



Martinez Senior Community Center

GOLDEN TIMES

October 2016 Issue

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

SPOOKTACULAR BAZAAR

Friday, October 28, 2016

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

Join us for our annual Bazaar! There will be a white elephant, jewelry, bake sale, and more. Our bazaar provides an opportunity to display and sell your work along with participants to pass on their previously owned treasures. 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**.

Lunch will be served from 11:30 a.m - 1:00 p.m., and will consist of pasta, salad, garlic bread, coffee, ice tea, and water. Pre-sale lunch tickets are **\$4.00**. Day of event lunch tickets are **\$5.00**. Buy and pick up your pre sale tickets at the front desk.

We need help pricing items, setting up the Bazaar the day before, and helping the day of with various tasks. We also need items for the bake sale. If you'd like to help with the bake sale, make sure you label your item's ingredients. If you are interested in volunteering, please sign up at the front desk. Questions? Contact Shelley Pighin at 925-229-2508.

SPOOKY HALLOWEEN EXTRAVAGANZA

Monday, October 31, 2016

10:00 a.m. - 12:30 p.m.

We're celebrating Halloween in style! Let's get dressed up and stroll downtown for some trick or treating at a few local businesses and City Hall. We will head back to the Center for some spooky activities, crafts and a costume contest! Lunch will be provided by C.C. Café - so make sure to call in advance to reserve your lunch. 925-646-2598. C.C. Café will be serving **Mummy Dogs!** Don't miss out! Sign up for the fun festivities at the front desk starting **October 4th**.



Inside this issue

- Club News &
- Special Events 2
- Senior Services..... 6
- Movies 7
- Trips/Tours 8
- Café Menu 10
- Calendar 11
- Fitness Classes 12
- General Programs 14
- Volunteer Corner 15

Facility Closure Dates

- Monday, October 10th
- Friday, November 11th
- Thursday, November 24th
- Friday, November 25th
- December 26 - January 2nd

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 HVP= Hidden Valley Park
L= Lounge 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
Refresher Course	Nov 4th	10:00am-3:15pm

Pancake Breakfast

Date: Sunday, October 9, 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, October 9, 2016 for breakfast. Breakfast includes pancakes, toast, sausage, eggs, orange juice, and coffee. Everyone is welcome.

Volunteers needed! If you're interested in helping set up, serve breakfast or cleaning up—contact the front desk. 925-370-8770.



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).

*** Volunteers are needed to help with New Years Bingo. If you're interested, please sign up at the front desk or contact Darlene Commiskey. 925-705-5006.**

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

ANNOUNCEMENT!

Are you familiar with Microsoft Word, Publisher and using the computer? If so, we need your help! We are currently looking for volunteer(s) to put together the monthly Bulletin. Currently, staff put a lot of time into the bulletin and we need the extra help. If interested, please contact the front desk where further details will be discussed.

A note from Mavis:

We have plenty of greeting cards at the moment. Please hold on to your cards until January. The center will start collecting them again then.
 Thank you!

Club News & Special Events/Activities

Annual Thanksgiving Luncheon Save the Date!

Date: Friday, November 18, 2016

Time: 12:00 pm

Cost: \$20.00 members/\$22.00 non members



What are you thankful for? Let's all get together and celebrate what we're thankful for. Join us for our annual Thanksgiving Luncheon! *Catering By Cynthia* will be serving a delicious traditional Thanksgiving meal including turkey, mashed potatoes, pumpkin pie and more! Don't miss out on this delicious meal.

Tickets for the Thanksgiving luncheon will go on sale **October 4th**. You can purchase and pick up your tickets at the front desk.

Specific details of event to come in the November Newsletter.



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 at the front desk.

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

- ◆ Lori Ann Toleson
- ◆ Janis Ong
- ◆ Rose Texeira
- ◆ Jerry Shafer
- ◆ Ester Tapia-Lanza
- ◆ Maria Caven
- ◆ Laura Webb
- ◆ Debbie Oertel
- ◆ Jacque Hall
- ◆ Regina Henson
- ◆ Frank Lucas
- ◆ Karl Mezei
- ◆ Donna Mezel
- ◆ John Stevens
- ◆ Nancy Schreeder
- ◆ Terry Craig
- ◆ Natalie Davis
- ◆ Charles Buttler
- ◆ Rose Sadsad
- ◆ Joanne Zehrunig
- ◆ Afsaneh Amin
- ◆ Jonna Wilkinson
- ◆ Manuel Newton
- ◆ Helen Slape
- ◆ Susan Dismuke

In Memory Of

- ◆ Jacqueline Clements Heath
- ◆ Louise Romera

Greetings From Our Club President

Parking

Due to limited parking spaces, we ask all members to only park in our lot while attending an activity at the senior center. If you plan to take a walk after your class, please park elsewhere. An exception to this rule is our 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.



The club's annual "SPOOKTACULAR BAZAAR" is coming up on October 28th and the club will be needing donated items to sell and volunteers to help. If you're interested in volunteering, make sure to sign up at the front desk. Tickets are now available for the luncheon at the front desk. Don't miss out on a delicious meal made by some of our members!

We have some great trips planned the next couple of months, don't miss out on them! Be sure to attend the trip signups if you are interested in a trip. Some trips are filling up at the signups and coach seating is limited.

Our super staff is already busy planning the Thanksgiving and Holiday luncheons and word has it that they will be outstanding events. More details to come—so be on the lookout.

For more details on the events, activities, trips and luncheons please be sure to read through our club newsletters.

Stay safe and enjoy the upcoming Holiday Season!
-Larry Risner (Your Club President)

Greetings From Our Staff

Hi All,

The last you heard from me I mentioned that I was going to be an Aunt. Well, I would like to introduce you to my nephew, Jackson James! He's about 4 months old now and I love every moment that I get to spend with him.



I also wanted to say how much I love working here! I've been here for about 5 months now and I can't tell you how much I enjoy coming to work every day. We have so much in store for you! I'm so excited for what's to come. So stay tuned!

The holiday's are coming up and I'm looking forward to celebrating them with you! I hope to see you all at our Halloween Extravaganza—can't wait to see your costumes, play games and have a delicious lunch. Don't forget to call C.C. Café to reserve your lunch for Oct. 31.

Until next time,
-Laura Bryan, Program Coordinator

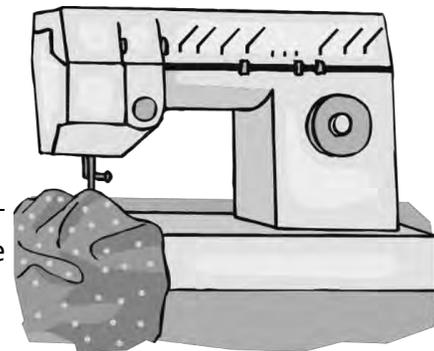
Club News & Special Events/Activities

Pacific International Quilt Festival 2016

Thursday, October 13th, 2016

Cost: \$50 per person

Join our quilting classes for their annual trip to the Santa Clara Convention Center. Explore the aisles of the Merchant's Mall. After your lunch break, continue to shop and view this year's quilt competition entries and special exhibits.



The \$50.00 covers transportation to and from the event, along with the ticket to the show. Sandra Keller is currently accepting sign ups. To reserve your spot call the Martinez Senior Center at 925-370-8770. All payments will be made directly to Sandra Keller. Cash or checks only and checks need to be made out to Sandra Keller.

Medicare Opening Enrollment

October 15—December 7

Do you have questions about your Medicare health or prescription drug plan for 2017? This is the time to understand your coverage. It's always a good idea to review your health or drug plan each year to make sure it's still the best choice for you. Your needs and medications may have changed since last year and plans may no longer be available or may change their premiums, provider networks, formulary of approved drugs and/or copays.

Contra Costa HICAP (Health Insurance Counseling and Advocacy Program) has many special events this fall to help you understand your options and review your coverage for next year. Besides their regular one on one counseling twice a month at the Martinez Senior Center, HICAP will be holding a special counseling event at the **Martinez Adult Education campus at 900 F Street on Tuesday, November 15th from 1 to 4pm.** You can get personal assistance with any Medicare-related issue at this event as well as a review of your current coverage and help making changes for 2017. You can drop in or make an advance appointment.

Call HICAP at 925-602-4163 or visit their website at www.cchicap.org for more information about this event and others.

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 3334 Alhambra Av.

Cost: \$5.00

We are partnering with the East Bay Regional District Park again! Enjoy a day of walking, exploring and learning the history of this Regional Preserve. Make sure to pack a lunch, wear comfortable walking shoes, and bring a warm sweater. **This trip is currently FULL. If interested, you will be put on the waitlist and contacted if space becomes available.** *Please Note: This Field trip requires a lot of walking on uneven pavement.*

Board of Director's Meeting

Monday, October 3, 2016

10:00 a.m.

Remember that all club members are welcome to attend our monthly board meetings.



Senior Services

Blood Pressure Check

Note: Monthly Blood Pressuring Screening cancelled due to Oct. 10th being a holiday.

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

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

Tuesday, October 4th & 18th
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 October 28th
1:00pm-3:30pm

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

Sarah
Attorney At Law
Tuesday, October 11th
1:00 p.m.—3:30 p.m.

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

Cost: FREE

Podiatrist
Thursday, October 20th
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)

Monday, October 3rd, 10:00am-12:00pm 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, October 6th & 20th, 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

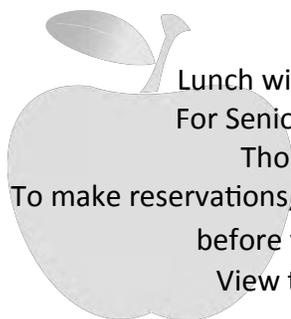
C.C. Café at the Martinez Senior Center

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**

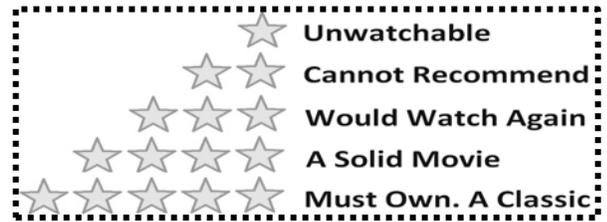
View the Daily Menu on the C.C. Café Calendar



Movies

Wednesdays at 1:00 p.m.

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



October 5th

Me Before You (2016) ★★☆☆

1 hour 50 minutes | Drama

Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living.

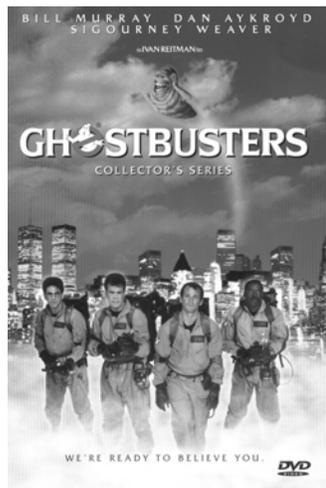
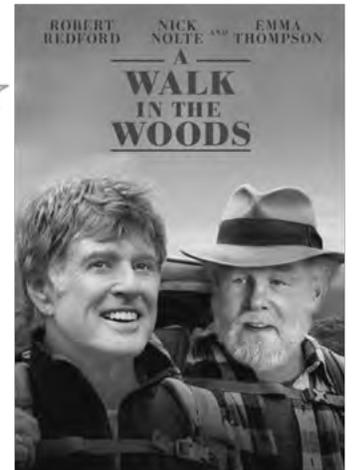
Stars: Emilia Clarke, Sam Claflin, and Janet McTeer. **Rated: PG-13**

October 12th

A Walk in the Woods (2015) ★★★

1 hour 44 minutes | Drama

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. Stars: Robert Redford, Nick Nolte, and Emma Thompson. **Rated: R**



October 19th

Ghostbusters (1984) ★★☆☆

1 hour 45 minutes | Comedy, Action

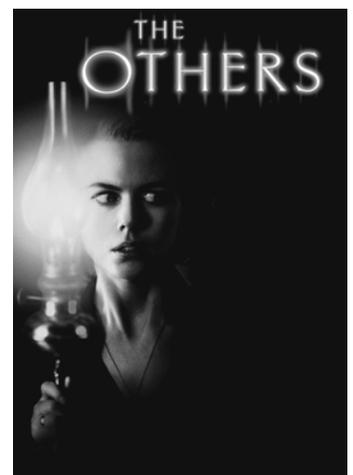
After losing their academic posts at a prestigious college, a team of parapsychologists creates a business exterminating ghouls, hobgoblins and supernatural pests -- and are soon hired by a cellist to purge her digs of a demon. Stars: Bill Murray, Dan Aykroyd, Sigourney Weaver. **Rated: PG**

October 26th

The Others (2001) ★★☆☆

1 hour 44 minutes | Suspense, Thriller

While awaiting the return of her soldier husband from World War II, devout Christian Grace Stewart -- the mother of two children with a rare sensitivity to light -- begins to suspect the family house is haunted in this supernatural thriller. Stars: Nicole Kidman, Christopher Eccleston, and Fionnula Flanagan. **Rated: PG-13**



We appreciate your feedback! We will now provide a list of movies and their summaries. The list will be available at the beginning of each month. Members will then vote on what they would like to see the following month. **Please note that movies are rented from Netflix. New releases (movies playing in theatres and recently released in stores) are not available right away. Sometimes it can take up to 3 months after being released to rent newer movies. We are limited to playing movies based on what Netflix has in stock.**

TRIPS SUMMARY

Sightseeing and Gambling Trips

Trip(s) & Sign Up Date:	Location:	Presentation Date:	Sign Up Start Date:	Date(s) of Trip:	Price:
Cache Creek Casino	Brooks, CA	No Presentation	Ongoing	10/7/2016	\$31.00 Per Person
Apple Hill	Placerville, CA	No Presentation	Ongoing	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:
Southern California's New Year Rose Parade	Southern California	Passed	Ongoing	12/30/16-1/4/17	\$2,599 Double \$3,149 Single
San Antonio Getaway	feat. 4 nights in San Antonio	Passed	Ongoing	3/26/17 - 3/30/17	\$1,995 Single \$2,445 Double
Gardens & Mansions	New Orleans Cajun Country	Passed	Ongoing	5/15/17-5/21/17	\$2,540 Double \$3,190 Single
Western Frontiers	Mt. Rushmore, Yellowstone, Badlands	Passed	Ongoing	9/15/17 - 9/23/17	\$3,095 Double \$4,070 Single
The Sunshine State	Miami, Orlando, Florida keys, Everglades	Passed	Ongoing	11/9/17 - 11/16/17	\$3,195 Double \$4,095 Single



Travel at a Glance

Sightseeing and Gambling Trips

Fri. October 7th, 2016

Depart: 9:30 am

1 Cache Creek (Trip Escort: Judy Garnick)
Trip Includes: Roundtrip transportation 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. Round trip transportation included.

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.

Mon. December 12th, 2016

Depart: 3:00pm

1 Holiday Lights SF (Trip Escort: Barbara Turcios)
Trip Includes: See the lobby of the Hyatt Regency in San Francisco and enjoy dinner at the Pier Market. See Holiday lights of *City by the Bay* and a neighborhood's holiday light

Extended Trips

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. Enjoy Key West with a trolley tour and visit other famous landmarks. End trip in Miami.

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

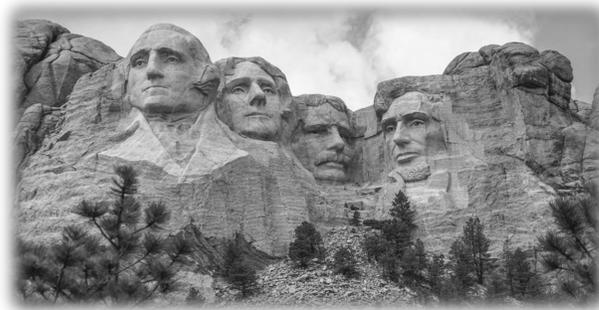
3 San Antonio Getaway (Trip Escort: Judy Garnick)

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: Barbara Turcios)

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!



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.

OCTOBER 2016

C.C. CAFE

OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Orange Glazed Chicken Mushroom Barley Soup * Mashed Potatoes Vegetable Bean Medley 100% WW Bread w/Marg-Fresh Fruit</p>	<p>4</p> <p> Koberfest 2016 German Sausage * Seasoned Steamed Cabbage * Hot German Potato Salad Steamed Carrots Bun, Mustard Apple Pie (Sliced Apples)</p>	<p>5</p> <p>Turkey a la King Garden Green Peas * Stewed Tomatoes Biscuit Raspberry Gelatin w/Pears (Diet Raspberry Gelatin w/Pears)</p>	<p>6</p> <p>COLD PLATE Chicken Fiesta Salad (Black Beans, Cheese, Corn, Salsa, Mixed Greens, Onions) Pork Posole Soup Ranch Dressing Roll w/Margarine * Mandarin Oranges</p>	<p>7</p> <p>COLUMBUS DAY CELEBRATION BBQ Beef Chicken Noodle Soup * California Blend Tossed Green Salad w/Blue Cheese Dressing Bun Fresh Apple</p>
<p>10</p> <p>COLUMBUS DAY HOLIDAY! </p>	<p>11</p> <p>Swedish Meatballs Apple Juice Capri Vegetables Rotini Noodles * 100% WW Bread w/Margarine Mandarin Oranges</p>	<p>12</p> <p>COLD PLATE Tuna Salad on Lettuce Leaf w/Tomato Slice Corn Chowder Macaroni Salad 4 Bean Salad 100% WW Bread X2 * Tropical Fruit</p>	<p>13</p> <p>Savory Pork Stew over Rice * Orange Pineapple Juice Carrots Tossed Salad w/Balsamic Vinaigrette Lemon Pudding (Peaches)</p>	<p>14</p> <p>Baked Chicken Tahitian Bok Choy Soup Tender Green Beans * Broccoli and Carrots Asian Sesame Noodles * Citrus Fruit</p>
<p>17</p> <p>Beef Sukiyaki Apple Juice California Blend Brown Rice Mixed Fruit </p>	<p>18</p> <p>COLD PLATE Curried Chicken Salad on a Bed of Mixed Greens Lentil Soup Garden Pea Salad Marinated Beets & Onions Dinner Roll w/Margarine * Citrus Fruit</p>	<p>19</p> <p>Cod Fish Sandwich w/Cheese Clam Chowder Capri Vegetables * Colelaw Whole Wheat Bun Tartar Sauce Ice Cream (Fresh Fruit)</p>	<p>20</p> <p>Meatloaf w/Gravy * Mashed Potatoes * Broccoli Mixed Green Salad w/Honey Mustard Dressing 100% WW Bread w/Marg. Cherry Gelatin w/Pears (Diet Cherry Gelatin w/Pears)</p>	<p>21</p> <p>Pulled Pork w/Salsa Pinto Beans Mexican Corn Tortilla Tossed Green Salad w/Ranch Dressing * Tropical Fruit</p>
<p>24</p> <p>Oven Fried Chicken * Mashed Potatoes Gravy Succotash * Spinach Salad w/ French Dressing 100% WW Bread w/Margarine Apricots</p>	<p>25</p> <p>RODEO & WALNUT CREEK HALLOWEEN CELEBRATIONS! Potato Crusted Fish w/Lemon Slice * Cabbage Salad w/Poppy Seed Dressing & Crispy Noodles Capri Vegetables Fluffy Rice Pilaf Sherbet (Peaches)</p>	<p>26</p> <p>COLD PLATE Thin Ham Slices Spilt Pea Soup Carrot Raisin Salad Corn Relish Salad Lettuce & Tomato Mustard & Mayonnaise Rye Bread * Tropical Fruit</p>	<p>27</p> <p>Chicken White Bean Chili * California Blend Tossed Green Salad w/Italian Dressing Cornbread w/Margarine Fruit Cocktail</p>	<p>28</p> <p>BAY POINT HALLOWEEN CELEBRATION! Stuffed Pepper Orange Juice * Vegetable Bean Medley Red Potatoes 100% WW Bread w/Marg. Fresh Fruit</p>
<p>31</p> <p>MARTINEZ HALLOWEEN CELEBRATION! Morticia's Famous Chili Dog w/Onions & Cheese * Cobweb Potato Wedges Ghoulish Green Salad w/Wormy Thousand Island Dressing Mummy Wrapped Bun Zombie Dump Cake</p>	<p>31</p>			



Happy Halloween!



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

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON OCT. 4, OCT. 7 AND OCT. 31.

5 DAILY ENTRÉE CHOICES: ENTRÉE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!



October 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Board Meeting 10 am	4 H.I.C.A.P.* 	5  Movie Day 1pm	6 Black Diamond Mines Field Trip Folsom Prison Sign Up	7 Cache Creek Casino Trip	8
9  Pancake Breakfast	10 Columbus Day Center CLOSED	11 Attorney At Law* 	12  Movie Day 1pm	13	14	15
16	17 Apple Hill Trip	18 H.I.C.A.P.* 	19  Movie Day 1pm	20 Podiatrist* 	21	22
23	24	25	26  Movie Day 1pm	27	28 Spooktacular Bazaar 9am—3pm Attorney At Law* 	29
30	31 Spooky Halloween Extravaganza 10 am –12:30 pm					

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**

Sunday **9:00 a.m.– 10:00 a.m.** **Cost: \$5 Drop In**

Linda has studied extensively in various styles of yoga and is trained to work with seniors and those with special health circumstances. Wear loose fitting clothes and bring a yoga mat. **Please note that Sunday Yoga is an intermediate/advanced class.**

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



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 IN OCTOBER

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 & Portrait

Thurs., Oct. 13th – Nov. 17th	10:00 a.m.– 1:00 p.m.	Cost:\$90
Thurs., Dec. 1st – Dec. 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.
Instructor: Gary Bergren | Location: 1111 Ferry St.

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

(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
"Fun" Friday Bridge	12:30 p.m.	Cost: Free

Brush Up: "Standard American" including 5 card majors, convenient minors, etc.
*Duplicate: **Reservation only**, call Kay Schaefer 925-348-0741
*Party: If interested call Camille Gillis at 925-293-4473 to reserve your spot.
Location: Lounge

Crafts

Tuesdays 12:30 p.m. Cost: Free

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

Writing Workshop: "Your Stories"

Fri. Oct. 14th-Nov.18th 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.
Location: Room 2 | Leader: Laura Lee Web
Sign up at front desk!
Please note that this is a drop in class. You are not required to attend every session—although it is encouraged.

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 lunch. 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 this position and being 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**. Volunteers are needed to help at the Martinez Respite Center from 9:30am to 4:00pm. Please see front desk for further questions.

Tax-Aide Volunteers

AARP is looking for volunteers for tax season to assist the community to file their taxes. Volunteers must be comfortable working with computers, numbers, and software. They are seeking Certified Tax Counselors and Client Facilitators. For more information call (925) 989-7482

Tour Committee

We are currently in need of the following positions for the 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.

If interested, please contact the front desk and speak with Program Coordinator, Laura. 925-370-8770.

DONATIONS

The Martinez Senior Center is looking for the following donations:

Donations for Martinez Animal Shelter

Have old towels, blankets, yoga mats, and small rugs that are still in okay condition? Remember to bring them to the Senior Center office and we will take them to the Animal Shelter. Please keep in mind the Shelter **CAN-NOT** 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

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	Edna Esposito
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