

Senior Citizen's Club of Martinez

Golden Times Bulletin

JULY & AUGUST 2024



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.



GREETINGS FROM CLUB PRESIDENT, SHELLEY PIGHIN

Welcome to July! Yes, it's summer and time to get out and enjoy the sunshine. Speaking of sunshine, we will be walking in the 4th of July parade at 10:00AM. Dust off your red, white and blue bling and sign up at the desk to join us. You can also catch the fireworks at the marina on the 4th. If you are looking for things to do, there is a new Introduction to Mahjongg class on Tuesdays. Also a new Fit with Bands class on Mondays and a Sitting Fit on Thursdays. I tried the Fit with Bands demo class and it's a workout! And, good news, the Young at Heart Strength Training class on Thursdays has been extended through September. Don't forget to check out the day trips too. There's a lot happening at the Center. Hope to see you there!

SENIOR CITIZEN'S CLUB OF MARTINEZ

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.

Monday, July 1 & Monday, August 5 at 10:00am

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

**THE SENIOR CENTER WILL BE CLOSED
ON JULY 2, 4 & 5 FOR HOLIDAYS**

IN THIS ISSUE...

Special Events.....	2-3
Fitness Classes.....	4
Creative Arts.....	5
Special Interest.....	6
Trips.....	7
Resources & Services.....	8-9
July Cafe Costa Menu.....	10
Miscellaneous.....	11
Recreation.....	12

SPECIAL EVENTS

NEW NAPIS FORMS

STARTING JULY 1

Every year on July 1, all participants of our Cafe Costa program are required to re-fill a NAPIS intake form. This form qualifies the program for various grants which subsidizes meal costs. You can find the 2024-2025 forms in the Cafe or at the front desk. We appreciate you taking the time to fill it out.

SUMMER SOCIAL

MONDAY, AUGUST 12, 3:30PM-5:00PM | \$5

SPONSORED BY: THE KENSINGTON & LOAVES & FISHES

Get out of the house and enjoy the Summer season with your friends at the Senior Center! We will have light refreshments, music playing in the background, and a fun activity planned in theme.

Sign up at the front desk, limited spots available!

August 12: Luau! Dress up in your best luau attire and enjoy the Aloha lifestyle for an afternoon. Enjoy smoked hulu hulu chicken, macaroni salad, fruit, a craft, and music.

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 to represent Martinez Seniors, sign up at the front desk by Tuesday, July 2. Don't forget to wear your red, white and blue!



THE LOST MARBLES IMPROV PERFORMANCES

FRIDAY, JULY 12 & AUGUST 9, 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 Cafe Costa lunch.

NEW! 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 mahjongg player as she takes you through the whole game in a slow environment with others looking to learn as well.

No meeting July 30, August 20, or 27.

PROTECT YOURSELF AGAINST SCAMS WORKSHOP

PRESENTED BY: CONTRA COSTA SENIOR LEGAL SERVICES

TUESDAY, JULY 30, 10:30AM-11:30AM

This free, 1-hour program will give you the tools and tips you need to spot scams and stop them before they start. We all get scam phone calls every day, but seniors are especially targeted by many scammers. This information can help not only you, but also your friends and family members. You will learn: How to be a scam spotting expert, the difference between scams, fraud, and identity theft, how to protect your hard-earned money from scams, and where to report scammers. Sign up by calling the front desk by Monday, July 29 at noon.

SPECIAL EVENTS



NATIONAL NIGHT OUT

TUESDAY, AUGUST 6, 6:00PM-9:00PM

WATERFRONT PARK

National Night Out is an annual community-building campaign to promote police-community partnerships and neighborhood camaraderie. Go down to Waterfront Park to check out all the vendor booths, food trucks, live music, and to support your local law enforcement!

WHERE TO CALL HOME AFTER 65?

SENSATIONAL SENIORS WORKSHOP

FRIDAY, AUGUST 9, 10:30AM-11:30AM

For many individuals, the question of where to call home as we age becomes a pivotal decision, one that encompasses not only comfort and security but also factors in health, social connections, and overall well-being. This seminar will explore the various options for homes in retirement, as well as senior living types explained. Sign up for this presentation by Wednesday, August 7 by calling the front desk.

NATIONAL MAHJONG DAY

MONDAY, AUGUST 5, 1:00PM-3:00PM

Celebrate National Mahjong Day at the Martinez Senior Center. This holiday is typically celebrated on August 1 but we encourage participants to join with our regular pick up game. National Mahjong Day is celebrated to raise awareness of the game and how it's played. It is a tile-based strategy game that originated in China in the 19th century and became popular in the United States in the 1920s.

AGING IN PLACE

AMP REAL ESTATE AND STAGING &

ANNA KUSSMAUL OF STONECASTLE MORTGAGE

TUESDAY, AUGUST 20, 10:30AM

Does it make sense and how to afford aging in place. We will talk about Home Equity Conversion Mortgages that help seniors qualify for care using the equity in their home on a fixed income. We'll cover downsizing and whether it makes sense to stay in your home as you age. We will also discuss capital gains and other taxes that will play a part if you downsize. Participants will receive a sweet treat for attending. Sign up at the front desk by Friday, August 16 for this informational presentation.

AARP SMART DRIVER FUNDAMENTALS COURSE

SEPTEMBER 6 & 13, 2024, 10:00AM-2:30PM

\$20 FOR AARP MEMBERS | \$25 FOR NON-MEMBERS

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. No drop-ins will be admitted the day of class! All participants must attend both class dates.

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

HOLIDAY BOUTIQUE VENDORS

FRIDAY, NOVEMBER 22, 10:00AM-7:00PM

\$50

It may seem early, but it's that time! We are now accepting applications to be a vendor at our 2024 Holiday Boutique. The Holiday Boutique is an excellent place for local crafts people to display and sell their products. Please note all money and tax are the sole responsibility of the vendor. All vendors will receive a 6' x 2' table and 2 chairs. Sign up online or visit the front desk, limited spots available!



FITNESS CLASSES

JAZZERCISE

MON, WED, FRI JULY 1-31 8:30AM-9:15AM
MON, WED, FRI AUGUST 2-30 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 and flexibility, and help you feel stronger. *No class July 5 or August 19.* Instructor: K Daly

ZUMBA

JULY 2, 3, 9, 11, 16, 18, 23 & 25 6:00PM-7:00PM
AUGUST 20, 22, 27, 29 6:00PM-7:00PM
July: \$64 | August: \$32

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. 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 food 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! *No Class July 3.* 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.* Meeting ID: 815 6381 8150 Password: 542487
Instructor: Dolores White

YOUNG AT HEART STRENGTH TRAINING

MON/THURS JULY 1-29 10:00AM-11:00AM
THURS AUGUST 1-29 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.

For the month of July, class will run on both Mondays and Thursdays, with no class on July 4.

Instructor: Meals on Wheels Diablo Region

TONE AND MOBILITY (CHAIR YOGA)

MON ONGOING 9:30AM-10:30AM
Room 3 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, improve balance, providing a mood boost, and helps with chronic conditions.

Instructor: Linda Burkard, Certified Yoga Therapist

WALK, TALK, AND COFFEE CLUB

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

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 July 5.

NEW! SITTING FIT 50+

THURSDAYS AUGUST 8-29 3:30PM-4:00PM
Room 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. Sign up for the whole session or drop in and pay \$10 per class.

Instructor: Luana Nietschy

NEW! FIT WITH BANDS 18+

MONDAYS AUGUST 5-26 4:30PM-5:30PM
Room 2 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. Sign up for the whole session or drop in and pay \$10 per class.

Instructor: Luana Nietschy

CREATIVE ARTS

BEADING 101

MONDAYS JULY 1, 8, 15, 29 & AUGUST 19, 26
ROOMS 2,3 1:00PM-4:00PM **COST: \$50**
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

TUESDAYS JULY 9-AUGUST 27 **9:00AM-3:00PM**
Rooms 2, 3 **Cost: \$48**
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

WEDNESDAYS **ONGOING** **1:00PM-4:00PM**
Rooms 1 & 2 **Free**
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**

CRAFT GROUP

1ST & 3RD WED **JULY 3 & 17** **12:30PM-2:30PM**
Room 3 **August 7 & 21** **Free**
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)

THURSDAYS **ONGOING** **8:30AM-10:00AM**
Room 3 **\$32 Annually/\$4 Monthly**
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

THURSDAYS **JULY 11, 18, 25 & AUGUST 15, 22, 29**
Room 3 **12:00pm-3:00pm** **Free**
Bring your own watercolor materials. Call front desk for material list. **Instructor: Maren Sampson**

UKULELE JAM CLUB

FRIDAYS **ONGOING** **1:00PM-2:30PM**
Room 1 **Free**
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

TUESDAYS **JULY 16** **10:00AM-11:30AM**
Lounge **August 6** **Free**
Join the Memoir Writing Group, where you will normally meet the first & third 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. *Please note: the lounge is a shared space with other user groups. No meeting August 20.*

COLORING CLUB

THURSDAYS **ONGOING** **10:30AM-11:30AM**
Lounge **Free**
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 www.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: Visit the front desk during business hours with cash, check, or credit card (3% fee).

Refund Policy

Full Refunds, minus \$10 administration fee, will be given if requested prior to the start of the class. Refunds will not be issues 3 calendar days or less before start of class. Session classes are not prorated. No refunds are given if you miss a class.

SPECIAL INTEREST

MAHJONG

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.

NEW! 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.

No meeting July 30, August 20, or 27.

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.

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.

EXTENDED TRIPS

NEW YORK CITY & HUDSON RIVER VALLEY (7 DAYS)

SEPTEMBER 20, 2024

\$3949PP DOUBLE

This 7 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 8 meals, a tour director, and an itinerary with the following: New York City Tour, Statue of Liberty & Ellis Island, 9/11 Memorial, Broadway Show, One World Trade Center, Rockefeller Center, Times Square & Central Park, Maple Syrup Farm, Hudson River Cruise, and more! Contact Premier World Discovery to register by calling 877-953-8687 or visit res.premierworlddiscovery.com. Let them know you are booking with Martinez Seniors! **Booking Code: 172149.**

HISTORIC SAVANNAH & CHARLESTON (7 DAYS)

MARCH 29, 2025

\$3799PP DOUBLE

This 7 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 9 meals, a tour director, and an itinerary with the following: 2 nights in Charleston, 2 nights in Savannah, 2 nights in Jekyll Island Club, City tours, Beaufort Carriage Ride, St. Simons Island, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit res.premierworlddiscovery.com. Let them know you are booking with Martinez Seniors! **Booking Code: 187273.**

CHRISTMAS IN MONTREAL & QUEBEC CITY (6 DAYS)

DECEMBER 4, 2024

\$3099PP DOUBLE

This 6 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 7 meals, a tour director, and an itinerary including the following: Montreal City Tour, Underground City, Notre Dame Cathedral, Quebec City Tour, Montmorency Falls, Christmas Market, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit res.premierworlddiscovery.com. Let them know you are booking with Martinez Seniors! **Booking Code: 172151.**

CAPE COD & THE ISLANDS (7 DAYS)

SEPTEMBER 6, 2025

\$3475PP DOUBLE

This 7 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 9 meals, a tour director, and an itinerary with the following: 5 nights in Cape Cod, 1 night in Boston, Boston City Tour, Martha's Vineyard Tour, Nantucket Island visit, Mayflower II, Plymouth Rock, Provincetown, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit res.premierworlddiscovery.com. Let them know you are booking with Martinez Seniors! **Booking Code: 187270.**

DAY TRIPS

SF GIANTS GAME VS ATLANTA BRAVES

WEDNESDAY, AUGUST 14, 2024 AT 6:45PM

\$30

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. **SOLD OUT! Call to join waiting list!**

CAMP CONCORD IN SOUTH LAKE TAHOE

SEPTEMBER 3-6, 2024

\$375 M | \$400NM

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 M | \$168 NM

We are partnering with the City of Concord Senior Center for this exciting excursion. Depart Safeway in Martinez at 10:15am and arrive to Orpheum Theater in San Francisco by noon. The show will begin at 1:00pm, there is no food included on this trip so please plan accordingly, the theater sells snacks and beverages. We will depart the theater at 5:15pm and should arrive back in Martinez around 6:15pm. There are very limited seats available so sign up as soon as possible. You can pay by cash or check made payable to City of Martinez. Sign up for members open June 17 and non-members June 27.

SKY RIVER CASINO

THURSDAY, NOVEMBER 7, 2024

\$50

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 July 2 | Non-Members July 9

HOLIDAY SWEETS & GOODIES

THURSDAY, DECEMBER 5, 2024 | \$105

Embark from Safeway at 7:15am for a visit to Sciabica's California Olive Oil for a tasting and shopping experience. Next, head to Hilmar Cheese Factory for a guided tour and witness the cheese-making process. Indulge in a hosted lunch featuring cheese chowder, pasta salad, and a choice of roast turkey and Monterey Jack cheese sandwich or honey ham and cheddar sandwich. The final destination is Duarte Nursery, the largest permanent crop nursery, offering a guided tour. This family-owned nursery grows over 30 varieties of Poinsettias on-site in a myriad of colors for you to select. Don't miss the opportunity to purchase your own Poinsettia! Reserve your spot at the front desk by paying in cash or a check made out to the City of Martinez. Member sign-ups start on August 6, while non-members can sign up from August 13.



Registration is done in person at the front desk. If you have any questions please call 925-370-8770 or email martinezseniors@cityofmartinez.org. All day trips unless otherwise noted 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.*

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 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.

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

COMMUNITY PRODUCE PROGRAM

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

JULY 12 & 26, AUGUST 9 & 23

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

THURS JULY 11 & 18, AUGUST 1 & 15
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 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 SENIOR MEALS

SAT & SUN 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 925-370-8770.

NEW! CARE MANAGEMENT CONSULTANT

THURS JULY 11 & AUGUST 1 10:00AM-12:00PM

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 925-370-8770.

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

SERVICES

SENIOR PEER COUNSELING

WEDNESDAYS JULY 3, 17 & AUGUST 7, 21

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. Counseling is available in both English and Spanish. Services are free and confidential. Please contact Abraham Aviles-Scott, LMFT at (925) 408-7080 to make an appointment.

HEALTH INSURANCE COUNSELING (HICAP)

TUESDAYS JULY 9, 23 & AUGUST 13 & 27

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

TUESDAYS JULY 16 & AUGUST 20
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

TUESDAYS JULY 25 & AUGUST 29
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 925-370-8770.

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 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 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 or call 925-295-1490.

CAFE COSTA

JULY 2024



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

MONDAY	TUESDAY 7/2	WEDNESDAY	THURSDAY	FRIDAY
7/1 + Hot Dog w/Cheese, Onions, Ketchup, and Mustard Potato Salad 3 Bean Salad w/Carrots Whole Grain Bun C Fresh Orange	MARTINEZ CAFÉ CLOSED	7/3 Creamy Mushroom Chicken Cream of Broccoli Soup C Mashed Potatoes Stewed Tomatoes Roll w/Butter Seasonal Fresh Fruit	7/4 INDEPENDENCE DAY HOLIDAY	7/5 MARTINEZ CAFÉ CLOSED
7/8 Tuna Salad Sandwich w/Lettuce, Tomato, Onion on WW Bread Tomato Basil Soup C Coleslaw w/Carrots Seasonal Fresh Fruit	7/9 Turkey Tetrazzini Stewed Tomatoes Italian Vegetables C Vegetables Tropical Fruit Ice Cream	7/10 Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes C Brussels Sprouts Whole Wheat Roll w/Butter <u>Apricots</u>	7/11 Spaghetti w/Meatballs w/Parmesan Cheese C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	7/12 Orange Glazed Chicken Asian Cabbage Soup <u>Peas & Carrots</u> Brown Rice C Juice Sherbet
7/15 Roasted Chicken w/Gravy C Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter C Juice Cookie	7/16 Seafood Louie Salad over Mixed Greens w/1000 Island Dressing Cannellini Bean Soup Whole Wheat Roll w/Butter C Mandarin Oranges	7/17 Cheesy Lasagna Roll Ups w/Marinara Sauce Minestrone Soup C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	7/18 Sweet & Sour Pork Brown Rice Green Beans Carrot Raisin Salad C Citrus Fruit Fortune Cookie	7/19 Turkey Divan Buttered Noodles Scandinavian Vegetables C Cauliflower Seasonal Fresh Fruit
7/22 Baked Tilapia w/Creamy Florentine Sauce C Broccoli & Cauliflower Carrots Brown Rice Seasonal Fresh Fruit	7/23 Sesame Pork Asian Noodle Soup C Cabbage Confetti Brown Rice Seasonal Fresh Fruit Pudding	7/24 Salisbury Steak w/Gravy C Mashed Potatoes <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter Fruited Gelatin	7/25 + Turkey & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard on Whole Wheat Bread Hearty Vegetable Soup Marinated Beets & Onions C Tropical Fruit	7/26 Chicken Piccata Whole Grain Garlic Pasta <u>Italian Vegetables</u> Tossed Salad w/Dressing C Fresh Orange
7/29 Beef Fajitas w/Peppers & Onions Pinto Beans Spanish Brown Rice C Mandarin Oranges Cookie	7/30 Chicken Cacciatore over Whole Grain Rotini C Spinach California Vegetables Seasonal Fresh Fruit	7/31 Turkey Enchilada Casserole w/Salsa Mexicali Corn C Cilantro Coleslaw w/Carrots Seasonal Fresh Fruit Brownie		

The July Salad option is Italian salad with salami, pepperoncini, olives, and cheese. For the vegetarian menu, check the café. For the August menu, check back with the front office after July 20.

INCLUSIVE RECREATION

INCLUSIVE RECREATION DANCE

FRIDAY, SEPTEMBER 13, 2024

7:00PM-9:00PM

ROOMS 1, 2, 3

COST: \$8

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

4:00PM-6:00PM

COST: \$5

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, July 25—Martinez Senior Center

Thursday, August 15—Concord Senior Center

Thursday, September 26—Martinez Senior Center

RECREATION

CITY OF MARTINEZ COMMUNITY & RECREATION SERVICES

MOVIES IN THE PARK

NANCY BOYD PARK

ADMISSION IS FREE TO THE PUBLIC. MOVIES START AT DUSK. BRING YOUR OWN BLANKET AND CHAIR. CONCESSIONS WILL BE AVAILABLE OR BRING YOUR OWN SNACKS (NO ALCOHOL). ADDITIONAL INFORMATION WILL BE ANNOUNCED ON OUR SOCIAL MEDIA.

Saturday, June 29, 2024
Million Dollar Arm (PG)
Runtime: 124 minutes

Saturday, July 27, 2024
Encanto (PG)
Runtime: 99 minutes

Saturday, August 24, 2024
The Super Mario Bros Movie (PG)
Runtime: 92 minutes

A vertical strip of three movie posters: 'Million Dollar Arm', 'Encanto', and 'The Super Mario Bros Movie'. At the bottom right of the poster is a film reel icon.

CITY OF MARTINEZ

4th of July FIREWORK SHOW

Thursday, July 4, 2024 at 9:00PM
(weather permitting)
Martinez Shoreline

A large image of colorful fireworks exploding in the night sky. The colors include red, green, blue, yellow, and purple. The background is dark with some city lights visible at the bottom.

 

