving to continue throughout the entire year. Happy Holidays to all my fabulous Seniors!

*Charli Prete - Sr. Ctr. 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, etc.)

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.**

## Club News & Special Events

### Welcome to Our New Members

**Betty Zunio - Sarah Perryman**  
**Marie Henderon - Les Johnson**  
**Edward Poirier - Louise Poirer**  
**Kathleen Cortlund - Gigi Green**  
**Marsha Davis - James Morphy**  
**Sharon Wilson - Lisa Vaughn**  
**Mary Lou Johnson - Maria Bito**  
**Denise Davis - Jan McLean**  
**Chris Rampoldt - Jean Tamayo**  
**Shirley Mueller - Patti Schorr**  
**Ann Sztukowski -**  
**Stan Sztukowski -**  
**Wilma Naumann**

### 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.

#### **Bernice Ornelas**

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**

**Georgia Pelot - Betty Martel**

**Frances Leinhart**

#### **In Memory of**

**Chester Corkey Barker**

**Susan Randall**

**Josephine Nation**

### Pancake Breakfast with Santa - Sunday, December 13 2015 8:00 a.m.—11:00 a.m.

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

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

Handmade crafts will be on sale during the breakfast.

**Parents and Grandparents make sure you BRING YOUR CAMERA!**



### **Board of Directors' Meeting—Monday, Dec. 7 @ 10:00 a.m.**

All club members are welcome to attend our monthly board meetings.

### President's Message:

Priorities, priorities.... How many of us know that the number one priority of the staff and volunteers of our senior club is to provide activities for our members and friends that are both enjoyable and also the least expensive? When an event is proposed or discussed for our club the very first question to answer is; "are the members going to have a good time and is it at the best possible price?". If the proposed event doesn't pass this first question it's automatically dropped off the list for consideration. Our club staff works very hard to keep the costs of our events as affordable for everyone as possible and that makes for a lot of work in planning our club events especially today with the ever increasing prices of everything. It takes very special people to make a club a great club for it's members and we are so fortunate to have them in our club. Many thanks to our staff and members that work so hard to make our club enjoyable for us all.

I hope that we all have a safe and Happy Holiday season!!!

*Larry Risner - Club President*

### 2015 Holiday Bazaar

Thanks to all of you who helped with this event. Mimi and her crew at the Jewelry table, Linda and her crew at the Craft booth, Donna and Pat with the Baked Goods and all who brought the goodies, Kay and Mavis with their cards, and Barbara and her crew at the White Elephant table. A huge thanks to Carl and Jack for the delicious lunch and to all of those who helped with serving, clean up and Darlene with the tickets. It does take a village to put on events like this. Our profit was around \$1800 so I would say it was a good day! Thanks again to all who volunteered their time.

*Shelley Pighin— 1st Vice President*

## Blood Pressure Check

**Monday, December 14**  
**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, December 8 & 22**  
**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, December 1**  
**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, December 17**  
**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, December 7, 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, December 3 & 17, 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

## 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.

## 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.

*The County Connection*



# Trip Calendar

Senior Center

December-15

## Trip Presentations, Document Party and Sign up Dates

Date of Sign Up	Time	Excursion Name	Excursion Date
Thursday, December 3	10:00 AM	Red Hawk Casino	January 13, 2016
Thursday, December 3	10:30 AM	Follow the Seagulls	January 28, 2016
Thursday, December 17	10:00 AM	Portrait of Peony	February 13, 2016

## 2015/16 Sightseeing and Gambling Trips

Date of Trip	Excursion Name
Sunday, December 6	Singing Christmas Tree
Wednesday, January 13	Red Hawk Casino
Thursday, January 28	Follow the Seagull with Craig Smith
Saturday, February 13	Portrait of Peony

## 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
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—2016

### **The Singing Christmas Tree — Sunday, December 6, 2015**

Call for Availability

### **Follow the Seagulls — Thursday, January 28, 2016**

See all the wonders that make our “City by the Bay” a world-renown tourist attraction on this 40-mile drive. Visit City Hall and drive through the city’s famous neighborhoods with your expert guide Craig Smith. Take in the breathtaking view at Twin Peaks, stroll through Mission Delores and end your tours at the Ferry Building. Mid way there will be a lunch included. Cost: TBA. Escort: TBA. Checks payable to “City of Martinez.” **Sign up begins Thursday, December 3 at 10:30 a.m.**

## Gambling Tours 2016

### **Red Hawk Casino — Wednesday, January 13, 2016**

Receive: \$15 Slot Play. Bonus: With new sign-ups Seniors 55 and over can earn 100 points, swipe your card at the kiosk for additional \$5 free play & \$5 food coupon. Cost: \$28. Escort: TBA. Checks payable to “City of Martinez”. **Sign up begins Thursday, December 3 at 10:00 a.m.**

**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

### **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. After Dec. 1, please call for availability.

**Orientation date at the Center:**

**Thursday, January 28 @ 4:30pm**



## 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. Cancellation Insurance included.

**Cost: \$200 deposit/\$1399 pp double /\$1649 single Call for Availability.**

### 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).

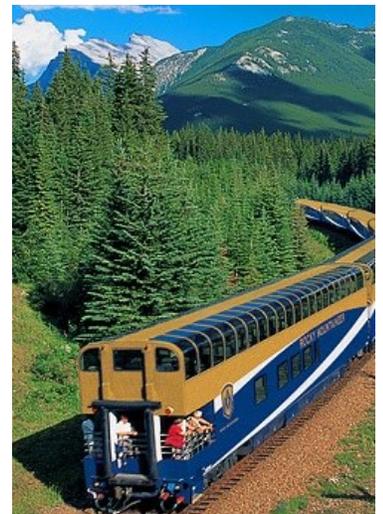


### Canadian Rockies by Train - Thursday, April 21—Friday, April 29, 2016

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 relive 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.





## C.C. Café at the Martinez Senior Center

### 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.**

**Thank you from Rita Wells and Meals on Wheels for another successful Basket Raffle!**

**We raised \$1551 this season for Meals on Wheels.**

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**

View the Daily Menu on the C.C. Café Calendar

## 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.

### December 2 — SAN ANDREAS

In the wake of a cataclysmic California earthquake, a search- and- rescue chopper pilot and his ex--wife embark on a perilous journey from Los Angeles to San Francisco in hopes of saving their daughter. Cast: Art Parkinson, Archie Panjabi, Ioan Gruffudd, **Rated: PG- 13. 114 min. 3.7 stars**

### December 9 — STILL ALICE

When 50 year old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early- onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives. Cast: Julianne Moore, Alec Baldwin, Kristen Stewart **Rated: PG -13, 101 min. 4 stars**

### December 16 — SURVIVOR

After surviving a terrorist bombing in London, a U.S. Embassy employee ends up on the run when she's framed for crimes. Learning a New Year's Eve attack is planned for Times Square, she must foil the plot while eluding authorities and an assassin. Cast: Milla Jovovich, Pierce Brosnan, Dylan McDermott **Rated PG-13, 1hr 36min. 4 stars**

### December 23 - BAREFOOT: THE PERFECT MISMATCH

The son of a wealthy family meets a young psychiatric patient who's been raised in isolation her entire life. He takes the woman home to convince his family that he's finally straightened out his life and along the way they fall into improbable love. Cast: Evan Rachel Wood, Scott Speedman, Treat Williams **Rated: PG-13, 89 minutes. Rated 3.8 stars**

**Voice your opinions and select the movie we view. We vote the first Wednesday of the month just before the movie.**

**December 30, 2015 — NO MOVIE**  
**We will be closed for the Holidays**

Monday

Tuesday

Wednesday

Thursday

Friday



Leo's Pork & Rice  
\* Broccoli  
\* Carrot Raisin Salad  
100% WW Bread w/Margarine  
Banana

**No C.C. Café today!**

Virginia Style Baked Ham  
w/Pineapple-Raisin Sauce  
\* Sweet Potatoes  
\* Swiss Chard or Spinach  
100% WW Bread w/Marg.  
\* Tangerine

Breaded God Fish  
w/Lemon Slice  
Clam Chowder  
\* Mixed Vegetables  
\* Coleslaw  
Brown Rice  
Tartar Sauce  
Tapioca Pudding  
(Fresh Fruit)

7

8

9

10

11

Vegetarian Bean Burrito  
w/ Red Sauce & Cheese  
Mexicali Corn  
Mixed Green Salad  
w/Ranch Dressing  
\* Citrus Fruit Cup

Turkey a la King  
Garden Green Peas  
\* Stewed Tomatoes  
Biscuit  
Fresh Fruit

**EL CERRITO HOLIDAY CELEBRATION**  
Roast Beef w/Gravy  
\* Baked Potato  
\* Vegetable Bean Medley  
Mixed Green Salad  
w/Blue Cheese Dressing  
Dinner Roll w/Margarine  
Apricots

**GOLD PLATE:**  
Jack's Mock Crab Salad  
Potato Leek Soup  
Pickled Beets & Onions  
\* Tropical Fruit Cup  
French Bread  
Lettuce, Tomato & Onion  
Lemon Gelatin w/Whip Topping  
(Diet Lemon Gelatin)

**BRENTWOOD HOLIDAY CELEBRATION!**  
Oven Fried Chicken  
Macaroni and Cheese  
Tender Green Beans  
\* Spinach Salad  
w/Catalina Dressing  
100% WW Bread w/Margarine  
Pistachio Fluff  
(Mixed Fruit)



14

15

16

17

18

Meatloaf w/Gravy  
\* Mashed Potatoes  
\* Broccoli  
Tossed Salad  
w/Thousand Island Dressing  
100% WW Bread w/Marg.  
Sliced Peaches

**GOLD PLATE:**  
Chicken Caesar Salad  
(Mesquite Chicken, Parmesan  
Cheese, Romaine Lettuce,  
Cherry Tomatoes, Croutons)  
\* Beef Barley Soup  
Citrus Fruit Cup  
Roll w/Margarine  
Caesar Dressing  
Chilled Pears

**SAN RAMON HOLIDAY VARIETY SHOW**  
Veal Bird w/Mushroom Gravy  
Sliced Carrots  
\* Mashed Potatoes  
Green Salad  
w/Italian Dressing  
Roll w/Margarine  
Chocolate Cream Pie  
(Banana)

**CONCORD, BAY POINT, CROCKETT, PITTSBURG, RODEO, WALNUT CREEK HOLIDAY EVENT**  
BBQ Pulled Pork  
on Bun  
\* Gabri Vegetables  
Potato Wedges  
Coleslaw  
Cinnamon Applesauce

No C.C. Café  
Holiday Luncheon  
\* Get your ticket at the Front Office  
Members Only - \$12  
Enjoy a fabulous luncheon at the Martinez Senior Center



21

22

23

24

25

**GOLD PLATE:**  
Tuna Salad Sandwich  
Chicken Noodle Soup  
\* Marinated Broccoli Salad  
100% WW Bread X2  
\* Mandarin Oranges

**PLEASANT HILL HOLIDAY CELEBRATION**  
Stuffed Pepper  
Split Pea Soup  
\* California Blend  
Herbed Rice  
Gingerbread Cake (Fresh Fruit)

Shiu's Chicken Breast  
Apple Juice  
Vegetable Bean Medley  
Buttered Noodles  
100% WW Bread w/Marg.  
\* Tropical Fruit

Salisbury Steak  
w/Onion Gravy  
\* Mashed Potatoes  
Garden Peas  
Tossed Salad  
w/Ranch Dressing  
100% WW Bread w/Marg.  
Citrus Fruit Cup

**Happy Holiday**



28

29

30

31

Colossal Hot Dog w/Cheese  
Baked Beans  
\* Potato Salad  
Onion, Mustard  
Catsup & Relish  
Bun  
Mixed Fruit

**GOLD PLATE:**  
Chicken Salad Sandwich  
Corn Chowder  
\* Pickled Beets & Onions  
4-Bean Salad w/Carrots  
100% WW Bread X2  
\* Tangerine

Beef Sukiyaki  
\* Orange Juice  
\* California Blend  
\* Steamed Rice  
Fortune Cookie  
(Chilled Pears)

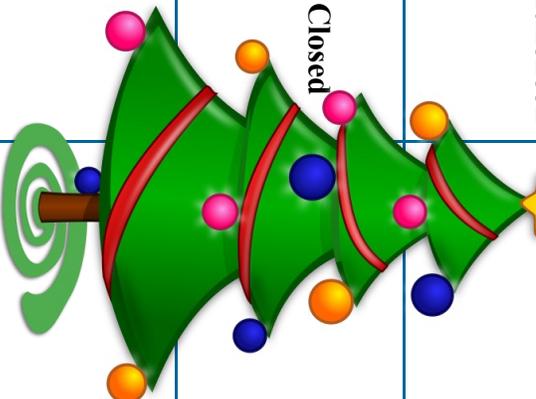
Chicken Tahitian  
Orange-Pineapple Juice  
\* Winter Vegetables  
\* Carrots In Lite Sauce  
Asian Sesame Noodles  
Vanilla Pudding  
(Pineapple Chunks)

\* = Vitamin C  
\_ = Vitamin A  
( ) = Dessert of Choice  
All meals served w/low fat milk.



**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON DEC. 9, 11, 16, 17, AND 22!  
5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**

# Martinez Senior Center December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Consult an Attorney	2 Senior Center Closed 8am—Noon Movie—1pm San Andreas	3 Bingo Bunco 4:45pm Senior Food Program (pg 5)	<div style="background-color: black; color: white; padding: 5px;">           Sign up : Red Hawk Casino @ 10:00am             Sign up: Follow the Seagull @ 10:30am         </div>	
6 The Singing Christ- mas Tree Trip	7 Board Meeting 10:00 am USDA Low Income Food (pg 5)	8 H.I.C.A.P.	9 Movie—1PM Still Alice	10 Bingo Dec. Specials	11	12
13	14 Blood Pressure Check 9:30—10:30am	15	16 Movie—1pm Survivor	17 Bingo Sign -up Portrait of Peony @ 10am Podiatrist* Senior Food Program	18 Holiday Luncheon	19 
20 	21	22 H.I.C.A.P.	23 Movie—1pm Barefoot	24 Center Hours 8:30am—1pm	25 Center Closed	
27	28 Center Hours 8:30am—1pm	29 Center Hours 8:30am—1pm	30 Center Hours 8:30am—1pm	31 Center Closed New Year's Eve Bingo		

# Let's Be Informed Presentations



## FHA Reverse Mortgages Presentation

Friday, January 29, 2016

10—11am

Cost: Free



High Tech Lending is hosting an Educational Seminar at the center, educating seniors on a government-insured program through the Federal Housing Administration (FHA) which allows seniors to live in their home without paying monthly mortgage payments. This informative program will allow you to see if this program can be beneficial for you. It is for homeowners age 62 or older and has paid off your mortgage or paid down a considerable amount, and currently living in the home. The FHA's Home Equity Conversion Program (HECM) enables you to withdraw a portion of your home equity. **Snacks and Free prizes will be provided.**

## Bart Presentation & Free Field Trip

Coming Soon

Cost: Free

A BART Representative will give a presentation and sign up for a **FREE** BART Clipper card. The presentation will update us on the status of usage also on our ferries and bus lines. The Clipper Card for Senior's (65 years or older) will still honor the price of \$9 (\$24 value). With the Clipper Card you will be able to add money to the card and it will not demagnetized.

We will also announce our date for the FREE senior field trip with BART. At the presentation we will begin a sign-up for those interested in this trip which includes; Complimentary round trip fare using the Senior Clipper Card, a travel tote, lunch and a station and car tour

## New Classes Coming Soon



### Laughter Yoga

Coming in January 2016

Cost: \$5 per class

Come laugh and improve your health with a Laughter Yoga Class. This unique concept where people laugh for no reason, without relying on comedy, jokes and humor. It results in increased oxygen to your body and brain, giving you a greater feeling of energy and better health. No yoga experience necessary, exercises can be done while sitting in a chair. Instructor: Delores White, Certified Laughter Yoga Leader.

### Realistic Landscape & Portraits

Coming in February 2016

Cost: \$90 per 6 week session

This class is designed to expand your creativity and art education while having fun. Learn to create strong design, and attain accurate color, values, and representation through demonstrations and individual instruction. Students will acquire a greater visual awareness and skill to interpret and execute a landscape or portrait. Beginning and Intermediate levels. Please see instructors artwork at [www.westernpainter.com](http://www.westernpainter.com). Instructor: Gary Bergren

## 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.

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

Session 1: Jan. 7—Feb. 25

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 1: Jan. 4—March 7

(No Class—Jan. 18 & Feb. 5)

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 1: Jan 4—March 28

(No Class—Jan. 18, Feb. 15 & 22)

Session Fee \$55 per 10 weeks

Instruction in beading of bracelets, earrings and more; from the beginning and progressing slowly to more difficult projects. All levels welcome and everyone work's 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."

## 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.

## 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

Session 1: Jan. 5 March 8

Session Fee: \$35

Wednesday

6:00 p.m.—9:30 p.m.

Session 2: Nov. 4 – Dec. 23

(No class 11/11 & 11/25)

Session Fee \$21

Session 1: Jan. 6—March 9

Session Fee: \$35

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

Session 1: Jan. 5 March 8

Session Fee: \$35

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.

**Lounge Activities:  
Play cards, table games,  
puzzles, borrow a book from  
our library, or just stop by  
for cup of coffee!**

## 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.  
\$5 per pack  
\$30 Guaranteed minimum prize for 10 regular games in December. Plus 3 warm up and half time special games (prizes dependent upon sales).

**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
1st Vice President	Shelley Pighin
2nd Vice President	Sal Vega
Recording Secretary	Jan Johnson
Treasurer	Tom Borman
Corresponding Secretary	Gina Drewry
Members At Large	Carl Nielsen
	Jack Vaeth
	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
	Emogene Thomas
	Sandra Sinosky
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](mailto:dprete@cityofmartinez.org)



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**December 2015**  
**Martinez Senior**  
**Community Center**  
**Bulletin**

**CURRENT RESIDENT or**