

# Martinez Senior Community Center

## GOLDEN TIMES BULLETIN

Senior Citizen's Club of Martinez | May & June 2024

Martinez Senior Community Center  
818 Green Street  
Martinez, CA 94553

Hours:  
Monday—Friday  
8:30 am—4:00 pm

Email:  
[martinezseniors@cityofmartinez.org](mailto:martinezseniors@cityofmartinez.org)

Website:  
[www.cityofmartinez.org/seniors](http://www.cityofmartinez.org/seniors)

**Senior Center closed  
May 27 for Memorial Day**

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### Notable Numbers

Front Desk	1-925-370-8770
Café Costa	1-925-646-2598
County Connect	1-925-938-7433
HICAP	1-925-655-1393
CC Legal Services	1-925-609-7900
Meals on Wheels	1-925-937-8311

### Older Americans Month 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM).

The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connect here at the Senior Center by trying a class, listening to a seminar, joining a social group or eating lunch with us! Come see all that we have to offer!

### Clarinet Fusion

**Friday, May 3 at 7pm | \$5/person**

Clarinet Fusion is a San Francisco Bay Area Clarinet Choir consisting of 9 musicians on 5 different clarinets ranging from 19 inches to 9 feet. They perform all over the Bay Area and in August will be performing at the ClarinetFest in Dublin, Ireland! Join us for a delightful Spring performance located at the Martinez Senior Center. All are welcome, this event is open to the public! Tickets may be purchased online or at the door.

### Mother's Day Muffins

**Friday, May 10 at 10:30am**

Celebrate the mothers in our lives with a sweet treat in the lounge on Friday, May 10. Muffins will be served on a first come first served basis. Limited muffins available.

### Bunco

**Friday, May 31 | \$20/person**

**Practice/Rules 11:30am | Lunch Noon | Bunco 12:30pm**

Bunco is a game of luck and is a perfect activity for people who have never played before or play all the time! We play a little differently, so rules and practice rounds will start at 11:30am. Lunch will be provided and will consist of a boxed lunch from Panera. You must decide your lunch order at the time of signing up. Boxed lunch choices include: Turkey Sandwich, Tuna Salad Sandwich or our vegetarian option: Caesar Salad. Prizes go to the most buncos, most wins, and most wipeouts. Sign up at the front desk with cash, check (made payable to SCC Martinez), or credit card (with 3% fee) by Wednesday, May 29 at noon (unless event is full).

## ABOUT

The Martinez Senior Center's primary focus is to serve the local 50+ community. At the Martinez Senior Center, we are able to provide a space for seniors to gather, socialize, and spend time in an enjoyable and healthy environment. We strive to provide the needed opportunity for participants to spend time with their peers as well as take part in classes and volunteer programs that offer a purpose and sense of usefulness. We kindly ask that you sign in at the front door upon arrival.

## SENIOR CLUB BOARD OF DIRECTOR'S MEETINGS

Mon	May 6	10:00am
Mon	June 3	10:00am

Board meetings are held on the first Monday of every month unless it falls on a holiday. All members are welcome to sit in and observe the meetings as this is an opportunity to stay informed on what is taking place at your center and club.

## GREETINGS FROM CLUB PRESIDENT, SHELLEY PIGHIN

Welcome to May!

Did you know that May is Older

Americans Month? This year the theme is Powered by Connection. There are so many ways that we can connect at the Senior Center. The Young at Heart Strength Training on Thursdays (free) runs through the end of June. I hear it's great! There's Game Time on Tuesdays, the Learn and Lunch series and Café Costa where you can meet up with friends, or make new ones, and have fun. There are some day trips too (Giant's game, Graton Casino and Cabaret at the Leshner) that would be another way to connect with other members of the Club. Check the bulletin for all the details.

We will be participating in the 4th of July parade again this year. Call the Office if you are interested in participating. It's going to be fun!

Hope to see you at the Center!



## Parking at the Martinez Senior Center

The parking lot is permit parking only. All cars parked in the lot are required to have a current years parking sticker. Those parked with no sticker will be ticketed. To obtain a parking sticker, you must become a member. See the front desk for more information. Note: Due to limited parking spaces, we ask all members to only park in our lot while attending an activity at the 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.*

## Senior Citizen's Club of Martinez Board of Directors 2024

<b>President</b>	Shelley Pighin
<b>Vice President</b>	Sal Vega
<b>Recording Secretary</b>	Judy Azzopardi
<b>Treasurer</b>	Helene Bunch
<b>Corresponding Secretary</b>	Joan Stockinger
<b>Members at Large</b>	Carl Nielsen
	Darlene Commiskey
	Diane Gunderson
	Jack Vaeth
	Sue Harbrecht
	Linda Thurman
	Sandra Keller
	Sue Schneider
	Vickie Dawes

## Senior Center Staff

<b>Senior Center Supervisor</b>	Gina Lombardi Gravert
<b>Program Coordinator</b>	Ally Pethebridge
<b>Nutrition Coordinator</b>	Rita Wells
	Cristina Galvez
	Dawn Pritchard
	Donna Crume
<b>Office Staff</b>	Emogene Thomas
	Rita Wells
	Sandra Sinosky
<b>Maintenance Staff</b>	Frank Albano

## SPECIAL EVENTS

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### **The Lost Marbles Improv Performance**

**Friday, May 10 & June 14, 11:45am-12:15pm**

The Lost Marbles are an improv troop who all share a love of laughter and improv. They present a new show every month which consists of jokes, a few improv games, music and sometimes a short skit that is loosely outlined but also very much improvised. Come watch The Lost Marbles perform during Café Costa lunch.

### **Recycling 101 with Republic Services**

**Tuesday, May 14 at 10:30am**

Join April from Republic Services for an informational presentation about recycling. Her goal is to educate attendees on proper waste sorting practices and information on the newest CA Waste Law Senate Bill (SB) 1383. There might be some giveaways! Sign up for this presentation by Friday, May 10 at noon by calling the front desk.

### **East Bay Regional Park: Ardenwood**

#### **Historic Farm**

**Thursday, June 13 | \$20**

Enjoy a guided tour of the Ardenwood farm, a train ride on the property, and have time to explore on your own. Bring a bagged lunch and wear comfortable walking shoes. Transportation is included, pick up from Senior Center at 8am. Reach out to Ally by calling 925-370-8002 to get more information.

### **Father's Day Root Beer Floats**

**Monday, June 17**

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 calling 925-646-2598.

### **4th of July Parade**

**Thursday, July 4 at 10:00am**

Have you always wanted to be in a parade but never given an opportunity? This year the Martinez Senior Center will be walking in the 4th of July parade through downtown Martinez. We will meet in the Senior Center parking lot at 9am and walk to the staging area together. If you are interested in representing the center and walking in the parade with us, sign up at the front desk by Tuesday, July 2.

### **New Free Class Demos**

**Fit with Bands, May 13 & 20, 4:30pm-5:30pm**

**Sitting Fit, May 16 & 23, 3:30pm-4:15pm**

Join Luana, a new instructor here at the Senior Center, as she offers free demos for her 2 new classes that will be starting in June. Sitting Fit will be on Thursdays, Fit with Bands will be on Mondays. See page 4 for class information.

### **Wind Chimes Painting**

**Friday, May 24 at 10:30am | \$3 supply fee**

Paint your very own wind chime to get your garden ready for the season. All supplies will be provided. Sign up at the front desk with your supply fee by Monday, May 20.

### **National Donut Day**

**Friday, June 7 at 10:30am**

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 served basis.

### **Simplifying Your Life: Declutter & Downsize**

**Presented by: Sensational Seniors Workshops**

**Friday, June 14 at 10:30am**

Embark on a journey towards a more organized, meaningful, and functional existence. Let go of the unnecessary baggage and make room for what truly matters – your happiness and peace of mind. Explore mindful practices that help you prioritize tasks, define your legacy of physical things, and seek what truly matters in a home and in your life. Sign up for this free presentation with the front desk by Wednesday, June 12 at noon.

### **California Highway Patrol**

#### **Age Smart/Drive Safe Class**

**Thursday, June 27, 9:30am-11:30am**

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, 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. Register by June 25 at 10am by calling the front desk.



# FITNESS CLASSES

Session classes require pre-registration. **Registration is not available until the first day of the applicable month.** For drop-in classes sign in and pay the instructor day of. Please sign in at the front desk upon arrival.

## Jazzercise Sculpt 45

Mon, Wed, Fri May 1-31 8:30am-9:15am

Mon, Wed, Fri June 3-28 8:30am-9:15am

Rooms 1, 2, 3 Cost: \$40 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 & flexibility, and help you feel stronger. **No class May 27.** For our May and June sessions, each class you attend, you will receive a raffle ticket. At the end of each month, we'll draw a lucky winner for a fantastic prize!

**Instructor: K Daly**

## Zumba

Tue/Thur May 7-30 6:00pm-7:00pm

June 4, 5, 18, 19, 20, 25, 26, 27 6:00pm-7:00pm

Rooms 1, 2, 3 Cost: \$64 Per Session OR \$10 Drop In Fee

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 songs. Be prepared to have a blast while lighting up the dance floor! Sign up for the whole session, which consists of 8 classes or drop in and pay \$10 per class.

**Instructor: Carmen Belt**

## Line Dancing

Wednesdays ongoing 10:00am-11:15am

Rooms 2&3 Cost: \$5 Drop in Fee

Come on down to listen to some good music and learn some fun dances with our Line Dancing Instructor, Heide. Whether you have been line dancing for years or are looking for a new activity, Heide works with dancers of all levels, so come on down and give it a try!

**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. No yoga experience required and everyone is welcome. *Note: This class is not in person and held virtually over zoom.* Zoom Meeting ID: 815 6381 8150. Zoom Password: 542487. **Leader: Dolores White.**

## Young at Heart Strength Training

Thursdays March 14-June 27 10:00am-11:00am

Room 2 Free

Young at Heart Strength Training is an evidence-based fall prevention program. This class can be done seated or standing. Participants can expect improved balance, strength, reduced number of falls, reduced stress, and improved mental health.

**Leader: Meals on Wheels Diablo Region**

## Tone and Mobility (Chair Yoga)

Mondays/Fridays ongoing 9:30am-10:30am

Room 2 Cost: \$10 Drop in Fee

Chair yoga is a safe and accessible version of traditional yoga for older adults and anyone with mobility challenges. Some of its benefits include offering a low-impact workout, boosting muscle strength, enhancing flexibility and joint health, improving balance, providing a mood boost, and helps with chronic conditions. You can perform many yoga poses in a seated position using the chair to support your body. **No class May 27.**

**Instructor: Linda Burkard, Certified Yoga Therapist**

## Walk, Talk, and Coffee Club

Mon. Wed. Fri. ongoing 9:30am

Martinez Senior Center Free

Join the walking club! Meet in the senior center parking lot and walk to the marina area. Walks last approximately one hour. End the walk back at the senior center and enjoy a cup of coffee on the patio. **Center closed on May 27.**

## NEW! Sitting Fit 50+

Thursdays June 6-27 3:30pm-4:15pm

Rooms 2 Cost: \$32 per session

Ballet inspired chair workout to inspire creative movement while improving posture, flexibility and coordination all set to music to uplift your mood.

**Free Demo Classes on May 16 & 23!**

**Instructor: Luana Nietschy**

## NEW! Fit With Bands 18+

Monday's June 3-24 4:30pm-5:30pm

Rooms 1 Cost: \$32 per session

Get fit with resistance bands!. This low impact workout set to music will help strengthen and define your muscles, improve posture, flexibility and balance.

**Free Demo Classes on May 13 & 20!**

**Instructor: Luana Nietschy**



# CREATIVE ARTS

Please sign up for all free creative classes in advance by calling the senior center at 925-370-8770. Session classes require pre-registration online or in person.

## Beading 101

<u>Mondays</u>	<u>May 6, 13, 20</u>	<u>1:00pm-4:00pm</u>
<u>Room 2, 3</u>	<u>June 10, 17, 24</u>	<u>Cost \$50</u>

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**



## Sewing (Bee) Together

<u>Tuesdays</u>	<u>May 7-June 25</u>	<u>9:00am-3:00pm</u>
<u>Rooms 2,3</u>		<u>Cost: \$48</u>

Looking for space to work on a project, well look no further as we have a spot for you! Each participant will have their own 6ft table. Electrical, irons, and ironing boards will be provided by the center. No instruction will be provided. Bring your own supplies.

## Community Quilts

<u>Wednesdays</u>	<u>ongoing</u>	<u>1:00pm-4:00pm</u>
<u>Room 1</u>		<u>Free</u>

Got a lot of time on your hands and don't know what to do? Come join our community quilt group. Some sewing or quilting skills helpful but not necessary. We will teach you how to sandwich and tie quilts. Finished quilts are donated to organizations in our community. Most supplies are provided! Come join us! **Leader: Sandra Keller**

**Quilts Made from January 1-February 21, 2024: 35**

## Craft Group

<u>1st &amp; 3rd Wed.</u>	<u>May 1 &amp; 15</u>	<u>12:30pm-2:30pm</u>
<u>Room 3</u>	<u>June 5 &amp; 19</u>	<u>Free</u>

Join the craft group! We use donated materials to make handcrafted items to sell that benefit the Senior Center. If you do not know how to knit or crochet, we can teach you! All supplies are provided.

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

<u>Thursdays</u>	<u>8:30am-10:00am</u>
<u>Room 3</u>	<u>\$32 Yearly/\$4 Monthly</u>

TOPS Club, Inc., is a nonprofit network of weight-loss support groups and wellness education. 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.

**Leader: Karen Heffern.**

## Water Color Painting



<u>Thursdays</u>	<u>May 16, 23, 30</u>	<u>12:00pm-3:00pm</u>
<u>Room 3</u>	<u>June 13, 20, 27</u>	<u>Free</u>

Bring your own watercolor materials. Call front desk for material list. **Leader: Maren Sampson**

## Martinez Ukulele Jam Club

<u>Fridays</u>	<u>Ongoing</u>	<u>1:00pm-2:30pm</u>
<u>Room 1</u>		<u>Free</u>

The Ukulele Jam Club is open to everyone. Newcomers welcome whether you've played before or not. All you need is a ukulele, the books "The Daily Ukulele" (yellow and blue) and a table top music stand. If you play another musical instrument, or even if you just like to sing, you're welcome too. **Leader: Bob Zanussi**

## Memoir Writing Group

<u>Tuesdays</u>	<u>May 7</u>	<u>10:00am-11:30am</u>
<u>Lounge</u>		<u>Free</u>

Join the Memoir Writing Group, where you will normally meet the first Tuesday of each month in the lounge to write and share your stories. Get feedback, encouragement, or both to finish the story only you can write. **Program on pause for Summer months, will come back in September.**

**Leader: Beth Bartels**

## Coloring Club

<u>Thursdays</u>	<u>Ongoing</u>	<u>10:30am-11:30am</u>
<u>Lounge</u>		<u>Free</u>

Are you looking for a fun, relaxing, indoor activity? Join the coloring club. All supplies are provided.

### HOW TO REGISTER FOR A CLASS

**ONLINE:** Visit [cityofmartinez.org/seniors](http://cityofmartinez.org/seniors) and click the button that says "Register".

**PHONE:** Call 925-370-8770. Pay with credit card over the phone (only for session or free classes).

**IN-PERSON:** Registration hours are Monday-Friday 9:00 am—3:00 pm. Payments accepted: cash, check or by Visa, MasterCard or Discover.

### SENIOR CENTER REFUND POLICY

Full refunds, minus a \$10 administration fee, will be given if requested **prior** to the start of a class. Refunds will not be issued 3 calendar days or less before the start of the class.

Session classes are **not** prorated. No refunds are given if you miss a class.

### SENIOR CENTER CANCELLATION POLICY

Classes cancelled by the Martinez Senior Center will be re-funded automatically and in full.

## SERVICES

### 2024 AARP Smart Driver Safety & Refresher Course

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.

Pre-registration and payment (cash or check made payable to AARP) must be made in person no later than one week prior to the class date. Space is limited - call 925-370-8770 to check availability. No drop-ins will be admitted the day of class!

There will be a short lunch break, so make sure you bring a bagged lunch!

#### **Class Fee:**

\$20 for AARP Members | \$25 for Non-AARP Members

#### **Course:**

Refresher Course (must have completed the full 2 day course within 3 years of course date)

#### **Date:**

May 17

**Time:** 10:00am-3:15pm

### Technology Tutoring

**May 8 & June 5**

Are you looking for some help on how to use your phone? Ally will be hosting one-on-one tech tutoring appointments available. Please make sure you bring your phone fully charged to may have to make the appointment as efficient as possible. Please note Ally specializes in Apple products but will make her best effort to help you with any phone!

Each appointment will have a maximum allotment of 30 minutes.  
**Please note, it is phone help only, no laptops or computers.**

Call 925-370-8770 to schedule an appointment.

**No walk-ins allowed.**

## SPECIAL INTEREST

### Senior Citizens Club of Martinez Proprieties Conduct and Ethic Guidelines

**Disclaimer:** All Card Games are an activity sponsored by the Senior Citizens Club of Martinez and are **for members only**. Proprieties Conduct and Ethics guidelines are posted in the lounge and are required to be followed by all participants. Copies of guidelines and conduct can also be obtained at the front desk. **All card players must sign the code of conduct before participating in any card game.**



#### **Mahjongg**

**Mondays, 1:00pm-3:00pm**

Mahjong is a tile-based game that was developed in the 19th century in China. It is commonly played by 4 players. It is a game of skill, strategy, and luck. Join the pick-up group. It is a great place to learn the game!

*Note: This is American Mahjong and it is recommended that you have the official standard hands and rules which can be purchased online.*

#### **Poker**

**Mondays & Thursdays**

**12:00pm-3:00pm**

Come join this pick-up style game of poker. Must have knowledge of how to play.



#### **Brush Up Bridge**

**Wednesdays, 1:00pm-3:00pm**

Bridge is a trick-taking card game using a standard 52-card deck. In its basic format, it is used by 4 players in 2 competing partnerships with partners sitting opposite of each other. Brush up bridge is for people who want to brush up their Bridge skills.

#### **New! Game Time Tuesday!**

**2nd & 4th Tuesday, 1pm-3pm**

**May 14 & 28 | June 11 & 25**

Are you looking for some game buddies or want to learn how to play something new? Join us for our Game Time

Tuesday series! Every Tuesday we will have board games out in the lounge and you and your friends are more than welcome to sit, relax, and play! No sign up needed. This series will be listed on our special interest section on page 6 in the future.

#### **Fun Friday Bridge**

**Fridays**

**10:00am-12:00pm**

Bridge is a trick-taking card game using a standard 52-card deck. In its basic format, it is used by 4 players in 2 competing partnerships with partners sitting opposite of each other. Fun Friday Bridge are for those who are familiar with the game and ready to play.

# DAY TRIPS

Registration is done in person at the front desk. If you have any questions please call 925-370-8002 or email [martinezseniors@cityofmartinez.org](mailto:martinezseniors@cityofmartinez.org). All day trips depart from the Safeway parking lot at 3334 Alhambra Avenue on the G Street side. **Please note: all trips are subject to cancellation if 35 participant minimum is not met by deadline.**

## **Cabaret at Lesher Theater**

**Sunday, June 23, 2024 at 2:30pm | \$32 per person**

We have reserved group tickets to see Cabaret at Lesher Center for the Arts in Walnut Creek. Purchase your ticket at the front desk of the Senior Center at a discounted rate and we will meet at Lesher! No transportation is provided. The show begins at 2:30pm. 1 week prior to the show, you or someone from your party will have to come to the Senior Center to pick up your actual ticket during regular business hours. Sign up at the front desk with cash, check (made payable to SCC Martinez) or credit card (with 3% fee).

**Limited spots available, sign ups open now until full!**

## **Graton Casino**

**Tuesday, July 9, 2024 | \$50 per person**

Depart Safeway at 9:15am and arrive at the Graton Casino in Rohnert Park at 11:00am. Graton Casino is the regions newest full amenity gaming resort, featuring 3000 slot machines, 144 table games, live poker room, and 13 award winning dining options, upscale and casual dining. Casino bonus package includes \$20 slot play or \$15 match play. Arrive back in Martinez at around 5:00pm. Sign up at the front desk with cash or check made payable to City of Martinez. **Limited spots available, sign ups open now until June 14 unless full!**

## **SF Giants Game vs Atlanta Braves**

**Wednesday, August 14, 2024 at 6:45pm | \$30 per person**

We have reserved group tickets to go to a SF Giants baseball game. Purchase your ticket at the front desk of the Senior Center at a discounted rate and we will meet at the stadium! No transportation is provided. The game begins at 6:45pm. Sign up at the front desk with cash or check made payable to City of Martinez.

**Limited spots available, sign ups open now until full!**

## **Week at Camp Concord in South Lake Tahoe!**

**September 3-6, 2024 | \$375 for Members \$400 for Non-Members**

We have partnered with the City of Concord Camp Concord in South Lake Tahoe which is the perfect setting for a relaxing and/or adventurous vacation—your choice! FAB (Fifty And Better) Week is a week dedicated to older adults 50 and better, with activities planned specifically to meet the needs and interests of older adults! Included in trip: roundtrip luxury transportation to South Lake Tahoe, 3 meals a day, rustic cabin accommodations, passenger van transport to local attractions, and a week packed with fun! All participants will be required to share a cabin with one other person. We can accommodate groups of 3, let us know! Sign up at the front desk with cash, check (made payable to SCC Martinez) or credit card (with 3% fee). **SOLD OUT! Call to join waiting list.**

## **Wicked in San Francisco**

**Sunday, October 6, 2024 | \$153 for Members \$168 for Non-Members**

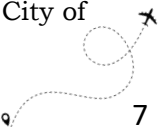
Save the date! We are partnering with the City of Concord Senior Center to put together this fun trip to San Francisco to see Wicked at Orpheum Theater. We do not have more information at the moment, this is simply a save the date. Please see next bulletin and/or email blasts for more information.

## **Sky River Casino**

**Thursday, November 7, 2024 | \$50 per person**

Depart Safeway at 9:00am and arrive at Sky River Casino in Elk Grove around 11:00am. Sky River has over 100,000 square feet of gaming floor space with 2,000 slot machines, 80 table games and 17 unique dining options.

You will receive \$20 in Free Slot Play! Sign up at the front desk with cash or check made payable to City of Martinez. **Sign ups open for members on July 2 | Non-Members July 9.**





## SENIOR NUTRITION PROGRAM

### Café Costa Congregate Meals

**Monday—Friday 11:00 am—12:00 pm**

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 who are over the age of 60, there is a recommended contribution of \$3.00. Lunch is \$6.00 for those under the age of 60. 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 925-646-2598. Every year on July 1 a new *NAPIS form* will need to be filled out to receive meals. See Café Staff or website for forms.

### 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 at times, are the only person the seniors they serve see all day. They make every effort 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, any many other small repairs.

**Call: 888-204-5573**

## RESOURCES AND SERVICES

### Community Produce Program (Martinez Residents Only)

Fri	May 10 & 24	12:00 pm-1:00 pm
Fri	June 14 & 28	12:00 pm-1:00 pm

1301 Alhambra Avenue OR 205 Vista Way

Free

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 (Martinez Residents Only)

Thurs	May 2 & 16	9:00 am-10:00 am
Thurs	June 6 & 20	9:00 am-10:00 am

Teamsters' Parking Lot

Free

For low income seniors 55 years and older, who live in Martinez, Individuals receive bags of food each month (1st & 3rd Thursday). Only 1 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 of Contra Costa Senior Meals

Every Sat and Sun	11:30 am-12:00 pm
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Senior Center Parking Lot

Free

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, please call the office at 925-370-8770.

### **NEW! Care Management Consultant**

Thurs	May 2 & June 6	10:00am-12:00pm
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Conf. Room

Free

Our Care Manager is available to assist seniors in making important decisions regarding nursing homes or privately owned independent living facilities. They can also provide valuable advice on how to avoid scams and fraud, ensuring the safety and well-being of our members. The Care Manager offers support, resources, and guidance to help seniors maintain their independence, dignity, and overall well-being. They work closely with seniors, their families, and healthcare providers to create a nurturing and supportive environment. To schedule an appointment, please call the front desk at 925-370-8770.

**Provided by: Aged to Perfection, Tesi (TC) O'Brien**

# RESOURCES AND SERVICES

## Senior Peer Counseling

Wed	May 1 & 15	9:30 am-11:30 am
Wed	June 5 & 19	9:30 am-11:30 am

As we get older, sometimes a little help means a lot. If you are 55 or older and facing challenges that are difficult to cope with alone, our Senior Peer Counseling program can help. Participants connect with fellow seniors who are trained to provide assistance and support with challenges such as depression, fear, loneliness, the loss of a loved one, health changes, or isolation. Senior Peer Counseling is available in both English and Spanish. Services are free and confidential.

Please contact Abraham Aviles-Scott, LMFT at (925) 408-7080 or email [abran.aviles-scott@cchealth.org](mailto:abran.aviles-scott@cchealth.org) to make an appointment.

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

Tue	May 14 & 28	9:00 am-12:00 pm
Tue	June 11 & 25	9:00 am-12:00 pm

Conf. Room Free  
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.

## Dementia Family Caregiver Support Group

Tues	May 21 & June 18	2:30 pm-4:00 pm
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Lounge Free  
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.

## Contra Costa Senior Legal Services: Free Wills Clinic

Thurs	May 30	2:00 pm—4:00 pm
Thurs	June 27	2:00 pm—4:00 pm

Conf. Room Free  
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 925-370-8770.

# TRANSPORTATION

## County Connection

County Connection will be visiting the Senior Center parking lot the third Monday of every month from 10am—12pm. 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 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 and an application, please call the County Connection at (925) 938-7433 for this service.

## ADA Paratransit (County Connection LINK)

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.

## 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.

MAY 2024



CALL 925-646-2598 BY NOON  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE TO RESERVE A MEAL!

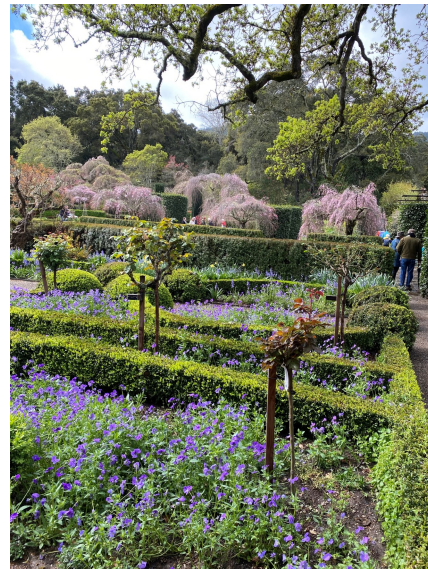
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>5/1</b> Salisbury Steak w/Onion Gravy C Cheesy Mashed Potatoes C Broccoli & Cauliflower Tossed Salad w/Dressing Seasonal Fresh Fruit	<b>5/2</b> Turkey Bolognese over Spaghetti w/Parmesan Cheese C Brussels Sprouts Marinated Beets & Onions Juice Pudding	<b>5/3</b> <b>CINCO DE MAYO</b> Fish Taco w/Salsa & Sour Cream Pozole Soup <u>Peas &amp; Carrots</u> C Cilantro Coleslaw Tortilla C Tropical Fruit
<b>5/6</b> Cheese Omelet w/Shredded Cheddar and Salsa Turkey Sausage Red Potatoes <u>Bean Medley</u> Blueberry Muffin C Fresh Orange	<b>5/7</b> Breaded Fish Sandwich w/Cheese and Tartar Sauce Potato Leek Soup C Fiesta Vegetables <u>Carrot Raisin Salad</u> Whole Wheat Bun Mixed Fruit	<b>5/8</b> Turkey Enchilada Casserole w/Salsa Mexicali Corn Pinto Beans C Citrus Fruit Cookie	<b>5/9</b> Kalua Pork over Brown Rice Egg Drop Soup C Pineapple Coleslaw <u>Mixed Vegetables</u> Seasonal Fresh Fruit	<b>5/10</b> <b>MOTHERS DAY</b> Chicken Cordon Bleu C Whipped Potatoes <u>Italian Vegetables</u> Roll w/Butter Juice Carrot Raisin Cake
<b>5/13</b> Fish Vera Cruz Minestrone Soup C Fiesta Vegetables Rice Pilaf Seasonal Fresh Fruit	<b>5/14</b> Turkey Shepherd's Pie C w/Mashed Potatoes Tossed Salad w/Dressing Whole Wheat Roll w/Butter Sliced Peaches	<b>5/15</b> Mozzarella Chicken Whole Grain Spaghetti w/Marinara Sauce <u>Scandinavian Vegetables</u> C Juice Brownie	<b>5/16</b> Swedish Meatballs Whole Grain Herb Pasta <u>Spinach</u> Whole Wheat Roll w/Butter C Mandarin Oranges	<b>5/17</b> BBQ Pork Sandwich on Soft Roll C Creamy Coleslaw w/ <u>Carrots</u> Baked Beans Seasonal Fresh Fruit Sherbet
<b>5/20</b> Turkey Tetrazzini Lentil Soup Stewed Tomatoes C Citrus Fruit Ice Cream	<b>5/21</b> Pork Piccata <u>Carrots</u> Green Beans Brown Rice C Mandarin Oranges	<b>5/22</b> + Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Split Pea Soup Whole Wheat Roll w/Butter C Tropical Fruit	<b>5/23</b> Chicken Marsala C Mashed Potatoes <u>Italian Vegetables</u> Whole Wheat Roll w/Butter Gelatin w/Pears	<b>5/24</b> <b>MEMORIAL DAY</b> Cheeseburger w/Lettuce, Tomato, Onion, Mayo, Mustard, Ketchup Potato Wedges <u>Spinach Salad</u> w/Dressing C Seasonal Fresh Berries
<b>5/27</b> <b>MEMORIAL DAY HOLIDAY</b>	<b>5/28</b> BBQ Chicken Thigh Potato Salad Baked Beans <u>Mixed Vegetables</u> C Fresh Orange Cookie	<b>5/29</b> Pork Fried Rice Asian Vegetable Soup C Cauliflower Juice Ice Cream	<b>5/30</b> Turkey Dinner w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	<b>5/31</b> Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on WW Bread Tomato Basil Soup 3 Bean Salad w/ <u>Carrots</u> C Mandarin Oranges

For the vegetarian menu, check the Café. May Salad choice is: Beef Taco Salad. For the June menu, check back with the front office after June 20.



## PICTURES

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## INCLUSIVE RECREATION

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### **Inclusive Recreation Dance**

**Friday, May 17, 7pm-9pm | \$8/person**

This dance is open to all adults with disabilities over the age of 18. Cost is \$8 per person and can be paid at the door, caregivers are free. DJ Rhythm Masters will be performing and there will be light snacks.



### **Inclusive Recreation Game Night**

**Multiple dates, 4pm-6pm | \$5 per person**

In partnership with the City of Concord, once a month we will be offering a Movie and Game Night from 4pm-6pm for Adults with Disabilities.

Caregivers can join for free. If the location is Martinez, then it will take place at the Martinez Senior Center at 818 Green Street. If the location is Concord, then it will take place at the Concord Senior Center at 2727 Parkside Circle.

Thursday, May 9—Martinez Senior Center  
Thursday, June 20—Concord Senior Center  
Thursday, July 25—Martinez Senior Center  
Thursday, August 15—Concord Senior Center  
Thursday, September 26—Martinez Senior Center





Martinez Senior  
Community Center

818 Green Street  
Martinez, CA 94553

## "TIME VALUE" DATED MATERIAL

CURRENT RESIDENT or

PRSRT STD  
US POSTAGE  
PAID  
MARTINEZ, CA  
94553  
PERMIT NO. 55

## RECREATION

### Rankin Aquatic Center Summer Programs

100 Buckley Street

#### **Aqua Fit | Mondays & Thursdays | 5:15pm-6:00pm**

Session 1: July 1-August 1 \*no class on July 4 | Fee: \$80 R / \$85 NR

Session 2: August 5-August 29 | Fee: \$64 R / \$69 NR



Join Julie on Mondays and Thursdays from 5:15pm-6:00pm with a 15 minute coaching after if you have any questions. The 45 minute classes offer water movement, HIIT segments, balance and aqua wellness. Enjoy great music and the multi fitness levels. All classes are for all levels of fitness both shallow and deep water.

#### **Aqua Zumba | Tuesday & Wednesdays | 5:15pm-6:05pm**

Session 1: July 2-July 31 | Fee: \$100 R / \$105 NR

Session 2: August 6-August 28 | Fee: \$80 R / \$85NR

Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional Aqua fitness disciplines, Aqua Zumba blends it all together in a safe, challenging, water-based workout that is cardio conditioning, body-toning and exhilarating.



#### **Lap Swim June 10—October 25**

Fees: Ages 16-17 \$5 | 18-54 \$7 | 55+ \$6  
Monday-Friday 10:45am-12:45pm & 5:30pm-8:30pm  
Saturday & Sunday 9:00am-11:30am

#### **Recreation Swim June 15—September 1**

Fees: Ages 0-2 Free | 3-17 \$5 | 18-54 \$7 | 55+ \$6  
Weekdays 1:00pm-5:00pm  
Weekends 12:00pm-5:00pm