



Martinez Senior Community Center

GOLDEN TIMES

December 2016 Issue

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

Join us for our annual **CHRISTMAS LUNCHEON**

Friday, December 16, 2016 | 12:00 pm—2:00 pm | \$15.00 members/\$20.00 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—marinated and grilled ball tip, fontina cheese, asparagus and mushroom bread pudding of rustic bread, couscous with dried cherries, orange zest and green onions, sautéed green beans with a shallot dill sauce, roasted beets and tangerines topped with toasted hazelnuts and goat cheese, assorted artesian breads and a trio of mini desserts. Entertainment and a special Christmas gift will make this an afternoon you won't want to miss. Make sure to pick up your ticket and sign up at the front desk. **Tickets on sale through Dec. 12th or until sold out.**



NEW YEAR'S BINGO

Saturday, December 31, 2016

Doors open at 5:30 pm | Game starts at 7:00 pm

\$15.00/Person

What better way to ring in the New Year than to spend it at the Martinez 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!

Facility Closure Dates

December 26 - January 2

Holiday Hours

December 23

8:30am—1:00pm

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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)
 10:30 Hula for Exercise (3)
 11:45 Zumba (3)
 12:00 Poker (L)
 1:00 Bingo (1,2,3)

FRIDAY

8:00 Tai Chi Chuan (F)
 8:30 Jazzercise (1,2,3)
 9:15 Walk & Talk (HVP)
 10:00 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 2017 Dates

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)	Mar. 3rd & 10th	10:00am-2:30pm
Refresher Course*	May 12th	10:00am-3:15pm
Beginners (2 Day Course)	Sep. 8th & 15th	10:00am-2:30pm
Refresher Course*	Nov. 3rd	10:00am-3:15pm

Pancake Breakfast with Santa

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

Volunteers needed! The Pancake Breakfast Committee needs volunteers, especially for Santa's Pancake Breakfast. 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, and facility closure, Bingo will not be held on the dates listed below.

Thursday:

December 15, 2016
December 29, 2016

Club News & Special Events/Activities

Holiday Bunco

Saturday, December 3, 2016

Doors open at 4:45 pm

5:00 pm—8:00 pm

\$15.00/Person

Don't miss out on Holiday Bunco! It's time to dig out your Christmas sweaters, holiday socks and Santa hats. 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 at 5 pm. After dinner, Bunco begins! Prizes go to the most buncos, most wins, second and third most wins, and a booby prize. Make sure to sign up at the front desk and pick up your ticket. Please note that no previous experience is required and that a refresher/training on how to play will be provided at 4:45pm. Limited space is available, it will be first come first serve. Everyone is welcome! Deadline date to sign up is Monday, November 28th, 2016. **This event is subject to cancelation if minimum participation is not met by deadline date.*

Free Tax Preparation

FREE TAX PREPARATION for the 2017 tax season will be offered by Tax-Aide's AARP sponsored program. The service, provided by IRS certified tax counselors, will be available starting February 2017. Tax-Aide does not specify an income limit but the service targets low and moderate income taxpayers of any age with special attention given to seniors age 50 plus.

For more information or make an appointment for Tax-Aide sites serving the Martinez/Pacheco area, please call the following:

Martinez Senior Center: (925) 370-8770

Pacheco Community Center: (925) 709-4525

Please Note: We will not take any appointments until Monday, January 9th, 2017

For general information and other site locations call: (925) 726-3199.

To complete your tax return, Tax-Aide will need you to bring the following to your appointment :

- ◆ Social Security Card or ITIN letter for all individuals to be listed on the return
- ◆ Copies of all W-2s
- ◆ Photo ID for taxpayer and spouse (if applicable)
- ◆ 1098s and 1099s
- ◆ Other income and deductions
- ◆ Your 2015 Tax Return.



Welcome to Our New Members

- ◆ Ardith Berturello
- ◆ John Collins
- ◆ Donald Brocca
- ◆ Katherine Brocca
- ◆ Marta Van Loan
- ◆ Jerri Alden
- ◆ Lynn Latteri
- ◆ Anthony Medina
- ◆ Kwang Kim
- ◆ Young Kim
- ◆ Edith Sandberg
- ◆ Marilyn Smith
- ◆ Sue Forsee
- ◆ Lennie Uzialko
- ◆ Patty Fischer
- ◆ Scott Parker
- ◆ Lyn Barber
- ◆ Manuel Ventura-Reynaud
- ◆ Pat Ventura
- ◆ Linda Hutfliess
- ◆ George Hall
- ◆ Kathy Antunez
- ◆ Sujata Sawhney
- ◆ Sandra Self
- ◆ Colette Cussary

Friendship Corner

Get Well

- ◆ Pearl Balestrieni
- ◆ Ursula Zwinger

In Memory of

- ◆ LeeAnne Edison Cisterman

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 the volunteers that worked on the Bazaar. Also, thanks to Board Members, Jack and Carl, for the delicious lunch. The Bazaar was a huge success and wouldn't have been possible without the help of all our volunteers!

Our awesome office staff have been working very hard planning the holiday luncheons for us to enjoy. The luncheons are always great club events and are a perfect way to enjoy a wonderful meal, visit with members and have a good time!

Please be sure to check the club "Golden Times" newsletter as soon as you receive it each month. There is always important information on trips, activity schedules and upcoming events.

Wishing you and your families a very Happy Holiday and I hope to see you at the club luncheons!

- **Larry Risner (Club President)**

Greetings From Our Bazaar Committee Chair

Despite a rainy day, we netted \$2,161 for our Club! Thanks to all the energetic volunteers who helped with the pricing, set up, food prep, lunch serving and clean up. It does take a village to make these even happen! Thanks too to the bake sale, jewelry, cards, white elephant and craft Chairmen who displayed their goods beautifully. The room looked great! A huge thanks to Carl and Jack for the delicious meal. We sold out! I am already looking forward to next year's event. It will be on November 3rd, 2017 so save the date! Thanks again to all who volunteered their time and don't forget to log your hours.

- **Shelley Pighin (Club Vice President)**

"A special thanks to all those who donated jewelry pieces! It was much appreciated" - **Mimi Vaeth**

A Special Thanks....

Rita and Elaina would like to thank all of you who participated in the Meals on Wheels Fundraiser. This year we generously raised \$900 and all the proceeds will go directly to the Meals on Wheels program. This program provides hot nutritious meals to homebound seniors.

- **Rita Wells and Elena Blake (C.C. Café Coordinators)**

"*Happiness* doesn't result from what we **GET**,
but what we **GIVE.**"

- *Ben Carson*

Club News & Special Events/Activities

WE ARE NOW ACCEPTING NEW AND RENEWING MEMBERSHIPS FOR 2017



Membership Good Through December 31, 2017

Cost: \$10.00

Are you interested in becoming a member or renewing your membership at the Senior Center? You can sign up now! From classes, activities, and workshops to trips and special events—we truly offer it all. Resources like H.I.C.A.P, attorney at law, blood pressure screenings, and podiatrist appointments are offered to our members as well. Membership includes a parking pass, access to all that goes on here at the center, a membership card and our monthly newsletter. Don't miss out! Renew or become a member today.



Kiwanis Warm Coat Drive

**Do you have coats, mittens, beanies, gloves, scarves and warm socks that you don't need anymore?
Donate them!**

Winter is here and there are people in our community who could use a nice warm coat! Kiwanis will be placing a red barrel in the lobby at the Martinez Senior Center starting on Thursday, December 1, 2016 and will go through Tuesday, January 3, 2017. They will be collecting **CLEAN**, gently used, and warm coats, scarves, gloves, mittens, hats, beanies and socks for **ALL AGES**. Please only bring these items. Together we can help men, women and children in our neighborhood stay warm during this cold winter season. Your generosity is greatly appreciated.

Care Manager for Resources and Services

When: Every Thursday (*by appointment only*)

Time: 10:00am—12:00pm

Cost: Free

Call the front desk at 925-370-8770 to make an appointment with our Care Manager, Edna Esposito



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).

Senior Services

Blood Pressure Check

Monday, December 12th
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, December 6th & 20th, 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
December Appointments are CANCELLED. Will resume in January 2017

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, December 6th
1:00 p.m.—3:30 p.m.

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

Cost: FREE

Podiatrist

Thursday, December 15th
1:30 p.m.

Dr. Divyang Patel will perform routine foot care the 3rd Thursday of each month. Call center for appointment.

Cost: \$40

NOTE: Effective January 2017 podiatry services will increase to \$45.00/appointment.

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, December 5th, 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, December 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.

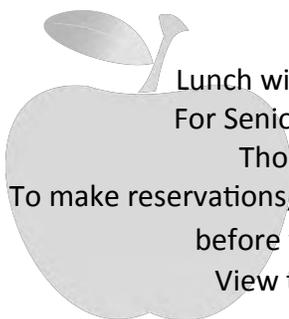


C.C. Café at the Martinez Senior Center

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

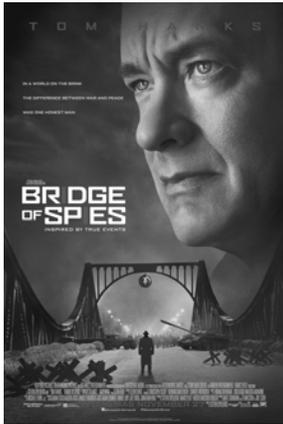
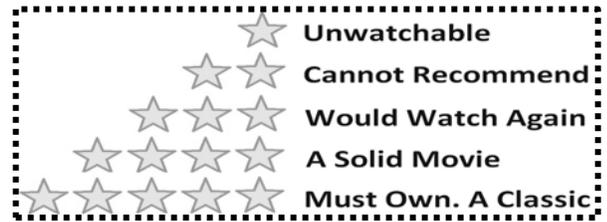
To make reservations, you MUST call by 12:00 p.m. (noon) on the business day before you want to attend. **Call 925-646-2598**
View the Daily Menu on the C.C. Café Calendar



Movies

Wednesdays at 1:00 p.m.

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



December 7th

Bridge of Spies (2015)



2 hours 22 minutes | Drama/Thriller

During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down the U-2 spy plane. Sentenced to 10 years in prison, Power's only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release. Donovan boards a plane to Berlin hoping to win the young man's freedom through a prisoner exchange. If all goes well, the Russians would get Rudolf Abel (Mark Rylance), the convicted spy who Donovan defended in court. *Stars: Tom Hanks, Mark Rylance, Amy Ryan. Rated: PG-13*



December 14th

The Intern (2015)

2 hours 1 minute | Drama

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70 year old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom, and sense of humor help him develop a special bond and growing friendship with Jules. *Stars: Robert De Niro, Anne Hathaway, Rene Russo. Rated: PG-13*



December 21st

Brooklyn (2015)



1 hour 52 minutes | Drama/Romance

Young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Eilis must choose between two countries and the lives that exist within. *Stars: Saoirse Ronan, Domhnall Gleeson, Emery Cohen. Rated: PG-13*

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:
Holiday Lights SF	San Francisco, CA	No Presentation	11/3/2016 at 10:00 am	12/12/2016	\$82.00 Per Person
Thunder Valley Casino	Lincoln, CA	No Presentation	12/1/2016 at 10:00 am	1/18/2017	\$29.00 Per Person
Butterfly U.S.A.	Pacific Grove, CA	No Presentation	12/5/2016 at 10:00 am	1/27/2017	\$90.00 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	Document Briefing 12/14/16 10 am	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 Double \$2,445 Single
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

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.

Travel at a Glance

Sightseeing and Gambling Trips

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

1 Holiday Lights SF *TRIP FULL!* (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 show.

Wed. January 11th, 2017 Depart: 8:00 am Return: 5:00 pm

1 Thunder Valley (Trip Escort: TBD)

Trip Includes: Spend the day at Thunder Valley Casino—The ultimate Las Vegas style Casino. Receive a \$15.00 free play or a \$5.00 food credit. Round trip transportation provided.

Fri. January 27th, 2017

Depart: 8:00 am

Return: 5:45 pm

2 Butterfly Town U.S.A. (Trip Escort TBD)

Trip Includes: Start your adventure by visiting the Pacific Grove Monarch Sanctuary where you will see thousands of monarchs. You will then enjoy a delicious lunch at the wonderful Fandango Restaurant. After lunch, you will visit the Museum of Natural History where you will take a guided tour of the exhibits that highlight the Central California Coast.

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.

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. Roundtrip airfare and a first class hotel. Includes 6 meals.

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

3 The Sunshine State 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.

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

3 Gardens & Mansions 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 Market-place. Visit New Orleans Garden District, Longue Gardens and House, Baton Rouge and the New State Capitol building.

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!



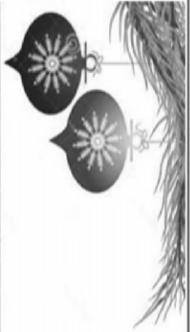
Monday

Tuesday

Wednesday

Thursday

Friday



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



Chicken Tahitian
 Bok Choy Soup
 * Winter Vegetables
 Carrots in Lite Sauce
 Asian Sesame Noodles
 Fresh Fruit

Veal Parmesan a la Romano
 with Parmesan Cheese
 Italian Mixed Vegetables
 Penne w/Marinara Sauce
 Tossed Salad
 w/Creamy Italian Dressing
 * Citrus Fruit

5

6

7

8

9

Vegetarian Bean Burrito
 w/ Red Sauce & Cheese
 Mexicali Corn
 Mixed Green Salad
 w/Ranch Dressing
 * Mandarin Oranges

Turkey a la King
 Garden Green Peas
 * Stewed Tomatoes
 Biscuit
 Apricots

EL CERRITO HOLIDAY
 CELEBRATION
 Roast Beef w/Gravy
 * Baked Potato w/Butter
 Vegetable Bean Medley
 Mixed Green Salad
 w/Blue Cheese Dressing
 Spiced Peaches

COLD PLATE
 Tuna Salad Sandwich
 Chicken Noodle Soup
 4-Bean Salad
 Pickled Beets & Onions
 Lettuce & Tomato
 Mustard & Mayonnaise
 100% WW Bread x2
 * Tropical Fruit

BRENTWOOD HOLIDAY
 CELEBRATION!
 Oven Fried Chicken
 Macaroni and Cheese
 Capri Vegetables
 * Spinach Salad
 w/Catalina Dressing
 Pistachio Fluff
 (Fresh Fruit)

12

13

14

15

16

Grandma's Meatloaf w/Gravy
 * California Blend
 * Garlic Mashed Potatoes
 Tossed Salad
 w/Thousand Island Dressing
 Fresh Fruit



COLD PLATE
 Chicken Caesar Salad
 (Mesquite Chicken, Parmesan
 Cheese, Romaine Lettuce,
 Cherry Tomatoes, Crooutons)
 Beef Barley Soup
 * Citrus Fruit Cup
 Whole Wheat Roll w/Butter
 Caesar Dressing
 Chilled Pears

WALNUT CREEK
 HOLIDAY CELEBRATION
 Cod Fish Sandwich w/Cheese
 Clam Chowder
 Capri Vegetables
 * Coleslaw
 Whole Grain Bun
 Tartar Sauce
 Cinnamon Applesauce

SAN RAMON HOLIDAY
 VARIETY SHOW AND
 CROQUETT HOLIDAY
 CELEBRATION
 Virginia Style Baked Ham
 w/Pineapple Sauce
 * Sweet Potatoes
 Green Beans w/Red Peppers
 WW Roll w/Butter
 Chocolate Cream Pie
 (Banana)



BAY POINT AND CONCORD
 HOLIDAY CELEBRATIONS
 Swedish Meatballs
 Hearty Vegetable Soup
 * Skewed Tomatoes
 Brown Rice
 Mixed Green Salad
 w/Blue Cheese Dressing
 Cherry Gelatin w/Pears
 (Diet Cherry Gelatin w/Pears)

19

20

21

22

23

COLD PLATE
 Roasted Turkey & Swiss
 Cheese Sandwich
 Tomato Basil Soup
 * Marinated Broccoli Salad
 Carrot-Raisin Salad
 100% WW Bread X2
 Mixed Fruit

Colossal Hot Dog w/Cheese
 Baked Beans
 Potato Salad
 Tossed Salad
 w/Honey Mustard Dressing
 Catsup, Mustard,
 Onion, Relish, Bun
 Banana

Garlic Chicken Breast
 Lentil Soup
 Winter Vegetables
 Whipped Sweet Potatoes
 Fudge Brownie
 (Pears)

Beef Sukiyaki
 Mixed Vegetables
 Brown Rice
 Mixed Green Salad
 w/Asian Dressing
 Fortune Cookie
 * Mandarin Oranges

Chicken White Bean Chili
 California Blend
 * Spinach Salad
 w/Ranch Dressing
 Cornbread w/Butter
 Peaches



26

27

28

29

30



HAPPY
 HOLIDAY!

COLD PLATE
 Waldorf Chicken Salad
 on Mixed Greens
 Corn Chowder
 Pickled Beets
 4-Bean Salad
 Hawaiian Roll w/Butter
 * Tangerine

Pork Stew over Rice
 Apple Juice
 * Broccoli
 Mixed Green Salad
 w/Balsamic Vinaigrette
 Peaches

Stuffed Pepper
 Split Pea Soup
 California Blend
 Mashed Potatoes
 Gingerbread Cake w/ Whipped
 Topping (Fresh Fruit)

BBQ Pulled Pork
 on Bun
 Capri Vegetables
 Potato Wedges
 * Coleslaw
 Cinnamon Applesauce

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON DEC. 7, 9, 14, 15, 16, 20, 21 AND 29!
 5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!



December 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 Care Manager* Thunder Valley Sign up 10 am	2	3 Holiday Bunco 5pm—7pm 
4 5 Butterfly USA Sign up 10 am	6 H.I.C.A.P.* Attorney at Law*	7 Movie Day 1pm 	8 Care Manager*	9	10	
11 Pancake Breakfast w/ Santa  	12 Blood Pressure Screening 	13	14 Movie Day 1pm  Rose Parade Document Briefing 10am	15 No Bingo Care Manager* Podiatrist*	16 Christmas Luncheon *No CC Cafe Today 	17
18	19	20 H.I.C.A.P.* 	21 Movie Day 1pm 	22 Care Manager*	23 Holiday Hours 8:30a—1:00p	24
25	26 Facility Closed	27	28	29	30	31 New Years Bingo 

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**

Sundays **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 on Friday mornings to learn and practice healing meditation and gain support for the journey by taking this class.

Instructor: Mary Burns | Location: Room 3

Walking Club

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

(Mon. meet at Hidden Valley Park and Wed. meet at Center)

Walk parks, city streets, and Canal Trail. Walks last one to two hours. This activity is tailored to those walking.

Walk, Talk and Coffee Club

Mon., Wed., Fri., **9:15 a.m. - 11:00 am** **Cost: Free**

Meet at the Martinez Senior Center and walk to and around the Marina. After your walk enjoy a cup of coffee (which is provided free to members by the Senior Center Club).

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 glutes, and firm legs, are the focus of this challenging 40--50 minute muscle toning workout that features a creative combination of strength training and stretching. All 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!
Instructor: Marion “Mimi” Vaeth | Location: Room 3

Martinez Ukulele Jam Club

Fri. Dec. 2nd	2:00 p.m.– 3:30 p.m.	Cost: Free
Fri. Dec. 9th	2:00 p.m.– 3:30 p.m.	Cost: Free
Mon. Dec. 19th	1:00 p.m. - 2:00 p.m.	Cost: Free

The senior Ukulele Jam Club is open to beginners and experienced players. Newcomers welcome.
Leader: Larry Risner | 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., Dec. 1st – Dec. 15th	10:00 a.m.– 1:00 p.m.	Cost: \$45
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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

SIX HOLIDAY TIPS... *Provided by American Diabetes Association*

Want to enjoy the holidays and the food and still stay healthy?
 The six tips below can help guide you through your next holiday event:

1. Focus on friends and family
2. It’s a party, but don’t over do it
3. Bring what you like
4. Drink in moderation
5. Stay active
6. If you overindulged, get back on track



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 organizations. TOPS offers tools and programs for healthy living and weight management. Established in 1948 to champion weight-loss support, it has 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"

Fridays **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 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. No Class 12/16, 12/23, 12/30

Location: Room 2 | Leader: Bonnie Benson

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 | 708-674-2620

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



In Person

Visit: City of Martinez City Hall (2nd Floor)

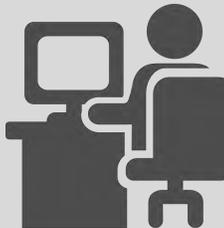
525 Henrietta Street

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 after 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, please check with the office for more information.

Respite Program

Currently looking for volunteers with caring and loving hearts who are available on **Wednesdays**. Volunteers are needed to help at the Martinez Respite Center from 9:30am to 4:00pm. Please contact the front desk for more information.

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. AARPP is 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, blankets, and sleepers to make layettes 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 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 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.



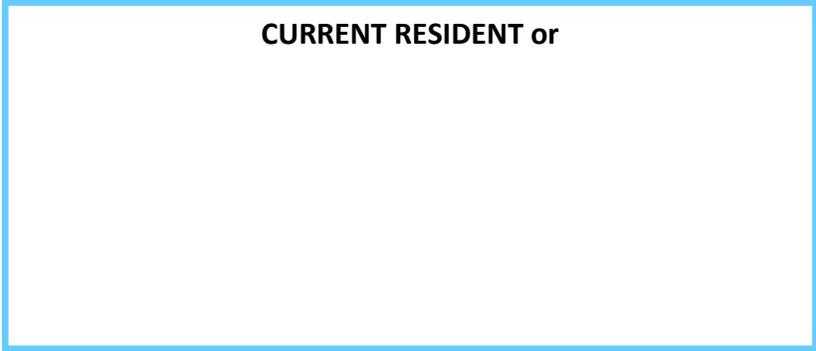
“TIME VALUE” DATED MATERIAL

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
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