

# Senior Citizen's Club of Martinez Golden Times Bulletin

MAY & JUNE 2026



## ABOUT

Discover your next chapter at Martinez Senior Center, your one-stop shop for programs, activities, resources and services for those 50 and better. Choose from fitness and wellness classes, lifelong learning workshops, resource support, fun social mixers and exciting day trips to local attractions, all designed with you in mind. Make new friends, stay active and get the support you need. Our friendly team is here to help you connect, learn and thrive in every way.



## OLDER AMERICANS MONTH 2026: CHAMPION YOUR HEALTH

May is Older Americans Month and we're celebrating your health! Champion Your Health focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. This approach encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. The Martinez Senior Center offers a variety of opportunities for participants to take an active role in managing your health including fitness classes, culinary classes, and social events.

## MESSAGE FROM CLUB PRESIDENT

### SHELLY PIGHIN....

May is Older Americans Month, and we're excited to "Champion Your Health" with everything from fun fitness classes and interactive cooking demos to our ever-popular walking group and social meet-ups. Last month was packed with great memories, from Mocktails & Bingo and the Busy Bee Spring Craft Fair to our National Walking Day celebration—so here's to even more fun ahead! A big shout-out to Tina at Comfort Keepers for the tasty mocktails at Mocktails & Bingo. It was a full house. I hope you also got a chance to wander through the Busy Bee Spring Craft Fair and find some unique treasures. On National Walking Day, we fueled our walkers with pastries, fresh fruit, and coffee, and what a turnout. Keep up the great work, and we can't wait to see you at the Center this month  
Shelley Pighin, President

THE SENIOR CENTER WILL BE CLOSED  
MAY 25 & JUNE 19

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## SPECIAL EVENTS

### CALIFORNIA HIGHWAY PATROL AGE WELL/DRIVE SMART PROGRAM

**THURSDAY, MAY 7 1:00pm-3:00pm**

For licensed drivers of any age, this free program presents tips to understand driving safety, important and new traffic laws, resources and much more. Some of the information provided: how to develop a “plan” before you stop driving, a transportation cost sheet, showing how to calculate current vehicle operating costs, and illustrating available public transportation. At the end of the program, licensed attendees will receive a certificate of attendance. This certificate may qualify participants for an insurance Mature Driver Discount. Certificate will only be valid for senior drivers as defined by their insurance company. Register at the Martinez Senior Center or call (925) 372-3557 by Monday, May 4.

### FLOWER ARRANGING HOSTED BY SENIORS HELPING SENIORS FRIDAY, MAY 8 10:00AM

Join us for a festive flower arranging session just in time for Mother’s Day! Craft a Bouquet for someone you love or create one for yourself. We will provide the vase, fresh flowers and creative guidance. You simply bring your creativity and good company. Come mix, mingle, and create a beautiful arrangement to take home and enjoy. Sign up by Tuesday, May 5 by calling the front desk at 925-372-3557.

### DIAMOND DOTS CRAFT WITH JENNIFER & RITA

**COST: \$5**

**WEDNESDAY, MAY 13 1:00PM-3:00PM**

Let’s do something fun! Create a Diamond Dots coaster. No experience needed. We will provide the materials and sweet treat. Take your time and create something beautiful that you can use or display. Sign up by Monday, May 11 or until full by calling the front desk at 925-372-3557.

### TECHNOLOGY TUTORING FRIDAY, MAY 1 & JUNE 5

We’re pleased to offer personalized one-on-one tech tutoring appointments with Sam Toney, a volunteer with over 20 years of computer experience. Sam is ready to help you navigate your phone, tablet, or laptop with expert guidance. Each appointment is limited to 30 minutes, with sessions starting at 9:30am and the last appointment available at 11:30am. To schedule your time with Sam, please call or front desk at 925-372-3557. Appointments are required—no walk-ins.

### MEDICARE, MEDI-CAL & MEDICATION SAFETY

**THURSDAY, MAY 14 1:30PM-2:30PM**

Join us for a lively Medicare and Medi-Cal overview where we’ll explore benefits, coverage basics and how the programs team up, followed by a friendly Q&A. Then dive into our hands-on prescription medication safety session with essential tips, high-risk medication highlights and handy take-home materials. Stick around for an open Q&A to get all your questions answered and leave feeling confident about managing your health! Register at the Martinez Senior Center or call (925) 372-3557 by Monday, May 11.

### SPRINGTIME HAPPY HOUR W/ LIVE MUSIC PRESENTED BY SENIOR CITIZENS CLUB OF MARTINEZ THURSDAY, MAY 21 3:30PM-5:00PM

**COST: \$10**

The weather’s fine and so is the wine—sounds like the perfect excuse to get out and enjoy it. Come join Senior club members for some easygoing springtime libations, good vibes, and even better company. Your tickets will include 1 drink plus a tasty charcuterie spread.

And to top it all off, you can kick back and enjoy the smooth, feel-good sounds of the Pretty Swell Band playing live. It’s the kind of laid-back afternoon that turns into a great memory—hope to see you there! Sign up by Monday, May 18 by calling the front desk at 925-372-3557

### SPRING INTO VEGETABLES WITH CHEF CARISSA CRATER

**THURSDAY, MAY 28 2:00PM-3:00PM**

Learn how to make the most of seasonal vegetables as Chef Carissa inspires us with fresh ideas and approachable techniques. In this engaging experience, you’ll discover how to transform simple, in-season ingredients into healthy, creative, and delicious dishes. Whether you’re looking to expand your skills or refresh your weekly menu, you’ll leave with flavorful recipes and practical tips to confidently incorporate vibrant vegetables into your repertoire all year long. Sign up by Tuesday, May 26 by calling the front desk at 925-372-3557.

## SPECIAL EVENTS

*IMPORTANT NOTE: SPECIAL EVENT PROGRAMS MAY BE CANCELED IF ENROLLMENT IS LOW. TO HELP ENSURE PROGRAMS ARE HELD AS SCHEDULED, PLEASE REGISTER IN ADVANCE. THANK YOU FOR YOUR COOPERATION!*

### NATIONAL DONUT DAY 2026



**FRIDAY, JUNE 5 10:30M**

National Donut Day! Join us for a donut and coffee in the lounge. Donuts will be limited and will be served on a first come first serve basis.

### CPR & AED TRAINING

**WEDNESDAY, JUNE 10 1:00PM - 3:30PM**

**COST: \$50**

Your skills can save a life!

Get CPR & AED trained today because every second counts. Hands-on CPR/AED training empowers you as a bystander to become an everyday Good Samaritan should an emergency arise. The goal in this training is to create safer neighborhoods by empowering community members to feel confident in taking action when it matters most. This course will train you in CPR & AED application for the adult, child, and infant. At the end you will receive a 2-year certification. Wear comfortable clothing and footwear, as we will be performing chest compressions on manikins, ie: kneeling, bending over, slight physical work. This class will fill up quickly. Register at the Martinez Senior Center or call by June 5 925-372-3557.

### SUMMER SOCIAL SERIES

**PROVIDED BY LOAVES & FISHES**

**THURSDAY, JUNE 11 4:30PM-6:00PM**

**COST: \$5**

Join us for a fun summer series collaboration with our friends from Contra Costa Loaves and Fishes! This fun social will include a BBQ meal provided by the L&F culinary program, soft drinks and games! Make sure to sign up by June 8 by calling the front desk at 925-372-3557.

### FATHER'S DAY ROOT BEER FLOATS!

**FRIDAY, JUNE 12 , 12:30 PM**

Celebrate Father's Day with a refreshing treat after Café Costa lunch. Root Beer floats will be served to Café participants to celebrate the father's in our lives! Sign up for lunch by June 11 by calling 925-372-3557.

### BIRD HOUSE CRAFT WITH JENNIFER

**WEDNESDAY, JUNE 17 1:00PM-2:00PM**

**COST: \$5**

Let's build something fun together!

Join me for a hands-on birdhouse workshop—just \$5 to create and take home your very own birdhouse, perfect for showing off this summer! I'll bring all the supplies, you just bring your creativity and good vibes. Let's make something awesome! Sign up by Friday, June 12 by calling the front desk at 925-372-3557.

### GRIEF DISCUSSION

**HOSTED BY JENNY DILTS**

**TUESDAY, JUNE 23 1:00PM**

Hi! I'm Jenny and I LOVE GRIEF! Thanks for taking time to explore this discussion with me! I accompany struggling people in their grief journeys as they convert grief into long-lasting growth. During this discussion I dive deeply into real-life examples of what this conversion process can look like. If you are struggling with grief, join me here at the Senior Center to learn some simple steps to ease the burden. Sign up by Thursday, June 18 by calling the front desk at 925-372-3557.

### TRIVIA ON ICE

**THURSDAY, JUNE 25 1:00PM-2:30PM**

Kick back with us in the lounge, grab a cold drink, and join a friendly trivia challenge! Bring your curiosity and thirst for fun as you team up with friends to tackle general trivia questions and spark lively conversation. This laid-back gathering is the perfect chance to relax and test your knowledge in a welcoming atmosphere. Space is limited, so call the front desk by Monday, June 22 to reserve your spot. 925-372-3557.

### 2026 SENIOR CITIZEN'S CLUB OF MARTINEZ

**MEMBERSHIP \$20/PERSON**

Join or renew your membership and enjoy fantastic benefits like a bi-monthly bulletin, a parking pass, priority trip sign-ups, coffee and more—all for seniors aged 50 and older. Sign up in person at the front desk, Monday to Friday, from 8:30 AM to 4:00 PM, or mail in a check with a completed application along with a self-addressed envelope for your membership materials. Remember, cash or checks made payable to SCC Martinez only. Please note that everyone must fill out a new membership application each year.

## SPECIAL EVENTS

**SAVE THE DATE**

### JULY 4<sup>TH</sup> PARADE MARTINEZ SENIOR CENTER BE A STAR-SPANGLED SUPERSTAR!

Ever Dreamed of waving to cheering crowds while marching down main street? This is your moment! Join your Martinez Senior Center family as we bring smiles, sparkle, and serious patriotic flair to this years Independence Day parade! Sign up by Wednesday, July 1 by calling the front desk at 925-372-3557. Don't forget to wear your red, white, and blue!

#### Festive Details:

9:00am: Meet at Senior Center parking lot

9:30am: Walk together to our staging area

10:00am: Parade begins

Costume challenge - rock your most creative red, white & blue



## SPECIAL INTEREST

### MAHJONG

#### MONDAYS

1:00PM-3:00PM

Mahjong is a fascinating tile-based game that originated in 19th century China. Our American Mah Jong sessions offer a delightful blend of skill, strategy, and luck in a fast-paced, engaging environment. This gathering is designed for players who are already familiar with the game's mechanics. Participants will need the current years official standard hands and rules card, *available for purchase online from the National Mah Jongg League, Inc.*

New to Mah Jongg? We'd love to welcome you to our "Intro to Mahjongg" Sessions held every Tuesday. No class May 25.

### POKER

#### MONDAYS & THURSDAYS

12:00PM-3:00PM

Come join this pick-up style game of poker. Must have knowledge of how to play. Must be an active member of the Senior Citizens Club of Martinez to play. Not a member yet? Stop by the office to join the fun- new faces always welcome! No class May 25.

### BRIDGE

#### WEDNESDAYS

1:00PM-3:00PM

Martinez's drop in bridge is for both rusty and well oiled players. We welcome players with our without a partner. We are happy to help people who wish to brush up on their bridge playing skills.

### FRIDAY BRIDGE

#### FRIDAYS

10:00AM-12:00PM

Martinez's drop in bridge is for both rusty and well oiled players. We welcome player with or without a partner. Like Wednesday's group, we are here to help as needed and to have fun. No class June 19.

### INTRO TO MAHJONG

#### TUESDAYS

10:00AM-12:00PM

Looking for a place to learn and practice the game of Mahjong? Come learn with Kelly, a regular mahjong player as she takes you through the whole game in a slow environment with others looking to learn as well.

# FITNESS CLASSES

## JAZZERCISE

MON, WED, FRI MAY 1-29 8:30AM-9:15AM  
MON, WED, FRI JUNE 1-29 8:30AM-9:15AM

Rooms 1, 2, 3 Cost: \$45 per session

Enhance your quality of life and improve your ability to do everyday activities by building lean muscle in this strength training class. Modified movements make it easy to follow. Strength training can protect your joints from injury, improve balance and flexibility, and help you feel stronger. Instructor: K Daly No class May 25 & June 19

## ZUMBA

TUES/THURS MAY 5-28 6:00PM-7:00PM  
TUES/THURS JUNE 2-30 6:00PM-7:00PM

Rooms 1, 2, 3 May: \$56 | Jun: \$56

Join the Zumba Dance Party! EveryBODY, ages 18 and up are welcome. Zumba combines fun & fitness with a Latin flare in every dance move. No experience necessary. Learn to dance, shake your body to the music and tone your muscles using weights with our new addition of Zumba Toning. Be prepared to have a blast while lighting up the dance floor! Sign up for the whole session or drop in and pay \$10 per class. No class June 9 & 30 Instructor: Carmen Belt

## LINE DANCING

WEDNESDAYS ONGOING 10:00AM-11:15AM  
Rooms 2 & 3 Cost: \$5 Drop in

Join us for an exciting class of great music and lively dance with our expert Line Dancing Instructor, Heide! With years of experience teaching across the Bay Area, Heide will guide you through fun and easy-to-learn dance steps. This class is perfect for anyone 18 and older looking to have a fantastic time and learn something new! No class May 13 & May 20 Instructor: Heide Dee

## LAUGHING YOGA

FRIDAYS ONGOING 9:30AM-10:30AM  
Virtual on Zoom Free

Join Laughing Yoga! It will cheer you up and build immunity through laughter. *Note: This class is not in person and held virtually over Zoom.* Meeting ID: 815 6381 8150 Password: 542487 Instructor: Dolores White

## WALK, TALK, AND COFFEE CLUB

MON, WED, FRI ONGOING 9:30AM  
Martinez Senior Center Parking Lot Free

Join the Walk, Talk, and Coffee Club for a refreshing adventure to the marina! Enjoy an hour of lively conversation and scenic views, then unwind with a delicious cup of coffee on the patio back at the Senior Center. It's the perfect blend of exercise, socializing, and relaxation! No class May 25 & June 19

## SITTING FIT 50+

TUES/THURS MAY 5-28 TUE 4:00 PM-5:00PM  
THURS 3:30PM-4:30PM  
JUNE 2-30 TUE 4:00PM-5:00PM  
THURS 3:30PM-4:30PM

### Room 2

Experience the joy of movement with our ballet-inspired chair workout, where creativity meets fitness! Enhance your posture, flexibility, and coordination while moving to uplifting tunes that will boost your spirits. Sign up for the entire session or drop in for just \$10 per class. Come dance your way to wellness! No class May 21 Instructor: Luana Nietsch

## FIT WITH BANDS 18+

MONDAYS MAY 4-18 4:30PM-5:30PM  
JUNE 1-29 4:30PM-5:30PM

### Room 2

Join our fun and energizing resistance band work out and get fit to the rhythm of lively music! This low-impact class will help you strengthen and define your muscles while boosting your posture, flexibility, and balance. Sign up for the entire session or drop in anytime for just \$10 per class. Let's make fitness fun together! No class May 25 Instructor: Luana Nietsch





## DAY/EXTENDED TRIPS

### GRATON CASINO & RESORT

THURSDAY, JUNE 25

**COST: \$60**

Depart Safeway at 9:15am and arrive at Graton Casino & Resort around 11:00am. Graton Casino is the region's newest full-amenity gaming resort, featuring 3,000 slot machines, 144 table games, live poker room, and 13 award winning dining options, upscale and casual dining. You will receive a \$20 slot play or \$15 match play. Depart for home at 3:00pm and arrive back in Martinez around 5:00pm. Sign up at the front desk with cash or check made payable to SCC Martinez. Sign-ups open now until full.

### ROGER ROCKA'S BRUNCH SHOW CURTAINS

SUNDAY, JULY 19, 2026 **\$235 PER PERSON**

Come join us as we see Curtains, the hilariously suspenseful musical comedy whodunit that's set in the bright and promising year of 1959 when Boston's Colonial Theatre hosts the opening night performance of Robin Hood, a new musical. When the talentless leading lady mysteriously dies on stage, the entire cast and crew are suspects. Local Detective Frank Cioffi, who just happens to be a musical theatre aficionado, steps in to solve the case while falling in love and working to save the show. With unforgettable music and a charming blend of mystery, romance, and Broadway razzle-dazzle, Curtains will keep you guessing and laughing from start to finish.

Tour Includes: Round Trip Motorcoach Transportation, Brunch, and Show Tickets. Full Payment Of \$235.00 Per Person is due at time of sign-up!

Sign up directly with American Stage

www.AmericanstageTours.com or call 925-687-7705  
American Stage Tours CST# 2072190-40

Please note that a 5% processing fee will be applied when paying with a credit card

### MAJESTIC CANADIAN ROCKIES

JULY 26, 2026 **\$4125 PP DOUBLE**

This 6-day trip includes roundtrip airfare, transfers to/from airport, accommodations, 8 meals, and an itinerary of the following: a 5-night stay in Banff National Park, visit Emerald Lake, Peyto Lake, Icefields Parkway, and a Columbia Icefield Ice Explorer Ride. Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors!  
Booking Code: 202264

### STAR SPANGLE SPARKS

JULY 3-5, 2026

**\$485 PER PERSON DOUBLE/\$645 SINGLE**

Friday, July 3rd - Come celebrate America's Birthday with American Stage Tours. Our first stop will be at Boomtown where you will receive \$10.00 Slot Play. Our accommodations for the next two nights will be at Nugget Casino Resort. You will receive \$5.00 Slot Play and \$3.00 Food Coupon with your stay.

Saturday, July 4th - Today we will go to Virginia City where you will have time to explore this interesting old mining town. There will be time to enjoy the old fashioned 4th of July parade and have lunch on your own. The evening is free to watch the fireworks at the Nugget.

Sunday, July 5th - Today we travel back to California stopping at Red Hawk Indian Casino where you will receive \$15.00 Slot Play and \$5.00 Food Credit. Approximate arrival time back to Bay Area will be 6 pm.

Tour Includes: 2 Nights Deluxe Lodging, Casino Packages (subject to change), Luggage Handling And Motorcoach Transportation

Sign up directly with American Stage

www.AmericanstageTours.com or call 925-687-7705  
American Stage Tours CST# 2072190-40

Please note that a 5% processing fee will be applied when paying with a credit card

### WEST VIRGINIA RAILS & WILLIAMSBURG

OCTOBER 1, 2026 **\$4199PP  
DOUBLE**

This 8-day trip includes roundtrip airfare, transfers to/from airport, accommodations, 12 meals, and an itinerary of the following: two train experiences (Potomac Scenic Eagle Railroad & New Tygart Flyer Train), Washington D.C. Illumination Tour, Yorktown Battlefield, Colonial Williamsburg, and American Revolution Museum at Yorktown. Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors!  
Booking Code: 201917

# RESOURCES & SERVICES

## CAFE COSTA CONGREGATE MEALS

**MONDAY-FRIDAY 11:00AM-12:00PM**

Café Costa opens at 11:00 am. Lunch is served Monday–Friday from 11:30 am—12:15 pm. You can find the menu on page 10. For participants to be eligible for meals, you must be 60 years of age or older and a Contra Costa County resident. A contribution of \$3.00 per meal is strongly recommended to help support our nutrition program. To make a reservation you must call by noon on the business day prior to the day you want to attend. You can reach Café Costa at 925-372-3557.

## MEALS ON WHEELS - HOME DELIVERY

Meals on wheels delivers meals to the doorstep of seniors (60 or older) who are homebound, unable to obtain food themselves, and do not have a caregiver that prepares their meals. The meal delivery drivers also provide a safety check and companionship. Every effort is made to start delivering meals as soon as possible. Meals are provided free of charge. You will be asked for a suggested donation, they do not turn anyone away who cannot contribute. To sign up or learn more, call 925-937-8311 or email [info@mowdr.org](mailto:info@mowdr.org).

## FRIENDSHIP LINE

Are you feeling lonely, isolated or depressed? Give the Friendship Line a call—because sometimes we all need a friend. The Friendship Line is a signature program of Institute on Aging, and has never gone unanswered since it was founded in 1973. The Friendship line is both a “warm line” and a crisis intervention center for routine—even daily-phone calls that provide emotional support and friendly conversation. Call: 888-670-1360.

## ROTARY HOME TEAM

For many seniors, common household repairs are no longer easy to do on their own. Rotary Home Team can assist with common maintenance issues such as: replacing hard to reach lightbulbs, changing smoke alarm batteries, fixing a leaky faucet, repairing sticky doors, adjusting handles or cabinet drawer pulls, and many other small repairs. Call: 888-204-5573

## COMMUNITY PRODUCE PROGRAM

**1301 ALHAMBRA AVE 12:00PM-1:00PM**  
**205 VISTA WAY 4:00PM-5:00PM**

**MAY 8 & 22 JUNE 12 & 26**

The Food Bank provides 15-20 pounds of free, fresh produce to low-income families and individuals twice a month (2nd & 4th Friday). Please bring two bags with handles.

## SENIOR FOOD PROGRAM

**THURSDAYS MAY 7 & 21 JUNE 4 & 18**  
**TEAMSTERS PARKING LOT 9:00AM-10:00AM**

For low-income seniors 55 years and older, who live in Martinez. Individuals receive bags of food each month (1st & 3rd Thursday). Only one senior per household can receive food. Bring a picture ID and proof of address (for example, a PG&E bill). Location: Teamsters' #315 Parking lot at 2727 Alhambra Ave. Call Contra Costa Food Bank at (925) 676-7543 for more information.

## LOAVES AND FISHES SENIOR MEALS

**SATURDAYS & SUNDAYS 11:30AM-12:00PM**  
**SENIOR CENTER PARKING LOT**

Loaves and Fishes is offering a senior meal pick-up every weekend. No need to wait in line or get out of your car. Simply pull into the senior center parking lot and a volunteer will bring you a free catered meal curbside. No pre-registration required. If you have any questions, call the office at 925-372-3557.

## CARE MANAGEMENT CONSULTANT

As a person ages, they may not know where to turn for answers and services that are available within the community. To help seniors remain nourished, safe, less isolated and independent for as long as possible, Meals on Wheels Diablo Region offers a comprehensive Care Management program that assists seniors and their families. Meals on Wheels Diablo Region's Care Management Team provides free and confidential guidance and shares resources about CalFresh benefits, elder abuse, long term care, housing issues, transportation, home safety modifications, legal services, and more please call 925-482-1876 for more information.

# RESOURCES & SERVICES

## EHSD NAVIGATORS

The EHSD Navigators program is a holistic approach to helping participants access the targeted supports and services they need. This client-driven model aims to break down barriers that many individuals and families face when seeking services, while empowering them to access resources on their own. Navigating available services can be a daunting task during times of stress or transition. EHSD Navigators help participants overcome obstacles to stability by identifying key goals and creating a clear and smooth path to success. For more information call (925) 608-5979.

## HEALTH INSURANCE COUNSELING (HICAP)

HICAP can answer questions on Medicare, Medigap, Advantage plans, drug plans and low income assistance. HICAP can also help with COVID-19 health plans and difficulties with filling prescriptions. To make an appointment call HICAP at 925-655-1393.

## TECH HELP AT THE MARTINEZ LIBRARY

**TUESDAYS 12 PM-2 PM & THURSDAYS 10 AM-12 PM**  
Martinez Library has started a Computer Docent Program. Sign up at the information desk or call 925-646-9900 to book a free 15 minute, one-on-one appointment with a docent. Drop in help is available as time allows.

## DEMENTIA FAMILY CAREGIVER SUPPORT GROUP

**TUESDAYS MAY 19 & JUN 16**  
**LOUNGE 2:30PM-4:00PM**

Are you looking for a support group for those who support others? This group is for caregivers of persons with Alzheimer's disease or dementia. If you are looking to talk to others in similar situations, need more information, additional support, or caregiving strategies join the Dementia Family Caregiver Support Group. Meetings are the 3rd Tuesday of each month in the Senior Center Lounge.

## CC SENIOR LEGAL SERVICES: WILLS CLINIC

**THURSDAYS MAY 28 & JUN 25**  
**CONFERENCE ROOM 2:00PM-4:00PM**

Contra Costa Senior Legal Services is sponsoring a Free Wills clinic on the last Thursday of every month. Free simple wills, advance health care directives and powers of attorney are available to seniors with low incomes and limited resources (income of \$2,500 single/\$3,500 couple and no assets apart from one's house). No trusts will be drafted or reviewed. Appointments are available at a first come, first serve basis. To make an appointment, call 925-609-7900.

## COUNTY CONNECTION

County Connection will be visiting the Senior Center lobby 9am—11am on MAY 21 & June 18. At this time, they can assist with processing clipper cards, RTC cards, applying for paratransit, route information, and trip planning. They might even have some giveaways! Make sure you stop by their table.

## COUNTY CONNECTION LINK (ADA PARATRANSIT)

County Connection Link provides service in Central Contra Costa County in the cities and towns of Alamo, Clayton, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon and Walnut Creek. In order to be eligible for this transportation service it must be determined by ADA paratransit. For eligibility and registration information call 925-680-2066. To reserve a ride call 925-938-7433.

## MOBILITY MATTERS

Mobility Matters will answer your questions and refer you to the transportation provider that matches your mobility needs. Service provides free, one on one, door through door, escorted rides for seniors 60 and over. Must meet eligibility requirements. Call 925-284-6161.

## 511

511 is a toll-free three-digit phone number to call for transportation and traffic information. Dial "511" or visit [www.511.org](http://www.511.org) for trip planning, traffic conditions, carpool, bus schedules, vanpool and other transit information.

## LYFT CONCIERGE TRANSPORTATION PROGRAM

The Lyft Concierge Pass is for people ages 70+ who have disabilities or health conditions and do not have access to a smartphone. Residents of Walnut Creek, Concord, Pleasant Hill, Clayton, and Martinez are eligible to use this service. This service is designed for people who cannot use public transportation or drive a car. There is an annual membership fee. To make a reservation, call 925-256-3533 at least one day in advance.

## LYFT SELF-ACCESS TRANSPORTATION PROGRAM

The Lyft Self-Access program is designed for people at least 60 years age, who reside in Walnut Creek, Concord, Pleasant Hill or Martinez, and are comfortable boarding vehicles without help. There is an annual membership fee. You must complete applications online at [www.walnutcreekartsrec.org/programs-activities/transportation-program](http://www.walnutcreekartsrec.org/programs-activities/transportation-program) or call 925-295-1490.

MAY 2026



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				5/1
<p>FOR THE VEGETARIAN MENU, CHECK WITH THE CAFE. FOR THE JUNE MENU, CHECK BACK WITH THE FRONT OFFICE AFTER MAY 20.</p>				<p>C Chicken Piccata Delmonico Potatoes Peas &amp; Carrots Whole Wheat Roll w/Butter Fruit Cocktail</p>
5/4	5/5	5/6	5/7	5/8
<p>Turkey Sloppy Joe on a Whole Grain Bun Spinach Whole Kernel Corn C Juice Ice Cream</p>	<p><b>CINCO DE MAYO</b> Beef Tamale with Chile con Carne Pinto Beans Spanish Brown Rice C Cilantro Coleslaw w/Carrots Seasonal Fresh Fruit</p>	<p>Ham &amp; Swiss Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard on Whole Wheat Bread Vegetable Soup C Broccoli Ranch Salad Seasonal Fresh Fruit</p>	<p>Salmon Patty w/Creamy Dill Sauce Red Roasted Potatoes Green Beans Wheat Roll w/ Butter C Tropical Fruit</p>	<p><b>MOTHER'S DAY</b> + London Broil w/Gravy Scalloped Potatoes Italian Vegetables Whole Wheat Roll w/Butter C Fresh Orange Frosted Chocolate Cake</p>
5/11	5/12	5/13	5/14	5/15
<p>Hot Meatball Sandwich w/Marinara Sauce &amp; Shredded Mozzarella on Whole Grain Bun Cannellini Bean Soup C Broccoli Apricots</p>	<p>Spaghetti w/Turkey Bolognese Sauce and Parmesan Cheese Italian Vegetables Marinated Beets &amp; Onions C Citrus Fruit</p>	<p>Fish Sticks w/Tartar Sauce Macaroni &amp; Cheese C Fiesta Vegetables Garden Pea Salad Seasonal Fresh Fruit</p>	<p>Asian Chicken Salad w/Sesame Dressing Egg Drop Soup Whole Wheat Roll w/Butter C Mandarin Oranges Orange Gelatin Delight</p>	<p>Cuban Pork Whole Kernel Corn Cilantro Brown Rice C Tossed Salad w/Bell Peppers and Lime Vinaigrette Fresh Apple</p>
5/18	5/19	5/20	5/21	5/22
<p>Tilapia with Creamy Dijon Sauce C Garlic Whipped Potatoe Mixed Vegetables Whole Wheat Roll w/Butter Peaches</p>	<p>BBQ Pork Riblet Potato Nuggets Key Largo Vegetables Whole Wheat Roll w/Butter C Cinnamon Applesauce</p>	<p>Chicken Curry over Brown Rice Carrots Green Beans C Juice Brownie</p>	<p>Beef &amp; Broccoli Bok Choy Soup Stir Fry C Vegetables Brown Rice Seasonal Fresh Fruit</p>	<p>Turkey Cobb Salad w/Blue Cheese Dressing Tomato Basil Soup Whole Wheat Roll w/Butter C Tropical Fruit</p>
5/25	5/26	5/27	5/28	5/29
<p><b>MEMORIAL DAY</b></p>	<p>+ All Beef Hot Dog w/Cheese, Onions, Ketchup, &amp; Mustard on Whole Grain Bun C California Vegetables Baked Beans Apricots</p>	<p>Turkey Tetrazzini w/Whole Grain Pasta Stewed Tomatoes C Brussels Sprouts Seasonal Fresh Fruit</p>	<p>BBQ Pulled Pork Sandwich on a Whole Grain Bun Corn Chowder Spinach Salad w/Ranch Dressing C Juice Double Chocolate Chip Cookie</p>	<p>Mock Crab Salad Sandwich w/Lettuce, Tomato, &amp; Onion on Whole Wheat Bread Lentil Soup Carrot Raisin Salad C Citrus Fruit</p>

All meals served with lowfat milk. 2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (THAI BEEF WITH LIME VINAIGRETTE). Vitamin A Vitamin C + Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

# INCLUSIVE RECREATION

## INCLUSIVE RECREATION DANCE

FRIDAY, MAY 8, 2026 MARTINEZ 7:00PM-9:00PM  
FRIDAY, JUNE 12, 2026 PLEASANT HILL 7:00PM-9:00PM  
FRIDAY, JULY 17, 2026, WALNUT CREEK 7:00PM-9:00PM  
ROOMS 1, 2, & 3 COST: \$8

Get ready to dance the night away at our fabulous event for adults with disabilities aged 18 and over! For just \$8 at the door (caregivers are free), enjoy the lively beats of DJ Rhythm Masters and tasty light snacks. Join us for a fun-filled evening of music, movement, and making new friends!



FRIDAYS, 7PM-9PM  
COST: \$8/PERSON CASH AT THE DOOR  
(18 YRS+) CAREGIVERS FREE  
DJ RHYTHM MASTERS

## COLOR & CONNECT

THURSDAYS 10:30AM-11:30AM Free  
Room: Lounge

Unleash your creativity and boost your brain health at our Seniors' and Adults with Disabilities Coloring Connection! Join us for a fun, relaxing indoor activity where all supplies are provided, and new friendships can bloom. Coloring not only enhances your artistic expression but also helps reduce stress and improve focus—come enjoy the joy of coloring together!

## EXCITING OPPORTUNITIES: BECOME AN INSTRUCTOR OR KITCHEN COORDINATOR

### TEACH WITH US: INDEPENDENT (HIGHLIGHT MORE) INSTRUCTOR OPPORTUNITIES

The City of Martinez is seeking independent contract instructors to teach engaging classes for all age groups. If you have a passion for sharing your skills and expertise, we'd love to hear from you! For more information or to express your interest, please email [martinezseniors@cityofmartinez.org](mailto:martinezseniors@cityofmartinez.org).

### JOIN OUR TEAM AS A CAFE COSTA KITCHEN COORINTOR

We are seeking a dedicated individual to manage our Café Costa Senior Nutrition Program at the Martinez Senior Center on Mondays and Tuesdays from 9 AM to 1 PM. This part-time role involves coordinating food service, overseeing meal orders, and ensuring compliance with health and safety standards. If you are passionate about supporting senior nutrition and community engagement, apply today at [www.cityofmartinez.org](http://www.cityofmartinez.org). questions call us at 925- 372-3557.



