



Martinez Senior Community Center

# GOLDEN TIMES

June 2016 Issue

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

## Bunco

**Date:** Friday, June 3rd, 2016

**Time:** 1:30 (Training or Refresher)

**Doors open at 1:45pm**

**Event Time:** 2:00pm - 4:30pm

**Location:** Martinez Senior Center

**Cost:** \$8.00

Join us from our quarterly Bunco down at the Martinez Senior Center. Bunco is a dice game that is easy to play. No previous experience needed. Prizes go to the most buncos, second and third most wins, and a booby prize. Whether you are a seasoned player or you are just learning, join us for a afternoon of fun lots of fun, laughs, and a great opportunity to get to know each other and meet new friends. Feel free to bring friends who are not members of the Senior Center. Tickets available at the front desk. *Light refreshments will be provided.*

## Annual Potluck Membership Installation

**Friday, June 17th, 2016**

**Potluck Luncheon Begins at 12:00pm**

**Meeting Begins at 12:45pm**

It's that time of year, join us in welcoming our new Board Officers for the upcoming 2017 year at our Potluck Luncheon. A minimum of 35 members must be present to have a quorum . Signup at the front desk for the potluck portion. The club will provide plates, utensils, coffee, and tea. We look forward to making new strides for the upcoming year.



## Mark Your Calendar

- 6/3/16- Bunco
- 6/6/16- Board of Director's Meeting
- 6/12/16- Father's Day Pancake Breakfast
- 6/17/16- Annual Potluck Membership Installation
- 7/29/16- Volunteer Recognition Luncheon

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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)

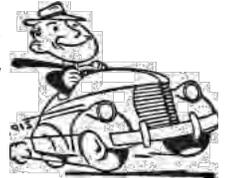
### FRIDAY

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

## 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
Beginners (2 Day Course)	Sep 9th & 16th	10:00-2:30
Refresher Course	Nov 4th	10:00-3:15

## 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. Plus 3 warm up and half time special games (prize dependent upon sales).



## Father's Day Pancake Breakfast

Sunday, June 12th, 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, June 12th for a delicious Father's Day breakfast. It includes pancakes or toast, sausage, eggs, orange juice, and coffee. Everyone is welcome.

*Please join us for our annual*

## Volunteer Recognition Luncheon

*Friday, July 29th, 2016 at 12:00 p.m.*

It's that time a year again when we recognize our outstanding volunteers at our volunteer recognition luncheon scheduled for Friday, July 29, 2016. We need all our participants to turn in their volunteer hours. If you volunteered but did not keep track of your own hours, check with the person in charge of the activity that you volunteered for. All hours must be turned in no later than Thursday, June 30th, 2016. Volunteer hours turned in after the June 30th date will not be accepted, no exception! This luncheon will be for volunteers only, no tickets will be sold. Volunteers can begin to pick up their volunteer recognition invitation on Friday, July 8th, 2016 until the deadline of Friday, July 15th, 2016. If you have questions feel free to contact the front office and they can assist you.

*Please RSVP the week of July 8th, 2016 - July 15th, 2016 at the front desk of the Martinez Senior Center. Know that this is a catered luncheon, it is imperative that you RSVP to attend. We will not be able to accommodate walk-ins the day of luncheon.*



### Welcome to Our New Members

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- ◆ Helen Essenwanger
- ◆ Nancy Perry-White
- ◆ Audrey Treadway
- ◆ Jan Goldberg
- ◆ Richard Ralston
- ◆ Luisa Zarzosa
- ◆ Lucy Alvarez
- ◆ Connie Amaral
- ◆ Julie Davis
- ◆ Richard Deyoe
- ◆ Edward Provencio
- ◆ Edna Esposito
- ◆ Mary Pespicio
- ◆ Celia Anderson
- ◆ Janis Hendrickson

### Friendship Report

By Mavis Ferreira

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In Memory of:

Josephine Amandea

Ed Goddard

### Board of Director's Meeting

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**Monday, June 6th,  
2016 at 10:00 a.m.**

All club members are welcome to attend our monthly board meetings

## Greetings From Our Representatives

### 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. Members who have a Disabled Persons' Placard or plates you still have the ability to park in the following locations:

-Parking spaces with the international symbol of access (wheelchair symbol)

-Next to a blue curb authorized for persons with disabilities parking

-Next to a green curb, which indicates limited time parking, as long as you wish. There are no time limit with a disabled persons placard and or plates

-Next to an on-street metered parking space at no charge

-Next to an area that indicates it requires a resident or merchant permit



As I am writing this message I am happy to say that we finally have a permanent senior club Program Coordinator. During the staff transitions over the last 6 months we have all felt how vital this position is for our club operation. Between planning our club events and trips the program coordinator function is very demanding and it takes a lot of work to keep our club functioning smoothly.

Now that we have a "full" staff in place we can begin to move forward in restoring our club to what we have grown to expect. As always there may be changes in our future but they will be for the better of our club and well thought out by both the staff and the club board of directors. Club members are welcome to keep us aware of any concerns both "good" or "could be better" and please plan on attending our June 17<sup>th</sup> club potluck/annual club meeting – it's a great opportunity to visit with club members, meet your incoming 2016/2017 board of directors and have a nice meal.

A big hearty thank you to our club volunteers and the office staff for their continued dedication and support.

Thank You,  
**Larry Risner**

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Hi All,

I'm Laura – your new Program Coordinator! I previously worked for the City of Concord as the Director of Camp Concord where I ran a Group Rental, Youth and Family Camp in South Lake Tahoe. I ran 3 weeks of a 50 & Better camp and it is there that I fell in love with the senior population. I'm so excited to be here and can't wait to plan trips and coordinate events for you all!

A little more about me... I grew up in Vacaville and went to Chico State where I got my degree in Health Education. I now live in Pleasant Hill with my roommate – who happens to be my best friend since we were 2! I'm very family oriented and love spending time with them. I'm the middle child and have 1 older sister and 1 younger brother. My sister is expecting the first grandchild any day now and I'm so excited to be an aunt! When I'm not working you can find me at the gym or outside on my bike. I love cycling and do many 65 mile bike rides throughout the year. Some of my family and I recently did the Chico Wildflower. We rode 65 miles from Chico to Paradise and it was so much fun! I'm addicted to coffee and Starbucks so don't be surprised if you see me with a cup of coffee in the afternoon. I am looking forward to getting to know all of you – so please stop by and say hello!

Until Next Time,  
**Laura Bryan**

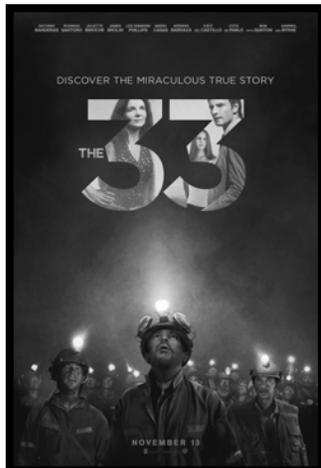


## Movies

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.



### June 1st The 33 (2015)

2 hours 7 minutes

In 2010, the eyes of the world turned to Chile, where 33 miners had been buried alive by the catastrophic explosion and collapse of a 100-year-old gold and copper mine. Over the next 69 days, an international team worked night and day in a desperate attempt to rescue the trapped men as their families and friends, as well as millions of people globally, waited and watched anxiously for any sign of hope. But 200 stories beneath the surface, in the suffocating heat and with tensions rising, provisions - and time - were quickly running out.

Cast: Antonio Banderas, Rodrigo Santoro, James Brolin

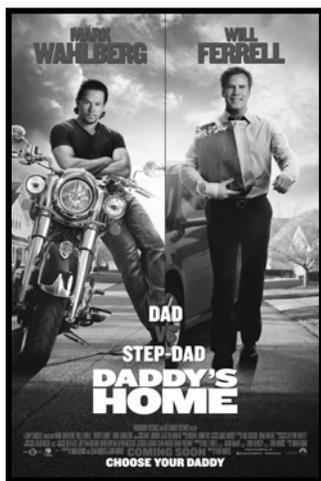
Rated: PG-13

### June 8th Star Wars: Episode VII: The Force Awakens (2015)

2 hours 16 minutes

Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them, along with the help of the Resistance. Cast: Daisy Ridley, John Boyega, Oscar Isaac

Rated: PG-13



### June 15th Daddy's Home (2015)

1 hour 36 minutes

Stepdad, Brad Whitaker, is a radio host trying to get his stepchildren to love him and call him Dad. But his plans turn upside down when the biological father, Dusty Mayron, returns.

Cast: Will Ferrell, Mark Wahlberg

Rated: PG-13

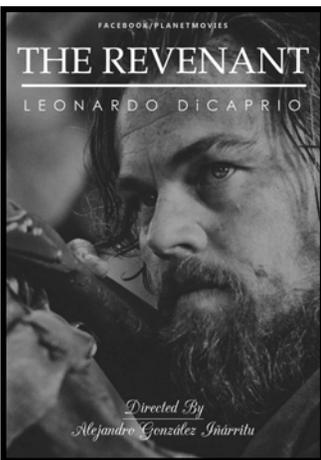
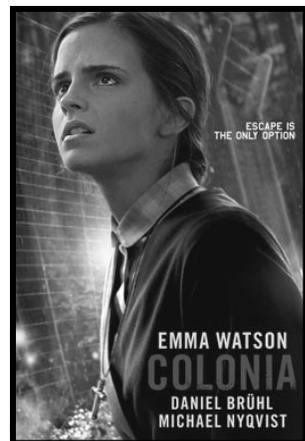
### June 22nd Colonia (2016)

1 hour 50 minutes

After Lufthansa flight attendant Lena hooks up with German beau in Santiago, Chile, their romantic rendezvous is cut short when he's snatched by the military police. Desperate to save him, Lena sets off on a mission that takes her far afield.

Cast: Emma Watson, Daniel Bruhl, Michael Nyqvist

Rated: Not Rated



### June 29th The Revenant (2015)

2 hour 36 minutes

Set in the 1820s, American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead in the Missouri River after he was mauled by a bear.

Cast: Leonardo DiCaprio, Tom Hardy

Rated: R

## Senior Services

### Blood Pressure Check

**Monday, June 13th  
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, June 14th & 28th  
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, June 24th  
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

**Thursdays  
June 2nd, 9th, and 30th  
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. Must register prior to attending.

**Cost: \$15 Daily + one time \$20 registration fee  
Every Wednesday, includes lunch (provided by C.C. Café)  
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, June 6th 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, June 2nd & 16th, 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 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

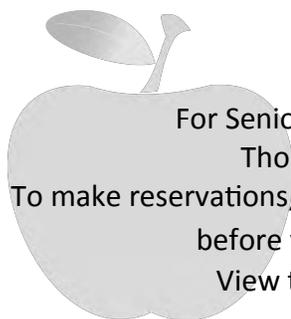
Lunch will be served at 11:45 a.m.

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



**TEST YOUR  
KNOWLEDGE!**



## Medication Management Quiz

Test yourself! See if you know the facts about how to manage your medications safely. Answers below.

Circle True or False

1. **True or False:** If one medication does not work, take two or three.
2. **True or False:** Even if one dose makes me feel good, a larger dose might not make me feel even better.
3. **True or False:** If my doctor has not stopped the medication, I must still need it now.
4. **True or False:** It is important that you take only prescription medications that are specifically prescribed for you.
5. **True or False:** Generic drugs normally cost more than brand name drugs.
6. **True or False:** Generic drugs are tested and approved through the FDA.

Answers:

1. **False.** An adverse drug reaction can occur when as few as two medications are involved. As more medications are added, the risk of adverse outcomes is increased.
2. **True.** Altering a medication dose, lower or higher, can change the effectiveness of the medication. Taking more is likely to increase the likelihood of side effects, taking less may change the medication's benefits
3. **False.** When receiving care from multiple doctors, you have an important role in ensuring that information about your diseases and medications is shared across providers. It's critical to review medications with a primary care doctor at least once a year, or whenever any new medication is added. Keep in mind, the effectiveness of a medication may change as we grow older, with new health conditions, or when new medications are prescribed. Any new side effects should be reported to your doctor.
4. **True.** Taking another person's medication can be dangerous. While you may be experiencing similar symptoms as a friend or relative, the cause of those symptoms may be very different and/or the effect of the medication on another individual can be quite different and potentially dangerous. Many diseases/conditions can present with similar symptoms that need to be treated differently.
5. **False.** Generic drugs usually cost less than the comparable brand-name drug because the manufacturer does not pay the development cost of the medicine.
6. **True.** Generic drug makers must prove that the active ingredient in the generic drug has the same medical effect as its brand name counterpart and must contain equal amounts of the same active ingredients. They have the same amount of medicine, safety, quality, performance, and possible side effects and strength as the brand-name drug.

**Straight Talk for Seniors provided by National Council on Aging**

# TRIPS AT A GLANCE

## Sightseeing and Gambling Trips

Trip(s):	Presentation Date:	Sign Up Start Date:	Date(s) of Trip:
Thunder Valley Casino & Resort	No Presentation	Ongoing	6/15/2016
River City Queen - Old Sacramento	No Presentation	Ongoing	6/29/2016
Nugget Reno	No Presentation	Contact American Stage Tours Cindy Tobias: (925)687-7705	7/3/16-7/5/16
Red Hawk Casino	No Presentation	Thursday, June 9th 2016 at 10:00am	8/12/2016
BeeHive Musical	No Presentation	Thursday, June 9th 2016 at 10:00am	8/25/2016
Santa Cruz Follies	No Presentation	Thursday, August 11th, 2016 at 10:00am	9/16/2016
Cache Creek Casino	No Presentation	Thursday, August 4th, 2016 at 10:00am	10/7/2016

## Extended Trips

Trip(s):	Presentation Date:	Sign Up Date:	Date(s) of Trip:
Trains and More Trains of Colorado	Thursday July, 14th, 2016 at 10:00am	Ongoing	8/21/16-8/28/16
America's Music Cities	Passed	Ongoing	9/4/16-9/11/16
California Adventure to San Diego	Thursday, July, 14th, 2016 at 10:00am	Ongoing	9/5/16-9/9/16
New England Rails and Trails	Passed	Ongoing	10/5/16-10/12/16

**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.

## Short Getaway Trips

Wed. June 15th, 2016

Departure: 3:00pm | Arrival: 5:00pm

### Thunder Valley Casino

**Cost: \$29.00 per person**

**Trip Includes:** Special VIP Package, \$15.00 slot play, \$12.00 food credit. All participants must have a valid government issued photo I.D and sign up for the players club card to receive a casino package.

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

Thurs. August 25th, 2016

Departure: 9:00am

### BeeHive Musical

**Cost: \$91 Per Person**

**Trip Includes:** admission to watch five rockin' women singing all the best songs from the 60's, hosted lunch provided by The Peppery Restaurant, roundtrip motor coach transportation.

## Extended Trips

Sun. August 21st, 2016– Sun. August 28th, 2016

### Trains and More Trains of Colorado

**Deposit: \$200 per person. Cost: \$2,999 per person, double occupancy/ \$3499 per person, single occupancy.**

**Trip Highlights:** Train ride on the Leadville & Southern Railroad along the Arkansas River Valley; a visit to the Mesa Verde National Park; All day ride on the Historic Durango to Silverton Railroad; Cumbers & Toltec Scenic Railroad ride to Antonito Colorado; Pikes Cog Railroad ride through Colorado's Wildlife and 2,000 year old trees; the final destination the Colorado Springs Air Force Academy.

Sun. Sep. 4th, 2016– Sun. Sep. 11th, 2016

### America's Music Cities

**Featuring New Orleans, Memphis & Nashville**

**Cost: \$455 pp deposit/ \$3129 pp double/\$3099 pp triple/ \$3849 single.**

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

**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.

Mon. Sep. 5th, 2016– Fri. Sep. 9th, 2016

### Southern California Adventure

**Feat. San Diego, Catalina Islands, Queen Mary, Long Beach**

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

**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.

Thurs. Oct. 5th, 2016– Wed. Oct. 12th, 2016

### New England Rails & Trails

**Deposit: \$500 per person (book before 5/31/16) \$3059 pp double (after 5/31/16 \$3159 pp dbl)/single supplement add \$850.**

**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.

Friday, December 30th, 2016– Wednesday, January 7th, 2016

### Southern California New Year's Rose Parade

**Deposit \$500 per person.**

**Cost: \$2599 double occupancy/\$3149 single.**

**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.

Monday

Tuesday

Wednesday

Thursday

Friday



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

 **SAN RAMON LUAU**  
Kalua Pulled Pork over Cabbage  
\* Steamed Rice  
Sliced Carrots  
Hawaiian Roll  
w/Margarine  
Hawaiian Cake  
(Pineapple Chunks)



Breaded Cod Fish  
\* Capri Vegetables  
Roasted Red Potatoes  
Mixed Green Salad  
w/Ranch Dressing  
Tartar Sauce, Vinegar  
Seasonal Fresh Fruit

6

7

8

9

10

Grandma's Meatloaf w/Gravy  
Grape Juice  
Green Peas w/Pearl Onions  
\* Mashed Potatoes  
100% WW Bread w/Marg.  
Apricots

Breaded Cod Fish Sandwich  
Clam Chowder  
\* Capri Vegetables  
Coleslaw  
Bun  
Tartar Sauce  
\* Mandarin Oranges

**COLD PLATE**  
Chicken Caesar Salad  
(Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes, Croutons)  
Creamy Tomato Basil Soup  
Citrus Fruit Cup  
\* Whole Wheat Roll w/Margarine  
Caesar Dressing  
Chocolate Pudding (Fresh Fruit)

Roast Beef w/Gravy  
\* Baked Potato  
Spring Bean Medley  
Garden Salad  
w/Italian Dressing  
100% Whole Wheat Bread  
w/Margarine  
Banana

13

14

15

16

17



**PHILIPPINE INDEPENDENCE DAY**

Pork Afritada  
\* Orange Pineapple Juice  
Mixed Green Salad  
w/French Dressing  
Carrots in Lite Sauce  
Steamed Rice  
Mixed Fruit

Tempting Tamale Pie  
w/Corn Bread Topping  
Apple Juice  
\* Capri Vegetables  
Tossed Salad  
w/Ranch Dressing  
Tropical Fruit

**COLD PLATE**  
Tuna Salad on Lettuce with Tomato Slice  
Chicken & Rice Soup  
Cucumber Salad  
4-Bean Salad  
100% WW Bread X2  
\* Watermelon

Spaghetti & Meatballs  
Parmesan Cheese  
\* Broccoli  
Mixed Green Salad  
w/Ranch Dressing  
100% WW Bread  
w/Margarine  
Seasonal Fresh Fruit

**FATHER'S DAY CELEBRATION**  
Oven Fried Chicken  
\* Collard Greens  
w/Onions  
Macaroni & Cheese  
Tossed Salad  
w/Thousand Island Dressing  
Lemon Meringue Pie  
(Cinnamon Apple Sauce)



20

21

22

23

24

**SUMMER FUN AT BAY POINT**

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

Traditional Old Fashioned Turkey Dinner w/Gravy  
Garden Peas & Onions  
\* Mashed Potatoes  
Stuffing  
Raspberry Sauce  
Raspberry Gelatin  
w/Fruit Cocktail  
(Diet Raspberry Gelatin w/Fruit Cocktail)

Apricot Chicken Breast  
Savory Bean Soup  
\* California Blend  
\* Yams  
100% WW Bread w/Marg.  
Seasonal Fresh Fruit

**COLD PLATE**  
Mock Crab Salad  
Split Pea Soup  
Carrot Raisin Salad  
Pickled Beets & Onions  
Lettuce & Tomato  
French Bread  
\* Cantaloupe

Carne Asada w/Salsa  
\* Orange Juice  
Black Beans  
Spanish Rice  
Mixed Green Salad  
w/Ranch Dressing  
Apricots

27

28

29

30

**Savory Pork Stew over Rice**

Mixed Vegetables  
Tossed Green Salad  
w/Honey Mustard Dressing  
\* Mandarin Oranges

**COLD PLATE**  
Curried Chicken Salad on a Bed of Mixed Greens  
Lentil Soup  
Spring Pea Salad  
\* Pineapple Coleslaw  
WW Dinner Roll w/Margarine  
Seasonal Fresh Fruit

Salsbury Steak w/Onion Gravy  
\* Stewed Tomatoes  
Brown Rice  
\* Spinach Salad  
w/Catalina Dressing  
Peaches

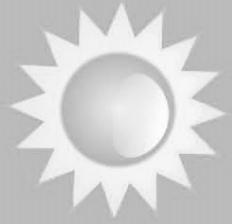
**COLD PLATE**  
Chicken White Bean Chili  
Grape Juice  
California Blend  
Mixed Green Salad  
w/Italian Dressing  
Cornbread w/Margarine  
Fudge Brownie (Pears)

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





# June 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 <b>Movie Day 1pm</b>	2	3 Bunco Day	4
5	6 Board Meeting 10am	7 Attorney At Law*	8 <b>Movie Day 1pm</b>	9 Redhawk Casino & Beehive Musical	10	11
12 Father's Day Pancake Breakfast	13 Blood Pressure Screening	14 H.I.C.A.P.*	15 (Thunder Valley Casino Trip) <b>Movie Day 1pm</b>	16 Podiatrist*	17 Membership Potluck Installation	18
19	20	21	22 <b>Movie Day 1pm</b>	23	24 Attorney At Law*	25
26	27	28 H.I.C.A.P.*	29 (Thunder Valley Casino Trip) <b>Movie Day 1pm</b>	30 Volunteer Hours Due		

## Everyone Benefits from Exercise

Today, new information is emerging from research: people of **all** ages and physical conditions benefit from exercise and physical activity.

Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia.

The National Institutes of Health (NIH) report that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

### Don't Be Afraid to Exercise

Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. They may be afraid that exercise will be too strenuous, or that physical activity will harm them.

Research from the NIH shows that actually the opposite is true:

- Exercise is safe for people of all age groups.
- Older adults hurt their health far more by not exercising than by exercising.

An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance.

### It's Never Too Late to Start Exercising

Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health.

Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility, and endurance.

Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even those who think they're too old or too out of shape. *Article provided by: Sharon O'Brien, National Institutes of Health*



## 3 Easy Ways to Register for Classes

### In Person

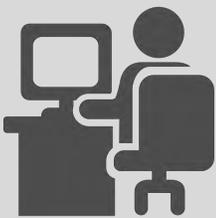


Visit: City of Martinez City Hall (2nd Floor)  
525 Henrietta Street  
Martinez, CA 94553

#### Business Hours:

Monday-Friday 8:00 am to Noon, 1:00 pm to 5:00 pm

### Online



1. Visit [www.CityofMartinez.Org](http://www.CityofMartinez.Org)
2. Click on 'Class Registration' on the left hand corner
3. Click on 'Senior Center Classes' on the left hand corner
4. Find your desired class
5. Click on the 'Register' button and follow through the prompts

### Over the Phone



Call the Recreation Service Division at (925)372-3510 during business hours.

# Fitness Programs & Activities

## Jazzercise – Senior Body Sculpting

**M, W, F**                      **8:30a.m.-9:30a.m.**                      **Cost: \$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**

## The Crocketts

**Mondays**                      **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!

**Location: 1111 Ferry Street**

## Tai Chi Chuan

**Mondays & Fridays**                      **8:00 a.m.– 9:00 a.m.**                      **Cost: \$3 Drop In**

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 a.m.– 9:00 a.m.**                      **Cost: \$5 Drop In**

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**

## Walk & Talk Club

**Mondays**                      **9:15 a.m**                      **Cost: Free**

### (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.

**Wednesday & Fridays**                      **9:15 a.m**                      **Cost: Free**

### (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

## Jack’s Sweet 100 Line Dances

**Wednesdays**                      **10:30 a.m.– 12:00 p.m.**                      **Cost: \$3 Drop In**

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 a.m.– 12:30 p.m.**                      **Cost: \$6 Drop In**

### (No classes in June/July, session will return in August)

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 (Must be at least 18 Years of Age)

**Fridays**                      **10:30 a.m.– 12:00 p.m.**                      **Cost: \$10 Drop In**

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. **Instructor: Mary Bruns | Location: Room 3**

## Laughter Yoga

**Wed. April 27th**                      **4:15 p.m.– 5:00 p.m.**                      **Cost: \$3 Drop In**

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

**Mon., May 9th-July 11th**    **10:00 a.m.– 12:30 p.m.**    **Cost: \$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

**Mon., April 4th-June 27th**    **1:00 p.m.– 4:00 p.m.**    **Cost: \$55**

**Mon., April 4th-June 27th**    **5:30 p.m.– 8:30 p.m**    **Cost: \$55**

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**

## Brush Up on Bridge/Intermediate

**Wednesdays**    **10:00 a.m.– 12:00 p.m.**    **Cost: Free**

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

**Location: Lounge**

## Martinez Ukulele Jam Club

**Fridays**    **2:00 p.m.– 3:30 p.m.**    **Cost: Free**

The senior Ukulele Jam Club is open to beginners and experienced players. Newcomers welcome. No Class May 27, June 3, & 17th

**Location: Room 1**

## Pinochle

**Mondays & Thursdays**    **8:30 a.m.– 11:30 a.m.**    **Cost: Free**

**Wednesdays**    **12:30 p.m.– 3:30 p.m.**    **Cost: Free**

**Location: Lounge**

## Mah Jongg

**Mondays**    **1:00 p.m.- 3:00 p.m.**    **Cost: \$1 Donation\***

Everyone is welcome, it is a great place to learn the game!

\*Recommended \$1 donation towards the Martinez Senior Center

**Location: Room 1**

## T.O.P.S. (Take Off Pounds Sensibly)

**Thursdays**    **8:30 a.m.**    **Cost: \$32 Yearly/ \$4 Monthly**

**Location: Room 3 | Leader: Sharon Kadi**

## Realistic Landscape & Portraits

**Thurs., May 26th-June 30th**    **10:00 a.m.– 1:00 p.m.**    **Cost: \$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

**Tues., May 31st-June 28th**    **9:30 a.m.– 12:30 p.m.**    **Cost: \$17.50**

**Tues., May 31st-June 28th**    **6:00 p.m.– 9:30 p.m.**    **Cost: \$17.50**

**Weds., June 1st-June 29th**    **6:00 p.m.– 9:30 p. m**    **Cost: \$17.50**

Basic instruction in quilting. Bring your own projects or let Sandy help you start a new project. Bring your own machine.

**Instructor: Sandra Keller | Location: Room 1-3**

## Community Quilts

**Wednesdays**    **1:00 p.m.– 4:00 p.m.**    **Cost: Free**

Learn to quilt community quilts using 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

**Tues., May 31st-June 28th**    **1:00 p.m.– 4:00 p.m.**    **Cost: \$17.50**

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.

## Poker

**Mondays & Thursdays**    **12:00 p.m.**    **Cost: Free**

**Location: Lounge**

## Crafts

**Tuesdays**    **12:30 p.m.**    **Cost: Free**

Come help us make items to sell to benefit the Martinez Senior Center.

**Location: Room 3 | Leader: Linda Bradshaw**

## Bridge

**Tuesdays**    **12:30 p.m.**    **Cost: Free**

**Wednesdays (Brush Up)**    **10:00 a.m.**    **Cost: Free**

**Wednesdays (Party)**    **12:45 p.m.**    **Cost: Free**

## Volunteer Corner/Donations

### 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 Event

Our center is looking for volunteers on June 12th 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.

#### iHelp

We are seeking volunteer(s) to assist for an hour in teaching senior participants with their iPad, iPhones, Laptops, and/or tablets. Dates are flexible. Please contact the front desk at the Martinez Senior Center.

### DONATIONS

The Martinez Senior Center are looking for the following donations:

#### 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.

#### Donations for Newborn & Infants

Attention Knitters, Crocheters, and Sewers:

Baby hats are needed for the Newborn/Infant Program at the Medical Center on Alhambra Avenue. Layettes are given to each new baby and they recently noticed an increase of babies being born. All donations of layettes are greatly appreciated.

All donations will be collected at the Martinez Senior Center front desk.

#### Library Donations

Our library is looking to add new books to our collection that are published in the year 2005 or earlier. Hardback covered books are preferred since they last longer. We are also seeking donations of magazines. The magazines must not be older than 6 months and are in good condition. If you have any questions or concerns, feel free to contact Roger our volunteer librarian.

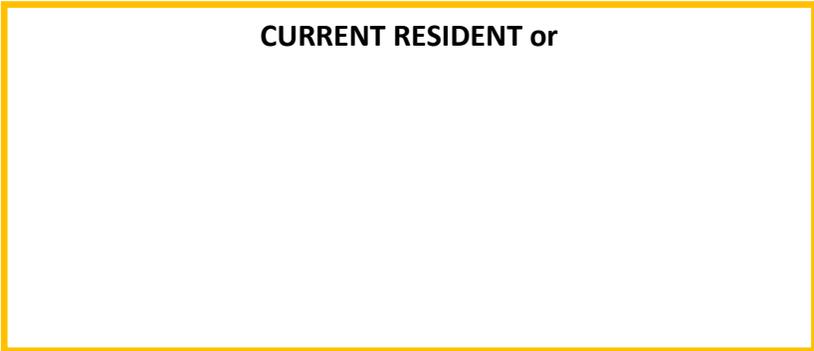


# “TIME VALUE” DATED MATERIAL

PRSR 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 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 Gravert
Senior Coordinator	Laura Bryan
Interim Sr. Coordinator	Edna Esposito
Nutrition Coordinator	Elena Blake Rita Wells
Senior Citizen Aides	Jerry Raney Dave Moody
Front Desk:	Rita Wells Emogene Thomas Sandra Sinosky
Respite Coordinator	Bonnie Pannell
Respite Senior Aide	Linda Valenziano Sherry Roe

### CLUB DIRECTORY

#### Business Hours:

Monday-Thursday 8:30am-4:30pm | Fridays 8:30am-4:00pm

General Office	(925)370-8770	Fax	(925)229-2467
Co Co Café	(925)646-2598	HICAP	(925)602-4168
County Connect	(925)938-7433	Meals on Wheels	(925)676-7548