

Martinez Senior Community Center
Golden Times

January 2016

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 year

Ciao Bonnie

Saturday, January 9, 2016

12:30pm—5:00pm

Cost: \$15 for Lunch & Gift

After many years of service to our Senior Center, we are celebrating the retirement of Bonnie Prato. Please join us for an amazing Italian Luncheon. 12:30pm—Wine & Cheese Social in the Lounge. Seating will begin at 1pm. Lunch will be served at 1:30pm.

Clipper Card Presentation & Free Field Trip

Friday, January 15, 2016

10:00—11:00am

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 demagnetize. 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.

Art, Wine & Jazz Night

Friday, January 22, 2016

4:30—8:30pm

Cost: \$10 Members, \$12 Non-Members

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.

FHA Reverse Mortgage Presentation

Friday, January 29, 2016

10:00—11:00am

Cost: Free

High Tech Lending is hosting an Educational Seminar for Seniors on a government-insured program through the FHA which allows seniors to live in their home without paying monthly mortgage payments. It is for homeowners age 62 or older and has paid off their mortgage or paid down a considerable amount, and currently living in your home. The FHA's Home Equity Conversion Program enable you to withdraw a portion of your home equity. Snacks & Free Prizes will be provided.



Celebrating at our Thanksgiving Luncheon.

Inside this issue

Classes & Activities 15
Club News & Events..... 4
Community Services 6
Exercise Classes 14
Lunch and a Movie 11
Trips/Tours..... 7-10

Mark Your Calendar

- **January 1, 2016**
Closed for New Year's Day
- **January 18, 2016**
Closed for Martin Luther King Day
- **February 12, 2016**
Closed for Lincoln's Birthday
- **February 15, 2016**
Closed for Washington's Birthday

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.

You may print the new membership form online at www.cityofmartinez.org/depts/recreation/senior or you can pick one up at the front desk.

If you do not have an updated 2016 parking decal you will no longer be able to park in our lot.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." ~ Martin Luther King, Jr.

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

Happy New Year to All My Fabulous Seniors:



As we begin our quest on a new adventure into the next year, I want to begin by saying “Thank you to the most Fantastic Seniors. Each and everyone of you have given me so much love, support and enthusiasm that it brings tears to my eyes and fills my heart full of love”. I will be continuing my position as the Acting Senior Supervisor until January 19, 2016. At that time, I will be stepping into the role of Senior Coordinator and our new Senior Supervisor will be in place. Please do not hesitate to stop by and say “Hi”. I am very excited to step into the role as the coordinator. I know Bonnie’s shoes will be hard to fill but I promise I will give it my best shot. Thank you again and Happy New Year!

Sincerely,
Charli Prete
Interim Senior Supervisor/Senior Coordinator

CONTROL
 **YOUR**
WEIGHT
with TOPS®
TAKE OFF POUNDS SENSIBLY

Thursday Mornings
Weigh-In: 8:30-9:00 Meeting: 9-10
MARTINEZ SENIOR CENTER
818 Green Street, Martinez
Your first meeting is **FREE!**
\$4/monthly and \$32 yearly membership fee

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

**Tony Imbressi — Giovanni Brown — Michele Walker
Leslie Rueb — David Joslin
Geraldine Rains — Maureen Reading — Joe Martinez
Dan Robertson — Sherrie Hammon — Regina Brough
David Penn — Jan Gillspie
Norman McDonald — Deloris McDonald — Lynn Vehnekamp
Maria Bito — Dianne Davis
Sharon Gibson**

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 members who have joined our 90's club this month.

**Virginia Sullivan—Kay Pyka
Mickey Collins —Audrey Pipó
Ensio Canetta—Paul Wirkala
Dorothy Gallarda**

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

In Memory of

Genevieve Prato-Daft

Pancake Breakfast - Sunday, January, 10, 2016

8:00 a.m.—11:00 a.m.

This delicious breakfast includes: Pancakes or toast, sausage, 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.



Always open to the Public!

Board of Directors' Meeting—Monday, Jan. 4 @ 10:00 a.m.

All club members are welcome to attend our monthly board meetings

Tour Committee Meeting—Friday, Jan. 15 @ 11:30 a.m.

President's Message:

Wow, what a year! All can say is, "I would like to extend a great big thank you to the club members, volunteers, office staff and the City of Martinez for making our club such a great club for us seniors". It's hard for me to believe that Dianne and I have so enjoyed being a part of this club for over twenty years (time surely does fly by!) and we are looking forward to many more years with y'all - it's hard to imagine what we would do without so many friends.

Every new year brings with it new challenges for the club and we always find ways to make things even better with the challenges and of course everyone's help and patience, thank you again for that!

With that said be sure to keep an eye in the club newsletter for upcoming events and trips. If you feel the need to get out-of-town for a day a day trip will do that for you and with the least possible cost. All you have to do is get to and from the Safeway parking lot on Alhambra Avenue – during the trip you simply "sit back and enjoy the trip leaving all the work to the trip escort".

I hope that you have/had a safe and Happy Holiday season!!!

Larry Risner - Club President

Semi—Annual Membership Meeting & Potluck Luncheon

Friday, January 22, 2016

Potluck Luncheon begins at 12:00pm/ Meeting begins at 12:45pm

Plan on attending this very informative meeting. We must have a minimum of 35 members present to have a quorum. Sign-up sheet for the potluck is located in the lobby. The Club will provide plates, utensils, coffee and tea.

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

Friday, January 15, 2016

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

Wednesday, January 27, 2015

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. Instructor: Gary Bergren

Blood Pressure Check

Monday, January 11

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, January 12 & 26

Appointments begin @ 9:00 a.m.

Make an appointment 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, January 5

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, January 21

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

Senior Food Program (Martinez residents only)

Every month the Food Bank gives away USDA food 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, January 4, 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, January 7 & 21, 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 (1 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 buses 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

January-16

Trip Presentations, Document Party and Sign up Dates

Date of Sign Up	Time	Excursion Name	Excursion Date
Thursday, January 14, 2016	10:00AM	Charles Schulz Museum	March 9, 2016
Thursday, January 21, 2016	10:00AM	Atlantis Casino Resort & Spa	May 15 - 16, 2016
Thursday, January 28, 2016	4:30PM	Banjo Snow Train -Orientation	Feb. 9 - 11. 2016

2016 Sightseeing and Gambling Trips

Date of Trip	Excursion Name
Wednesday, January 13	Red Hawk Casino
Thursday, January 28	Follow that Seagall with Craig Smith
Saturday, February 13	Portrait of Peony
Wednesday, March 9	Schulz Museum & Luther Burbank Home & Garden Tour

2016 Short Getaway Trips

Date of Trip	Location of Getaway
February 9 - 11, 2016	Banjo Snow Train
May 15 - 16, 2016	Atlantis Casino Resort & Spa

2016 Extended Trips

Date of Trip	Location of Extended Trip
January 13 - 19, 2016	Lake Havasu Balloon Fiesta
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

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

Sightseeing Tours 2016

Follow the Seagulls — Thursday, January 28, 2016

Arrive in San Francisco where you will meet our favorite tour guide, Craig Smith. Craig will take you on a 49 mile journey through the “City by the Bay”, a world-renown tourist attraction and popular place for surrounding counties to visit. In the morning you will visit Union Square, the Crooked Street and drive through the city’s famous neighborhoods, and as you know Craig never runs out of facts, stories and gossip. Enjoy your hosted lunch at the popular Beach Chalet Restaurant see flyer for lunch choices After lunch continue your tour, see the Great Highway, S.F. Zoo, Lake Merced Drive, Golden Gate Park and Laguna Honda. Take in the breathtaking view at Twin Peaks, stroll through Mission Dolores and end at the Ferry Building. Cost: \$93. Make checks payable to “City of Martinez.” Escort: Larry Risner. **Sign up now; seats still available, going fast.**

A Portrait of Peony — Saturday, February 13, 2016

The fateful story of White Peony and Jun Yip continues... A bilingual production set in Ancient China A new bundle of joy has appeared in their lives, but their bliss is punctuated by the relentless malice of Auntie, who has redoubled her efforts to torment Peony.. And eliminate her for good. We will begin our adventure with a hosted lunch in Chinatown at Little Szechuan after lunch depart for Buddha’s Universal Church to see this amazing Chinese opera Cost: \$68 Escort: Judy Garnick. Checks payable to “City of Martinez.”

Schulz Museum & Luther Burbank Home & Garden- Wednesday, March 9, 2016

Arrive at the Snoopy Gallery for your guided tour of the Charles Schulz Museum. Built in honor of Charles Schulz, the cartoon artist known for his peanut’s comic strip is filled with original drawings, awards, photographs and memorabilia. Enjoy a hosted lunch at the Warm Puppy Café, where you have a lunch choice of sandwich (Turkey, Tuna or Veggie Wrap) Salad, (Caesar, Mediterranean or Sonoma Apple served with cheese bread.) Beverage and a cookie. After lunch we will depart for the Luther Burbank Home and Gardens for a guided tour. Learn how this world-renowned horticulturist, lived and experimented with plants.

Cost: \$79. Checks payable to “City of Martinez.” Escort : Barbara Turcios. **Sign up begins Thursday, January 14 at 10 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.**

Short Getaway Trips 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. **Please call for availability. Orientation date at the Center: Thursday, January 28 @ 4:30pm**

Atlantis Casino Resort Spa – Sunday, May 15 – Monday, May 16, 2016

Trip Highlights: Games and prizes on the way to Reo, continental breakfast served on the way up, rest stop in Auburn on the way to and from, one-night deluxe accommodations at the Atlantis Hotel, a movie and lunch served (sandwich, chips and drink) on the return trip. **Trip Includes:** Deluxe motor coach (American Stage) transportation, Atlantis player card and buffet voucher before exiting the bus (\$20 free slot play loaded on your player card, \$20 buffet voucher for the Toucan Charlie’s Buffet.) Drivers gratuity is included, and luggage handling. Cost: \$99 pp double/\$198 single. Tour Escort: Lynn Shelton. **Make checks payable to “Evelyn Shelton.” Sign-up begins Thursday, January 21 at 10:00 a.m.**

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. Call for Availability

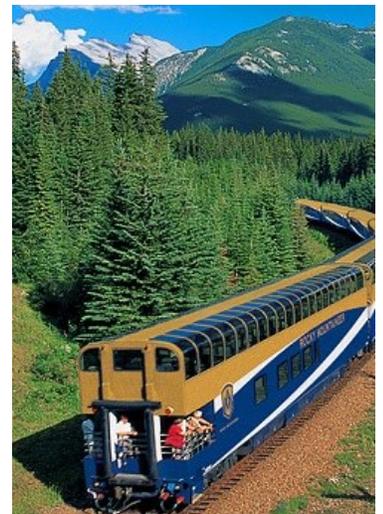


Canadian Rockies by Train - Thursday, April 21—Friday, April 29, 2016

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 2 openings for Historian and Parliament 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.



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 have a 59" Plasma Flat Screen T.V.

January 6 — American Heist (2015)

James (Hayden Christensen) owes his life to his older brother, Frankie (Adrien Brody) after taking the rap for a crime they committed together. Now, Frankie is released and back on the street with no money and no place to go. He turns to his underworld connections and convinces James to join him in hopes that one last job would be the solution to change both their lives. Cast: Jordana Brewster, Hayden Christensen, Adrien Brody Rated: R. 96 minutes 3.2 stars

January 13 — Jimmy's Hall (2015)

After being deported from Ireland to the United States, political firebrand Jimmy Gralton returns to his hometown a decade later and reopens the dance hall he once ran as a gathering place for youngsters' -- much to the dismay of community leaders. Starring: Barry Ward, Simone Kirby, Jim Norton. Rated PG-13. 106 minutes. Rated 3.1

January 20 —Ricki and the Flash (2015)

Abandoning her family to chase -- and ultimately attain -- her dream of rock stardom, guitarist Ricki Rendazzo returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her ... at first. Cast: Meryl Streep, Kevin Kline, Mamie Gummer, Rated: PG-13 101 minutes. Rated 3.4 stars.

January 27 - Max (2015)

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death. Starring: : Lauren Graham, Joseph Julian Soria, Josh Wiggins Rated: PG. 111 minutes. Rated 3.8

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

Monday

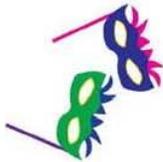
Tuesday

Wednesday

Thursday

Friday

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



4

5

6

7

8

NEW YEAR CELEBRATION!

No C.C. Café

- * Krabby Cake
- * Extra Cheesy Scalloped Potatoes
- Green Beans w/Red Peppers
- Tossed Salad
- w/Ranch Dressing
- Tartar Sauce
- Lemon Meringue Pie (Pears)

Installation of New Equipment



- * Joe's Orange Chicken Breast
- * Red Potatoes
- Vegetable Bean Medley
- 100% WW Bread w/Marg.
- Raspberry Gelatin
- w/Mixed Fruit
- (Diet Raspberry Gelatin w/Mixed Fruit)

- Turkey Sandwich
- Pumpkin Celery Soup
- 4 Bean Salad
- Potato Salad
- Lettuce & Tomato
- Mustard, Mayonnaise
- 100% Whole Wheat Bread x2
- Banana

- Texas Style BBQ Beef
- Chicken Noodle Soup
- * Winter Vegetable Blend
- * Potato Wedges
- Bun
- Apricots
- Ring in the New Year!

11

12

13

14

15

- Pork Carnitas
- Apple Juice
- Mexicali Corn
- Green Salad
- w/1000 Island Dressing
- Flour Tortilla
- Salsa
- Mandarin Oranges



- Breast of Chicken Marsala
- Minestrone Soup
- Italian Vegetables
- Tossed Green Salad
- w/Italian Dressing
- Buttered Noodles
- Citrus Fruit

- Meatballs w/Mushroom Gravy
- Grape Juice
- * Steamed Spinach
- Mixed Vegetables
- Brown Rice
- Sherbet
- (Banana)

- Tuna Noodle Casserole
- Carrots in Life Sauce
- * Broccoli Spears
- Roll w/Margarine
- Orange Gelatin
- w/Mandarin Oranges
- (Diet Orange Gelatin w/Mandarin Oranges)

- NEW ITEM!**
- Southern Style Glazed Ham
- * Collard Greens w/Onions
- * Yams
- Corn Bread w/Margarine
- Grandma's Apple Cobbler
- (Applesauce)

18

19

20

21

22

MARTIN LUTHER KING JR HOLIDAY!



- Sweet & Sour Pork
- Carrots in Life Sauce
- Asian Vegetable Mix
- Mixed Green Salad
- w/Ranch Dressing
- Steamed Rice
- Tangerine

- Cobb Salad
- Beef Barley Soup
- 4 Bean Salad
- Dinner Roll w/Margarine
- Blue Cheese Dressing
- Citrus Fruit

- Ye Old Pub Cheese Burger
- * Potato Nuggets
- Spring Bean Medley
- Lettuce, Tomato & Onion
- Mustard, Catsup
- Mayonnaise & Relish
- Bun
- Mixed Fruit

- Breaded Cod
- Clam Chowder
- Mixed Vegetables
- * Colelaw
- Rice Pilaf
- Tartar Sauce
- Brownie
- (Fresh Fruit)



25

26

27

28

29

- Grilled Chicken Sandwich
- Tomato Basil Soup
- * Sweet Potato Fries
- * Marinated Broccoli Salad
- Lettuce & Pickles
- Mayonnaise
- Bun
- Butterscotch Pudding
- (Applesauce)

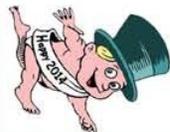


- Cheesy Red Lasagna
- w/Parmesan Cheese
- Grape Juice
- * California Blend
- Tossed Salad
- w/Italian Dressing
- Fresh Fruit

- Tempting Tamale Pie
- w/Corn Bread Topping
- Mixed Vegetables
- Black Beans
- Mixed Green Salad
- w/Ranch Dressing
- * Tropical Fruit

- COLD PLATE**
- Thin Ham Slices
- Split Pea Soup
- Carrot & Raisin Salad
- Corn Relish Salad
- Lettuce & Tomato
- Mustard, Mayonnaise
- Rye Bread
- Citrus Fruit

- Lincoln's Log Cabin
- Hearty Beef Stew
- * Steamed Broccoli
- Mixed Green Salad
- w/1000 Island Dressing
- Biscuit w/Marg.
- Strawberry Gelatin
- w/Whipped Topping
- (Diet Strawberry Gelatin)



DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON JAN. 4 AND JAN. 15! 5 DAILY ENTREE CHOICES: ENTREE D.JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!



Martinez Senior Center January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Center Closed for New Year's Day	2
3	4 Board Meeting	5 NO C.C. CAFE Consult an Attorney*	6 Movie 1pm	7	8	9 Ciao Bonnie Retirement Party
10 Pancake Breakfast	11 Blood Pressure Check 9:30—10:30am	12 H.I.C.A.P.*	13 Movie 1pm	14 Art , Wine & Jazz Night Jan. 22, 2016	15 Clipper Card Presentation 10am	16
17	18 Center Closed for Martin Luther King	19	20 Movie 1pm	21 Podiatrist*	22 Consult an Attorney*	23 
24	25	26 H.I.C.A.P.*	27 Movie 1pm	28 Banjo Snow Train Orientation 4:30pm	29 FHA Reversible Mortgage Seminar 10am	30
31		* Call For an appointment				

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

Laughter Yoga

Wednesday, January 27

4:15—5:00 p.m.

Cost: \$5 Drop In Fee

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.

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

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

Friday

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.

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).

Lounge Activities:

Play cards, table games, puzzles, borrow a book from our library, or just stop by for cup of 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
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
	Sherry Roe
Historian	Vacant
Parliament	Vacant

Senior Center Staff

Senior Supervisor	Charli Prete
Senior Coordinator	Vacant
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



PRST STD
US POSTAGE
PAID
MARTINEZ, CA
94553
PERMIT NO. 55

“TIME VALUE” DATED MATERIAL

January 2016
Martinez Senior
Community Center
Bulletin

CURRENT RESIDENT or