



Martinez Senior Community Center

GOLDEN TIMES

August 2016 Issue

(925)370-8770 | www.CityofMartinez.org



Please join us for 2016 National Night Out

Tuesday, August 2, 2016

5:30 p.m.—7 p.m.

Martinez Senior Center

818 Green Street

The Martinez Police Department in collaboration with the Martinez Senior Center is proud to bring you National Night Out. This annual nationwide event is designed to strengthen relationships in your neighborhoods, raise crime prevention awareness, and continue relationships with public safety; Police, Fire, and CERT. National Night Out aims to heighten awareness of crime and drug prevention but most importantly, send a message to criminals that our residents and law enforcement are standing together against crime. This is a perfect opportunity to get to know your local officers who patrol your streets and unite with fellow members in the fight against crime. Topics to be discussed are; identity theft, scams that are common to seniors, and safety around the house and in your neighborhood. There will be light refreshments and a raffle prize! So come down and join the fun on bringing community awareness. Sign up at the front desk.

Bunco

Date: Friday, September 16th, 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 for 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, most wins, second and third most wins, and a booby prize. Whether you are a seasoned player or you are just learning, join us for an afternoon of fun and lots of laughs. It's 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 will be available at the front desk starting Monday, August 8th. Light refreshments will be provided. For those that want to eat lunch before please call the CC Café and reserve a lunch.



Mark Your Calendar

- 8/1/16– Board of Director's Meeting
- 8/2/16-Natinal Night Out
- 8/14/16– Pancake Breakfast
- 8/19/16— Tour Committee Workshop

Inside this issue

Club News &	
Special Events.....	2
Movies.....	5
Senior Services	6
Trips/Tours	7
C.C. Café Menu	10
Calendar	11
Fitness Classes.....	12
General Programs.....	14
Volunteer Corner	15

Club News & Special Events/Activities

WEEKLY ACTIVITIES

MONDAY

8:00 Tai Chi Chuan (F)
 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)
 12:30 Duplicate Bridge (L)
 1:00 Sewing & Serging (2,3)
 6:00 Quilting (1,2,3)

WEDNESDAY

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)
 9:15 Walk & Talk (HVP)
 10:00 Learn to play Bridge (L)
 10:30 Meditation (3)
 2:00 Martinez Ukulele Jam(1)

F= Ferry Building
 L= Lounge

HVP= Hidden Valley Park
 1, 2 & 3 = Rooms at Sr. Center

AARP Driver Safety & Refresher Courses

The course is designed for drivers ages 50 and older to help update driving skills and knowledge of the rules and hazards of the road. You will learn about normal age-related physical changes and how to adjust your driving to compensate. You will learn how to 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 is 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	10:00am-2:30pm
Refresher Course	Nov 4th	10:00am-3:15pm



Pancake Breakfast

Date: Sunday, August 14th, 2016

Location: Martinez Senior Center

Time: 8:00am – 11:00am

Cost: \$4.00 for Adults

\$2.50 for children under the age of 10

Join us on Sunday, August 14th for a delicious breakfast. Breakfast includes pancakes, toast, sausage, eggs, orange juice, and coffee. Everyone is welcome.

REMINDER:

New NAPIS Forms Are Here For C.C.Cafe!

It's that time of year again when all participants receiving lunches from the CC. Café need to fill out a new NAPIS form for the Contra Costa County CoCo Café Senior Nutrition program. This form is required for all meal participants to reserve or eat a meal starting July 1st, 2016. Please come in before lunch to fill out the new NAPIS form. Volunteers are available to assist you with filling out the form.



Thank you to all participants
for your cooperation.

Club News & Special Events/Activities

Message From Our Bingo Chair

Volunteering my time to make Bingo a fun and enjoyable time for all of us is really a passion of mine. I really enjoy everyone that comes and plays. I don't know if everyone knows the time that is put into running a bingo game. But between set up, clean up, and doing reports that are mandated by the club—it all takes quite a bit of time.

There are times that I get to play. It is here that I actually get a break and have fun being on the other side of things. Unfortunately, there are some people that seem to find time to spread milieus rumors that are unfounded. So I'd like to be really clear that it is impossible to cheat at bingo when the balls are in the monitor showing the numbers that are coming up next to be called. So, let's just all have fun and be happy for people who once in awhile win a Bingo.

Darlene Commiskey



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).



2016 Meals on Wheels Fundraiser

Mon., October 3rd– Thurs., October 25th

Cost: Tickets are \$1.00 or

6 Tickets for \$5 /12 tickets for \$10

Come and join in the month of October when C.C. Café offers their annual fundraiser which benefits the Meals on Wheels program. This program is a vital service that delivers hot nutritious meals to home bound seniors.

We will be having gift items on display in our center lobby starting Monday, October 3rd through Tuesday, October 25th, 2016. Tickets can be purchased through C.C. Café or the center office.

Important Details: Each gift/basket will be numbered and accompanied by a box with the same number. Choose what items you are interested in and place your tickets with your name and phone number in the items corresponding box. The drawing will be held on Tuesday, October 25th, 2016 at 10:00am in the lobby. Winners need not be present.

Bake Sale Fundraiser:

In addition to the gift items, the C.C. Café will also host a bake sale on Tuesday, Oct. 18th & Wednesday Oct. 19th from 10am-2pm to raise additional funds. If you would like to help by baking items for the bake sale, call or sign up with C.C. Cafe staff (925) 646-2598. Please be sure to label your baked good(s) if there is any nuts present. Your help for this worthy cause is much appreciated.

Welcome to Our New Members

- ◆ Donall Bunch
- ◆ Maggie Trevelyan
- ◆ Rosemary Fischer
- ◆ Renee D' Anna
- ◆ Julie Chan
- ◆ Barbara Webb
- ◆ William Mc Kinley
- ◆ Joann Bishop
- ◆ Dennis King
- ◆ Max Yowell
- ◆ John Searls
- ◆ Charlotte De Santo
- ◆ Cindi Stephens
- ◆ Bill Stephens
- ◆ Meredith Breeden
- ◆ James Norris
- ◆ Colleen Filbeck
- ◆ William Filbeck
- ◆ Nancy Colchico

Friendship Report by Mavis Ferreira

In Memory of:

- ◆ Georgia A. Pelot

Get Well:

- ◆ Dicy Palyj
- ◆ Lisa Deering

Board of Director's Meeting

Monday, August 1st, 2016 at 10:00 a.m.

All club members are welcome to attend our monthly board meetings

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 scheduled walking group on Monday, Wednesday and Friday's.

Please also be respectful of your fellow members and volunteers. If you happen to accidentally hit or scrape a car or you witness an incident in our parking lot, please notify the front desk as soon as possible.

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 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 limits 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.



Greetings From Our Club President

It is so nice to have a super senior center office staff! They are a team that has us seniors as their number one priority. It has taken years to develop the club to what we have today and yes, some things manage to slip through the cracks but the recoveries are instantaneous thanks to their dedication to us.

I'd like to also thank the previous board of directors for updating the kitchen facilities and being so supportive of our club. Our new board is in place and I am confident that we will have even more ideas for wonderful activities, events and trips for us to enjoy.

I hope everyone is enjoying the summer. Be sure to check out our club newsletter for something you'd like to do – that's the sole purpose of our club. If you have an idea for an activity or trip please let the office know - we need suggestions!

- **Larry Risner, President**

In Loving Memory Of Georgia A. Pelot



Fun

Genuine

Positive

Sincere

Delightful

Dependable



Georgia Pelot Celebrated 25 years as Member and Founder of our TOPS Chapter

Georgia Pelot founded the Martinez Chapter of TOPS (Take Off Pounds Sensibly) nearly 25 years ago because she thought that it was a practical, affordable, and supportive way to control her weight. After a few years, she reached her goal weight by losing 44 pounds and kept it off. Georgia suffered from some serious setbacks to her health 11 or 12 years ago and because of the support she received at TOPS and the healthy eating choices she made, she was able to improve her health and (to the delight of all) lived to be 86 years young. In doing all of that she has inspired many others to do the same. Perhaps even more importantly, Georgia served as Leader, Weight Recorder Assistant, Secretary and Treasurer. Our TOPS Chapter will always be grateful for her generosity, gentle spirit and inspiration. **NOTE:** The TOPS group meets every Thursday morning at 9:00. Visitors are always welcome.

Georgia worked in the Finance Department for the City of Martinez for 25 years. After retiring, she spent the next 25 years working part time as an office assistant for the Martinez Senior Center. Her employment with the City was such an asset and we all appreciate the time and work she put in over the years. She will be missed dearly. The City sends their condolences to Georgia's family.



Movies

Wednesdays at 1:00 p.m.

We reserve the right to substitute another movie if scheduled movie is not available.

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



August 3rd

Now You See Me (2013)

1 hour 56 minutes / Sci-Fi, Suspense

Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks, and giving to the poor, their audiences, all while trying to outwit a team of FBI agents determined to bring them down

Cast: Morgan Freeman, Isla Fisher, Mark Ruffalo, Woody Harrelson

Rated: PG-13

August 10th

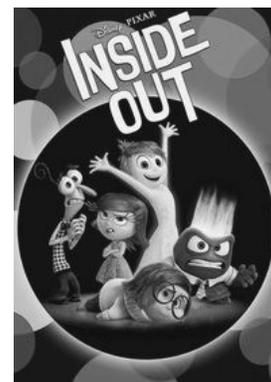
Inside Out (2015)

1 hour 34 minutes / Animation

When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away -- quite literally -- on a fantastic journey through her mind.

Cast: Amy Poehler, Diane Lane, Kyle MacLachlan

Rated: PG-13



August 17th

Whiskey Tango Foxtrot (2016)

1 hour 51 minutes / Comedy

In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by ways of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

Cast: Lily James, Cate Blanchett, Holliday Grainger

Rated: PG

August 24th

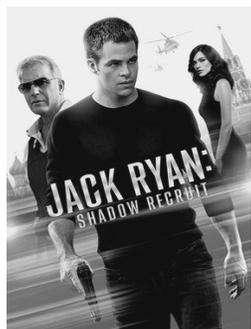
Red 2 (2013)

1 hour 56 minutes / Action, Suspense

Blackmailed by Russian gangsters, a group of corrupt Atlanta cops concocts a scheme to distract police from a bank robbery by killing one of their own in another part of town - but things don't go as planned.

Cast: Casey Affleck, Chiwetel Ejiofor, Anthony Mackie

Rated: PG-13



August 31st

Jack Ryan: Shadow Recruit

CIA analyst Jack Ryan tries to thwart a terrorist plot to bring down the U.S. economy in this action-thriller helmed by Kenneth Branagh. Chris Pine plays the title character alongside an all-star cast that includes Kevin Costner and Keira Knightley.

Cast: Chris Pine, Kevin Costner, Kenneth Branagh

Rated: PG-13

Senior Services

Blood Pressure Check

**Monday, August 8th
9:30—10:30am**

This free monthly service will help you monitor your blood pressure. No appointment necessary.

Health Insurance Counseling (H.I.C.A.P)

**Tuesday, August 9th & 23th
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**

Appointments CANCELLED for the month of August.

**Sarah
Attorney At Law
Tuesday, August 9th
1:00 p.m.—3:30 p.m.**

Topics Covered: Housing, consumer debt, restraining order, conservatorship

Podiatrist

**Thursday
August 18th at 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). Please call (925) 676-7543 or (800) 870-3663 with any questions.

Senior Food Program (Martinez residents only)

Thursdays, August 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 (925) 676-1976.



C.C. Café at the Martinez Senior Center

Join Us for Lunch
Monday-Friday

Lunch will be served between 11:45 a.m.-12:15 p.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 SUMMARY

Sightseeing and Gambling Trips

Trip:	Location:	Presentation Date:	Sign Up Date:	Date(s) of Trip:	Price:
Red Hawk Casino	Placerville, CA	No Presentation	Ongoing	8/12/2016	\$28.00 Per Person
BeeHive Musical	Sonora, CA	No Presentation	Ongoing	8/25/2016	\$91.00 Per Person
Santa Cruz Follies	Santa Cruz, CA	No Presentation	8/11/2016 at 10am	9/16/2016	\$92.00 Per Person
Cache Creek Casino	Brooks, CA	No Presentation	9/8/2016 at 10am	10/7/2016	\$31.00 Per Person
Apple Hill	Placerville, CA	No Presentation	9/15/2016 at 10am	10/17/2016	\$71.00 Per Person
CA State Capitol Folsom State Prison	Sacramento & Folsom CA	No Presentation	10/6/2016 at 10am	11/9/2016	\$80.00 Per Person
Holiday Lights of SF	San Francisco, CA	No Presentation	11/3/2016 at 10am	12/12/2016	\$82.00 Per Person

Extended Trips

Trip:	Location:	Presentation Date:	Sign Up Date:	Date(s) of Trip:	Price:
Trains and More Trains of Colorado	Colorado	7/14/2016 at 10:00 am	Ongoing (Trip FULL - Waitlist)	8/21/16- 8/28/16	\$2,999 Double Occupancy \$3,499 Single Occupancy
America's Music Cities	New Orleans, Memphis, Nashville	Passed	Ongoing	9/4/16-9/11/16	\$3,099 Triple Occupancy \$3,129 Double Occupancy \$3,849 Single Occupancy
California Adventure to San Diego	San Diego, Catalina Island	7/14/2016 at 10:00 am	Ongoing	9/5/16-9/9/16	\$1,599 Double Occupancy \$1,999 Single Occupancy
New England Rails and Trails	Boston, Vermont, New Hampshire, Maine	Passed	Ongoing	10/5/16- 10/12/16	\$3,159 Double Occupancy \$4,009 Single Occupancy
Southern California's New Year Rose Parade	Southern California	7/12/16 at 10:00 am	Ongoing	12/30/16- 1/7/17	\$2,599 Double Occupancy \$3,149 Single Occupancy
Gardens & Mansions	New Orleans Cajun Country	9/22/2016 at 10:00 am	Ongoing	5/15/17- 5/21/17	\$2,540 Double Occupancy \$3,190 Single Occupancy
The Sunshine State	Miami, Orlando, Florida Keys, Everglades	TBA	Ongoing	11/9/17 - 11/16/17	\$3,195 Double Occupancy \$4,095 Single Occupancy

Sightseeing and Gambling Trips

Friday, August 12th, 2016

Depart: 8:30 am

1 Red Hawk Casino Cost: \$28 Per Person

Trip Includes: Red Hawk Casino offers over 2000 slot machines, 75 gambling tables, and 6 different restaurants to choose from. Receive: \$15 free slot play, *\$5 food credit (*2500 points added to your card), or \$20 table match play.

Fri. September 16th, 2016

Depart: 9:00 am

1 Santa Cruz Follies Cost: \$92 Per Person

Trip Includes: Admission to watch a cast of 35 performers age 50 featuring a Frank Sinatra 100th Birthday Musical Tribute, hosted lunch provided by The Crow's Nest, roundtrip motor coach transportation.

Mon. October 17th, 2016

Depart: 8:00 am

2 Apple Hill Cost: \$71 Per Person

Trip Includes: Enjoy a delicious snack upon arrival and then go on a loop tour of Apple Hill. Eat a delicious BBQ chicken lunch which will be followed by a group hayride. End the day with shopping at High Hill Ranch.

Mon. December 12th, 2016

Depart: 3:00 pm

1 Holiday Lights of San Francisco Cost: \$82 Per Person

Trip Includes: Meet your guide at the Hyatt Regency in San Francisco where you will see the decorated lobby. Make your way to the Pier Market for dinner where you can admire the beautiful decorations. After dinner, you will view the Holiday lights of *City by the Bay*. Then head to South San Francisco to see a neighborhood that has been celebrating for the last 19 years with an amazing holiday light show.

Extended Trips

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

2 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.

Thurs. August 25th, 2016

Depart: 9:00 am

1 BeeHive Musical Cost: \$91 Per Person

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

Fri. October 7th, 2016

Depart: 9:30 am

1 Cache Creek Casino Cost: \$31 Per Person

Trip Includes: Make your way to Cache Creek Casino where you will receive \$10 slot play and \$5 food credit **OR** \$20 table match play and a \$5 food credit.

Wed. November 9th, 2016

Depart: 8:45 am

2 Rules and Fools: CA State Capitol and Folsom Prison Museum Cost: \$80 Per Person

Trip Includes: Enjoy a guided tour of the California State Capitol. Includes a delicious lunch at the Delta King Riverboat Restaurant. End the day with admission to the Folsom State Prison Museum.

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

3 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 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.

Extended Trips (continued)

Sunday, September 4th, 2016 – Sunday, September 11th, 2016

3 America's Music Cities

Featuring New Orleans, Memphis & Nashville

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

Trip Highlights: 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.

Friday, December 30th, 2016 – Wednesday, January 7th, 2017

3 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. 5 nights at one Hotel.

Thursday, November 9th, 2017 – Thursday, November 16, 2017

3 The Sunshine State

ft. Miami, Orlando, the Florida Keys & the Everglades

Deposit \$510 per person.

Cost: \$3,195 double occupancy/\$4,095 single.

Trip Highlights: In Orlando, you will visit Disney's Epcot and Kennedy Space Center. Then you will make your way to Fort Myers and explore the Everglades National Park with a fun adventure on the Everglades Airboat. Then enjoy Key West with a trolley tour and visit other famous landmarks. End your trip in Miami.

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

2 New England Rails & Trails

Deposit: \$500 per person (book before 5/31/16)

\$3159 pp double /\$4009 single occupancy.

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.

Monday, May 15th, 2017 – Sunday, May 21st, 2017

3 Gardens & Mansions ft. New Orleans & the Cajun Country

Deposit \$510 per person.

Cost: \$2540 double occupancy/\$3,190 single.

Trip Highlights: Visit the French Quarter, St. Louis Cathedral, Bourbon Street, Pirates Alley and the French Marketplace. Visit New Orleans Garden District and the Longue Gardens and House. Explore Baton Rouge and the New State Capitol building. Visit the town of Natchez and travel to Lafayette, Louisiana. End the trip in Vermillionville and Avery Island.



TRIP DIFFICULTY RATING SYSTEM

- 1 Easy**— Up to 2 blocks of walking on even terrain and a few stairs.
- 2 Mild**—Between 2-4 blocks of even walking and approx. 30 min of standing.
- 3 Moderate**—up to 4 blocks of walking. Not appropriate for wheelchairs, walkers may be OK.
- 4 Strenuous**— More than 4 blocks of walking with many stairs and uneven terrain.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Beef Sukiyaki
Carrots in Lite Sauce
 Brown Rice
 Mixed Green Salad
 w/French Dressing
 * Mandarin Oranges

COLD PLATE:
Chicken Caesar Salad
 (Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes, CROUTONS)
 * Mushroom Barley Soup
 * Citrus Fruit Cup
 Roll w/Margarine
 Caesar Dressing
 Banana

WALNUT CREEK BRIDGING THE GAP
 Spaghetti & Meatballs w/Parmesan Cheese
 Grape Juice
 * California Blend
 Tossed Green Salad w/Italian Dressing
 100% WW Bread w/Marg. Sherbet (Fresh Fruit)

Vegetarian Bean & Cheese Burrito w/Red Sauce
 Mexican Corn
 Mixed Green Salad w/1000 Island Dressing
 * Cantaloupe

CELEBRATE FRIENDSHIP DAY
 Oven Fried Chicken
 Apple Juice
 Macaroni & Cheese
 * Spinach
 Cornbread w/Margarine
 Tapioca Pudding
 * (Diced Mango)

8

9

10

11

12

Apricot Chicken Breast
Savory Bean Soup
 * California Blend
 * Whipped Yams
 100% WW Bread w/Marg. Peaches

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

COLD PLATE:
 Thin Ham Slices
 Split Pea Soup
 Carrot Raisin Salad
 Marinated Zucchini Salad
 Lettuce & Tomato
 Mustard & Mayonnaise
 Rye Bread
 * Watermelon

Southern Style BBQ Chicken
 Cheesy Scalloped Potatoes
 Succotash
 * Spinach Salad
 w/Catalina Dressing
 Fresh Fruit

Carne Asada Garnished w/Salsa
 Orange Juice
 Black Beans
 Spanish Rice
 Mixed Green Salad w/Ranch Dressing
 Ice Cream
 (Apricots)

15

16

17

18

19

Savory Pork Stew & Rice
Steamed Broccoli
Mixed Green Salad
 w/1000 Island Dressing
 Seasonal Fresh Fruit

Traditional Old Fashioned Turkey Dinner w/Gravy
 Green Beans w/Red Pepper
 * Mashed Potatoes
 Stuffing
 Cranberry Sauce
 Strawberry Gelatin w/Pears
 (Diet Strawberry Gelatin w/Pears)

Teriyaki Chicken Breast
 Bok Choy Soup
 Whole Kernel Corn
 Fluffy Rice Pilaf
 * Mixed Cabbage Salad
 w/Poppyseed Dressing
 Citrus Fruit

Stuffed Pepper
 Grape Juice
 Mixed Vegetables
 Red Potatoes
 100% WW Bread w/Marg.
 Banana Cake
 (Seasonal Fresh Fruit)

COLD PLATE:
CELEBRATE NATIONAL SENIOR CITIZENS DAY
 Asian Chicken Salad
 (Spring Mix, *Mandarin Oranges, Sesame Seed Dressing & Crispy Noodles)
 Egg Drop Soup
 Carrot Raisin Salad
 100% WW Bread w/Margarine
 Fortune Cookies (Applesauce)



22

23

24

25

26

Salisbury Steak
 w/Onion Gravy
 * Steamed Tomatoes
 * Garlic Mashed Potatoes
 * Spinach Salad
 w/Catalina Dressing
 100% WW Bread w/Marg.
 Seasonal Fresh Fruit

Kalua Pulled Pork over Cabbage
 * Glazed Carrots
 Steamed Rice
 Roll w/Margarine
 Pineapple Cake
 (Pineapple Chunks)

Colossal Hot Dog
 w/Cheese
 Baked Beans
 Potato Salad
 Catsup, Mustard
 Onion & Relish
 Bun
 * Watermelon

COLD PLATE:
 Curried Chicken Salad on a Bed of Mixed Greens
 Lentil Soup
 Spring Pea Salad
 Marinated Beets & Onions
 Dinner Roll w/Margarine
 * Mandarin Oranges

Krabby Cake
 Manhattan Clam Chowder
 Extra Cheesy Scalloped Potatoes
 * Spinach
 Tartar Sauce
 Ice Cream
 (Fresh Fruit)

29

30

31

Grilled Chicken Sandwich

COLD PLATE:

Grandma's Meatloaf

5 DAILY ENTRÉE CHOICES:

* **Potato Wedges**
Spring Bean Medley
 Mixed Green Salad
 w/Ranch Dressing
 Mayonnaise
 Bun
 Butterscotch Pudding (Pears)

Tuna Salad on Lettuce Leaf
 w/Tomato Slice
 Corn Chowder
 * Colelaw
 4-Bean Salad w/Carrots
 100% WW Bread x2

Apple Juice
 Steamed Broccoli Spears
 * Mashed Potatoes
 100% Whole Wheat Bread w/Margarine
 Seasonal Fresh Fruit

CHEESEBURGER
GARDEN BURGER
CHEF'S SALAD
SEAFOOD SALAD

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



TO SIGN UP FOR YOUR MEALS CALL: (925)646-2598

Shella, AUGUST *make me happy..*

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  Board Meeting 10am	2  Attorney At Law*	3  Movie Day 1pm	4	5	6
7  Blood Pressure Screening	8  H.I.C.A.P.*	9  Movie Day 1pm	10  Santa Cruz Follies Sign Up 10 am	11  Red Hawk Casino Trip	12	13
14  Pancake Breakfast	15  Field Trip Tour Guide Tilden Park Field Trip	16  Movie Day 1pm	17  Podiatrist*	18  Attorney At Law*	19  Tour Committee Work- shop 10:30 am	20
21	22	23  H.I.C.A.P.*	24  Movie Day 1pm	25  Beehive Musical Trip	26	27
28	29	30	31  Movie Day 1pm			

Fitness Programs

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-

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**

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

NO CLASSES AUGUST AND SEPTEMBER

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

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

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

(Take Off Pounds Sensibly) TOPS Club, Inc., the original nonprofit network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management. Established in 1948 to champion weight-loss support, they've helped millions of people live healthier lives.
Location: Room 3 | Leader: Sharon Kadi

Bridge

Tuesdays (Duplicate)*	12:30 p.m.	Cost: Free
Wednesdays (Brush Up)	10:00 a.m.	Cost: Free
Wednesdays (Party)	12:45 p.m.	Cost: Free
Fridays (Learn to Play) *	10:00 a.m.	Cost: Free

Brush Up- "Standard American" including 5 card majors, convenient minors, etc.
Duplicate- Reservation only, call Kay Schaefer 925-348-0741
Learn to Play- Questions call Tom Trankina 707-674-2620. Please know that this class is for beginning instruction only.
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

NEW

Writing Workshop: "Your Stories"

Fri. Aug 26th-Sept. 30th 10:00 a.m.-1:00 p.m. Cost: Free

Whether you want to write your memoir or simply document your life stories to share with family and friends, unleash your creativity in this 6-week writing workshop. Free from judgement and criticism, this course strives for joy rather than perfection. No previous writing experience required, just a willingness to put your thoughts on paper. Reading your stories out loud is encouraged but not required. At the end of the course you will have the option of participating in a group reading for family and friends.
Location: Room 2 | Leader: Laura Lee Web
Sign up at front desk starting August 8th.
There is a maximum of 10 participant per session.

3 Easy Ways to Register for Paid Fitness Programs and General 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
 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.

Volunteer Corner/Donations

VOLUNTEERS NEEDED

Are you looking for a fantastic way to meet new people, develop new friendships 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 August 14th 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 at the Martinez Respite Center from 9:30am-4:00pm. Please see front desk for further questions.

Board of Directors

We are in need of a Historian, If you are interested in serving in this position on the 2016-2017 Board, please check 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* - Review and schedule 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.)

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 their have been 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.

Donating Batteries

The Martinez Senior Center is not acting as a drop off location for old batteries. We encourage you to drop your batteries off at:

Central County Facility
4797 Imhoff Place in Martinez, CA
(800)646-1431.

Library Donations

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



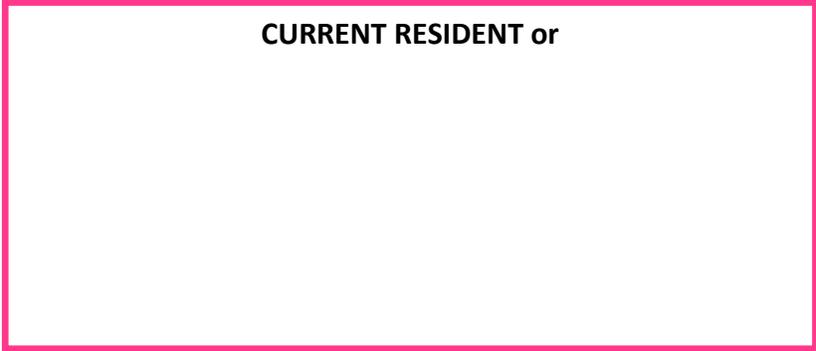
“TIME VALUE” DATED MATERIAL

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 2016/2017 Board of Directors

Senior Center Staff

President	Larry Risner
1st Vice President	Shelly Pighin
2nd Vice President	Sal Vega
Recording Secretary	Helene Bunch
Treasurer	Jan Johnson
Corresponding Secretary	Judy Azzopardi
Members at Large	Tom Borman
	Jack Vaeth
	Darlene Commiskey
	Sue Harbrecht
	Sherry Roe
	Peggy Del Sordo
	Fred Shammass
Historian	Vacant
Parliamentarian	Carl Nielsen

Senior Supervisor	Gina Lombardi Gravert
Program Coordinator	Laura Bryan
Coordinator Assistant	Edna Esposito
Nutrition Coordinator	Elena Blake
	Rita Wells
Front Desk:	Emogene Thomas
	Rita Wells
	Sandra Sinosky
Maintenance Staff	Jerry Raney
	Dave Moody
	Richard Veldez
Respite Coordinator	Bonnie Pannell
Respite Senior Aide	Linda Valenziano

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