



Martinez Senior Community Center

# GOLDEN TIMES

May 2016 Issue

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

## OLDER AMERICANS MONTH



### BLAZE A TRAIL: MAY 2016

### Older American’s Month Presents Blaze a Trail

#### All of the Month of May 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

#### List of Activities and Events:

- Blaze a Trail to Wellness Kick off Event—May, 5th
- Fabulous Follies “Decades”- May 13th
- Social Celebration for OAM—May 20th
- Comic Entertainment Show – May 27th
- Free Eye Screening– May 31st

### Mark Your Calendar

Martinez Senior Center will be closed on the following dates:

- ◆ May 30th, 2016 for Memorial Day
- ◆ July 4th, 2016 for Independence Day
- ◆ September 5th, 2016 for Labor Day

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# 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 ..... Croquetts (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)  
 12:30 ..... 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



### Blaze a Trail to Wellness

Thursday, May 5, 2016

Time: 9:00am-10:30am

Come "Blaze a Trail" with us as we celebrate Older American's Month with a brisk walk and talk to the Marina and back. Light refreshments will be provided for those that attend by Legacy Nursing and Rehabilitation. Sign-up at the front desk.

### Fabulous Follies" Decades"

Friday May 13, 2016

Time: 1:30pm

Cost: \$10

Take a trip down memory lane as the Fabulous Follies take us through the "Decades." Doors open at 1:00pm. Light refreshments will follow performance. Tickets available at the front office.

### Social Celebration for Older Americans Month

Sponsored by the Carlton

Friday, May 20, 2016

Time: 4:30pm-6:30pm

Cost: \$10 per person

Come join us at our social wine tasting gathering sponsored by Carlton Senior Living! Gather your friends and family to taste a few different wines from Viano Winery while enjoying some classical music and art from local artist Gary Bergren and our Respite participants. Tickets available at the front office.

### Comic Entertainment Show by Comedian Martin Stillwagon

Friday, May 27, 2016

Time: 1:00pm-2:00pm

Come to this free performance from Martin Stillwagon. Martin is a retired Mt. Diablo School teacher who has always enjoyed theater. Martin performs musical, story telling and Comedy. He is a true "Trailblazer" by staying active in the community and performing in plays around the community. Sign-up at the front desk.

## Free Vision Screening Appointments Provided by The Lions Center for the Visually Impaired

**Tuesday, May 31st from 10am-2pm**

**Cost: Free \*Sign up at the front desk**

**By appointment only Space is limited to first 32 participants**

**Location: Martinez Senior Center Lounge**

The Lions Center provides programs and services for the blind and visually impaired throughout Contra Costa County. All services are provided at no cost to clients. Programs are geared towards teaching clients the skills they need to maintain their independence while adjusting to vision loss and helping them cope with vision loss through support groups and recreational activities.

The Early Detection Program is aimed at providing seniors with free screenings to detect the onset of age-related degenerative eye disease. One in six Americans over the age of 65 will suffer serious visual impairment. It is predicted that this number will double in the next 20 years which makes this Early Detection Program critical for our senior citizens.

An appointment is necessary to obtain your early detection exam. Please see the front desk to schedule your appointment. If it is determined that you will need glasses, there may be grant funding available to help offset the cost.

*For those who do not speak English, a translator is required to accompany you through the screening. Also required, is the name and number of a contact person to help with the arrangement of your eye appointment for the exam and glasses. This person must speak English and work with us on your behalf so we know the results of your exam.*

### Senior Clipper Card Presentation & Field Trip Tour

**Monday, May 16th, 2016**

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

**Cost: Free**

A BART representative will be providing a presentation to assist local seniors on using the clipper card. A free BART clipper card application will be provided. Seniors over the age of 65 can participate.\* There will be limited space available for the presentation. Sign ups for the BART tour will be made available after the presentation. \*Participants must provide a form of I. D. **Please Note:** In order to participate in the Tour, Seniors must be present at the presentation and have completed an application

#### **Tour: Date & Time will be announced to participants**

Join the tour to take BART from North Concord to SFO Station. The tour includes visiting the Aviation Museum, AirTrain as well as BART, applying information that was provided at the training. **Includes:** a lunch, round trip fare, travel tote \*Participants will have to pay for application fare. Transportation to and from the North Concord station will not be provided.

## Welcome to Our New Members

- ◆ Patricia Savitsky
- ◆ Bea Oj
- ◆ Carol Curtis
- ◆ Lourdes Kirchner
- ◆ Barbara Eye
- ◆ Cameron Eye
- ◆ Roselind Endrigg
- ◆ Janis Albertsen
- ◆ Lauren Carlisle
- ◆ Sarah Nisen
- ◆ Jan Sanchez Lake
- ◆ Jeanette Ortis
- ◆ Iris Owen
- ◆ Maria Moon
- ◆ Emily Zoller
- ◆ Susan Gilmore
- ◆ Louise De Leeuio
- ◆ Joanne Aiello
- ◆ Joan Foster
- ◆ Carl Harper
- ◆ Barb Harper
- ◆ Betty Bianco

## Friendship Report

By Mavis Ferreira

In Memory of:

Josephine Amandea

Ed Goddard

## Board of Director's Meeting

**Monday, May 2nd, 2016  
at 10:00 a.m.**

All club members are welcome to attend our monthly board meetings

## Pancake Breakfast

**Sunday, May 8th, 2016**

**Location: Martinez Senior Center  
8:00am – 11:00am**

**Cost: \$4.00 for Adults | \$2.50 for  
children under the age of 10**

Join us on Sunday, May 8th for a delicious Mother's Day breakfast. It includes pancakes or toast, sausage, eggs, orange juice, and coffee. Everyone is welcome.

## 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.

## Greetings From Our Representatives

Wow, more changes for our club – by the time you read this message we should have a new senior center staff coordinator - many thanks to Edna Esposito for filling in.

A major function of the staff coordinator is working with both the club trip committee and various trip vendors to provide our club with trips that are entertaining and attractable to our members. Lately there has been some difficulty in signing up enough members for some trips and cancellations were narrowly avoided. Add to this the transportation companies have recently increased the minimum attendee count for coach trips from 30 to 40 passengers. This leaves our club with the choice of either scheduling fewer day trips or sharing our day trips with other senior centers to meet the minimum count - sharing our trips would reduce the number of coach seats available for our members.

A lack of attendance at a trip signup is usually an indication of a lack of interest in the trip and it may be cancelled. The bottom line is that club members need to attend the trip signups or we risk losing the trip.

We need suggestions for new trips and they are always welcomed. If you have an idea for a trip please give it to the front office – we need your help!

Thank You,  
*Larry Risner*

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Hi to all of you,

I'm sure you have seen me looking in on all the wonderful activities going on at The Senior Center.

I am the interim Program Coordinator Edna Esposito. It is really a pleasure working with great office staff and a very dedicated Director. This opportunity has given me insight on coordinating trips and scheduling them with not only the busses that are being provided but also the wonderful chance to greet and meet all of you. The future of the Center is to continue providing a great activity calendar with all the exciting trips and classes that are offered. I know we are looking forward to a permanent Program Coordinator to be a service to all of you and that the best part she will also feel welcomed as I have.

Thank you for always making me feel welcome by your smiles and positive attitudes this has been a wonderful experience. I will still be around.

*-Edna Esposito*  
*Program Coordinator Interim*

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Hello all,

I can't believe May is upon us. We have lots of fun stuff planned for you in honor of Older Americans Month 2016 themed "Blaze a Trail." Come show your support and participate in one of the activities. We are still going through some transitions, just want to thank you all for being so patient and flexible! Well I will sign off for now, don't forget to take some time and be a "Trailblazer" with us!

*-Gina Lombardi Gravert*  
*Senior Center Supervisor*

## 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.



### May 4th The Big Short (2015)

2 hours 10 minutes

Before the housing and credit bubble of 2000 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits.

Cast: Christian Bale, Steve Carell, Ryan Gosling

Rated: R

### May 11th Martian (2015)

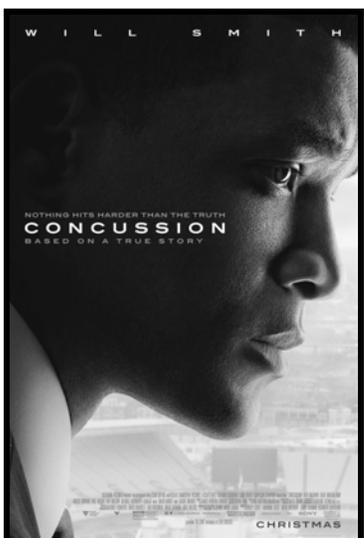
2 hours 21 minutes

Abandoned on the surface of Mars after his crew concludes that he perished in a dust

storm, astronaut Mark Watney must find a way to survive the planet's harsh environment despite having only 28 days of supplies left. Cast: Matt Damon,

Jessica Chastain, Michael Pena

Rated: PG-13



### May 18th Concussion (2015)

2 hour 3 minutes

When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment.

Cast: Will Smith, Alec Baldwin, Gugu Mbatha-Raw

Rated: PG-13

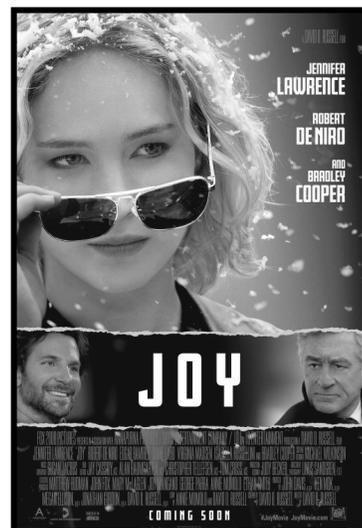
### May 25th Joy (2015)

2 hours 4 minutes

Based on the true story of Joy Mangano, a Long Island single mother who had to fight every inch of the way when she came up with the Miracle Mop, a self-wringing design that turned her into one of the most successful entrepreneurs in America.

Cast: Jennifer Lawrence, Bradley Cooper, Robert De Niro

Rated: PG-13



## Health & Education Services

### Blood Pressure Check

**Monday, May 9th  
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, May 10th & 24th  
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  
Attorney At Law  
Friday, May 27th  
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.

**Sarah  
Attorney At Law  
Tuesday, June 7th  
1:00 p.m.—3:30 p.m.**  
Topics Covered: Housing, consumer debt, restraining order, conservatorship

### Podiatrist

**Thursday, May 19th  
1:30 p.m.**  
Dr. Divyang Patel will perform routine foot care the 3rd Thursday of each month. 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, May 2nd 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, May 4th & 18th, 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.

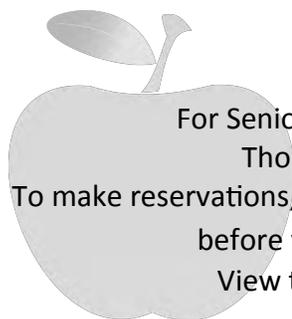
## County Connection Cards 20-Ride Punch Card

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.



## 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



# TRIPS AT A GLANCE

## Sightseeing and Gambling Trips

| <b>Trip(s):</b>                   | <b>Presentation Date:</b> | <b>Sign Up Start Date:</b>   | <b>Date(s) of Trip:</b> |
|-----------------------------------|---------------------------|------------------------------|-------------------------|
| Atlantis Casino Resort & Spa      | Passed                    | Ongoing                      | 5/15/16-5/16/16         |
| Thunder Valley Casino & Resort    | No Presentation           | Thursday, May 5th 10:00am    | 6/15/2016               |
| River City Queen - Old Sacramento | No Presentation           | Thursday, May 12th 10:00am   | 6/29/2016               |
| Nugget Reno                       | No Presentation           | Contact American Stage Tours | 7/3/16-7/5/16           |
| Red Hawk Casino                   | No Presentation           | To Be Announced              | 8/12/2016               |
| Santa Cruz Follies                | No Presentation           | To Be Announced              | 9/16/2016               |
| Cache Creek Casino                | No Presentation           | To Be Announced              | 10/7/2016               |
| Mystery Trip                      | No Presentation           | To Be Announced              | 11/4/2016               |

## Extended Trips

| <b>Trip(s):</b>                    | <b>Presentation Date:</b> | <b>Sign Up Date:</b> | <b>Date(s) of Trip:</b> |
|------------------------------------|---------------------------|----------------------|-------------------------|
| Trains and More Trains of Colorado | Passed                    | Ongoing              | 8/21/16-8/28/16         |
| America's Music Cities             | Passed                    | Ongoing              | 9/4/16-9/11/16          |
| California Adventure to San Diego  | Passed                    | Ongoing              | 9/5/16-9/16/16          |
| New England Rails and Trails       | Passed                    | Ongoing              | 10/5/16-10/12/16        |
| Great Trains & Grand Canyon        | Passed                    | Ongoing              | 11/6/16-11/11/16        |

## Short Getaway Trips

### Atlantis Casino Resort Spa

Sunday, May 15 – Monday, May 16, 2016

Cost: \$99 PP Double | \$198 Single

**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.

**Tour Escort:** Lynn Shelton.

**Make cashier checks or money orders payable to "Evelyn Shelton."**



### Thunder Valley Casino

Wednesday, June 15th, 2016

Cost: \$29.00 per person

Receive a special VIP Package \$15.00 slot play & \$12.00 food credit. Depart from Safeway at 3334 Alhambra Avenue on G Street side of the parking lot. 10:00 am. Arrive at Thunder Valley Casino, the ultimate Las Vegas style casino. Departure is 3:00 pm and arrival time is 5:00 pm. 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 a casino package.

**Sign up for this trip on Thursday May 5th, 2016 at 10:00am.**

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

### River City Queen Old Sacramento

Date: Wednesday June 29, 2016

Cost: \$102 Per Person

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 are available in the lobby, stop on by and pick one up!

**Sign up date: Thursday May 12th, 10:00am**



**Please Note:** Deposits and payments for Extended Trips must be made either with a check or money order, no cash will be accept. Thank you for your corporation.

All of our day trips, sightseeing, and gambling, meet at Safeway, 3334 Alhambra Avenue. Park on 'G Street' side. Be aware of parking locations.

## Extended Trips 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; Cumbres & 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.**

### America's Music Cities – Sunday, September 4 – Sunday, Sept. 11, 2016

Featuring New Orleans, Memphis & Nashville

**Trip Highlights:** New Orleans – choice of French Quarter Walking tour or Panoramic tour of New Orleans, French Quarter, New Orleans School of Cooking, Swamp Tour; Memphis – city tour, Local musicians board the coach and tell the story of Memphis' musical heritage and history, Graceland; Nashville – city tour, Grand Ole Opry Show & Backstage Tour, tour historic RCA Studio B, Old Ryman Auditorium, Country Music Hall of Fame.

**Trip Includes:** Round trip air, air taxes and fees/surcharges, all transfers, deluxe hotels, all gratuities and entrance fees listed in itinerary, including gratuities for Tour Manager, bus driver and local guides. Luggage handling, Cancellation waiver and insurance: 8 days, 11 meals (7 breakfast, 4 dinners). **Cost: \$455 pp deposit/ \$3129 pp double/\$3099 pp triple/\$3849 single.**

**Final pmt. due Wednesday, July 6, 2016.**



### Southern California Adventure - September 5th – 9th 2016

Featuring San Diego, Catalina Islands, & Queen Mary Long Beach



**Trip Highlights:** Deluxe motor coach with professional tour guide, 3 nights at Embassy Suites, 1 night aboard the RMS Queen Mary Ocean Liner, Harbor Cruise of San Diego Bay, San Diego Zoo, pass to 4 Balboa Park Museums, Tour Coronado Island, ferry ride to and from Catalina Island, Avalon City Tour. Meals: Welcome Dinner & 4 full breakfasts

**Cost: \$1,599.00 Per Person, Double Occupancy  
\$1,999.00 Per Person, Single Occupancy**

**Deposit: \$200.00 immediately due to hold your place (check or money order only)**

## Extended Trips 2016 (continued)

### New England Rails & Trails

**Thursday, Oct. 5 – Wednesday, Oct. 12, 2016**

**Trip Highlights:** 2 rail journeys (Conway Scenic Railroad & Mount Washington Cog Railway); Boston city tour, Faneuil Hall Marketplace; North Conway, NH, Billings Farm & Museum, Woodstock, Maple Sugar Farm, Ben & Jerry's Factory, Shelburne Museum; Portland, Maine, Casco Bay Cruise, Lobster Farewell Dinner; Kancamagus Highway, Quechee Gorge.

**Trip Includes:** Roundtrip transfers, airfare; 3 two-night hotel stays, luggage handling, daily sightseeing, admissions per itinerary, deluxe motor coach, professional Tour Director, 11 meals, cancellation Waiver & Post departure plan. Detailed flyer available at our center.

**Deposit: \$500 per person (book before 5/31/16) \$3059 pp double (after 5/31/16 \$3159 pp dbl)/single supplement add \$850. Final payment due Friday, July 22, 2016.**



### Great Trains & Grand Canyons

**Sunday, Nov. 6 – Friday, Nov. 11, 2016**

**Trip Highlights:** Two Rail Journeys (Grand Canyon railway & Verde Canyon Railroad), Grand Canyon Nat'l Park; Oak Creek Canyon; Black Bart's Steakhouse, Sedona Trolley tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle; Jerome, Chuck wagon Supper & Show; Old Town Scottsdale. Detailed flyer available at our center.

**Trip Includes:** Roundtrip transfers, airfare; 5-night accommodations, luggage handling, hotel transfers; sightseeing per itinerary, admissions per itinerary, 8 meals, professional Tour Director, motor coach transportation, cancellation waiver & post departure plan.

**Deposit: \$500pp Cost: (Book before 5/31/2016) \$2259pp (Book after 5/31/2016) \$2359 pp double)/single supplement add \$625. Final payment due Tuesday, August 23, 2016.**

### Southern California New Year's Rose Parade

**Friday, December 30, 2016 -**

**Wednesday, January 7, 2017**

**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.**



Monday

Tuesday

Wednesday

Thursday

Friday

2

**COLD PLATE**

- Ham and Cheese Sandwich
- Corn of Spinach Soup
- Corn Relish
- 4-Bean Salad
- Lettuce & Tomato
- Mustard & Mayonnaise
- Rye Bread x2
- \* Tropical Fruit

3

**Breaded Cod Fish w/Lemon Slice**

- Manhattan Clam Chowder
- \* Cheesy Scalloped Potatoes
- Mixed Vegetables
- Tartar Sauce
- Citrus Fruit

4

**Home Style Lasagne**

- Italian Green Beans
- Sliced Carrots
- Mixed Green Salad w/Italian Dressing
- \* Mandarin Oranges



**PITTSBURGH & SAN PABLO CINCO DE MAYO**

- Chicken Tamale w/ Sauce, Cheese, & Pinto Beans
- \* California Blend
- Spanish Rice
- Macaroon Cookies (Pears)

5

**Turkey a la King**

- \* Stewed Tomatoes
- Spinach Salad
- w/Catalina Dressing
- Biscuit
- Fresh Apple

6

9

**MOTHER'S DAY CELEBRATION**

- Krabby Cake
- \* Red Potatoes
- Mixed Vegetables
- Tossed Green Salad
- w/Thousand Island Dressing
- 100% WW Bread w/Margarine
- Tartar Sauce
- Chocolate Pudding (Pineapple Chunks)



10

**Texas Style BBQ Chicken and Rice Soup**

- California Vegetables
- Carrot-Raisin Salad
- Bun
- Cinnamon Applesauce

11

**Creamy Mushroom Chicken**

- Apple Juice
- \* Garlic Mashed Potatoes
- Tender Green Beans
- 100% Whole Wheat Bread
- Strawberry Gelatin
- w/Mixed Fruit
- (Diet Strawberry Gelatin w/Mixed Fruit)

12

**COLD PLATE**

- Turkey Sandwich
- Pumpkin Celery Soup
- \* Marinated Broccoli Salad
- Macaroni Salad
- Lettuce & Tomato
- Mustard, Mayonnaise
- 100% WW Bread x2
- Banana

13

**BRENTWOOD MEXICAN FIESTA**

- Pork Carnitas
- Grape Juice
- Black Beans
- Tossed Green Salad
- w/Blue Cheese Dressing
- Whole Wheat Tortilla
- Salsa
- \* Citrus Fruit



16

**Swedish Meatballs**

- Apple Juice
- Capri Vegetables
- Rotini Noodles
- 100% WW Bread w/Margarine
- \* Tropical Fruit

17

**Grilled Chicken Sandwich**

- Orange Juice
- \* Garlic Potato Wedges
- Marinated Cucumber Salad
- Lettuce, Pickles
- Mayonnaise
- Bun
- Apricots

18

**COLD PLATE**

- Jack's Mock Crab Salad
- Corn Chowder
- Pickled Beets & Onions
- \* Tropical Fruit Cup
- Lettuce, Tomato & Onion
- French Bread
- Orange Gelatin w/Mandarins
- (Diet Orange Gelatin w/Mandarins)

19

**Stuffed Pepper**

- Split Pea Soup
- Spring Bean Medley
- Rice Pilaf
- 100% WW Bread w/Marg.
- \* Cantaloupe

20

**ANTIOCH PICNIC**

- Colossal Hot Dog w/Cheese
- Baked Beans
- Potato Salad
- Onion, Relish
- Catsup, Mustard
- Bun
- Ice Cream (Fresh Fruit)



23

**Breast of Chicken Marsala**

- Minestrone Soup
- Italian Vegetables
- Mixed Green Salad
- w/Italian Dressing
- Brown Rice
- \* Citrus Fruit

24

**Roast Beef w/Gravy**

- \* Mashed Potatoes
- \* Steamed Broccoli
- 100% WW Bread w/Margarine
- Tapioca Pudding (Pineapple Chunks)

25

**SAN PABLO'S SENIOR HEALTH & FITNESS DAY**

- Egg Salad Sandwich
- \* Heartly Vegetable Soup
- Carrot and Celery Sticks
- w/Ranch Dressing
- 100% Whole Wheat Bread x2
- \* Watermelon

26

**Sweet and Sour Pork**

- Green Beans w/Red Peppers
- Steamed Brown Rice
- Cabbage Salad w/Poppyseed Dressing
- \* Tropical Fruit

27

**MEMORIAL DAY CELEBRATION**

- Southern Style BBQ Chicken
- Lentil Soup
- Potato Nuggets
- \* Steamed Spinach
- Cornbread w/Margarine
- Apple Pie (Peaches)



30

**MEMORIAL DAY HOLIDAY**



- Asian Chicken Salad (Spring Mix, \*Mandarin Oranges, Sesame Seed Dressing & Crispy Noodles)
- Bok Choy Soup
- Carrot-Raisin Salad
- 100% Whole Wheat Bread

31

**COLD PLATE**

- MEMORIAL DAY



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



# May 2016



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

| Sun                       | Mon  | Tue  | Wed                 | Thu  | Fri   | Sat |
|---------------------------|--|--|---------------------|--|---|-----|
| 1                         | 2<br>Board Meeting<br>10am                       | 3  | 4<br>Movie Day 1pm  | 5<br>Sign up for<br>Thunder Valley trip<br>10am            | 6   | 7   |
| 8<br>Pancake<br>Breakfast | 9<br>Blood Pressure<br>Screening<br>9:30-10:30am | 10<br>H.I.C.A.P*                                       | 11<br>Movie Day 1pm | 12<br>Sign up for<br>River City<br>Sacramento Trip<br>10am | 13<br>Fabulous Follies<br>Decades Performance<br>1:30pm | 14  |
| 15                        | 16<br>Clipper Card<br>Presentation<br>10:30am    | 17   | 18<br>Movie Day 1pm | 19<br>Podiatrist*  | 20<br>Wine Social<br>4:30-6:30pm                        | 21  |
| 22                        | 23   | 24<br>H.I.C.A.P*<br>Bart Field Trip                    | 25<br>Movie Day 1pm | 26   | 27  | 28  |
| 29                        | 30<br>Memorial Day<br>Center Closed              | 31<br>Free Eye<br>Screening<br>by appt only*<br>10-2pm |                     |  |   |     |

## 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 | Location: Room 1-3**

### 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 | Location: Room 3**

### The Crocketts

**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! **Location: 1111 Ferry Street**

### Tai Chi Chuan

**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 | Location: 1111 Ferry Street**

### 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.**

**Location: Room 1 & 2**

### 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 | Location: Room 2 & 3**

### Zumba for Beginners

**Thursdays**

**11:45 am — 12:30 pm**

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

**(No Class May 12 and May 19) (No classes in June/July)**

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

**Location: Room 3**

### Meditation Class

**18 Years & Up**

**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 | Location: Room 3**

### 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.**

### Walk & Talk Club

**Mondays, 9:15am (meet at Hidden Valley Park)**

Walk parks, city streets, and Canal Trail. Walks last one to two hours. This activity is tailored to those walking.

**Wednesdays and Fridays, 9:15am**

**(meet at Martinez Senior Center)**

Walk city streets and the Marina area. Walks usually last approximately one hour. For questions please call the Senior Center at 925-370-8770

## General Programs & Activities

### China Painting Class

**Mondays**

**10:00 am — 12:30 pm**

**Summer Session: May 9– July 11**

**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.

*Pre-Registration Required*

**Instructor: Barbara Croft**

**Location: Room 3**

### Beading 101

**Mondays**

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

**Spring Session: April 4– June 27**

**(No Class April 23 & 30th)**

**Session Fee: \$55 per 10 weeks**

Instruction in beading of bracelets, earrings and more. All levels welcome and everyone work's at their individual speed. Great ideas for gifts!

**Instructor: Marion "Mimi" Vaeth**

**Location: Room 3**

**(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. **Location: Lounge**

### Martinez Ukulele Jam Club

**Fridays Ongoing**

**2:00 pm — 3:30 pm**

**No Fee**

**(No Class May 13th & 20th)**

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

Newcomers welcome. **Location: Room 1**

### 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. **Location: Room 1**

### 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**

**Location: Room:2, 3**

### Realistic Landscape & Portraits

**Thursdays**

**10:00 am—1:00 pm**

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

**Fee: \$90**

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**

**Location: 1111 Ferry Street**

### 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. Bring your own projects or let Sandy help you start a new project. Bring your own machine and enthusiasm.

**Instructor: Sandra Keller**

**Location: Room 1-3**



## 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.

**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).

**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.

# Volunteer Corner/Personal Growth

## 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.

### Respite Program

Currently looking for volunteers with a caring and loving heart who are available for Wednesdays only, to help out at the Martinez Respite Center from 9:30am-4:00pm. Please see front desk for further questions.

### Board of Directors

We have three openings, which are, Historian, Recording Secretary 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.

## AARP Driver Safety & Refresher Courses

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 |

*\*This course is for those who already taken the AARP Driver Safety Training Program (8 hour course) in the past 4 years, or a previous refresher course.*





# “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.