



Martinez Senior Community Center

# GOLDEN TIMES

April 2016 Issue

(925)370-8770 | [www.cityofmartinez.org](http://www.cityofmartinez.org)

## Martinez Brickyard 4 mile/8mile Run

Sunday April 10, 2016

Time: 8:30am

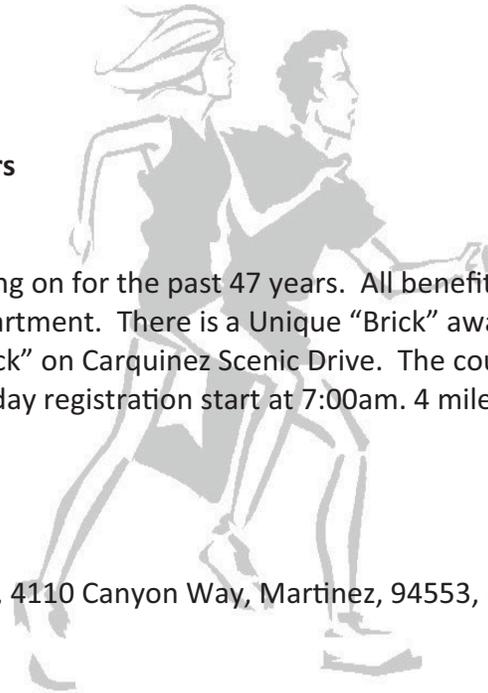
Fee: \$20 special rate for our Seniors/ \$30 for non seniors

(Fee includes t-shirt & award ceremony)

Come participate in this local tradition that has been going on for the past 47 years. All benefits go to Alhambra High School and the Martinez Recreation Department. There is a Unique "Brick" award for age group winners. The 4 and 8 mile race is "out and back" on Carquinez Scenic Drive. The course is entirely on pavement with rolling hills. Check-in & race day registration start at 7:00am. 4 mile race Run start at 8:30am.

Three ways to Register:

- ◆ Online Registration at Eventbrite.com
- ◆ Mail-in registration (send to: Brickyard Race Director, 4110 Canyon Way, Martinez, 94553, must be postmarked by April 5, 2016)
- ◆ Race day registration begins at 7:00am



## Aging with Humor

*Presented By:*

**Marla Luckhardt**

**Friday April 22, 2016**

**10:30am -11:00am**

**Location: Martinez Senior Center**

Come enjoy and listen to Marla Luckhardt share stories and light comedy about things we can all relate to as we age. It's called "Aging with Humor". Marla tries to share the good, the bad and

the funny with her readers and is proud to be a senior herself. Many of her stories are about aging with a sense of humor and are based on things that happen to all of us on a daily basis. Aging is not only a part of life, it is a privilege, but it's how you smile and laugh your way through it that keeps you sane.

## Inside this issue

Club News &	
Special Events.....	2
Movies.....	5
Health & Education .	6
Trips/Tours .....	7
C.C. Café Menu .....	11
Calendar .....	12
Fitness Classes.....	13
General Programs.....	14
Volunteer Corner ....	15

# Club News & Special Events/Activities

## WEEKLY ACTIVITIES

### MONDAY

8:00 ..... Tai Chi Chuan (F)  
 8:30 ..... Jazzercise (1,2,3)  
 8:30 ..... Pinochle (L)  
 9:15 ..... Walk & Talk (HVP)  
 10:15 ..... Crocketts (F)  
 10:30 ..... China Painting (2)  
 12:00 ..... Poker (L)  
 1:00 ..... Beading 101 (3)  
 1:00 ..... Mah Jongg (1)  
 5:30 ..... Beading 101 (1,2)

### TUESDAY

8:00 ..... Yoga with Linda (1,2)  
 9:30 ..... Quilting (2,3)  
 12:30 ..... Craft Group (3)  
 1:00 ..... Duplicate Bridge (1)  
 1:00 ..... Sewing & Serging (2,3)  
 6:00 ..... Quilting (1,2,3)

### WEDNESDAY

8:30 ..... Jazzercise (1,2,3)  
 9:15 ..... Walk & Talk (HVP)  
 10:00 ..... Alzheimer's Respite (F)  
 10:00 ..... Brush-up On Bridge (L)  
 10:30 ..... Jack's Line Dancing (2,3)  
 12:30 ..... Pinochle (L)  
 12:45 ..... Party Bridge (3)  
 1:00 ..... Movie Day (2)  
 1:00 ..... Community Quilting (1)  
 6:00 ..... Quilting (1,2,3)

### THURSDAY

8:00 ..... Yoga with Linda (1,2)  
 8:30 ..... T.O.P.S (3)  
 8:30 ..... Pinochle (L)  
 10:30 ..... Hula for Exercise (3)  
 11:45 ..... Zumba (3)  
 12:00 ..... Poker (L)  
 1:00 ..... Bingo (1,2,3)

### FRIDAY

8:00 ..... Tai Chi Chuan (F)  
 8:30 ..... Jazzercise (1,2,3)  
 9:15 ..... Walk & Talk (HVP)  
 10:30 ..... Meditation (3)  
 2:00 ..... Martinez Ukulele Jam(1)

F= Ferry Building      HVP= Hidden Valley Park  
 L= Lounge              1, 2 & 3 = Rooms at Sr. Center

## AARP Driver Safety & Refresher Courses in 2016

The course is designed for drivers age 50 and older to help update driving skills and knowledge of the rules and hazards of the road, learn about normal age-related physical changes and how to adjust your driving to compensate, reduce chances of receiving a traffic violation, getting into an accident, or becoming injured. Sign-ups are available in person one month prior to the class date. Spaces are limited. A current driver's license required for sign-up. Payments made day of class.



### Class Fee:

\$15 for AARP Members  
 \$20 for Non-AARP Members

Course Name	Date	Time
Refresher Course	May 20th	10:00-3:15
Beginners (2 Day Course)	Sep 9th & 16th	10:00-2:30
Refresher Course	Nov 4th	10:00-3:15

## Field Trip to Big Break Visitor Center at the Delta

Tuesday, April 12, 2016      Location: Oakley Ca

Time: 10:00am -1:00pm

Cost: Free/Transportation free provided by East Bay Regional Parks District. Sign up at the Front Desk starting April 4, 2016. Limited Space only 24 spots! First come first served basis. More details to follow when you sign up.



Come join us as we explore Big Break, the newest Park District visitor center! The visitor center includes temporary displays about the Delta and is staffed by Park District naturalists who can give information about the park and specific activities in the area including wetland walks and adjoining trails. Big Break Regional Shoreline offers picnic and meadow areas, a small shaded amphitheater, boat and kayak launch facilities, and a fishing pier. It also includes the Delta Discovery Experience with covered, outdoor use areas for interpretive and educational exhibits and programs highlighting the Delta, its ecosystems, and wildlife. Sure to be fun and educational trip for all.

## Welcome to Our New Members

- ◆ Margaret Williams
- ◆ Cheryl Shores
- ◆ Betty Branco
- ◆ Rosemarie Anselmo
- ◆ Herb Schmitz
- ◆ Pam Schmitz
- ◆ William DeGraw
- ◆ Terry Messina
- ◆ Mary Valerio
- ◆ Linda Tyler
- ◆ Edward McCarthy
- ◆ Kathleen McCarthy
- ◆ Carol Everett
- ◆ Leon Sawyer
- ◆ Donna Lucas
- ◆ Marcia Royce
- ◆ Carol Parks
- ◆ Tim Keller
- ◆ Linda Henson
- ◆ Sharon Schully
- ◆ Amilear Cerejo
- ◆ Adelia Cerejo
- ◆ John Rusel

## Friendship Report

By Mavis Ferreira

Get Well Wishes To:

Ed Goddard

Norm McDonald

In Memory of:

Josephine Amadea

## Board of Director's Meeting

**Monday, April 4th, 2016  
at 10:00 a.m.**

All club members are welcome to attend our monthly board meetings

## Welcome our New Librarian, Roger Dier!



Roger Dier has decided to become our dedicated volunteer Librarian. Feel free to contact him if you have any questions or concerns in regards to loaning or donating books.

A word from Roger:

“Hello,

In order for our library to be successful, it is important that participants must return the books once they are finished. We are also looking to add books, published in the year 2005 or earlier, to our collection. Some notable thriller authors we would like to have are: Lee Child, Michael Connolly, Harlan Coben, Linwood Barccay, Thomas Perry, Robert Crais, and John Sanford. Any other books of quality or general interest would also be appreciated, whether fiction or non-fiction.

Thank you,  
**Roger Dier**

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## A Message From Gina

Hello All,

Just wanted to start off by thanking all those who attended our St. Patty's Day Bunco & Lunch along with those who enjoyed a delightful afternoon at our Spring Fling luncheon, fun was had by all. A special thanks to the volunteers who took the time to help with these two events. I myself enjoyed the pancake breakfast and was extremely impressed with the meal and all the hard work from those volunteers who continue to be dedicated to making this happen each month. You are all amazing!!

Several of you have asked how I was settling in with my new position and I wanted to share that I have enjoyed each day meeting new members and participants along with the kind words of encouragement and support that is being shown toward me. Keep your eye out for next month's upcoming activities. May is recognized as "Older American's Month" and I along with staff are planning some fun activities, seminars and events. More to come... Tootles for now!

*Gina Lombardi Gravert*

## President's Message

Because of our club members, we have a wonderful club. The proof of this is how we are continuing to function without any major issues whatsoever through our complete office staffing changes. There will be vacancies in both the board of directors and the trip committee coming up in June. The board of directors is the “governing body” for the club and the trip committee determines the club trips. These club positions are not demanding of one's time and they all offer the club members a voice in our club's operation and activities. Seat terms are for 1 year, consecutively 2 years maximum and must have a one year break after the 2<sup>nd</sup> year. For more information please refer to the club By-Laws document (a copy is held in the center office for club member reference).

### Board of Directors duties:

- ◆ *President* – Presides over the board meetings held on the 1<sup>st</sup> Monday of the month and both the semi annual and annual membership meetings and selects the various club chairpersons.
- ◆ *1st Vice President* – Substitutes for president as needed and chairs the club holiday bazaar.
- ◆ *2<sup>nd</sup> Vice President* – Supports the president and the 1<sup>st</sup> Vice President.
- ◆ *Treasurer* – Manages all club funds and provides club financial reports at club meetings.
- ◆ *Recording Secretary* – Records the minutes at club meetings.
- ◆ *Corresponding Secretary* – Maintains correspondence with other organizations.
- ◆ *Members At Large* – Attends club board and membership meetings. Votes on both operational and financial items presented at board meetings.

### Trip Committee (See By-Laws for Prerequisites):

- ◆ *Chairperson* – Presides over trip meetings which are held 4 times each year.
- ◆ *Recording Secretary* – Records trip committee meeting minutes.
- ◆ *Members At Large* - Reviews and schedules trips suggested by members at trip committee meetings.

The trip committee meetings include the senior staff coordinator who arranges and coordinates contracted trips with trip vendors and the volunteer trip escorts.

Nominations are open for all of the above positions so please contact the front desk if you are interested - after all, it's our club and we do need to fill the vacancies.

**Larry Risner** (Your Club President)

## 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.

**Please Note:** The parking enforcement officer has been monitoring our lot daily and tickets will be issued if you do not have your current 2016 parking sticker visible on your car.



## 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.

## 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

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



### April 6 - **The Walk (2015)**

2 hours 3 minutes

In 1974, French aerialist Philippe Petit made headlines worldwide with his daring high-wire walk between the twin towers of the World Trade Center. This elevating drama recalls the unauthorized and unforgettable feat pulled off by Petit and his team.

Cast: Joseph Gordon-Levitt, Ben Kingsley, Charlotte Le Bon, 3.6 Stars Rated: PG

April 13

### **The 100-Year-Old Man Who Climbed Out the Window and Disappeared (2015)** 1 hour 54 minutes

Allan Karlsson caps off his long and colorful life by escaping from his nursing home on his 100th birthday. In short order, he comes into a possession of a suitcase stuffed with cash. With his new friend Julius, Allan decides to take it on the lam.

Cast: Robert Gustafsson, Iwar Wiklander, Mia Skäringer, 3.9 Stars Rated: R



April 20

### **Grandma (2015)**

1 hour 15 minutes

Elle Reid (Lily Tomlin) has just gotten through breaking up with her girlfriend when her granddaughter Sage (Julia Garner) unexpectedly shows up needing \$600 before sundown. Temporarily broke, Grandma Elle and Sage spend the day trying to get their hands on the cash, as their unannounced visits to old friends and flames end up rattling skeletons and digging up secrets. Cast: Lily Tomlin, Julia Garner, Marcia Gay Harden 3.2 Stars Rated: R



April 27

### **Pan (2015)**

1 hour 51 minutes

This fantasy drama based on J.M. Barrie's beloved tale about ageless sprite Peter Pan is reset in World War II. With pirates still roaming the landscape, Peter is transported to the magical kingdom of Neverland, where he's destined to become a hero. Cast: Levi Miller, Hugh Jackman, Garrett Hedlund.

3.5 Stars Rated: PG



## Health & Education

### Blood Pressure Check

**Monday, April 11th**

**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, April 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 With 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,  
Attorney At Law**

**Friday, April 22**

**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, April 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.**

## 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, April 4th at 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, April 7th & 21st, 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 Parking lot at 2727 Alhambra Ave. For questions, call the Contra Costa Food Bank at (925) 676-7543 or (925) 771-1303.

## 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.

## 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*

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

Join Us for Lunch

Monday-Friday

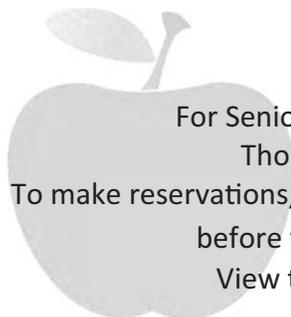
Lunch will be served at 11:45 a.m.

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 925-646-2598**

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





**Trip Calendar  
At a Glance  
Senior Center  
April**

**Document Party, Trip Presentations and Sign up Dates**

Document Presentation	Time	Excursion	Excursion Date:
Wednesday, April 6	12:00pm	Canadian Rockies by Train	4/21/-4/29 2016
<b>Presentations</b>			
Friday, April 8	10:00am	Friendly Excursion Presentation California Adventure & Trains of Colorado	
Friday, April 15	10:00am	Premiere Presentation on New England Rails & Trails Great Trains & Grand Canyons, Rose Parade New Years	
<b>Sign-up Dates:</b>			
Thursday, May 5, 2016	10:00am	Sign -up for Thunder Valley	15-Jun-16

**2016 Sightseeing and Gambling Trips**

Date of Trip	Excursion
Wednesday, April 27	Sciabica & Son's, Hilmar Cheese Company & Wente Vineyards
Wednesday, June 15	Thundervalley Resort & Casino
Wednesday, June 29	River City Queen - Old Sacramento
Friday, August 12, 2016	Red Hawk
Friday, September 16, 2016	Santa Cruz Follies
Friday, October 7, 2016	Cache Creek
Friday, November 4, 2016	Mystery Trip

**2016 Short Getaway Trips**

Date of Trip	Location of Getaway
May 15 - 16, 2016	Atlantis Casino Resort & Spa
July 3-July5, 2016	Nugget Reno

**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

### Upcoming in June 2016

#### River City Queen Old Sacramento

**Date: Wednesday June 29, 2016**

Come relax, unwind and have a great **Sacramento cruise** with us aboard Woody's River City Queen. We will be enjoying a buffet lunch on board as we follow the rivers and waterways. Flyers with more detailed information will be available in mid April at the front desk. Stop on by and pick one up!



## Short Getaway Trips



### The Martinez Seniors visit Thunder Valley Casino Wednesday, June 15, 2016 \$29.00 per person



Receive: Special VIP Package \$15.00 slot play & \$12.00 food credit  
8:00 a.m. Depart from Safeway at 3334 Alhambra Avenue on the G street side of the parking lot. 10:00 a.m. Arrive at Thunder Valley Casino, the ultimate Las Vegas style casino.  
3:00 p.m. Time for the return trip 5:00 p.m. Approximate arrival time in Martinez  
Casino package subject to change without notice.

All passengers must have a valid government issued photo I.D. and sign up for the players club card to receive casino package.

Sign up for this trip on Thursday May 5, 2016 at 10:00 a.m.

**Please make checks payable to: City of Martinez**



### 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.



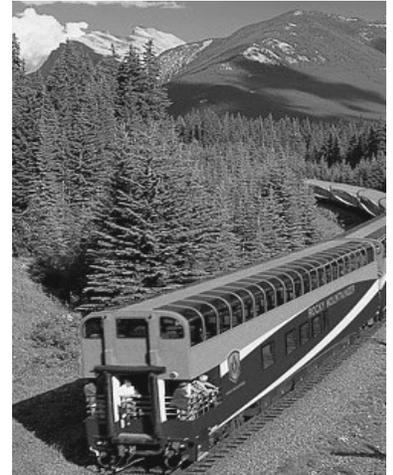
## Extended Trips 2016

### 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



### 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

### Rose Parade New Year’s

#### Friday, December 30, 2016—Wednesday, January 7, 2017

Come and welcome the New Year with us in Southern California!

**Trip Highlights:** We will be ringing in the New Year over dinner along with lunch at Lawry’s, Tournament of Roses Parade, taking a peek at Rose Parade Floats, touring Reagan Library & Museum, Los Angeles, Hollywood Walk of Fame, Beverly Hills, and Rodeo Drive. Includes 5 nights at One Hotel.

**Trip Includes:** Roundtrip Airfare & Transfers from Oakland. 9 meals; 5 Breakfasts, 1 Lunch, & 3 dinners. Professional tour director. Motor coach transportation. Admissions & sightseeing per itinerary. Baggage handling. Hotel transfers. Tips & gratuities are covered. Deposit \$500 per person. Cost: \$2599 double occupancy/\$3149 single.





**APRIL 2016**

**C.G. CAFE**

**APRIL 2016**

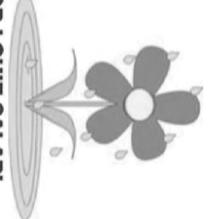
Monday

Tuesday

Wednesday

Thursday

Friday



\* = 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 APRIL 15, 22 AND 29**  
**5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI**

Traditional Old Fashioned Turkey Dinner w/Gravy  
 Sliced Carrots in Life Sauce  
 \* Mashed Potatoes  
 Stuffing, Cranberry Sauce  
 Sherbet (Fresh Fruit)

4

5

6

7

8

Garlic & Herb Chicken Breast  
 Mushroom Barley Soup  
 \* California Vegetables  
 \* Mashed Potatoes  
 100% MW Bread w/Marg.  
 Mixed Fruit

BBQ Pulled Pork on Bun  
 \* Orange Pineapple Juice  
 \* Potato Wedges  
 Mixed Vegetables  
 Sliced Apples

Beef Sukiyaki  
 Carrots  
 Mixed Green Salad w/Ranch Dressing  
 \* Brown Rice  
 Tropical Fruit

**COLD PLATE**  
 Cobb Salad  
 Pumpkin Celery Soup  
 Pickled Beets & Onions  
 100% MW Bread w/Marg.  
 Blue Cheese Dressing  
 \* Citrus Fruit

\* Mashed Potatoes

\* Orange Pineapple Juice

\* Brown Rice



\* Citrus Fruit

All American Cheese Burger  
 Creamy Tomato Basil Soup  
 \* Potato Salad  
 Baked Beans  
 Lettuce, Tomato & Onion Mayo, Catsup & Mustard Bun  
 Applesauce

\* California Vegetables

\* Potato Wedges

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

100% MW Bread w/Marg.

Mixed Vegetables

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

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\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

\* Brown Rice

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Mixed Fruit

Sliced Apples

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger

Mixed Fruit

Sliced Apples

\* Brown Rice

\* Citrus Fruit

All American Cheese Burger



NEW

Beef Fajita w/Peppers & Onions

COLD PLATE

Pot Roast w/Gravy

BRING A FRIEND DAY

Teriyaki Chicken Breast

Beef Fajita w/Peppers & Onions

COLD PLATE

Pot Roast w/Gravy

BRING A FRIEND DAY

Bok Choy Soup

Mexicall Corn Green Salad

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Mixed Cabbage Salad

Green Salad w/Ranch Dressing

COLD PLATE

Baked Potato

BRING A FRIEND DAY

w/Poppy Seed Dressing & Crisp Noodles

Flour Tortilla Salsa

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Sliced Carrots

Salsa

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Fluffy Brown Rice

Mandarin Oranges

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Fluffy Brown Rice

Mandarin Oranges

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Fluffy Brown Rice

Mandarin Oranges

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Fluffy Brown Rice

Mandarin Oranges

COLD PLATE

Baked Potato

BRING A FRIEND DAY

Fluffy Brown Rice

Mandarin Oranges

COLD PLATE

Baked Potato

BRING A FRIEND DAY



# April 2016



Please Note: those marked with an \* are by appointment only. Please contact our front desk to schedule.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Board Meeting</i>	5	6 Movie 1pm- <i>The Walk</i>	7	8 <i>Friendly Excursion</i> Presentation 10am	9
10 Pancake Breakfast 	11 Blood Pressure Screening 9:30am-10:30am	12 H.I.C.A.P.*	13 Movie 1pm- The 100 Year Old Man 	14	15 Premiere <i>Trips</i> Presentation 10am	16
17	18	19	20 Movie 1pm- Grandma 	21 Podiatrist*	22 Guest Speaker "Aging with Humor" 10:30-11am	23
24	25	26 H.I.C.A.P.*	27 Wente Vineyard Excursion Movie 1pm-Pan 	28	29 Consult an Attorney*	30

## Fitness Programs & Activities

### Jazzercise – Senior Body Sculpting

**Mondays, Wednesdays & Fridays**

**8:30 am - 9:30 am**

**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).**

**Fee: \$42**

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.

**Instructor: K. Daly**

### Hula for Exercise

**Thursdays**

**10:30 am - 11:30 am**

**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**

**Mondays**

**10:15 am - 12:00 pm**

**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**

**Mondays & Fridays**

**8:00 am - 9:00 am**

**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

**Tuesdays & Thursdays**

**8:00 am— 9:00 am**

**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

**Wednesdays**

**10:30 am — 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

**Thursdays**

**11:45 am — 12:30 pm**

**Cost: \$6 Drop In Fee**

**(No Class May 12 and May 19)**

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

**Fridays**

**10:30 am – 12:00 pm**

**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, April 27th, 2016**

**4:15 pm — 5:00 pm**

**Cost: \$3 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.



## General Programs & Activities

### China Painting Class

**Mondays**

**10:30 am — 1:00 pm**

**Spring Session: March 14-May 2**

**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

**Mondays**

**1:00pm-4:00 pm/5:30 pm - 8:30 pm**

**Spring Session: April 4– June 27**

**(No Class April 25th)**

**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/Intermediate

**Wednesdays**

**10:00 am — 12:00 pm**

**No Fee**

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

### Martinez Ukulele Jam Club

**Fridays Ongoing**

**2:00 pm — 3:30 pm**

**No Fee**

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

### Realistic Landscape & Portraits

**Thursdays**

**10:00 am—1:00 pm**

**Spring Session: April 7-May 12**

**Fee: \$90**

**Location: 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**

### Sewing, Serging & Quilting

**Tuesdays**

**1:00 pm — 4:00 pm**

**Spring Session: March 15-May 24**

**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

**Wednesdays Ongoing**

**1:00 pm — 4:00 pm**

**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.

### Quilting

**Tuesdays**

**9:30 am— 12:30 pm/6:00 pm -9:30 pm**

**Spring Session: March 15-May 24**

**(No Class May 17th)**

**Session Fee: \$35**

**Wednesdays**

**6:00 pm – 9:30 pm**

**Spring Session: March 16-May 25**

**(No Class May 18th)**

**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**

## Special Mother's Day Bingo

**Thursday May 5th at 1:00 pm**

This special bingo includes the  
regular pay out of \$50.00

-also-

Including special pay out based  
on sales.

## ONGOING ACTIVITIES

**Pinochle \*\***

**Monday, 8:30 am — 11:30 am**

**Wednesday, 12:30 pm—3:30 pm**

**Thursday, 8:30 am— 11:30 am**

Play single deck pinochle.

**Walk & Talk Club**

**M, W, F 9:15 am**

Meet at Senior Center

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

**Poker \*\***

**Mondays & Thursdays @ 12:00 pm**

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

**Mah Jongg**

**Mondays @ 1:00 pm— 3:00 pm**

Everyone is welcome, great place to learn the game.

Fee: \$1 donation for center.

**Crafts**

**Tuesdays @ 12:30 pm**

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: "Party" Bridge  
Joy, 917-1353

Wednesdays: "Brush-up" Bridge

**T.O.P.S.**

**(Take Off Pounds Sensibly)**

**Thursday Weigh-in at 8:30-9:00 & Meeting at 9:00 am—10:00 am**

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

Leader: Sharon Kadi

**Bingo**

**Thursdays at 1:00 pm.**

**Open for sales at 12:00 pm**

**Games begin at 1:00 pm**

\$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).

## Volunteer Corner

### 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, then come and volunteer with us! We need volunteers in the following areas:

#### C.C. Café

In order for our café to be successful we are looking for volunteers to help prepare and/or clean up. Positions are flexible. Please see the front desk for more information.

#### Special Events

Our center is looking for volunteers on April 10th from 8:00am-11:00am for; set-up, clean-up, food preparation, and serving meals for the Pancake Breakfast. Please see the front desk for further questions or to sign up.

#### Bingo

Bingo is unfortunately in dire need of bingo callers. If the position for a bingo caller is not filled, Bingo will be subject to cancellation. Please see the front desk for further inquires.

#### Board of Directors

We have two openings, which are, Historian and Parliament. If you are interested in serving in this committee or a position on the 2015-2016 Board, please check in with the office for more information.

#### Tour Committee

- ◆ *Chairperson* – Presides over trip meetings which are held 4 times each year.
- ◆ *Recording Secretary* – Records trip committee meeting minutes.
- ◆ *Members At Large* - Reviews and schedules trips suggested by members at trip committee meetings.

The trip committee meetings include the senior staff coordinator who arranges and contracts trips with trip vendors and the volunteer trip escorts.

### Rising Sun Energy Center's California Youth Energy Services (CYES)

**FREE OFFER**

Rising Sun Energy Center's California Youth Energy Services (CYES) program will provide Martinez residents with no-cost energy and water conservation services through a partnership with Pacific Gas and Electric Company (PG&E), the City of Martinez, and local water districts. Youth Energy Specialists will provide you with services, including:

- Energy-efficient lights
- Water-efficient devices for showers, faucets, and toilets
- LED night light
- Toilet leak detection test
- Home energy/water efficiency assessment
- E-waste pick-up and disposal
- Solar assessment

**Sign up today for this no-cost service!**

**510-665-1501 ext. 5**

**Appointments are only available from July 6th-August 11th**



# “TIME VALUE” DATED MATERIAL

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

Martinez Senior  
Community Center

818 Green Street  
Martinez, CA 94553

CURRENT RESIDENT or

**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
Historian	Vacant
Parliament	Vacant

## Senior Center Staff

Senior Supervisor	Gina Lombardi Gravert
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
	Sherry Roe

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

## 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.

**Please Note:** The parking enforcement officer has been monitoring our lot daily and tickets will be issued if you do not have your current 2016 parking sticker visible on your car. In addition, the Handicap parking spots require a handicap sticker as well as a current 2016 membership parking sticker.