

Martinez Senior Community Center
Golden Times

March 2016

The Bulletin of the Martinez Senior Community Center

Senior Citizen's Club of Martinez Membership is open to all men and woman 50 years of age or older. Membership cost \$10 per calendar year

St. Patty's Day Bunco & Lunch

Saturday, March 12, 2016

Introduction & Game Rules 11:30am/ Lunch Served 12:00pm

Game Starts Promptly at 1:00pm

Donation: \$14

Join us for a fabulous afternoon of Bunco, even if you never played before. This exciting and fun game of Bunco can be introduce to you before the game starts and you will definitely catch on quickly. Cash prizes will be awarded. We will serve traditional Corned Beef and Cabbage buffet style lunch at noon with a dessert bar at the break. Donation: \$14. Tickets are on sale NOW, deadline to purchase your ticket is Tuesday, March 8, 2016.



Spring Fling Luncheon

Friday, March 18, 2016

12:00pm

Cost: \$12 Members, \$14 Non-Members

Join us for a delicious taste of spring with our beautiful spring Luncheon. Make sure you dust off your semi-formal spring wear, special spring hats (fancier, the better) and join us for a fabulous Spring Fling. We will be awarding the "Best Dress", "Best Hat" and "Most Creative Hat". Tickets are on sale NOW, deadline to purchase your ticket is Tuesday, March, 15, 2016.



Mari Hasegawa volunteering in the Kitchen for Ciao Bonnie

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Mark Your Calendar

**St. Patty's Day Lunch @
C.C. Café**

Thursday, March 17, 2016

**Must Call the Day before
to reserve your space.**

(925) 646-2598



Goodbye to All My Fabulous Seniors!

I want to say "Thank you" for all the love and support from everyone at the Martinez Senior Center. My time here has been amazing. Everyone thinks I am moving on but really I am just adding another beautiful chapter in my life. Please do not hesitate to call or email me. I am always available for lunch dates, wine tasting and hugs for all my wonderful seniors.

With all my love,
Charli Prete
Former Interim Senior Supervisor
dbprete@gmail.com

Travel Brings Power and Love Back to Your Life.
~ Rumi

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:

C.C. Café Librarian 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 2016. 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, 2016.** 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, May 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.



Hello everyone, my name is Gina Lombardi Gravert and I am excited to be the new Senior Center Supervisor here at the Martinez Senior Center. I have always found the City of Martinez to be a family friendly community and look forward to getting involved in all that it has to offer. I know that there have been questions as to who I am, so I thought I would share with you a little bit about me. I was born and raised only 20 miles from Martinez in Antioch, CA. After graduating from High School in 1993, I went on to attend Los Me-

danos Community College where I received my AA Degree in Liberal Arts in 1995. I then moved down to San Luis Obispo and attended California Polytechnic State University "Cal Poly". I obtained a Bachelor of Science Degree in Psychology along with a minor in Speech Communication that had an emphasis in Public Relations.

I am married and have one daughter named Sandy and one beautiful golden retriever dog named Bailey. Sandy is 10 years old, in 4th grade and loves anything to do with mermaids and oceans. My husband Tom is a high school teacher in the Antioch Unified School District and has been teaching for over 19 years. Family is extremely important to me and I am so grateful that I have them every day. If I am not with my family you will probably find me doing what I like to call one of the four S's... Shopping, Scrapbooking, Starbucks or Sleeping. In addition, I do enjoy dancing and long walks with Bailey.

My previous employment has been with the City of Antioch Recreation Department for the past 17 years, five of which I was the Recreation Specialist overseeing the Antioch Senior Center and the Nick Rodriguez Community Center. Throughout my time with the City of Antioch, I had the wonderful opportunity to develop strong relationships with a variety of organizations, community members and met wonderful people along the way. I look forward to the same opportunity here with all of you.

Within the three weeks I have been with the center I have seen all the hard work and dedication that goes into the day to day operations from the Staff, Board of Directors, Instructors, Members and Volunteers. You are all truly amazing people and the community of Martinez is lucky to have you.

In closing, I would love to get to know each and every one of you, please stop by and say hello.

Sincerely,
Gina Lombardi Gravert

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.**

Welcome to Our New Members

Marianne McFarland— Cheryl Buscaglia— Tish Marshati— Agnes Bako— Guy Greenwood— Frances Metz— Geri Nelson— Carole Clausen— Ricki Walters— Wendy Allen— Kathy Lenk— Gary Riley— Lupe Montoya— Luana Wilson— Harry Wilson— Joi Jencuyah— Peter Lipa— Patricia Phillips— Donna Austin— Yvonne Hamilton

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.

Jeanne Gibson

Rose Davis

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

Hope Balderrama

Club News & Special Events

Pancake Breakfast - Sunday, March, 13 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, March 7, 2016

@ 10:00 a.m.

All club members are welcome to attend our monthly board meetings

President's Message:

Please join me in welcoming our new Senior Staff Supervisor, Gina Lombardi-Gavert to our club. Gina is a bright light for us and we should soon have a new senior staff coordinator to welcome as well. With these staffing changes at our senior center there is a hope of more new events and activities for our club.

A big thank you to Charli Prete our Interim Staff Coordinator for her dedication in keeping us operating flawlessly through the recent retirements of Bonnie Prato and Kathi Curry and also for the new events she has brought to the club.

If you have any suggestions for trips please let the senior center office know so the tour committee can work them in - we need ideas for new places to visit and see this year.

Our club would cease to exist without the time and efforts of the volunteers and there is always a need for volunteers, so if you have some free time and would like to help please consider volunteering.

Also, nominations are opening soon for various board and committee positions. Please contact the front desk if you are interested - after all, it's our club.

Thanks to all!

Larry Risner - Club President

THANK YOU Sandra Sinosky for taking all the pictures of all the special events & trips, decorating the bulletins in the lobby and her amazing office skills .

Emogene Thomas for all her help with Craft group and keeping our front office full of energy.

Rita Wells for all your help with C.C. Café, front office and setting up and her delicious cooking, set up, decorating and clean up for our Special events.

Without these fantastic Office Assistance we could not run as smoothly through this transitional period.

Special Classes & Presentations

AARP Driving Safety Training Program

Friday, March 6 & 13, 2016

10am —2:30pm (with 30 minute lunch break)

2 Consecutive Fridays

Cost: \$15 for AARP members/\$20 for Non-AARP members.

Please make the checks payable to AARP.



We are offering the AARP Drivers Safety Training Program. This 8-hour classroom course is designed for motorists over 50 to help driver's refine existing skills and develop safe, defensive driving techniques. It will consist of two consecutive Fridays of 4 hours each. Fee is \$15 for AARP members/\$20 for non-members. Payment must be paid at time of sign-up. Make checks payable to AARP. Check with your insurance company for discount given if this course is completed. Only 20 spaces available. Classes will fill up quickly. If you register by phone, please mail your check to the center.

AARP Driver Refresher Course

Friday, May 20, 2016

10am—3:00pm (with 30 minute lunch break)

Cost: \$15 for AARP members/\$20 for Non-AARP members. Please make the checks payable to AARP.

This course is for those who already taken the AARP Driver Safety Training Program (8 hour course) 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) Fee is \$15 for AARP members/\$20 for non-members. Payment must be paid at time of sign-up. Make checks payable to AARP. Check with your insurance company for discount given if this course is completed. Only 20 spaces available. Classes will fill up quickly. If you register by phone, please mail your check to the center.



Blood Pressure Check

Monday, March 1
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, March 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.

Kathleen Day-Seiter, Atty. At Law

Friday, March 25
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, March 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 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, March 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.

Senior Food Program (Martinez residents only)

Thursdays, March 7 & 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 Parking

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

March-16

Trip Presentations, Document Party and Sign up Dates

Date of Sign Up	Time	Excursion Name	Excursion Date
Thursday, March 24	10:00	Collette Presentation America's Music City & Premiere 2017 Trips	
Thursday, March 24	10:30	Livermore Outlets & Winery	April 27, 2016
Friday, April 8	10:00	Friendly Excursion Presentation California Adventure & Trains of Colorado	

2016 Sightseeing and Gambling Trips

Date of Trip	Excursion Name
Wednesday, March 9	Schulz Museum & Luther Burbank Home & Garden Tour
Wednesday, April 27	Livermore Outlets & Winery
Monday, May 23	Ironstone Vineyards
Wednesday, June 15	Thundervalley Resort & Casino
Wednesday, June 29	River City Queen - Old Sacramento

2016 Short Getaway Trips

Date of Trip	Location of Getaway
May 15 - 16, 2016	Atlantis Casino Resort & Spa

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
August 21 - 28, 2016	Trains and More Trains of Colorado
September 4 - 11, 2016	America's Music Cities
September 5 - 9, 2016	California Adventure to San Diego
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



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

Arrive at the Snoopy Gallery for your guided tour of the Charles Schulz Museum in Santa Rosa, CA. 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.

Gambling Tours 2016

**Check Back Next Month For
Upcoming Gambling Trips!**

Short Getaway Trips 2016

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

Trip Highlights: Games and prizes on the way to Reno, 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 cashier checks or money orders payable to "Evelyn Shelton." Last Day to Sign up—Friday, April 8, 2016**



Extended Trips 2016

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

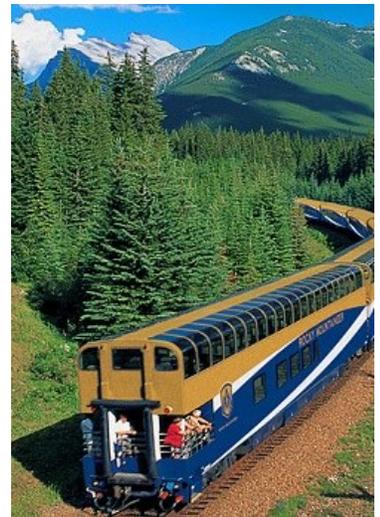


Canadian Rockies by Train - Thursday, April 21—Friday, April 29, 2016

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.



Trains and More Trains of Colorado— Sunday, August 21—Sunday, August 28, 2016

This journey begins at the Mile High City of Denver, CO will you continue by train through the scenic landscape of beautiful Colorado.

Trip Highlights: The Leadville & Southern Railroad travels along the Arkansas River Valley; Visit the Breathtaking Mesa Verde National Park; All day ride on the Historic Durango to Silverton Railroad; Cumbers & Toltec Scenic Railroad as we ride to Antonito Colorado; Pikes Cog Railroad will allow you to see the incredible views of Colorado's Wildlife and 2,000 year old trees; the final destination the Colorado Springs Air Force Academy.



Trip Includes: Cancellation Waiver and Insurance, round trip air, air taxes and fees/surcharges, all transfers, hotel accommodations, all gratuities and entrance fees including gratuities for Tour Director, bus driver and local guides. Deposit: \$200 per person. Cost: \$2,999 per person, double occupancy/ \$3499 per person, single occupancy. Presentation: April 8, 2016 @ 10am

\$50 discounted if you sign up day of presentation

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.



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

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.

March 2 — Room (2015)

After being abducted, raped and imprisoned in a small windowless room, a young woman gives birth and is forced to raise her son, Jack in the same improvised space. But after five years, Jack's mother begins planning their escape.

Cast: Sean Bridgers, Joan Allen, Brie Larson. 3.4 Stars. Rated: R

March 9 — Trainwreck (2015)

Single and successful, Amy has no intention of settling down— or even going on a second date— until she meets the subject of her next magazine piece, a handsome doctor. Confronted with a real-life good guy, she begins to reconsider bachelorhood.

Cast: Amy Schumer, Bill Hader, Brie Larson. 3.1 Stars. Rated: R

March 16 — Truth (2015)

In this dramatic re-creation of news anchor Dan Rather's fall from grace, his stellar career comes to an abrupt end after erroneously reporting that President George W. Bush received preferential treatment that kept him from serving in Vietnam. Cast: Cate Blanchett, Robert Redford, Topher Grace. 3.2 Stars. Rated: R

March 23 — Ant-Man (2015)

Fresh out of prison and looking for a new start, master thief Scott Lang is approached by Dr. Pym, creator of a technology that can shrink a man to insect size and boost strength. Together the duo must protect the discovery while saving the world. Cast: Paul Rudd, Evangeline Lilly, Corey Stoll.

3.9 Stars. Rated: PG-13.

March 30 — Woodlawn (2015)

Set in the 1970s, this inspirational drama centers on high school football player Tony Nathan, who— despite being African-American — becomes a hometown hero in the racially divided city of Birmingham, Ala. Cast: Sean Astin, Nic Bishop, Caleb Castille. 3.5 Stars. Rated: PG

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

MARCH 2016

Monday



Tuesday

Wednesday

Thursday



Friday

MARCH 2016



Lincoln's Log Cabin
Hearty Beef Stew
* Winter Vegetable Blend
Mixed Green Salad
w/1000 Island Dressing
Dinner Roll w/Margarine
Ice Cream
(Applesauce)

1

2

3

4

Veal Parmesan a la Romano
& Parmesan Cheese
Italian Vegetables
Tossed Salad
w/Italian Dressing
Rotini w/Marinara Sauce
* Tropical Fruit

Turkey a la King
Orange Juice
Tender Green Beans
Sliced Beets
Biscuit
Strawberry Gelatin
w/Mixed Fruit
(Diet Strawberry Gelatin
w/Mixed Fruit)

COLD PLATE
Chicken Salad Sandwich
Split Pea Soup
Carrot Raisin Salad
* Pineapple Coleslaw
Lettuce & Tomato
100% WW Bread x2
Banana

COLD PLATE

9

10

11

Salisbury Steak
w/Onion Gravy
* Stewed Tomatoes
Brown Rice
Mixed Green Salad
w/Blue Cheese Dressing
Peaches



Tuna Salad on Lettuce Leaf
w/Tomato Slice
Chicken Noodle Soup
4-Bean Salad
Pickled Beet & Onion Salad
100% WW Bread x2
* Citrus Fruit

Baked Chicken Tahitian
Bok Choy Soup
* Broccoli and Carrots
Mixed Cabbage Salad
w/Poppyseed Dressing
Asian Sesame Noodles
* Mandarin Oranges

BBQ Pork Rib Patty
Cabri Vegetables
* Scalloped Potatoes
Roll w/Margarine
Tapioca Pudding
(Pineapple Chunks)



Creamy Mushroom Chicken
Hearty Vegetable Soup
* Garlic Mashed Potatoes
* Spinach
100% WW Bread w/Marg.
Orange Gelatin
w/Fruit Cocktail
(Diet Orange Gelatin
w/Fruit Cocktail)

14

15

16

17

18

MARCH MADNESS BEGINS



COLD PLATE
Turkey Sandwich
Cream of Tomato Soup
4-Bean Salad
Potato Salad
Lettuce & Tomato
Mustard, Mayonnaise
100% WW Bread x2
* Tropical Fruit

ST. PATRICK'S DAY PARTY
Delicious Corned Beef
and Cabbage
* Potatoes O'Brien
Mixed Vegetables
Rye Bread w/Marg
Mustard
Lime Sherbet
(Applesauce)



* No C.C. Café
Spring Fling Luncheon

21

22

23

24

25

HELLO SPRING!



Sweet & Sour Pork
* Broccoli
Tossed Salad
w/Thousand Island
Dressing
Steamed Rice
* Citrus Fruit

Chicken Fajita
Mexicali Corn
Pinto Beans
Flour Tortilla
Salsa
* Mandarin Oranges

Texas Style BBQ Beef
Chicken and Rice Soup
* Steamed Spinach
Carrot and Raisin Salad
Bun
Cinnamon Apples

NATIONAL NUTRITION MONTH
Garlic Chicken
Mushroom Barley Soup
Pickled Beets
* Coleslaw
100% WW Bread w/Marg
Lemon Meringue Pie
(Fresh Fruit)

Creamy Vegetarian Lasagna
Minestrone Soup
* California Blend
Tossed Salad
w/Italian Dressing
Mixed Fruit

28

29

30

31

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

Breaded Cod Fish
w/Lemon Slice
Clam Chowder
Spring Bean Medley
Coleslaw
Fluffy Rice Pilaf
Tartar Sauce
Chilled Pears

COLD PLATE
Waldorf Chicken Salad
on Mixed Greens
Bean Soup
Marinated Greek Salad
Dinner Roll w/Margarine
* Citrus Fruit

Swedish Meatballs
* Collard Greens w/Onions
* Stewed Tomatoes
Brown Rice
Raspberry Gelatin
w/ Fruit Cocktail
(Diet Raspberry Gelatin
w/Fruit Cocktail)



C.C. Café Phone Number
925.646.2598

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 1: March 10—April 28

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, March 23, 2016

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 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 1: Jan 4—March 28

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

2:00—3:30 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 Fee \$25

Session 1: Jan. 5 March 8

Session Fee: \$35

Wednesday

6:00 p.m.—9:30 p.m.

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 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).

New Class: Realistic Landscape & Portraits

Thursdays

10am –1pm

Session 1: February 18—March 24

Fee: \$90Location: 1111 Ferry Street

This Class is designed to expand your creativity & art education while having fun. Learn to create strong design, accurate color, values and representation through demonstrations and individual instruction. **Instructor: Gary Bergren**