



Martinez Senior Community Center

GOLDEN TIMES

September 2016 Issue

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

Find Your Balance at Your Center

National Senior Center Month 2016



Fitness



Purpose



Learning



Friendship

Join us for our annual celebration of the Martinez Senior Center! Every year National Senior Center Month is celebrated in September. This year's theme is *Find Your Balance at Your Center*. We will be finding balance of our own needs, our competing demands and our responsibilities. Our Senior Center focuses on our participant's wellness as a whole. Come down and get involved in a fitness class, art class, or join us for the following seminars:

Seniors Against Investment Fraud

Friday, September 2

10:00am

Location: Room 3

Cost: Free

Seniors Against Investment Fraud is a workshop intended to help educate seniors 55 and older. It will focus on the warning signs of financial fraud, scams, and unscrupulous sales practices that target seniors.

Fear Of Aging

Friday, September 16

10:00am

Location: Room 3

Cost: Free

Ellen Creighton will break down some of the myths about aging and help you discover that your life still full of possibilities, opportunities, and adventure. Also take a look at what you have gained not what you have lost.

Foods for Healthy Living

Friday, September 23

10:00am

Location: Room 3

Cost: Free

Chef Bill Capps, the Chef of the Oakmont Assisted Living Community in Concord, will be serving foods that are healthy for Seniors and discussing the benefits of staying healthy.

Knowing the Difference Between Skilled Nursing and Assisted Living

Friday, September 30

10:00am

Location: Room 3

Cost: Free

You will learn about the services that skilled nursing and assisted living facilities provide. You will also learn, in detail, how your Medicare, Medical, and Private Insurances work.

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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

National Grandparent's Day Pancake Breakfast



Date: Sunday, September 11th, 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, September 11, 2016 for breakfast. Breakfast includes pancakes, toast, sausage, eggs, orange juice, and coffee. Everyone is welcome.



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).

Announcement:

Due to Special Events, Bingo will not be held on the dates listed below.

Thursdays:

October 27, 2016
November 17, 2016
December 15, 2016

Lunch 'N Games

Tuesday, September 13, 2016

11:00am– 11:45am (light refreshments, games, and prizes)

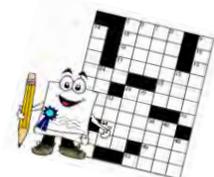
11:45am-12:15pm (lunch served)

Call to Reserve Your Lunch by Friday September 9th: (925)646-2598

In honor of National Senior Center Month, join us for lunch along with games and prizes on **September 13**. Lunch will be served by C.C. Café. The C. C. Café provides healthy and wholesome meals to the senior community all over Contra Costa County. When you have a lunch at our café you are also supporting Meals on Wheels. Meals on Wheels delivers food to immobile seniors. Both programs feed thousands of seniors each year.

Lunch being served:

Waldorf Chicken Salad on Mixed Greens
Hearty Vegetable Soup
Marinated Zucchini Salad
Tropical Fruit



Club News & Special Events/Activities



Spooktacular Bazaar

Friday, October 28, 2016

9:00 a.m. - 3:00 p.m.

Luncheon Tickets:

Pre-Sale \$4.00

Day of Event \$5.00

Join us in October for the Spooktacular Bazaar! There will be a White Elephant section, Jewelry section, Bakery section, and more. Our bazaar provides an opportunity for our fellow artists to display and sell their work along with participates to pass on their previously owned treasures. This is a perfect time to start getting into the holiday spirit! All sales made will go towards the Martinez Senior Center. Participants can join us in purchasing or donating items. You can drop off donations to the front desk anytime between **October 21, 2016** and **October 27, 2016**.

There will be a lunch served from 11:30 a.m. until 1:00 p.m., consisting of pasta, salad, garlic bread, coffee, ice tea, and water. Pre-sale lunch tickets are only \$4.00. Day of event lunch tickets are \$5.00. Pre-sale tickets will be available at the front desk on **September 12, 2016**.



2016 Meals on Wheels Fundraiser

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

Cost: Tickets are \$1.00 or

6 Tickets for \$5.00 /12 tickets for \$10.00

Come and join C.C. Café's annual fundraiser that 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 from **Monday, October 3rd** to **Tuesday, October 25th, 2016**. Tickets can be purchased through C.C. Café or the 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 do not need to be present.

Bake Sale Fundraiser:

In addition to the gift items, the C.C. Café will also host a bake sale on **Tuesday, October 18, 2016** and **Wednesday, October 19, 2016** 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

- ◆ Maggie Moss
- ◆ Bonnie Edmondson
- ◆ Richard Easton
- ◆ Tony Robledo
- ◆ Kay Thayer
- ◆ Frank Cellini
- ◆ Laurel Tilley
- ◆ Jack Goldsmith
- ◆ Theodora Atkinson
- ◆ Marian Guglielmo
- ◆ Doris Dunn
- ◆ Cindye Maderos
- ◆ Arefeh Longkilde
- ◆ John Stevens
- ◆ Sandy Borman
- ◆ Lani Suhling

In Memory Of

Lincoln Ernest

Board of Director's Meeting

Monday, Sep. 12th, 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.

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

A big thank you to our super staff for the volunteer luncheon - it was absolutely wonderful. The luncheon had quite a turnout with the best food and entertainment. Thank you to our Director, Gina, who is making a noticeable difference here at the Center. Thanks to Laura, our Program Coordinator, and Edna, our Senior Coordinator, for planning new and exciting trips, workshops and classes. A hearty thank you to the volunteers that help make our club so great. I think we are all looking forward to upcoming events and luncheons.

Please keep in mind that the club Bazaar is coming up in October and the club will need donated items to sell - check out the details here in our newsletter.

Remember to take the time to read through our club newsletter. It contains a lot of information and it's really easy to miss items that might be of interest to you. If you receive it via email it helps to print it as a handy reference.

Suggestions for trips are always welcome – we need ideas for new places to visit!

Larry Risner (Your Club President)



Meals on Wheels and Senior Outreach Services



You Are Invited To Join Us For... *Eat Smart, Live Strong*

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.

Door and Raffle Prizes!!!

Date: 4 Sessions: September 9, 12, 19 and 26

Time: 10:00am - 11:00 am

Where: Martinez Senior Center
818 Green St.
Martinez, CA 94553

Contact: Cynthia Black 925-937-8311 x 401

Meals on Wheels and Senior Outreach Services is an equal opportunity provider and employer.

Meals on Wheels and Senior Outreach Services is a non-profit 501(c) (3) organization (IRS #68-0044205).



Enhancing
the quality of
life for older
adults in
Contra Costa
County

Meals on Wheels and Senior Outreach Services
1300 Civic Drive
Walnut Creek, CA 94596
Telephone: 925-937-8311
Fax: 925-946-1869
e-mail: info@mowsos.org
www.mowsos.org

Club News & Special Events/Activities

Bunco



Date: Friday, September 16, 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 are available now at the front desk. Light refreshments will be provided. For those that want to eat lunch before please call the CC Café and reserve a lunch.

Black Diamond Mines Regional Preserve Field Trip

Date: Thursday, October 6, 2016

Time: 9:00am—2:00pm

Pick up: 8:45 am at Safeway on Alhambra Av.

Cost: \$5.00

The Martinez Senior Center is partnering with the East Bay Regional Park District to offer a trip to the Black Diamond Mines. Enjoy a day of walking, exploring and learning the history of this Regional Preserve.

Make sure to pack a lunch, wear comfortable walking shoes, bring a warm sweater, and don't forget to sign up at the front desk (only 21 spots on the bus). Sign ups begin on **September 6, 2016** and it will be on a first come first serve basis. Please Note: This Field trip requires a lot of walking on uneven pavement.



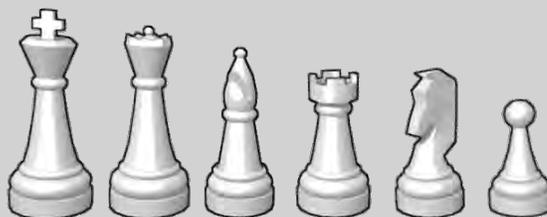
Coffee Lounge

Come down and enjoy a warm cup of coffee at the Martinez Senior Center. A cup of coffee is only .50¢! All proceeds go directly to our club. In order to continue fresh coffee daily, donations need to be made. Thank you!



Attention Chess Players!

We are looking for all levels of chess players to play recreationally in our lounge. Drop ins are welcome. Chess players are able to play any day Monday through Friday. For more information stop by the lounge and speak with Roger.



Senior Services

Blood Pressure Check

Monday, September 12th
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, September 6th & 20th
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 September 23rd
1:00pm-3:30pm

Topics Covered: Simple Wills (not living trust), Estate Planning, P.O.A. for both Health Care and Asset Management.

Sarah
Attorney At Law
Tuesday, September 13th
1:00 p.m.—3:30 p.m.

Topics Covered: Housing, consumer debt, restraining order, conservatorship. *Contra Costa Residents ONLY*

Podiatrist

Thursday
September 15th 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). Please call (925) 676-7543 or (800) 870-3663 with any questions.

Senior Food Program (Martinez residents only)

Thursdays, September 1st & 15th, 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 (925) 676-1976.

The County Connection

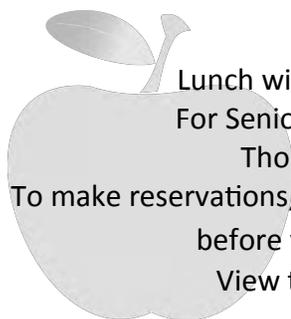
C.C. Café at the Martinez Senior Center

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



Movies

Wednesdays at 1:00 p.m.

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

Select the movie! A movie suggestion sign up sheet is available at the time of the movie. We are always looking for new movies so make sure to write down your ideas!



September 7th **Zootopia (2016)**

1 hour 48 minutes | Animation, Family Movie

After an otter suddenly disappears in the animal metropolis of Zootopia, by-the-book bunny police officer Judy Hopps reluctantly joins forces with fast-talking fox Nick Wilde to unravel the mystery

Cast: [Jason Bateman](#), [Ginnifer Goodwin](#), [Shakira](#), [more...](#)

Rated: PG

September 14th **The 5th Wave (2016)**

1 hour 52 minutes | Action, Suspense, Sci Fi

Still alive after four devastating alien invasions of Earth, 16-year-old Cassie Sullivan searches through a desolate landscape for her younger brother. Meanwhile, the specter of a fifth and even deadlier attack looms on the horizon.

Cast: [Chloë Grace Moretz](#), [Nick Robinson](#), [Ron Livingston](#), [more...](#)

Rated: PG-13



September 21st **My Fair Lady (1964)**

2 hours 52 minutes | Comedy, Drama

In this classic cinematic version of the Broadway smash, Audrey Hepburn is at her most radiant as Eliza Doolittle, the Cockney flower girl transformed into a poised duchess by Professor Henry Higgins (Rex Harrison, reprising his Broadway role). The restored and remastered special edition includes an audio commentary with crew members and Doolittle's singing voice, Marni Nixon. The film won eight Academy Awards, including Best Picture.

Cast: [Audrey Hepburn](#), [Rex Harrison](#), [Stanley Holloway](#), [more..](#)

Rated: G

September 28th **Black Beauty (1994)**

1 hour 28 minutes | Drama

Anna Sewell's timeless Victorian novel comes touchingly to life in this episodic big-screen adaptation. Lyrically recounted from the handsome stallion's perspective, the film traces his fortunes -- from his happy beginnings on a sprawling, verdant country manor to working-class London's sooty, teeming streets. As he passes from owner to owner during a two-decade span, the ever-faithful steed encounters the best and worst of the human spirit.

Cast: [Sean Bean](#), [David Thewlis](#), [Alan Cumming](#), [more...](#)

Rated: G



TRIPS SUMMARY

Sightseeing and Gambling Trips

Trip(s) & Sign Up Date:	Location:	Presentation Date:	Sign Up Start Date:	Date(s) of Trip:	Price:
Santa Cruz Follies	Santa Cruz, CA	No Presentation	Ongoing	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 SF	San Francisco, CA	No Presentation	11/3/2016 at 10am	12/12/2016	\$82.00 Per Person

Extended Trips

Trip(s):	Location:	Presentation Date:	Sign Up Date:	Date(s) of Trip:	Price:
America's Music Cities	New Orleans, Memphis, Nashville	Passed	FULL (Waitlist)	9/4/16-9/11/16	\$3,099 Triple \$3,129 Double \$3,849 Single
California Adventure to San Diego	San Diego, CA, Catalina Island	Passed	FULL (Waitlist)	9/5/16-9/9/16	\$1,599 Double \$1,999 Single
New England Rails and Trails	Boston, Vermont, New Hampshire, Maine	Document Briefing 9/22/16 9:00am	Ongoing	10/5/16-10/12/16	\$3,159 Double \$4,009 Single
Southern California's New Year Rose Parade	Southern California	9/22/2016 at 10:00am	Ongoing	12/30/16-1/4/17	\$2,599 Double \$3,149 Single
San Antonio Getaway	feat. 4 nights in San Antonio	9/22/2016 at 10:00am	Ongoing	3/26/17 - 3/30/17	\$1,995 Single \$2,445 Double
Gardens & Mansions	New Orleans Cajun Country	9/22/2016 at 10:00am	Ongoing	5/15/17-5/21/17	\$2,540 Double \$3,190 Single
Western Frontiers	Mt. Rushmore, Yellowstone, Badlands	9/22/2016 at 10:00am	Ongoing	9/15/17 - 9/23/17	\$3,095 Double \$4,070 Single
The Sunshine State	Miami, Orlando, Florida keys, Everglades	9/22/2016 at 10:00am	Ongoing	11/9/17 - 11/16/17	\$3,195 Double \$4,095 Single

Sightseeing and Gambling Trips

Fri. September 16th, 2016

Depart: 9:00 am

1 Santa Cruz Follies (Trip Escort: Mimi Vaeth)
Trip Includes: Watch a performance of a Frank Sinatra Tribute, hosted lunch provided by The Crow's Nest, roundtrip motor coach transportation.

Mon. October 17th, 2016

Depart: 8:00 am

2 Apple Hill (Trip Escort: Larry Risner)
Trip Includes: Enjoy a snack upon arrival and then go on a tour of Apple Hill. Eat a BBQ chicken lunch followed by a group hayride. Includes Shopping at High Hill Ranch.

Fri. October 7th, 2016

Depart: 9:30 am

1 Cache Creek (Trip Escort: Judy Garnick)
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 & Fools (Trip Escort: Judy Garnick)
Trip Includes: Enjoy a tour of the California State Capitol, a delicious lunch at the Delta King Riverboat Restaurant and admission to the Folsom State Prison Museum.

Travel at a Glance

Sightseeing and Gambling Trips (Continued)

Mon. December 12th, 2016

Depart: 3:00 pm

1 **Holiday Lights of San Francisco** (Trip Escort: Barbara Turcios)

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. *Bus transportation will be provided to and from.*

Extended Trips

Wednesday, October 5, 2016 – Wednesday, October 12, 2016

2 **New England Rails & Trails** (Trip Escort: Larry Risner)

Trip Highlights: 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.

Sunday, March 26, 2017 – Thursday, March 30, 2017

3 **San Antonio Getaway** (Trip Escort: TBD)

Trip Highlights: Take a tour of San Antonio! Tour includes The Alamo, Riverwalk Cruise, San Jose Mission, LBJ Ranch, Hill Country, Fredericksburg, and a Riverwalk dinner. Round-trip airfare and a first class hotel. Includes 6 meals.

Friday, September 15, 2017 – Saturday, September 23, 2017

3 **Western Frontiers** (Trip Escort: TBD)

Trip Highlights: Yellowstone National Park, Mt. Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Jackson Hole Valley, Buffalo Bill Historical Center, Devil's Tower, Deadwood, a cowboy cookout and more!

Friday, December 30, 2016 – Wednesday, January 4, 2017

3 **Southern California New Year's Rose Parade** (Trip Escort: Mimi Vaeth)

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.

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

3 **Gardens & Mansions ft. New Orleans & the Cajun Country** (Trip Escort: Larry Risner)

Trip Highlights: Visit the French Quarter, St. Louis Cathedral, Bourbon Street, Pirates Alley and the French Marketplace. Visit New Orleans Garden District, Longue Gardens and House, Baton Rouge and the New State Capitol building.

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

3 **The Sunshine State ft. Miami, Orlando, Florida Keys, the Everglades** (Trip Escort: Mimi Vaeth)

Trip Highlights: In Orlando, 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.

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.

For more detailed information about trips, pick up the corresponding flyer at the Senior Center.



SEPTEMBER 2016
Monday

Tuesday

C.C. CAFE
Wednesday

Thursday

SEPTEMBER 2016
Friday



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



Breaded Cod
w/Lemon Slice
Manhattan Clam Chowder
Vegetable Bean Medley
Fiesta Slaw
Rice Pilaf
Tartar Sauce
Fresh Fruit

LABOR DAY CELEBRATION
BBQ Pork Sandwich
Apple Juice
California Blend
Potato Salad
Bun
Cantaloupe



LABOR DAY

5 Veal Parmesan a la Romano
w/ Parmesan Cheese

6 Grape Juice
Rottini w/Marinara Sauce
Spinach
Mixed Green Salad
w/Italian Dressing
Fresh Fruit

7 **COLD PLATE**
Asian Chicken Salad
(Spring Mix, *Mandarin
Oranges, Sesame Seed
Dressing & Crisp Noodles)
Bokchoy Soup
Carrot Raisin Salad
100% WW Bread w/Marg.
Fortune Cookies (Fresh Fruit)

8 Pork Carnitas
Salsa
Spanish Rice
California Blend
Tossed Green Salad
w/Ranch Dressing
Pineapple Chunks

9 Beer Batter Fish
& Chips
Tomato Basil Soup
Sweet Peas
Coleslaw Salad
w/Poppyseed Dressing
Tartar Sauce, Vinegar
Chocolate Pudding
(Applesauce)

12 **BBQ Pork Rib Patty**
Capri Vegetables
* Scalloped Potatoes
Mixed Green Salad
w/Balsamic Vinaigrette
Roll w/Margarine
Applesauce

13 **COLD PLATE**
Waldorf Chicken Salad
on Mixed Greens
Hearty Vegetable Soup
Marinated Zucchini Salad
100% WW Bread w/Marg.
* Tropical Fruit

14 **HERCULES ICE CREAM SOCIAL**
Ye Old Pub Cheese Burger
Rancho Fiesta Blend
* Potato Salad
Lettuce, Tomato, Onion
Mustard, Catsup
Mayo & Relish, Bun
Mixed Fruit

15 **COLD PLATE**
Jack's Mock Crab Salad
Potato Leek Soup
4-Bean Salad
* Citrus Fruit Cup
French Bread
Lettuce, Tomato & Onion
Lemon Gelatin w/Topping
(Diet Lemon Gelatin)

16 **EL CERRITO**
SOUTH OF THE BORDER DAY
Chicken Tamale w/ Sauce,
Cheese, & Pinto Beans
* California Blend
Spanish Rice
Lemon Meringue Pie
(Pears)

19 **Creamy Mushroom Chicken**
Breast
Apple Juice
* Stewed Tomatoes
* Italian Vegetables
Brown Rice
Peaches

20 **Sweet & Sour Pork**
* Broccoli Spears
Steamed Rice
* Cabbage Salad
w/Poppyseed Dressing
& Crispy Noodles
Fresh Fruit

21 **Bean & Cheese Burrito**
w/Red Sauce and Cheese
Mixed Vegetables
Tossed Green Salad
w/Ranch Dressing
* Watermelon

22 **COLD PLATE**
FALL BEGINS
Turkey Sandwich
Pumpkin Celery Soup
Pickled Beets and Onion
Potato Salad
Lettuce & Tomato
Mustard, Mayonnaise
100% WW Bread X2
Sherbet (Pineapple Chunks)

23 **Roast Beef w/Gravy**
Mashed Potatoes
* Capri Vegetables
Tossed Green Salad
w/Thousand Island Dressing
100% Whole Wheat Bread
Mandarin Oranges

26 **Tuna Noodle Casserole**
* Orange Juice
Steamed Carrots
* Broccoli Spears
Pineapple Chunks

27 **COLD PLATE**
Cobb Salad
Minestrone Soup
* Tropical Fruit
Blue Cheese Dressing
Whole Wheat Dinner Roll
w/Margarine
Chilled Peaches

28 **Virginia Style Baked Ham**
w/Pineapple Raisin Sauce
Whipped Sweet Potatoes
* Tender Green Beans
Dinner Roll w/Margarine
Fresh Fruit

29 **Spaghetti & Meatballs**
w/Parmesan Cheese
Grape Juice
* California Blend
Tossed Green Salad
w/Italian Dressing
Garlic Breadstick
Ice Cream (Fresh Fruit)

30 **Chicken Tahitian**
Mixed Vegetables
Steamed Rice
* Pineapple Coleslaw
Mixed Fruit

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON SEPT. 2, 14, 16 AND 29
5 DAILY ENTRÉE CHOICES: ENTRÉE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!

You do not need to be a member to join us for lunch! Just call to reserve your meal (925)646-2598.

September

National Senior Center Month

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 Seniors Against Investment Fraud Workshop 10am—11am	3
4	5 Labor Day Center CLOSED	6 H.I.C.A.P.* 	7  Movie Day 1pm	8 Cache Creek Sign up 10am	9 SNAP Class 10am—11am	10
11  Pancake Breakfast	12 Blood Pressure Screening Board Meeting 10am SNAP Class 10am 	13 Attorney At Law* 	14  Movie Day 1pm	15 Podiatrist* Apple Hill Sign Up 10am 	16 Santa Cruz Fol- lies Trip Bunco 2:00pm — 4:30pm	17
18	19 SNAP Class 10am	20 H.I.C.A.P.* 	21  Movie Day 1pm	22	23 Dr. Rasmussen Workshop 10am-11am Attorney At Law* 	24
25	26 SNAP Class 10am	27	28  Movie Day 1pm	29	30	31

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

Tues. & Thurs. **8:00 a.m.– 9:00 a.m.** **Cost: \$5 Drop In**

Thursday **6:00 p.m.– 7:00 p.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.

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**

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

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



Beading 101

Mon., Oct. 3rd- Dec. 19th	1:00 p.m.– 4:00 p.m.	Cost: \$55
Mon., Oct. 3rd - Dec. 19th	5:30 p.m.– 8:30 p.m	Cost: \$55

Instruction in beading of bracelets, earrings and more. All levels welcome and everyone works at his/her individual speed. Great ideas for gifts! (No classes October 10th, October 17th)

Instructor: Marion "Mimi" Vaeth | Location: Room 3

Martinez Ukulele Jam Club

Fridays	2:00 p.m.– 3:30 p.m.	Cost: Free
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The senior Ukulele Jam Club is open to beginners and experienced players. Newcomers welcome.

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

Come play a single deck!

Location: Lounge

Mah Jongg

Mondays	1:00 p.m.- 3:00 p.m.	Cost: \$1 Donation*
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Everyone is welcome, it is a great place to learn the game!

*Recommended \$1 donation towards the Martinez Senior Center

Location: Room 1



Realistic Landscape & Portraits

Thurs., Sep. 15th-Sep. 29th	10:00 a.m.– 1:00 p.m.	Cost:\$45
Thurs., Oct. 1st – Oct. 15th	10:00 a.m.– 1:00 p.m.	Cost:\$45

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. For more information visit www.westerpainter.com.

Quilting

Tues., Oct. 4th-Dec. 20th	9:30 a.m.– 12:30 p.m.	Cost: \$42.00
Tues., Oct. 4th-Dec. 20th	6:00 p.m.– 9:00 p.m.	Cost: \$42.00
Weds., Oct. 5th-Dec. 21st	6:00 p.m.– 9:00 p.m	Cost: \$42.00

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
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Learn to quilt community quilts using our fabric and equipment to learn some simple quilt patterns. Quilts will be donated to help our community. **Location: Room 1**

Sewing, Serging & Quilting

Tues., Oct. 4th-Dec. 20th	1:00 p.m.– 4:00 p.m.	Cost: \$42.00
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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
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Join in for some fun exciting card playing. Request a set of rules before playing your first game.

Location: Lounge



General Programs

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

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

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
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Come help us make items to sell to benefit the Martinez Senior Center.
Location: Room 3 | Leader: Linda Bradshaw



Writing Workshop: "Your Stories"

Fri. Aug. 26th-Sept.30th	10:00 a.m.-1:00 p.m.	Cost: Free
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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!
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 upper corner
 3. Click on 'Senior Center Classes' on the left upper 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.



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.

Respite Program

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

Special Event

Our center is looking for volunteers on September 11th 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.

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.

DONATIONS

The Martinez Senior Center is 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 caps are needed for the Newborn/Infant Program at the Contra Costa Medical Center on Alhambra Avenue. Please ensure the caps fit the size of a grapefruit. All donations of layettes are greatly appreciated.

All donations will be collected at the Martinez Senior Center front desk or can be directly donated to the medical center.

Donating Batteries

The Martinez Senior Center is no longer 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 at 370-8770.



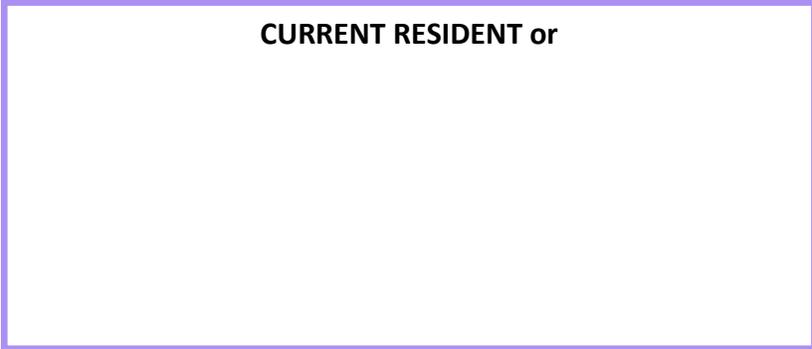
“TIME VALUE” DATED MATERIAL

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

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 Center Staff

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
C. C. Café	(925)646-2598	HICAP	(925)602-4168
County Connect	(925)938-7433	Meals on Wheels	(925)676-7548