

Brentwood Senior Activity Center Resources

UP-TO-DATE FOOD SERVICE INFORMATION

C.C. CAFÉ (AGES 60+)

The lunch program now consists of distributing seven frozen meals to seniors enrolled in the program.

- Those interested in participating in the Senior Lunch Program must sign-up by 12:30pm every Monday.
- Distribution of meals will take place on Tuesdays.
- Seniors can request food delivery or can choose to do curbside pick-up.
- Pick-up time 10:00 - 11:00am
- Once enrolled, those continuing the lunch program will be required to notify staff whether or not they will be picking up lunch the following week.
- To register or to place your meal order please call (925) 516-5398

CONTRA COSTA & SOLANO FOOD BANK

"Brown Bag" Food program is working to assist those struggling during the Coronavirus pandemic and have made program changes to accommodate Social Distancing.

- Our food distribution will be done via a drive through process, until further notice.
- All volunteers will be gloved when packing and distributing bags.
- To accommodate social distancing and the increased volume of clients, the program will be operating out of the Brentwood Senior Center Parking Lot, 193 Griffith Lane, every second and fourth Thursday of the month between 10:00 - 11:00am (while supplies last).
- If you are interested in enrolling in to this program or need your Brown Bag delivered to your home please call (925) 679-4701.

MEALS ON WHEELS OF DIABLO REGION

This program delivers meals to seniors (60 years+) who are homebound, no longer driving, unable to prepare food themselves or do not have a caregiver that prepares meals. Meals are provided based on need and are not based on income.

Visit www.mowdiableregion.org/delivered-meals or call (925) 937-8311.

If you are a senior in need of any additional resources please contact the Brentwood Parks and Recreation Department, the Brentwood Senior Activity Center at (925) 516-5380 or BrentwoodStrong.com.

Many Grocery Stores and Pharmacies now have "senior only" hours to allow the more vulnerable population to shop with less exposure to the general public.

Following are the hours for seniors only:

COSTCO

Tuesday/Thursday Mornings, 8:00am-9:00am

CVS

Free pharmacy delivery (1-2 day) with CVS app. (Narcotics and Insulin delivery not available.)

DOLLAR GENERAL

Daily 8:00am-9:00am

SAFeway

Tuesday/Thursday Mornings, 6:00am-9:00am

TARGET

Wednesdays, 8:00am-9:00am

TRADER JOES

Senior Priority Entrance Line- Daily at 9:00am

WALGREENS

Tuesdays, 8:00am-9:00am

WALMART

Tuesdays (prior to store opening), 6:00am-7:00am

BRENTWOODSTRONG.COM

BrentwoodStrong.com is a grassroots effort to help our most vulnerable during the COVID-19 health crisis. We are a community collaboration of PEOPLE HELPING PEOPLE and are not limited to Brentwood, but to all of East County.

If you NEED HELP or supplies, we are here to help and will connect you with a trusted person to assist.

Visit the website, call or email:

T: 925-513-0000

E: Help@BrentwoodStrong.com

CONTRA COSTA COUNTY CRISIS CENTER - 24 HOURS A DAY

If you are experiencing a crisis, Contra Costa County Crisis Center can help.

Dial 2-1-1 from any phone to be connected immediately or dial directly (800) 833-2900.



Stay POSITIVE & FIT

THE POWER OF LAUGHTER

Laughter is an intrinsic part of life. It often happens spontaneously and unconsciously. Whether you're howling with laughter or giggling quietly, laughter does you good. *Sometimes laughter is the best medicine!*

The benefits of laughter extend far beyond making you feel happier in the moment. Laughter is known to reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure and improve alertness and creativity.

Ideas to help you get your daily dose of laughter:

- Read riddle books and tell jokes
- Sing happy songs or practice tongue twisters
- Watch laughter videos on YouTube
- Play silly games like Charades or Would You Rather
- Facetime a friend or family member and remind them of a funny time you shared together or ask them to share their signature dance move.
- Call a friend and ask a question like "What's the most embarrassing thing that ever happened to you?", "What's a holiday that doesn't exist that you'd like to create?" or "What's the craziest thing you've done?"



EXERCISE YOUR BRAIN TOO

- Take advantage of Brentwood's Virtual Library. The library has tons of free eBooks, music, magazines, newspapers, TV shows and Movies ready for your enjoyment.
- Covia Well Connected program is available to all seniors in your community who are having to stay at home and/or having to limit their in-person interactions for safety reasons and still want to be connected. This program offers activities for older adults in Spanish and English for them to access from HOME via phone or computer. Visit www.covia.org.

REMAIN FIT WHILE SHELTERING AT HOME

Even though you may not be able to attend your favorite exercise class or go dancing there are many things you can do to keep fit at home.

- Stay flexible. Try stretching for at least 15 minutes a day.
- Chair exercises are a low impact way of maintaining strength and stretching.
- Get fresh air by walking a pet or strolling around the neighborhood. Remember to practice social distancing when encountering others.
- Watch YouTube fitness videos. Search topics like "senior exercise", "easy zumba" or "yoga for older adults."

STAY CONNECTED

Although we're all social distancing physically, as humans we need to stay connected emotionally. Try one or two of these out every day.

- Call a friend or relative you haven't spoken to in a while to check in.
- Write a good old-fashioned letter.
- FaceTime kids and grandkids.
- Many restaurants are still open for take-out or delivery orders. Support your favorite joints and order food for pick up or try out Doordash or UberEats and have it brought to you.
- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep. Make time to unwind.
- Talk with people you trust about your concerns and how you are feeling.
- Work on Mindfulness - Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Visit the [City of Brentwood-Local Government Facebook page](#) and look for [rec@home posts](#) for more activities and resources.