

# Brentwood SENIOR CITIZENS CLUB INC.



April–June 2021 News

Blossom by Blossom  
the Spring Begins



## BRENTWOOD SENIOR ACTIVITY CENTER

193 Griffith Lane, Brentwood, CA 94513  
(925) 516-5380

### Business Hours *(Closed until further notice)*

Monday – Thursday: 8:30 am – 4:00 pm  
Friday: 8:30 am – 3:00 pm

### Register for classes online at:

[www.brentwoodca.gov/onlineregistration](http://www.brentwoodca.gov/onlineregistration)

Use activity codes listed.

Call (925) 516-5444 for assistance.

Make checks payable to the City of Brentwood for all activities unless stated otherwise.

### Welcome

Our Senior Center encourages members to be active and youthful by participating in the various activities and events offered. There is always a friendly face to greet you. Once inside, join friends for a dance class or one of the many games. Express yourself in an art class, or maintain a healthy body, mind and spirit through exercise classes. This is the best meeting place for rewarding friendships, activities, trips, socials and endless possibilities. Your membership also offers ongoing resources, free services and referrals throughout the year.

### Senior Center City Staff

RECREATION SUPERVISOR

**Olivia Alvarez**

RECREATION COORDINATOR

**Amanda Chaney**

RECREATION LEADERS

**Yolanda Brown**

**Elenora Resare**

**Roy Schuler**

**Robbie Myers**

VOLUNTEER AMBASSADORS

**Rose Garcia**

**Carol McPherson**

**Kathi Croffoot**

**Maria Higueros**

**Kate Chard**



The Senior Center is a non-smoking environment. If you smoke, it must be in the designated smoking area 20 feet away from the building, to avoid smoke filtering back into the building.

### Even though the Senior Activity Center is CLOSED, don't forget to celebrate these upcoming holidays:

Volunteer Appreciation Month	Month of April
Easter	April 4
Older Americans Month	Month of May
Cinco de Mayo	May 5
Mother's Day	May 9
Father's Day	June 20



18 Oak St #1778, Brentwood, CA, 94513-8778

@Brentwood Senior Citizen's Club

### 2021 Senior Club Board

PRESIDENT

**Steve Bordi**

VICE PRESIDENT

**Richard Griek**

SECRETARY

**Charlotte Allison**

TREASURER

**Judy Griek**

FINANCIAL SECRETARY

**Pat Wilkins**

TRIP SECRETARY

**Paula Joyce**

MEMBERSHIP SECRETARY

**Eileen Wigton**

### Monthly Meetings

Even though the Activity Center is closed due to COVID-19, the regularly scheduled Monthly Board Meetings are still happening. The meeting is held the 2nd Tuesday of the month at 10:30am via Zoom.

Program Sub-Committee meetings usually happen the first Tuesday of each month from 9:00–11:00am in the classroom of the Brentwood Senior Activity Center. Those meetings have been postponed until the Activity Center is reopened. We invite you to join us when the Activity Center reopens and look forward to hearing your ideas and suggestions for the future.

### Use the Club's Mailing Address to:

- Send newsletter suggestions or a story for the Members' Corner.
- Request some sunshine for a member because of sickness, injury or hospitalization.
- Send your completed volunteer application.
- Request your newsletter delivery by email.



This newsletter is a member benefit and your Club absorbs the expense of graphic design, printing and mailing. **Help us reduce our costs and do your part in making our planet**

**more green**, by signing up to receive the newsletter via email. Money saved could be invested in more activities. When you fill out your membership renewal form, please make sure to check the correct box to receive your newsletter digitally.

## A NOTE FROM THE PRESIDENT

Dear Fellow Seniors,

Well its been about one year now since we were all "locked down" by Covid 19. At last, do I now see light at the end of the tunnel? I surely hope so!

We are all ready to get our lives back with some degree of normalcy. The vaccinations certainly seem to be pointing us in an optimistic direction. Let us all hope that this turns out to be true.

Now for some more optimistic news. I am pleased to announce that your Senior Citizens Club Board has appointed Jon Elam, former Brentwood City Manager in the late 1990's, to the position of Board Assistant. Jon is very insightful and knowledgeable about how governmental agencies function, both operationally and fiscally. He has already given us direction as we re-evaluate our policies moving into a post-covid future, most certainly full of changes.

Jon had already been instrumental in connecting us with a newly elected City Councilwoman, Susannah Meyer. Susannah has a real interest in the Senior population and has agreed to be our representative liaison to the Mayor and City Council. This is a very important and positive step for our Board to take. It will make for more effective interaction and communication between our Board, The Mayor, The City Council and the City Manager. Susannah met with the Board on February 16th, via zoom, and presented us with many good ideas for the future. With the good of the Seniors in mind, this will certainly improve our effectiveness in how we operate as an organization.

Jon and Susannah, to coin a Covid expression, you have been like a good "shot in the arm" for the Senior Citizens Board.

Thank you!

Steve Bordi,  
President



## MAKER'S MARKET COMING SOON

In addition to the Farmer's Market on Saturday, April 24, there will be a Maker's Market from 8:00am-noon. It will be located on Oak Street between the Farmer's Market and the library.

Watch for more information in your local news.

# Notes from Jon

The Board of Directors asked Jon Elam to join with the Board to provide support for work on special management projects and strategies relating to the Club's future. Jon is quite familiar with city government and the Brentwood community as a resident for the past 22 years and a former Brentwood City Manager. Jon and his wife Julie are members of the Senior Club. He has also been a Meals on Wheels driver for the past two years and Brown Bag volunteer where he developed a strong friendship with Senior Club Board members.

The Board first asked Jon to coordinate last fall's election for the Board of Directors. He enjoyed the contacts with members and the election went smoothly. Over the past few months he worked with the Board as the group reviewed its Memorandum of Understanding with the City of Brentwood, the document that helps govern the relationship between the Brentwood Senior Citizen's Club and the City for the Brentwood Senior Activity Center. While this helpful exercise has not required any changes, the updates for the Board have proven very helpful and gave the Board a greater appreciation of the nuances of that relationship to help with future planning.

The Board continues to hold regular monthly meetings and is monitoring closely all developments related to the potential reopening of the Senior Center, including new requirements that will come with staying safe in this Covid 19 world.

Recently the Board held a Zoom meeting with new Brentwood City Council member Susanna Meyer to explore possible new linkages with the City Council and the Council's goals. The Senior Board may seek City Council support to recognize May as Older American's Month. This could be an opportunity to celebrate the Club's successes and perhaps have an outdoor gathering.

Please remember to renew your membership in the Senior Citizen's Club. The Club will face new challenges with modifications to our classes and events like Bingo that will require additional resources to be in compliance with County and State health rules.

Finally the Senior Citizen's Club was pleased to learn that the City Council has hired an architectural firm to review the Seniors' space needs to see if there might be options to expand the building over the next several years. Stay tuned for more updates.

*Welcome life's changing winds,  
for change can be a miraculous gift.*

# April is Volunteer Appreciation Month

The Club would like to thank all of our volunteers, past and present, who give so much of their time and energy to making our events and celebrations special. We cannot wait until the center reopens and we can resume all of our amazing activities. Enjoy these words of wisdom we gathered to show our appreciation for our Volunteer VIPs.



No one is more cherished in this world than someone who lightens the burden of another. It's easy to make a buck. It's a lot tougher to make a difference. Volunteers do not necessarily have the time; they just have the heart. The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves. As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others. The best way to find yourself is to lose yourself in the service of others. Volunteers don't get paid, not because they're worthless, but because they're priceless. Remember that the happiest people are not those getting more, but those giving more. We make a living by what we get, but we make a life by what we give. Those who bring sunshine to the lives of others cannot keep it from themselves. Kindness, like a boomerang, always returns.

## ..... IN Remembrance .....



### RITA WALPOLE - A LIFE WELL LIVED

October 8 1917 ~ 2021  
103 Years Old

A long-time participant in the Brentwood Senior Activity Center, Rita Walpole, who died recently at the amazing age of 103, lived a long and happy life in Brentwood.

Outgoing, friendly and energetic, Rita was a cheerful participant in the center's weekly lunch gatherings and craft classes. She had lived locally with her son, Craig and his family, including grandchildren, for several years.

Her earlier years were spent in a convent, then she devoted her energies to caring for children at an orphanage. Rita worked for the USO and during the WWII era was a lively spirit at USO dances. She always spoke positively of others.

This friendly, feisty lady had a zest for life, and enjoyed swimming and exploring Yosemite National Park. Other favorite outings were cheering on the Raiders in football and the Giants, A's and Dodgers in baseball, as well as going to the movies. She had two grandchildren.

Rita will be missed by her friends at the Club.



## CC Café

We will deliver you a meal

Are you missing your friends at the CC Café? We miss you too! It's been a year since the senior center and the café closed down because of COVID-19. Even though you miss your friends and acquaintances, you don't need to miss getting a nutritious meal every day. We are still delivering frozen meals every Tuesday for your convenience, or you can pick your meals up. Effective Tuesday, February 2, 2021, in addition to 5 frozen meals you will also receive 2 fresh meals (refrigeration required) that can include a salad, a breakfast meal or a wrap. If you are already receiving meals, wonderful. If you would like to sign up for the program, simply call 925-516-5398, leave a message and you will get a call back. The suggested donation for each meal is \$3.00, making a total donation of \$21.00/week. If you are able to donate, you give the person delivering your food either cash or a check made out to CC Café.

I hope this finds all of you feeling good and staying safe in these very difficult times.

Donna Martin, CC Café Manager

# Out My Kitchen Window by Richard Griek

We have a cat. Or I should say a cat has us. We don't feed him. He has somebody else do that. Our name for him is "Fattycat". He comes around almost every day and hunts gophers. He stares at the ground, ready to pounce. Or he will lay somewhere in the front yard sunning himself. I don't mind the gophers as much as I would if I had a lawn. If they don't dig up something I'm attached to, their benefit outweighs the harm. They till and fertilize the soil and they attract cats. The cats keep the other little varmints away.

Gophers can be a problem. One of my duties at SFO was to oversee the Integrated Pest Management program (IPM). This entailed pest control in all the offices, terminals, landscaping, and the airfield. A couple million square feet of building space and 750 acres of land. Part of that program was Wildlife Threat Management (WTM). Threats to aircraft. Geese, eagles, vultures, hawks, pigeons, crows, blackbirds, coyotes, raccoons, foxes, cats, dogs, and gophers. Yes, gophers. The gophers live in the unpaved strips of land between the runways. At the airport all their natural predators are discouraged by WTM. They live in bliss, needing only to deal with the huge mowers a few times a year. They are mostly out of sight and out of mind.


One year it rained a lot. It rained for days. The runways are beautifully engineered to shed water into the adjacent open areas. The water poured off the runways into the gopher palaces, flooding their sanctuaries, forcing them to the surface and onto the only areas not flooded. The runways and taxiways. Thousands of gophers. Seven hundred acres of them. Imagine the pilot telling his passengers they are being diverted due to gophers.

This problem arose because of a basic tenet of IPM: Decide your tolerance level. For instance, a one-inch-tall weed is ok. A one-foot-tall weed is not. You choose your tolerance level somewhere in between. Until that rainy week, the gophers were not a problem. Then they were a big one. Another key part of IPM is that you use the minimal amount of effort and the method that is the least detrimental to the environment to maintain your tolerance level. For instance, you don't set fire to your vineyard to kill the weeds or put a stick of dynamite

down a gopher hole. So, we set our tolerance level for the gophers by assuming it was a static situation, that they would behave as they always had, and we put out extraordinarily little effort. We thought we were in control. Then we weren't. You might say nature fooled us, but we only fooled ourselves. We thought we could foresee any problem that might arise. We had a plan and an algorithm for action, but our tolerance level was too low, and our effort was ineffective.


As I look out my kitchen window and watch Fattycat stare at the gophers I know that this may not last. I know that the gophers are becoming more active. They will reproduce and run across the street to the neighbors and dig up their lawn. The neighbors won't be happy. I need to change my tolerance level. I need to increase my effort.

Sometimes in life things happen that we can't do anything about, and we accept them. Sometimes things happen that are unacceptable. A lot of things are happening in the world that need fixing. Very serious things. About all I can really do is try to figure out what to do about the gophers.






## COVID-19 Vaccine

COVID-19 Vaccine in Contra Costa County



### COVID-19 Vaccine in Contra Costa

-  Appointment required
  - Seniors and health workers are now eligible by state guidelines.
-  Residents 65+ eligible
  - Contra Costa residents who are 65 or older can receive a safe, effective, no-cost vaccine.
-  Thank you for your patience
  - Residents younger than 65 will have access to vaccine soon.

Details about who can make an appointment, facts about COVID-19 vaccine, and how to ask your healthcare provider for vaccine are available at [cchealth.org/coronavirus](https://cchealth.org/coronavirus).

If you are a Contra Costa resident who is 65 or older, call 1-833-829-2626 for an appointment, or make an appointment online at [cchealth.org/coronavirus](https://cchealth.org/coronavirus). The appointment line is open 8 a.m. – 8 p.m. daily.

01/26/21 [cchealth.org/coronavirus](https://cchealth.org/coronavirus)

MEMBERS *Out & About*

The Senior Activity Center is closed, but these active members are anything but "closed-in." Here are some of your friends "out & about" enjoying each other and the nice weather.



Mary out running errands



Guess who's having fun with camera filters?

Happy Birthday Janie



Ken & Linnea Jessup in their backyard enjoying spring flowers.

Member Pat visiting with grandson Riley



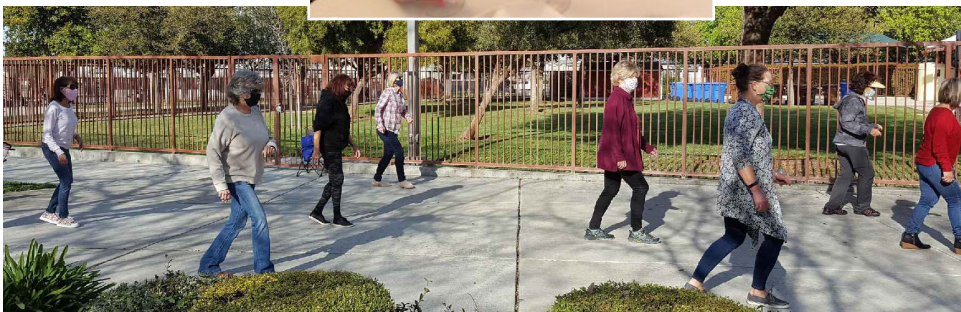
Dee Dee waiting patiently for a delivery



Diane and Von "Valentine Sweethearts."

Rain or shine the Bocce Ball players are ready to play.

Line dancers observing the social distancing rules while exercising and getting fresh air.



# Brown Bag Updates

Brown Bag serves Brentwood, Byron, Discovery Bay and Knightsen. Food distribution is held on the 2nd & 4th Thursday of the month from 10–11:00am. This program will continue to operate at the Brentwood Community Center until the end of April.

**In May, Brown Bag will be moved to a new distribution site. Call (925) 516-5444 for more information.**

## BETTER THAN EVER BECAUSE OF THE ADDITION OF SOME NEW VOLUNTEERS

Due to the chance of rain, the City of Brentwood has given us use of the Community Center on Oak Street, to assemble the bags that are given out to Brown Bag recipients. In addition, the staff has also helped get more volunteers since we are now putting together about 135 bags, 83 of which are being delivered to Brentwood seniors twice a month.

Among the new volunteers are Brian Wasem and Blythe Lind who are members of the Brentwood Strong group and four more men, Tim Gallegos, Billy Brown, Britt Parks, and a 4th relief volunteer from the American Legion group. All of the new volunteers along with the long time volunteers have made the process of getting the bags done and delivered much easier and delivered in record time. Thank you Pat Wilkins, Volunteer Coordinator!

## NOTHING LIKE A BOX OF CHOCOLATES

In preparation for the Feb. 11th Brown Bag, Olivia and Amanda coordinated a special treat for recipients. They added a heart shaped box of chocolates to each Brown Bag. Olivia and Amanda always go the extra mile to make special days for Seniors.

## EXPERIENCE THE JOY OF A BOOK OR MOVIE

Another special event was a team effort between the City staff, Olivia, Amanda and Friends of the Library. Olivia and Amanda provided books from the Senior Club library and the Friends of Brentwood Library donated a variety of DVDs.

On Brown Bag day, February 25th, each individual was offered a choice from a selection of DVD's and books to take home. We also sent books and DVD's to Sycamore and the Commons residents enrolled in the program. They were pleased and appreciative.



## SPRING IS IN THE AIR AND OUR MEMBERS ARE OUT AND ABOUT!

Many of us have been vaccinated so we venture out to enjoy sunny days and inspiring sunsets.

We are seen walking or riding bikes in our parks or neighborhoods; dining al fresco on our patios in our parks or at one of many local eateries.

It's great to be alive!

Although we do not yet have a date when many of our club activities will resume or when we will be allowed to gather at the Brentwood Senior Activity Center, be assured that your Club and Brentwood Parks and Recreation will provide that information to you. You will also receive information about renewing your club membership.

Meanwhile, let's stay active and engaged and let's look out for one another.

Eileen Wigton, *Membership Chair*

Vic McPherson cycling for fitness.



# Book Banter Group

Even though there are so many restrictions during the pandemic, one thing is for certain... you can always read. Reading gives you a chance to escape into another place and time, without leaving the safety of your most comfy chair. The Book Banter Group is not currently meeting in person, but friends and family can still chat about these best-sellers using FaceTime or Zoom. If hardback or paperback books are not available, download free eBooks thru the Brentwood Library site using "Libby" or purchase a digital copy for your reading tablet. Our suggestions are:

## LORD OF THE RINGS TRILOGY:

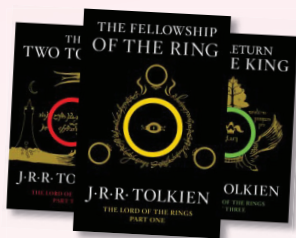
### The Fellowship of the Rings

### The Two Towers

### Return of the Ring

by J.R.R. Tolkien

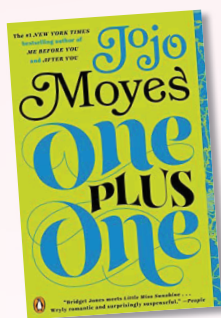
One Ring to rule them all,  
One Ring to find them,  
One Ring to bring them all  
and in the darkness bind them.



## One Plus One

by Jojo Moyes

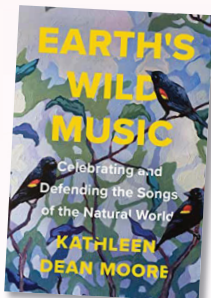
One single mom. One chaotic family.  
One quirky stranger. One irresistible  
love story from the New York Times  
bestselling author.



## Earth's Wild Music

by Kathlee Dean Moore

Moore is a fervent nature lover. In her non-fiction books she details the threat of a broader quiet across the planet if humanity fails to heed warnings about the extinction crisis and the environmental challenges before us. She writes about nature. A serious book but, its moral insights are occasionally leavened with humor.



If you are not sure what you would like to read next? Check out the FREE Goodreads app. You can browse for books by categories, authors and reader reviews. Don't need a bookcase, you can catalog by scanning a wish list. It's great that you can look back at what you have read. Best of all you can share your best recommendations with family and friends.

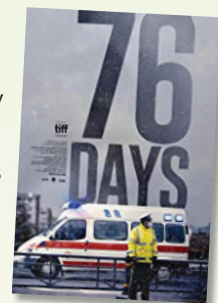
# Watch A Documentary

A Documentary is defined as a film or television program that is educational and tells a true story. We thought you might enjoy viewing a couple of award-winning documentaries. The first was recommended by a Club member.

## 76 Days

Directed by Weixi Chen, Hao Wu

Raw and intimate, this documentary captures the struggles of patients and frontline medical professionals battling the COVID-19 pandemic in Wuhan. This film is very current since it has been a year since we have been adapting to the Pandemic that has changed many areas of lifestyles and experiences. Certainly a sober documentary, it gives you historical information related to the beginnings of the Pandemic. On January 23, 2020, China locked down Wuhan, a city of 11 million, to combat the emerging outbreak. The film provides an unfiltered look at the terrifying early days of the disease, centering on the doctors and nurses trying to combat a new and deadly virus, as well as the patients who became critically ill and the people whose lives were impacted. 76 Days has 11 Best Documentary nominations and 3 wins.



## A Life on Our Planet

Directed by David Attenborough

One man has seen more of the natural world than any other. This unique feature documentary is his witness statement. In his 93 years, David Attenborough has visited every continent on the globe, exploring the wild places of our planet and documenting the living world in all its variety and wonder. Now, for the first time he reflects upon both the defining moments of his lifetime as a naturalist and the devastating changes he has seen. Produced by WWF and award-winning wildlife film-makers Silverback Films, *David Attenborough: A Life On Our Planet* is a first-hand account of humanity's impact on nature and a message of hope for future generations.





# Technology Help

## JOHN BROOKS, FRONTLINE TECH SERVICES

Seniors should have the opportunity to learn and embrace new technology even though they may not have had the experience of other generations. To take advantage of the great service call **925-420-0038** and select option 1. The representative will ask for you specific issue. If the call goes to voicemail, leave your name and number and they will return your call.

# Telephone Reassurance

## LONELY? NEED TO TALK? FRIENDS AND FAMILY CAN'T VISIT?

Loneliness and social isolation have become an epidemic among older Americans. The evidence overwhelmingly supports that many adults ages 60 and older are lonely or secluded in ways that pose a severe threat to their health or wellness.

Telephone reassurance programs or 'friendly caller' programs are a simple, yet effective, way to promote social connection and address senior loneliness. You can share your interests, learn new things, and make new friends right at home.

### Assistance League of Diablo Valley – TeleCare

TeleCare provides a daily reassurance call to housebound people, for the health and welfare of the client, as well as for a friendly chat and exchange of ideas. Trained volunteers call clients Monday through Friday mornings, beginning at 9:00am, **(925) 934-0901**.

### Covia – Well Connected Program

Available to any older adults who are limiting their in-person interactions for safety reasons, but still want to be connected to others. Activities for older adults in Spanish and English are available from home via phone or computer, [coviaconnections@covia.org](mailto:coviaconnections@covia.org) or **1-877.797.7299**.

### Institute on Aging – Friendship Line California

Would a phone call brighten your day? If you are feeling lonely or isolated, a friendly voice is just a free phone call away. You can call **1-888-670-1360**, 24/7 and chat with someone about your day. For more information, you can visit their website at [www.ioaging.org](http://www.ioaging.org).

## COFFEE & CHAT HOUR FOR SENIORS

Join Senior Center Staff and your friends for this fun online social hour. FREE to all 50+! Call the parks and recreation dept. at **(925) 516-5444** to reserve your spot and receive meeting information. You don't need to have a computer to join these virtual meetings. You can access by phone.

# Trips & Tours

We all know how hard it is to entertain ourselves while being home, and not straying far from our comfort levels with COVID-19 restrictions in place. I have a few suggestions that might help fill that void on some of those days and evenings.

## ONLINE:

The El Campanil Theatre has live Virtual Events you can watch from your computer, or a smart TV.

- April 17th – Alpha Rhythm Kings
- April 30th – The Songs of John Denver
- October 16th – The Music of Pink Floyd

Visit their website for time/price. If you have a problem connecting, call them and they will be glad to help you get connected, (925) 757-9500. Website: [elcampaniltheatre.com](http://elcampaniltheatre.com)

**Diablo Ballet** – Call or Check their website for shows and virtual performances. (925) 943-1775 or [michele@diabloballet.org](mailto:michele@diabloballet.org)

## OUTDOORS:

### East Bay Parks – [ebparks.org](http://ebparks.org)

There are 62 parks within the regions of Alameda and Contra Costa Counties, listed in alphabetical order from A to W. Each park has its own email address and whether or not they are open or closed and includes COVID-19 restrictions.

**2021 Trails Challenge** – Event, sponsored by the Regional Parks Foundation, Kaiser Permanente, and the East Bay Regional Park District. Email [www.ebparks.org/activities/hiking/trails](http://www.ebparks.org/activities/hiking/trails) A guidebook which includes 20 detailed trail descriptions for all levels of fitness is available and can also be downloaded. The trails are listed, Easy to Challenging and are open to hikers, bicyclists, dogs and equestrians. Some trails are even wheelchair accessible.

There is nothing like a good show, virtual or in person. It's always good to hear music. For my outdoors friends, if you go to any of these parks, or take the challenge, please take pictures and send them to me at [paula.joyce@att.net](mailto:paula.joyce@att.net). I will be happy to include them in my next trips & tours article. Looking forward to seeing you all soon.

*Paula Joyce, Trip Secretary*

# Premiers Fitness Classes Keep Folks Healthy and Happy

The fountain of youth may be a longed-for dream, but locally many folks have found a way to keep fit, have plenty of energy, feel great and notice that their attitude is generally very positive, thanks to the motivational exercise classes that are offered at the Brentwood Senior Activity Center.

Due to the enthusiasm and support of class leader Angela Ghiggeri, who has led the Premiers Fitness classes for several years at the Senior Center, attendees have gained strength and balance, endurance and muscle tone during frequent classes.

A long-time resident of the area, Angela has led these classes since 1998. "I've always loved physical activity, and I love seeing people as they get stronger and feel better. The exercise groups become "family" and support each other in their fitness efforts."

"Exercise is a wonderful secret," she says. You'll feel better, have fewer aches and pains and gain a better outlook."

By stretching, exercising and moving to the music, people in the classes can slow their aging process and feel inspired to move more and become more productive, she believes. Using small hand weights, participants move easily and boost their energy and their mood, while benefitting from the support of others who also have the same fitness goals.

"Our bodies were made to move," she explained, and her support and enthusiasm stirs attendees to join in by stretching and moving their limbs while also boosting their energy and endurance.



Angela Ghiggeri,  
Premiers Fitness  
Class Leader

"The hardest thing may be showing up, but "you get a boost of energy and improve your mood, become more productive and even sleep better when you exercise regularly."

"Hopefully by April we can get back into some classes in the center," noted the longtime area resident, who touts fitness, flexibility and general fitness in her classes.

"I love seeing people enjoy feeling better" with participation in her classes, she explains. The workouts also aid blood pressure control. "Exercise is a pain reliever – a miracle drug that makes us stronger, smarter and younger," she says.

The classes also keep attendees in contact with each other, and the upbeat music helps keep folks focused and happy to be moving and stretching.

"I've seen people get better, get more energy and stamina" and even improve their general positive outlook, she observed.

As our interview was ending, Angela said "be sure to tell everyone to keep moving."

**Sunshine**  
REPORT

UNDER THE WEATHER  
Tippy Cornell

IN MEMORIUM  
Rita Walpole  
Roy Ostergaard  
Dreama Howard

Eileen Wigton is our Sunshine Lead. If you know a member who needs some Sunshine in their life, let Eileen know by calling (925) 516-4959.

## SAVE THE DATE!

**Monday, April 26, 2021**

**BRENTWOOD SENIOR HEALTH & SAFETY  
CIRCUS DRIVE-THRU RESOURCE EVENT!**

Join us for a Day at the Circus and pickup or participate in:

- Contra Costa & Solano Food Bank Food Distribution
- Health & Fitness Kit
- Safety & Emergency Prepares Information & Much More!

**Pre-registration required for this FREE event!**

To register, visit the City of Brentwood website or call (925) 516-5444.

# Brentwood Senior Activity Center Updates

As of April 1, 2021, the Brentwood Senior Activity Center remains closed due to COVID-19. A reopening date is being evaluated in coordination with Contra Costa County Health Order guidelines. During the closure, program offerings will either take place virtually or will be modified to take place outside as allowed. While the Center is closed, staff and resources continue to remain available to the public. The City of Brentwood website offers information on a variety of community resources available to seniors and caregivers. Detailed descriptions of programs will be updated online as they change. We miss you all and look forward to seeing you in person when it is safe to do so! Olivia Alvarez, Recreation Supervisor

View up-to-date Adults 50+ and Better Classes, Programs, Resources, Upcoming Events, and Updated COVID-19 Resource Guide that is now available in Spanish at [www.brentwoodca.gov](http://www.brentwoodca.gov). If you have any questions, call us at the Parks and Recreation Department at 925-516-5444.

## A FEW GENERAL REMINDERS:

- Stay home if you are sick or have been near a person that is sick.
- Outdoor fitness programs and activities will have a limited number of participants to ensure social distancing.
- Face coverings must be worn at all times.



## VIRTUAL SMARTPHONE TRAINING

Provided by The California Telephone Access Program  
Are you having difficulty hearing or seeing on your smartphone? Attend a FREE online training and make your smartphone work better for you!

Learn how to:

- Operate the basic functions of your smartphone
- Send text messages
- Make text larger
- Connect Bluetooth devices
- Make your smartphone louder and easier to hear, and much more!

This is a two-part online training offered multiple times each month. To participate, you will need a computer, internet service, and a valid email address. Both iPhone & Android smartphone trainings are both available.

Call: 1-866-271-1540

Email: [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org)

## ALZHEIMER'S ASSOCIATION SUPPORT GROUP

When facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose. Connecting with others like yourself may help put your own experiences living with the disease in perspective and provide you with the support and encouragement necessary to move beyond your diagnosis.

Join the online support community, AlzConnected® at [alz.org](http://alz.org) or call the 24/7 Helpline at 1-800-272-3900.

## LET'S WALK AND TALK!

Since the shelter in place order has been lifted, and the weather outside is warming up, let's get out and walk! Meet at the Veteran's Park flagpoles. Walks will last approximately one hour. Please note that face coverings are required, and a 6 ft. distance from one another is necessary. Note: This activity may be canceled due to the health order or any other unforeseen circumstances. Walking Group will start on Tuesday, May 4, from 10-11am and will continue to meet every Tuesday. Please wear comfortable shoes and bring a water bottle. No registration is required. Just drop in and join the walk!

## AARP TAX-AIDE

AARP Tax-Aide program in Brentwood will not be taking any additional appointments at this time. As a result of the pandemic, the program has limited resources and will only be offering the services to people who have already called and have been placed on an appointment request list. If you have contacted AARP Tax-Aide or the Brentwood Community Center and been placed on the appointment request list, please be patient and know that an AARP Tax-Aide volunteer will contact you. We appreciate your patience, and if you have questions, please contact Karen Nunez at 925-989-7482.

The Volunteer Income Tax Assistance (VITA) grant program is an IRS initiative designed to support free tax preparation service for the underserved through various partner organizations. This service helps low- to moderate-income individuals, persons with disabilities, the elderly, and limited English speakers file their taxes each year. Contact them at Tri-Valley Career Center, 7600 Dublin Blvd, (925) 416-5113 or visit [trivalleycareercenter.org](http://trivalleycareercenter.org).

# Month of May Dedicated to Older Americans

## THEME OF OAM 2021: **COMMUNITIES OF STRENGTH**

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Bookmark this page and stay tuned for materials, resources, and activity ideas to help you observe OAM. Don't forget to share your #OlderAmericansMonth plans and stories on social media.

*The Senior Citizen's Club hopes to help sponsor and participate in an event celebrating Older American's Month. It is currently in the planning stages. More to come soon!*



**COMMUNITIES OF STRENGTH: MAY 2021**

