



Martinez Senior Community Center

GOLDEN TIMES

November 2016 Issue

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

THANKSGIVING

Annual Luncheon

Friday, November 18, 2016

12:00 pm — 2:00 pm

Doors open at 11:30 am

\$20.00 members / \$22.00 non members

What are you thankful for? What better way to celebrate Thanksgiving than getting together and reflecting on why we are thankful for the Center. Join us for our annual Thanksgiving Luncheon!

Catering By Cynthia will be serving a delicious traditional Thanksgiving meal. The meal will include turkey, mashed potatoes, pumpkin pie, and more. Don't miss out

Along with a fabulous meal, let's have some fun with our very own photo booth. With a festive back drop, fun props and your friends—it's sure to be a blast! Take home your photo so that you have a reminder of the good times had.

If you are interested in volunteering to help serve lunch and/or clean up, please call the front desk and speak to Laura.

Tickets for the luncheon are available for purchase at the Front Desk.

Facility Closure Dates

Friday, November 11

Thursday, November 24

Friday, November 25

December 26 - January 2

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Club News & Special Events/Activities

WEEKLY ACTIVITIES

MONDAY

- 8:00 Tai Chi Chuan (F)
- 8:30 Pinochle (L)
- 8:30..... Jazzercise (1,2,3)
- 9:15 Walk & Talk (HVP)
- 10:15 Crocketts (F)
- 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

- 8:30..... Jazzercise (1,2,3)
- 9:15 Walk & Talk (HVP)
- 10:00 Alzheimer's Respite (F)
- 10:00 Brush-up On Bridge (L)
- 10:30 Jack's Line Dancing (2,3)
- 12:30 Pinochle (L)
- 12:45 Party Bridge (3)
- 1:00 Movie Day (2)
- 1:00 Community Quilting (1)
- 6:00 Quilting (1,2,3)

THURSDAY

- 8:00 Yoga with Linda (1,2)
- 8:30 T.O.P.S (3)
- 8:30 Pinochle (L)
- 12:00 Poker (L)
- 1:00 Bingo (1,2,3)

FRIDAY

- 8:00 Tai Chi Chuan (F)
- 8:30..... Jazzercise (1,2,3)
- 9:15 Walk & Talk (HVP)
- 10:00..... 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
Refresher Course	Nov 4th	10:00am-3:15pm

* This course is for those that have already taken the 2 day course

Pancake Breakfast

- Date:** Sunday, November 13, 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, November 13, 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).

Announcement:
Due to Special Events, Bingo will not be held on the dates listed below.
Thursdays:
November 17, 2016
December 15, 2016

New Year's Bingo

- Saturday, December 31, 2016**
- Doors open at 5:30 pm**
- Game starts at 7:00 pm**



What better way to ring in the New Year than to spend it at the Senior Center playing bingo! There will be guaranteed \$50 pots, prizes and refreshments. Everyone is welcome and no reservation is necessary. Just show up and join the fun!



Join us for our annual
CHRISTMAS LUNCHEON

Friday, December 16, 2016 at 12:00 pm

\$20.00 members/\$22.00 non members

Let it snow! Let it snow! Let it snow! Join us for our annual Christmas Luncheon and see the center transform into a Winter Wonderland. *Catering by Cynthia* will be providing a delicious holiday meal. Tickets will be on sale starting **November 4th**. Make sure to pick up your ticket and sign up at the front desk.

Stay tuned—more details to follow in the December bulletin.

Save the date for our...

HOLIDAY BUNCO

Saturday, December 3rd, 2016 at 5:00 pm

\$15.00 Per Person

Don't miss out on our Holiday Bunco! Get creative with your outfit and wear your most festive holiday attire. A prize will be given to the best dressed! A delicious meal with pasta, garlic bread, and salad will be served. Bunco will begin after dinner. Prizes go to the individuals with the most buncos, most wins, second and third most wins, and a booby prize. Tickets will go on sale at the front desk, **November 4th**. *Please note that no previous experience is required and that a refresher/training on how to play will be provided at 4:45pm.*



Welcome to Our New Members

- ◆ Diane Madden
- ◆ Jeanne Schmaltz
- ◆ Keith Wayne
- ◆ Leona Lawrence
- ◆ Judith Tehada
- ◆ George Tehada
- ◆ Sandra Jagoda
- ◆ Kathleen Farizell
- ◆ Mona Hansche
- ◆ Linda Benton
- ◆ John Davis
- ◆ Janis Thomas
- ◆ Teresita Lammi
- ◆ Pat Herriott
- ◆ Sydney Dulitz
- ◆ Scott Hanson

Friendship Corner

Get well

Tom Borman
&
Darlene Commiskey

Board of Director's Meeting

Monday, November 7

10:00 am

All members are welcome to attend.

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

As always I am looking forward to our Thanksgiving luncheon and visiting with club members. We are so fortunate to have an office staff and club volunteers that are so dedicated to our club's needs for everyone's enjoyment – it's something for us to be proud of.

Volunteers are always welcomed for the pancake breakfasts, serving at luncheons and bingo so please let the front office know if you would like to volunteer. Be sure to look through our club newsletter as there are a variety of activities for a variety of interests ranging from crafts to learning to play a ukulele and most are free.

Our staff and trip committee are planning great trips for 2017 - please share any ideas that you might have for a trip with our office staff. Have a Happy Thanksgiving & hope to see you at our club luncheons!

- Larry Risner (Club President)

A Message From Our Friendship Chairman

Please call the Martinez Senior Center Office if you know of any club member who is ill, injured, has been hospitalized, or has passed away. That way we can show our appreciation and acknowledgement towards our members. Thank you!

-Mavis Ferreira (Friendship Chairman)

Alzheimer's Awareness Month! November 2016

**Let's Go Purple!
For Alzheimer's Awareness Month**

"Every 5 seconds..."

Nearly every 5 seconds worldwide, someone is diagnosed with Alzheimer's disease or a related dementia. Join us to raise awareness for this disease that touches so many people around the world.

Let's raise awareness here at the Senior Center! Join the staff in **wearing your favorite shade of purple every Wednesday** for the month of November to show your support!

For those that are looking to donate to a wonderful cause you can make a tax-deductible donation to the Alzheimer's Association and help fight Alzheimer's disease through vital research and essential support services and programs. Go to Alz.org for more information on where and how to donate.

Club News & Special Events/Activities

2017 Membership

Sign ups will begin Monday, November 7, 2016

Cost: \$10.00 per year | 90+ are Free

It's that time of year again to sign up for your 2017 Martinez Senior Citizen's Club Membership. Membership is open to any active senior that are 50 years of age or older. 2017 is sure to be a fun and exciting year of activities, events, classes, newsletters, trips, and more. ***Please note: a new form must be filled out each year per member.**

An annual membership provides access to socials & activities, as well as:

- A Martinez Senior Center parking permit
- Monthly mailing of the newsletter, *The Golden Times*



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 be 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.



Care Manager for Resources and Services

Every Thursday (*by appointment only*)

10:00am—12:00pm

NEW! The Martinez Senior Center is now offering services of a Care Manager to all seniors at no cost. Our Care Manager, Edna Esposito, will provide services to seniors who are looking for referrals to continue to live independently. Our Care Manager will also give seniors access to and knowledge of community services that are available to them (i.e.. transportation, counseling, housing). Call the front desk at 925-370-8770 to make an appointment with our Care Manager.

Cost: Free

Location: Conference Room located at the Martinez Senior Center

Senior Services

Blood Pressure Check

Monday, November 14
9:30 am — 10:30 am

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

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

Tuesday, November 22 & 29, Appointments begin at 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. at (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
November Appointments
CANCELLED

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, November 1
1:00 p.m.—3:30 p.m.

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

Cost: FREE

Podiatrist
Thursday, November 17
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. Respite Coordinator: Edna Esposito

Food Assistance Program (Martinez residents only)

Monday, November 7th, 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)

Thursday, November 3rd & 17th, 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.



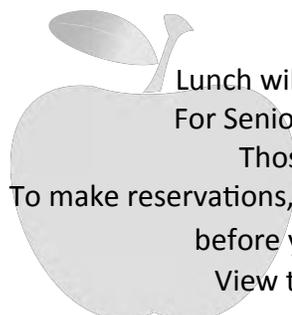
C.C. Café at the Martinez Senior Center

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**

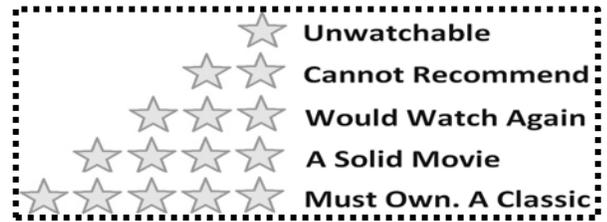
View the Daily Menu on the C.C. Café Calendar



Movies

Wednesdays at 1:00 p.m.

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



November 2nd

Now You See Me 2 (2016)

2 hours 9 minutes | Mystery



One year after outwitting the FBI and winning the public's adulation with their Robin Hood-style magic spectacles, The Four Horsemen resurface for a comeback performance in hopes of exposing the unethical practices of a tech magnate. The man behind their vanishing act is none other than Walter Mabry, a tech prodigy who threatens the Horsemen into pulling off their most impossible heist yet. Their only hope is to perform one last unprecedented stunt to clear their names and reveal the mastermind behind it all. *Stars: Michael Caine, Jesse Eisenberg. Rated: PG-13*

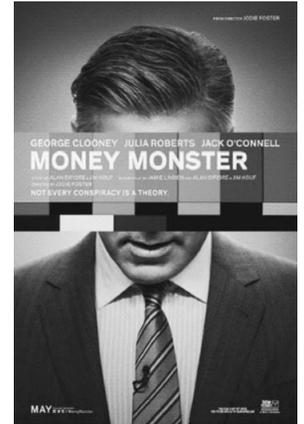
November 9th

Money Monster (2016)

1 hour 39 minutes | Drama/Thriller



Lee Gates is a Wall Street guru who picks hot stocks as host of the television show "Money Monster." Suddenly, during a live broadcast, disgruntled investor Kyle Budwell storms onto the set and takes Gates hostage. He tells Lee that he lost everything on one of his tips. As Gates tries to plead with Kyle, he's also using an earpiece to communicate with his longtime producer in the control room. Together, they must figure out a way to defuse the situation and disarm the angry young man. *Stars: George Clooney, Julia Roberts, Jack O'Connell. Rated: R*



November 16th

Crash (2005)

1 hour 55 minutes | Drama



Writer-director Paul Haggis interweaves several connected stories about race, class, family and gender in Los Angeles in the aftermath of 9/11. Characters include a district attorney and his casually prejudiced wife, dating police detectives Graham and Ria a victimized Middle Eastern store owner, and a wealthy African-American couple humiliated by a racist traffic cop. *Stars: Brendan Fraser, Sandra Bullock, Don Cheadle. Rated: R*

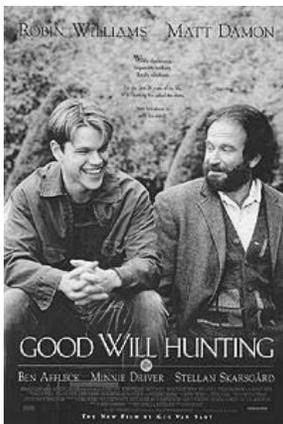
November 23rd

The Jungle Book (2016)

1 hour 51 minutes | Fantasy/Drama



Raised by a family of wolves since birth, Mowgli must leave the only home he's ever known when the fearsome tiger unleashes his mighty roar. Guided by a panther and a free-spirited bear, the young boy meets an array of jungle animals. Along the way, Mowgli learns valuable life lessons as his epic journey of self-discovery leads to fun and adventure. *Stars: Neel Sethi, Ben Kingsley, Bill Murray. Rated: PG*



November 30th

Good Will Hunting (1997)

2 hour 6 minutes | Drama



Will Hunting has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult math problem, his talents are discovered by a Professor who decides to help Will reach his potential. When Will is arrested for attacking a police officer, the Professor makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire. *Stars: Robin Williams, Matt Damon. Rated: R*

Please note that movies are rented from Netflix. We are limited to playing movies based on what Netflix has in stock. *Don't forget to vote on the movies for next month!*

TRIPS SUMMARY

Sightseeing and Gambling Trips

Trip(s) & Sign Up Date:	Location:	Presentation Date:	Sign Up Start Date:	Date(s) of Trip:	Price:
CA State Capitol Folsom State Prison	Sacramento & Folsom CA	No Presentation	Ongoing	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
Thunder Valley Casino	Lincoln, CA	No Presentation	12/1/16 at 10am	1/18/2017	\$29.00 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 and the 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

We had a fabulous time exploring and learning the history of the Black Diamond Mines. A big thank you to East Bay Regional Park!



Travel at a Glance

Sightseeing and Gambling Trips

Wed. November 9th, 2016 Depart: 8:45 am Return: 5:30 pm

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. December 12th, 2016 Depart: 3:00pm Return: 11:00 pm

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

Wed. January 18, 2017

Depart: 8:00 am

Return: 5:00 pm

Thunder Valley Casino (Escort: TBA) **Trip Includes:** Spend the day at Thunder Valley Casino—the ultimate Las Vegas style casino. Receive \$15 free play and \$5 food credit. Round trip transportation provided.

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)

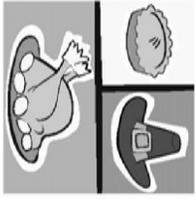
Trip Highlights: Yellowstone National Park, Mt. Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Jackson Hole Valley, Buffalo Bill Historical Center, Devil's Tower, Deadwood, a cowboy cookout and more!



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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>7</p> <p>Chicken Marsala Minestrone Soup Mashed Potatoes Carrots in Lite Sauce Citrus Fruit</p>	<p>1</p> <p><u>COLD PLATE</u> Asian Chicken Salad (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles) Bok Choy Soup 4-Bean Salad Hawaiian Roll w/Butter Banana</p>	<p>2</p> <p>Tuna Noodle Casserole Sliced Carrots Stewed Tomatoes Pineapple Chunks</p>	<p>3</p> <p>Ye Old Pub Cheese Burger Split Pea Soup Potato Salad Spring Bean Medley Lettuce, Tomato & Onion Catsup, Mustard Mayonnaise & Relish Bun Seasonal Fresh Fruit</p>	<p>4</p> <p>Cheesy Red Veggie Lasagna w/Parmesan Cheese Broccoli Spears Tossed Salad w/Ranch Dressing Lime Gelatin w/ Whipped Topping (Diet Lime Gelatin)</p>
<p>8</p> <p>Lincoln's Log Cabin Hearty Beef Stew Steamed Spinach Mixed Green Salad w/1000 Island Dressing Biscuit w/Butter Fresh Pear</p>	<p>9</p> <p>Sweet & Sour Pork Cabbage Salad w/Poppy Seed Dressing & Crispy Noodles Green Peas Brown Rice Tapioca Pudding (Fresh Orange)</p>	<p>10</p> <p>Breaded Cod Fish w/Lemon Slice Clam Chowder Capri Vegetables Potato Wedges Tartar Sauce Strawberry Gelatin w/Mixed Fruit (Diet Strawberry Gelatin w/Mixed Fruit)</p>	<p>11</p> <p><u>VETERAN'S DAY</u> Roast Beef w/Gravy Broccoli Spears Baked Potato w/Butter Spinach Salad w/Catalina Dressing Brownie (Applesauce)</p>	<p></p>
<p>14</p> <p>Spaghetti & Meatballs with Parmesan Cheese Italian Vegetables Mixed Green Salad w/Creamy Italian Dressing Fresh Tangerine</p>	<p>15</p> <p>Mediterranean Chicken Taco Sliced Beets Red Potatoes Creamy Cucumber Salad Pita Bread Tropical Fruit</p>	<p>16</p> <p><u>CONCORD HOLIDAY BINGO</u> Veal Bird w/Mushroom Gravy Cream of Spinach Soup Garlic Mashed Potatoes Vegetable Bean Medley Raspberry Gelatin w/Pears (Diet Raspberry Gelatin w/Pears)</p>	<p>17</p> <p><u>COLD PLATE</u> Cobb Salad Creamy Tomato Basil Soup Blue Cheese Dressing Carrot Raisin Salad Dinner Roll w/Butter Mandarin Oranges</p>	<p>18</p>
<p>21</p> <p>Beer Batter Fish & Chips Green Beans Coleslaw Salad w/Poppy Seed Dressing Tartar Sauce, Vinegar Mixed Fruit</p>	<p>22</p> <p><u>THANKSGIVING DAY CELEBRATION!</u> Traditional Old Fashioned Turkey Dinner w/Gravy Mixed Vegetables Mashed Potatoes Stuffing Cranberry Sauce Sweet Potato Pie (Peaches)</p>	<p>23</p> <p><u>BBQ Chicken Breast</u> Corn Chowder California Blend Potato Salad Whole Wheat Roll w/Butter Tropical Fruit</p>	<p>24</p> <p><u>THANKSGIVING DAY HOLIDAY!</u></p>	<p>25</p> <p><u>HOLIDAY!</u></p>
<p>28</p> <p><u>NEW!</u> Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese Sliced Carrots Tossed Salad w/Balsamic Vinaigrette Citrus Fruit</p>	<p>29</p> <p>Pork Carnitas Salsa Pinto Beans Green Salad w/Ranch Dressing Whole Wheat Tortilla Fresh Orange</p>	<p>30</p> <p><u>COLD PLATE</u> Mock Crab Salad Potato Leek Soup 4-Bean Salad w/Carrots Mandarin Oranges Lettuce, Tomato & Onion French Bread</p>	<p>* = Vitamin C _ = Vitamin A () = Dessert of Choice All meals served w/low fat milk.</p>	<p></p>

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON Nov. 16 and Nov. 22.

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



November 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Attorney At Law* 	2 Movie Day 1pm  Wear Purple!	3 Care Manager * Holiday Lights SF Sign Up 10am	4 AARP Refresher Course 10a—3p	5
6	7 Board Meeting 10 am	8	9 Movie Day 1pm Folsom Trip  Wear Purple!	10 Care Manager *	11 Veteran's Day Center CLOSED 	12
13 Pancake Breakfast 	14 Blood Pressure Screening 	15	16 Movie Day 1pm  Wear Purple!	17 Podiatrist* Care Manager * No Bingo Today 	18 Thanksgiving Luncheon 12p -2p	19
20	21	22 H.I.C.A.P.* 	23 Movie Day 1pm  Wear Purple!	24 Thanksgiving Center CLOSED 	25 Thanksgiving Center CLOSED 	26
27	28	29 H.I.C.A.P.* 	30 Movie Day 1pm  Wear Purple!			

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 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.

Please note: that Sunday Yoga is an intermediate/advanced class.

Instructor: Linda Burkard, Certified Yoga Therapist.

Location: Room 1 & 2

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 Burns | Location: Room 3

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.

New Offer

Jazzercise Holiday Mini Session

Mondays, Wednesdays, Fridays **Nov. 21—Dec. 23** **8:30a.m– 9:30 a.m.** **Cost: \$25**

No class on Friday, November 25th and Friday, December 16th

Keep the pounds down this Holiday Season and join us in Jazzercise Body Sculpting. Sculpted arms, a strong core, tight flutes, and firm legs, are the focus of this challenging 40--50 minute muscle toning workout that features a creative combination of strength training and stretching. All routines are fun and easy to follow. Benefits include increased endurance, strength and flexibility, as well as an overall "feel good" factor.

Instructor: Kay Daly | Location: Room 1, 2 & 3

PLEASE NOTE: In order to pay for class, you must register and make payment through the City of Martinez. You can register online, over the phone or in person through the Recreation Department. (See "3 Easy Ways to Register" on page 14)

Join our Jazzercise Winter Holiday Weight Challenge!

In order to stay healthy and strong through our winter season, our Jazzercise class will be participating in a weight challenge. In order to participate in our fun challenge, you must be registered with the Jazzercise Holiday Mini Session.

First weigh in: November 23, 2016

Final weigh in: January 4, 2017

Goal: Stay within 3 lbs

Participating in challenge is optional

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.westernpainter.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

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. No previous writing experience required, just a willingness to put your thoughts on paper. 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.***

Location: Room 2 | Leader: Laura Lee Web

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

Beginning Bridge

Fridays **10:00am—12:00pm** **Cost: Free**

"Learn to Play Bridge" Class. This beginning class will go over bridge expressions, the rules and all the basics. Questions? Contact Tom.

Location: Lounge | Leader: Tom Trankina | 708-624-2620

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:

- ◆ *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 **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.

Respite Program Seeking Hand Held Instruments

The Martinez Senior Respite program is actively seeking new or gently used hand held instruments for their musical program. The program at this time has 8 active participants who continue to have a desire to play an instrument. Donations may be dropped off at the Respite location 1111 Ferry Street on Wednesdays between 9:00am-9:30am. Any questions contact Edna Esposito at 925-370-8770.

Library Donations

Our library is looking to add books to our collection that are published since the year 2005 or later. **Note:** More books are being taken than are being returned. Please return books you may have borrowed and donate new ones, if convenient, to avoid the shelves being depleted of up to date reading material. Thank you!

We are also seeking donations of magazines. The magazines must not be older than 6 months and should be in good condition. Magazines will then be donated to the hospital.



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Martinez Senior
Community Center

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Martinez, CA 94553



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 Shammas
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	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