

Brentwood SENIOR CITIZENS CLUB INC.



January–March 2021 News

A New Year,
A Fresh Start,
& Infinite Possibilities



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

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

Noemi Wood

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.

BRENTWOOD SENIOR CITIZENS CLUB, INC.

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

 @Brentwood Senior Citizen's Club



This newsletter is also available by email. Save paper and get your newsletter faster! Call or come by the Senior Activity Center front desk to change your delivery method to email.

With the arrival of the new year comes new hopes, new resolutions, new reasons to celebrate love and life, and new reasons to set big goals and work towards achieving them with the Brentwood Senior Citizens Club.



With the new day comes new strength and new thoughts

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.

The Brentwood Senior Activity Center is CLOSED but we would like to remind you of these upcoming holidays:

Martin Luther King Jr. Day	1/18
Inauguration Day	1/20
Valentine's Day	2/14
President's Day	2/15
St. Patrick's Day	2/14

A NOTE FROM THE PRESIDENT

Greetings to all our Seniors,

Belated holiday greetings to all our Senior Club Members. I really miss seeing each and every one of you at the Senior Center. During these trying times, I hope you all had an enjoyable Holiday Season and a Happy New Year. Yes, I say out with 2020, and please enter 2021. Hopefully with emerging vaccines, this year will bring some welcome changes for our Senior Activity Club.

This past holiday season has been especially busy for our club. Pat Wilkins, our Financial Secretary, along with her 20-30 volunteers, was very busy coordinating her Brown Bag Program. Our Seniors really appreciated the turkeys and food donations provided by the Club and the City of Brentwood Parks and Recreation Department staff. Kudos to you all for your efforts and hard work serving your community.

Your Board has also been keeping busy with the newsletter, working to keep you informed and trying to plan activities, events and trips for the new year. This tends to be difficult, not knowing what's in store for the future. As this is our first quarterly newsletter (January-March) for 2021, we are trying to keep you updated and informed with the information we have to date.

On a different note, Jon Elam, Nomination Chair, has informed the board that there were no applicants for any of the open board positions. Therefore, there will not be an election. This will be a "white ballot" since all four incumbents are running unopposed. Not having an election will save the Club money in printing and postage.


Congratulations to the newly elected Senior Board and the incumbents.

Steve Bordi	President
Richard Griek	Vice President
Charlotte Allison	Secretary
Judy Griek	Treasurer
Pat Wilkins	Financial Secretary
Paula Joyce	Trip Secretary
Eileen Wigton	Membership Secretary

Enjoy this newsletter, keep the faith and stay healthy in 2021!

Steve Bordi,
President





RESULTS

Senior Board Elections

A Note From The Elections Subcommittee

The Committee wishes to report that the Board nomination period for FY 2020-2021 closed on November 16, 2020.

No nominations were received or submitted. This means that all four Board vacancies may be filled by the incumbent office holders upon the approval by the Board of Directors.

The incumbent office holders include:

President: Steve Bordi
Secretary: Charlotte Allison
Financial Secretary: Pat Wilkins
Trip Secretary: Paula Joyce

Congratulations to all of the Board leaders. The Nominations Committee is pleased to recommend these four individuals to continue in their roles and thanks them for the great service they provide to the Brentwood Senior Citizens Club.

The Board Nominating Committee, consisting of Jon Elam (Chair), Eileen Wigton, and Richard Griek, would like to thank the Board for the opportunity to carry out this important responsibility.

Respectfully submitted,
Jon Elam
Chair, Board Elections Sub-Committee

A NOTE FROM THE TREASURER

Dear Members,

Every other year the club's books are audited by an outside Certified Public Accountant. The accountant then furnishes the board with Audited Financial Statements. These financial statements covering the years ended 6/30/2020 and 6/30/2019 are available by request. Call Judy at 925-516-2979.

Judy Griek,
Treasurer

Volunteer SPOTLIGHT



DEDICATED SENIOR MEMBERS OF THE NEWSLETTER TEAM

A VERY SPECIAL THANK YOU TO MAUREEN MULLER, THE CLUB'S NEWSLETTER LEAD

Lead Maureen Muller coordinates the mail prep of the Club Newsletter. She has been overseeing the volunteers and the project for more than three years. She references her team as the "Fold & Roll" team, which includes volunteers from the Club. Some come every time and others rotate to get the job done. She shares that when she first started the team they were using a rolling pin to crease the newsletter. Gone are the rolling pins and now special handmade dowels are used. What a difference that has made in getting the job done. Maureen says that when she first started, they folded about 350 newsletters, compared to the 650-850 they do these days. Thanks, Maureen, and all the volunteers that support getting the Newsletter ready for mailing.



Maureen is the Newsletter Mail Preparation Team Lead.

Arturo & Mariam using the special dowels to fold the newsletters.



*"You make a living by what you get.
You make a life by what you give."*

— Winston Churchill

The Brentwood Senior Citizens Club
is a better place because of you!

By volunteering you have given the most
priceless gift anyone could have ever given.

Thank you for your participation in our Club.

Your dedication and support is what makes our
events possible and successful.

We can't do it without you!



THE "FOLD & ROLL" TEAM

Thank you all for your time and dedication to getting our news out there!

- | | |
|------------------------|-----------------------------|
| Eldefonse Velez | Leslie Muse |
| Annie Hee | Linnea Jessup |
| Art & Jeanette Mijares | Margot Parenti |
| Barbara Nunez | Marguerte Wallace |
| Brenda Miller | Maxine Kidwell |
| Carol McPherson | Pat Lundy |
| Carol Wilson | Kathy Pedroni |
| Connie Miller | Maureen Muller |
| Diane Walton | Mike & Mary Lou Millang |
| Dick & Betty Raimondi | Prudy Matusiewicz |
| Eileen Wigton | Sandra & Gary Gee |
| Evelyn Surban | Wayne Moran |
| Fran Hassler | Wendy Schrader |
| Gil & Ester Barceanas | June & Gary Peters |
| Hermie Rasey | Silvia Fierro |
| Jackie Mitchell | Frankie & Freddie Spitaleri |
| Karen Corbett | Henrietta Bowers |
| Kate Chard | Carolyn Bostick |
| Kathi Croffoot | Kathy Godbey |
| Kris Christensen | Mary Sorhaindo |
| Pat Wilson | |

Out My Kitchen Window *by Richard Griek*

Here we are beginning a new year not a bit too soon. We are ready for better memories than the last one which we would rather forget but never will. Many days I looked out my kitchen window and saw a yellow glow, a miasmic air seeping through the door. Remember the morning that seemed like dusk on Mars and looking at the clock in disbelief? Now the fires are gone yet still in our future.

With those fires and bad air we had another reason to stay indoors in 2020. That or get out of the state, something Judy and I were able to do in October. We took our first adventure into the new normal; personal protective equipment at rest stops and hotels; sanitary wipes for all occasions; packed all our food and learned new microwave techniques so we never ate out. Even managed crispy bacon and eggs over easy.

Things probably aren't going to change anytime soon so it's time to learn how to live in this world and have fun doing it. If we're careful we needn't become hermits. I'm getting ready to call people and tell them I'm going to park in front of their house just so I can get my socializing in. Schmoozing from the curb.

Connecting with family has been a new pleasure as we now see everyone more often, usually with Zoom, a virtual family room every Sunday. We miss the hugs and home cooking that come with real visits but the love comes through just the same.

Our senior club board still meets virtually every month planning for the eventual reopening of business

and social gathering. It won't be easy and probably not soon but we will be ready when the time comes. We stay positive about what lies ahead even as the tunnel is long, the light is weak and obstacles are in our way. To return to the closest facsimile of what we were before is our goal. We will need your support as we fight to keep our common interests foremost in the minds of our city leaders.

The best things about our club and being retired seniors are the friendships and social connections. The dinners, dances and trips. We will have our club barbecue again and the ice cream social. We'll do yoga with Debbie and exercise with Angela again. We'll go to the races again and we will line dance with Belle. We will have a place to gather and knit and paint with Keta and play cards. We'll play pool with Tippy and trade tales of travel and what we planted in the garden.

We will do that because we have the will and strength and the desire. We will be one voice when it comes to ensuring that we are in control of our future. Our town is our realm and we have every reason to make sure it stays senior friendly. We expect and will accept nothing less.

We have endured an onslaught of environmental and social upheaval unrivaled in my life, yet forever thankful that it wasn't worse. Thankful for family, home and country. As Judy says to me often, "There's no place I'd rather be."

Club Newsletter Team Members

The Board knows that continuing our Club newsletter even though the Senior Center has been closed since March, was an important decision to stay connected to members and keep them informed.

We have recently made several changes in the management of the Club newsletter. The Club has now taken full responsibility for the newsletter and the content. There were multiple steps involved in the hand-off from the City to the Board. Olivia and Amanda did a great job with assisting through the transition. We value our partners and their expertise and wanted to tell you a little bit about them.

Publisher/Printer: Greg Robinson Greg started with The Brentwood Press in October 1999, as the sixth employee. He quickly rose through the ranks as Sales Manager, then Associate Publisher and finally Publisher. After 15 years of employment with the Brentwood Press, Greg and his wife Sandie purchased the company, now called Brentwood Press & Publishing Company. The paper is now called, The Press. Greg shares that they have a very active website, www.thepress.net and

recently launched their new app called The Press. With the transition, Greg Robinson will continue to assist us with printing, publishing and mailing.

Graphic Designer: Staci Harpole, Cubic Design Staci is a freelance graphic designer, working out of her home office in Discovery Bay for the past 21 years. She left the advertising world to stay home and raise her, now 23 year old, twin boys. In addition to serving her local clients, Staci works with clientele in the film industry to create movie posters and online advertising. She is proud to collaborate on many projects with her talented and creative children. You can see her work on her website at www.staciharpole.com.

Writer/Editor: Linnea Jessup, Club Member Linnea is a retired newspaper feature writer (Contra Costa Times) and former travel writer/editor of a national travel publication. Her experience will add value and flair.

In 2021, the Senior Board is committed to working together with our Newsletter team to provide content that is enjoyable, educational and member focused.

Members' CORNER

If you would like to share an adventure, activity, experience or thought in our Members' Corner, write a story and mail it to our new Senior Club post office box: 18 Oak St, P.O. #1778, Brentwood, CA, 94513-8778 or email Paula Joyce at paula.joyce@att.net. Including a photo or two would make your story stand out. The Newsletter team will review all articles and will notify you of inclusion before press time.

HERE'S WHAT MEMBERS HAVE BEEN DOING DURING COVID-19 STAY AT HOME ORDERS...



- Charlotte's granddaughter, Sophia, shared a craft idea with her: **Repurposing vinyl records or CDs.** How to make adorable wall art like this:
 1. Get some vinyl records from your shelf or thrift shop. Clean the records with wipes to remove dust and fingerprints.
 2. Use a pencil to lightly sketch whatever pattern you want on your record. You can use tape to cover areas of the pattern you want to remain black.
 3. Paint your pattern with acrylic paints. Apply coats lightly to avoid streaks. Some designs may require two coats of paint. Let the paint dry between coats.
 4. Allow completed records to dry, remove tape and hang them in your favorite place. Enjoy!

- Member Mabel has been making yummy drink concoctions using Torani flavored syrups. Pull out your favorite mug or glass and try them out yourself! Torani Syrups are available at Winco or FoodMaxx.

TURTLE MOCHA

2 Tbsp. Torani Bourbon Carmel Syrup
1 cup milk

Heat milk and Torani together. Pour into a tall glass and stir gently.

PUMPKIN SPICE LATTE

2 Tbsp. Torani Pumpkin Pie Sauce
1 cup of milk
1 shot espresso

Heat together milk and Torani. Pour into a tall glass or your favorite coffee mug and add espresso.

CHAMPAGNE PUNCH

3/4 cup Torani Peach Syrup
2 - 750 ml bottles champagne
1 cup orange juice

Combine ingredients in a punch bowl. Add ice cubes or ice ring and garnish with fresh raspberries if desired. Serves 6-8.



- Brentwoodstrong.com hosted a special Farmer's Market at the Walnut Acres Community Center on November 17th. Butternut Squash was one of the featured items at the Farmers Market. Enjoy this recipe compliments of Stonebarger Farms.

CARAMELIZED BUTTERNUT SQUASH

Ingredients

1 butternut squash (cubed)
2 tablespoons unsalted butter, melted
2 tablespoons light brown sugar
Salt & pepper to taste

Directions

Preheat the oven to 400° F.

Cut off and discard the ends of the butternut squash. Peel the squash, cut in half lengthwise and remove the seeds. Cut the squash into 1 1/4 to 1 1/2 inch cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt and pepper. With clean hands, toss all the ingredients together and spread in a single layer on a baking sheet.

Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.

All About Your Membership

CLUB MEMBERSHIP RENEWAL CHANGED TO A CALENDAR YEAR BASIS

- The calendar year is from January through December.
- This year is an exception because of the Pandemic.

Just a reminder, all memberships will be honored and extended until the BSAC is re-opened.

- Registration is currently postponed.
- There will be a "Membership Information" postcard sent to all members. The information will include:
 - date membership registration will start
 - steps to follow
 - forms to be completed (will be provided)
 - payment options reviewed

The GOAL of the mass membership renewal process will be to bring all members up to date. This plan is the exception to the calendar year basis.

BENEFITS OF MEMBERSHIP

- Simple registration once a year
- Dues remain the same for a year
- Scholarship opportunities
- Free newsletter (paper or email)
- Senior Trips & Tours benefits
- Volunteer opportunities
- Annual free BBQ & Ice Cream Social
- Join a unique social group for single seniors
- Many free daytime activities, including:
 - Book Banter Club
 - Computer Help
 - Game Room (Billiards), Mahjong, Cards)
 - Painting Classes
 - Library & Media
 - Knitting, Crochet and more

SCHOLARSHIPS

Due to the temporary closure of our Brentwood Senior Activity Center, the Scholarship Committee is unable at this time to accept any applications for the Scholarship Award. Once the Center re-opens we will have updated information in the Club Newsletter and applications will be made available.



*Eileen Wigton,
Membership Chair
I miss seeing all
of our members!
We'll be together
again soon.*

THIS NEWSLETTER IS AVAILABLE ONLINE!

As you know the Club Newsletter comes to you 4-6 times a year. This is a member benefit and your Club absorbs the expense of graphic design, printing and mailing this 16-page newsletter. **Help us reduce our costs and do your part in helping our planet be more green**, by signing up to receive the newsletter online. Money saved could be invested in more activities. When you fill out the membership renewal form please make sure to check the correct box to receive your newsletter online.

KEY COMMUNICATIONS UPDATE

The mailing address for The Club has changed. Use this address, **18 Oak Street #1778, Brentwood, CA 94513-8778** if you need 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.

To update your personal contact information (name change, address, phone number or email address) continue to use the Brentwood Community Center's address, 35 Oak Street, Brentwood, CA 94513 or call (925) 516-5444. Or you can mail to the Brentwood Senior Activity Center building at 193 Griffith Lane, Brentwood, CA 94513 or call the front desk at (925) 516-5380.

BROWN BAG VOLUNTEERS NEEDED

Our Brown Bag program is better than ever because of the teamwork of a great group of volunteers. This has been a very busy and unpredictable season. As such, we need some additional volunteers to help support the Brentwood program and give ongoing volunteers some relief. The program is held on the 2nd and 4th Thursday of each month at 9am. If you are interested in helping, contact Pat Wilkins at (925) 679-4701 or pjw1593@gmail.com

Trips & Tours

HAPPY IN YOUR OWN WAY

Happy New Year! I know some will say, "What's so good about a new year, if it's still the same old thing... COVID?" I can understand your frustration, but I came across a small saying that seems to help a bit: **Always Find Time for The Things That Make You Happy in Life.** I thought about this long and hard and realized I was happy.

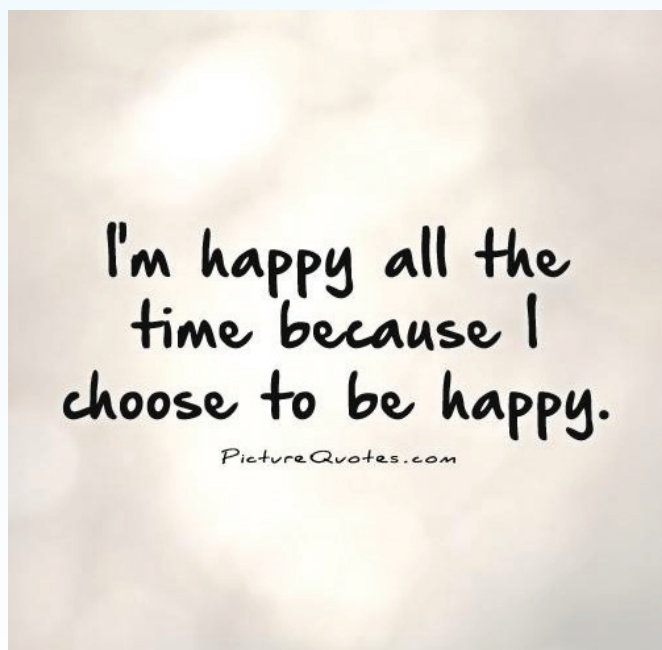
Happy to have friends, family, special people in my life. To wake to the light of day. Happy to say hello to a neighbor. To see the sunset. To take a drive through the country. To laugh at a good joke. To watch an old movie. To read a good book. To smell the flowers. To go for a long walk and feel the wind on my face.

I realized that there are a lot of things to make us happy in our own way. And, yes, it's not the world we all wanted or dreamed about, especially in our retirement years, but just knowing there is an end to this virus, being not right now, but in the future, MAKES ME HAPPY!

Here's to the New Year 2021! To re-finding those special moments and times we thought we had lost, only to find out they are just in a different place in our lives at this time.

Stay safe. Wear a mask. I'm looking forward to seeing you all some time in the new year.

Paula Joyce, Trip Secretary



Get Your Flu Shot!



A flu vaccination is important for seniors because they are at a higher risk of developing serious complications from Influenza. Flu is a contagious respiratory illness caused by a virus that infects the nose, throat, and sometimes the lungs. It can cause mild to severe illness and, at times, can lead to death. The best way to prevent flu is by getting a flu vaccine each year. The Pandemic from Covid-19 makes this flu season especially concerning. Be sure to consult your health care provider early. You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection.

COVID-19 Senior Resource Guide Now Available

This guide provides resources and services that are available to assist adults ages 50+. It can be found on the city's website at www.brentwoodca.gov. If you are interested in obtaining a printed copy of this guide, please call the City of Brentwood Parks and Recreation Department at (925) 516-5444 and leave a voicemail with your name, mailing address and phone number.

Did You Know the Activity Center is a COVID-19 State Testing Site?

At this time the Brentwood Senior Activity Center is being used as a COVID-19 State Testing Site. Below are links to register for an appointment and more information about the testing and locations. Testing will be at no cost to you and will be billed through your health insurance or free if you do not have coverage. Testing is available Monday–Friday from 7:00am–6:30pm.

Testing Site Information: <https://www.coronavirus.cchealth.org/get-tested>

Frequently Asked Questions: <https://www.coronavirus.cchealth.org/frequently-asked-questions>

Call (844) 421-0804 to schedule an appointment.

ALWAYS WEAR A MASK (MAYO CLINIC, OCT. 2020)

As you all know we have been wearing face masks most of 2020. For everyone's health and safety we need to continue wearing masks into 2021.

Tips for skin and mask safety:

Protect skin under your face mask: Face masks cover the noses and mouths of more people than ever right now. While they provide crucial help in reducing the risk of COVID-19 virus transmission, they can also cause skin irritation at areas of friction: the bridge of your nose, behind your ears and along your jawline. This is especially true for people with acne or conditions such as eczema, rosacea or psoriasis. If you notice any on-going redness or a rash under your mask, talk to your health care provider.

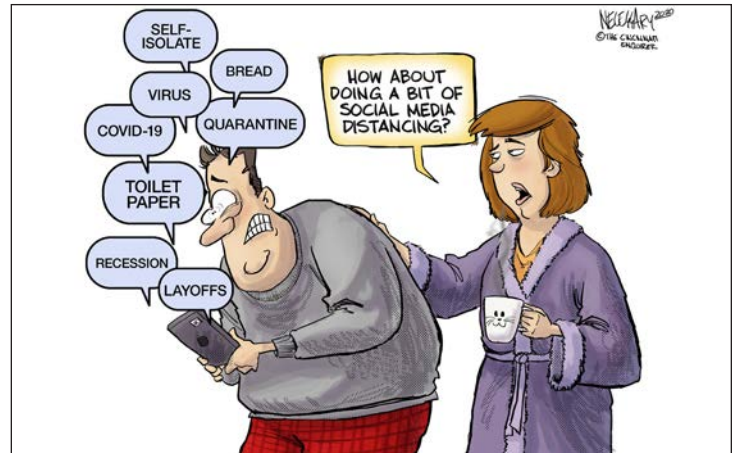
You may be able to prevent irritation problems with your face mask by:

- Finding a mask that is a good fit.
A mask should be tight enough that it won't slip or fall off. But it shouldn't be so tight that it leaves marks or bruises the skin.
- Cleaning and moisturizing your skin before masking.
After washing your hands, wash and dry your face. Before putting the mask on, rub a thin layer of lotion or cream on your face. Most people need to do this once a day. However, those wearing masks for long periods of time may benefit from repeating once or twice during the day. Avoid wearing makeup or foundation beneath the mask, as the chemicals in makeup can cause skin to breakout in acne or a rash.
- Washing and moisturizing after use.
After removing your mask for the day, wash your hands and face thoroughly with cleanser and water. Apply a moisturizing lotion or cream to your face and neck.
- Washing your mask regularly.
Wash cloth masks at least daily to disinfect. This can be done by hand or in a washing machine. Hand-washing is generally easier on the mask.



APRECIATE YOUR PARTNER (MAYO CLINIC, NOV. 2020)

Healthy relationships can be a great source of support, comfort and love. But when you're with someone day in and day out, which is especially the case for many couples during the COVID-19 pandemic, it can be easy to grow irritated or take your partner for granted.



Make your spouse or partner a priority by:

- Listening
Put aside distractions such as your phone and turn off the television. Give your full attention to your partner's words and nonverbal cues. When the topic is complex, summarize what you've heard to make sure you understand. If your partner is describing a problem, focus on listening without planning what your next response will be. Don't rush in with solutions or stories of similar problems you've faced. Ask, "Do you want me to just listen, or should I help think of some solutions?"
- Complimenting
Be mindful of what your partner does for you and your relationship. Then, let your partner know what you appreciate about him or her, whether oral or written. This may seem awkward at first, but can become a natural habit over time.
- Trying new things
Say yes if your partner asks you to try a new activity, even if it's out of your comfort zone. You may enjoy it more than you think. Even if it's not your favorite activity, it can be a way to show support, have new adventures and make memories.
- Showing kindness
You can build trust and closeness with simple gestures of kindness, such as emptying the dishwasher, buying a small, unexpected gift, or giving a much-needed foot massage. Ask your partner what types of gesture he or she would most appreciate.

BrentwoodStrong.com

The Brentwood Senior Citizens Club values the work that the volunteers of BrentwoodStrong.com have done for our community. Our Club recently made a second donation to that helpful organization. This \$1,500 donation will be used to support the Seniors. What a better time than the holiday season to add special joy?



Two events, one in November and another in December, sure did add joy. In November a special Farmer's Market was held at the Walnut Acres Community Center for senior residents in their neighborhood. Some of the produce was from local farmers. Fresh butternut squash was one of the featured vegetables, along with a recipe for Caramelized Butternut Squash. (Recipe on page 6 of this newsletter.)



In December, just before Christmas, the Brentwood Strong volunteers gave FoodMaxx gift cards to residents and a special Christmas necklace. **Thank you BrentwoodStrong team for making seniors' holidays special!**

ANNIE HEE, OUT-GOING SUNSHINE LEAD

Annie has been a Senior Club member since 2015. After relocating to Brentwood and settling in she wanted to make new friends. What better place to do so, than by joining the Senior Club? It didn't take her long to start volunteering at events like the Special Luncheon, Ice Cream Social, Barbecue, Annual Holiday Craft Faire, Brown Bag and wherever else she was needed.

Annie sees herself as a low-key individual and good listener. We also see her as positive, always smiling and with lots of energy.

One of her favorite volunteer roles was being a Club Ambassador. She says, "I got to learn about the Club, do special projects and learn about problem solving unexpected issues that arose. I also enjoyed chatting with members and being a good listener."

She also makes time to do dance classes. Whether Hula or Line Dancing, she is smiling. When she is not at the Senior Center, Annie is seen coming and going from our local gym. She has so much energy and enthusiasm.

Most recently Annie has been our Club's Sunshine Lead. She is the right lady for the job. Annie believes it's important to pay particular attention during a fellow member's time of need or family loss.



Annie, thank you for being our Sunshine Lead! You are a very warm and caring individual. We appreciate what you have done for the Club and members. We look forward to seeing you at the Club participating in activities, volunteering and visiting.

Sunshine

REPORT

Jan Betti
Jon Elam

IN MEMORIUM:

Kathy Pedroni
Ninna Nielsen
George Doneux

Eileen Wigton will follow in Annie's footsteps as Sunshine Lead. If you know a member who needs some Sunshine in their life, let Eileen know by calling (925) 516-4959.

Computer Help

For those of you who read the regular column "Out My Kitchen Window," you will be interested to know one of the views out that window are longtime neighbors, John Brooks and his lovely family. John recently joined the ranks of "seniorhood" and can be seen every weekend washing his car in the driveway. He too has seen the neighborhood change, the horses leave and the chicken house being built. He is a dedicated husband, father and a "pay it forward" person.

John recently started teaching basic technology skills at the Brentwood Senior Center. He has been in the service industry for over 30 years and in the technical industry for over 20 years. He is a self-taught technical professional who has used his technical skills and service experience to create a business that serves those who may not have the knowledge or experience to do it on their own. Years ago, John started working with seniors just in his neighborhood, as he was tired of watching them get over-charged for simple solutions.

John's company, Frontline Tech Services, started by just helping seniors with any technology they had, whether it was a desktop computer, or home alarm system because they saw a lot of companies taking advantage of their inexperience. They now strive to assist and teach seniors with the latest and greatest available to them. They believe that seniors should have the opportunity to learn and embrace new technology even

though they may not have had the experience of other generations. There is a lot of technology which could benefit them, and they are pleased to be of assistance.

They offer:

Remote Support Services - remote assistance for any technical issues, problems, or questions you may have.

Onsite Support Services - If they cannot resolve the issue remotely, they will send your personal technician directly to your home.

Vendor Assistance - If you have questions for your internet provider, or any other technical vendor, they can help!

Remote Help Desk Services - For businesses that just need a central place to assist with issues, organize tasks, and coordinate solutions.

They service in-home customers, senior living communities, and small businesses with limited resources. To take advantage of the great service Frontline Tech Service offers call 925-420-0038 and select option 1. The representative will ask for your specific issue. If the call goes to voicemail, leave your name and number and a representative will return your call. If the issue cannot be resolved over the phone, they may ask you to download a remote connect software. They will connect to your computer to try to resolve the issue. Once finished, the software will be removed. The service is available 7am - 5pm Monday through Friday and 8am - 4pm Saturday. You can always leave a message.

★ ★ ★

RESCHEDULED!

FUN NIGHT OF MAYHEM

Death Near Dead Man's Holler

Mystery Dinner/Show presented by Caught in the Act Theater

Outlaws being gunned down was not uncommon in the Old West. But sometimes things happen that defy explanation. It's up to you to try to solve this mystery. Get your posse together, dress up like cowboys & gals, and mosey on down, pardner.

FRIDAY, OCTOBER 8, 2021

5:00-9:00 PM

MORE INFORMATION TO COME IN THE NEXT NEWSLETTER

BRENTWOOD COMMUNITY CENTER 35 Oak St., Brentwood, CA 94513 **925-516-5380**

THE CITY OF BRENTWOOD
HERITAGE • VISION • OPPORTUNITY

..... IN *Remembrance*



KATHY PEDRONI

We remember her friendship, leadership, generosity and compassion for members, ambassadors, volunteers and friends.

My friend Kathy and I met at the senior center many years ago. We did events together where our husbands were bartenders. We were also in a bunko group that meet every other month for a fun evening of bunko. Kathy and I attended special lunch's and enjoyed going to the knitting classes. Out side of the senior center Kathy and I enjoy going to lunch every week at salad makers in the streets of Brentwood. When COVID hit I would pick up our salads and go to her house where we could sit in her backyard and enjoy our salads. I will miss her dearly. - *Pat Lundy*

Kathy loved to plan events, and the bigger the better. Her speciality was the Big Band events such as "The BIG Band" in 2016 and "The Rat Pack Tribute" in 2017. She liked hosting at the Brentwood Community Center because it could accomodate more guests. In 2016 she asked that I be her co-chair. Boy did I learn the ropes being her sidekick. Where she went, I followed, which was usually to the caterer to plan the menu. Coordinating volunteers for the event gave her great pleasure. She knew who did what job the best. I learned so much from Kathy about coordinating an event, especially managing the unexpected. She always wanted to be sure "her" members had good food and good music at an affordable price! I am thankful for the experiences I had with Kathy. I hope that when the Center reopens we can have a Big Band event in her honor. I know that would make her smile. - *Charlotte Allison*

Shortly after I moved to Brentwood and retired, I found myself wondering what I was going to do with all my free time. I walked into the Senior Center one day looking for some volunteer opportunities. Behind the front desk was Kathy Pedroni who made sure I filled out an application and was ready to get to work, asap! And that's all she wrote. From that day on she took me by the hand, introduced me to many wonderful people and showed me behind-the-scenes of recruiting volunteers. After volunteering at numerous events, I then became the Volunteer Coordinator and that is thanks to Kathy. She will be missed. - *Elenora Resare*

I remember the first time I met Kathy. We were both hanging out in the foyer of the senior center. After talking for awhile, we realized we had graduated from the same high school in San Francisco. From there our friendship grew and remained true till her passing. Kathy was generous of her time, and really loved the center and all it had to offer. She was involved in so many things, such as the Board, volunteering, craft faire and putting on events, like the Johnny Cash Dinner dance. I will miss most of all our Wednesday phone calls, because that was the time we had put aside to catch up on what was going on in our lives, and not being able to see each other in person because of Covid. - *Paula Joyce*



Kathy will not be forgotten for her contribution to the early service of the Brentwood Senior Citizen Club. Kathy asked Betty and myself to help with the Special Luncheon. We were always very glad to help Kathy. She always had a hello and how are you? She will be always remember in our thoughts and prayers. - *Dick & Betty Raimondi*

The Brentwood Senior Activity Center staff would like to extend our sincerest condolences to the Pedroni Family. Thanks to Kathy's hard work and dedication, our Senior Ambassador program is what it is today. Our Center will miss her volunteerism, enthusiasm, and leadership. - *Olivia Alvarez & Center Staff*

I first met Kathy on the phone. She called me in response to an article I wrote about the Knitting Group in the Brentwood Press. I looked forward to meeting her. It took about 10 months when she finally showed up. Unbeknownst to me Kathy was undergoing chemo therapy for a bout she was having with Cancer. Once she set foot in the Senior Center she was a force to be reckoned with. Kathy's drive to keep everything running smoothly was unending. She was there for any volunteer that couldn't make it. We drove each other crazy at times but always remained friends. Kathy will be missed. The Senior Club is what it is because of Kathy's contributions. She will be missed. - *June Peters*



I don't recall the first time I met Kathy. Most likely it was a Wednesday afternoon. I worked the front desk and Kathy was a regular part of the knitting group. Later we served together on the board for several years. In addition to her VP duties she loved chairing big events and always worked so hard to ensure all participants enjoyed themselves. She took her roles as Madam Ambassador and Volunteer Coordinator seriously. Her predecessor, Bente Petersen would have been proud. Kathy's presence will be missed by all who knew her. - *Judy Griek*

We would like to pay tribute to Kathy Pedroni for all her good work at Brentwood Senior Center over the past 20 yrs. She was a true pioneer of this organization and an integral part of its present success. She has served as an officer, a volunteer and a leader of many activities and events. Anyone who knew Kathy realized that she loved this club and all of its members. She was a thoughtful, kind lady full of ideas and willing to work with anyone for the good of the club. She will be sorely missed and it will take many good volunteers to replace her. Rest in peace good loyal friend.

- *Steve Bordi, President*

- *Kay Bordi, former Craft Faire Coordinator*

We met Kathy as volunteers for the Senior Center several years ago and have since enjoyed a friendship with her and Mickey. Kathy gave so much of her time and effort to the seniors of Brentwood and she will be greatly missed.

- *Cal and Kathy Nutting*

Farewell to our dear friend Kathy Pedroni. You will be in our heart and memories forever. Words cannot express the depth of the loss we feel. Our lives go on without you, but nothing will be the same. We have to hide our heartache when someone speaks your name. Sad are the hearts who love you. Silent are the tears that fall. Life without you is the hardest part of all. You did so many things for others. Your heart was always kind and true. When we needed someone, we could always count on you!

- *Frank and Susan Wetzel*

Brentwood Senior Activity Center Updates

Who would have thought back in March that the world would change as dramatically as it did in 2020? 2020 was one of the most challenging and trying years that I have experienced, and I can't imagine that I am the only one that feels that way. One thing I have learned during this past year is that human connections are vital. VITAL!!! We need to be connected, whether it's to our family, friends, church, community, or our Senior Center. I believe that we all know, more now than ever, the importance of being connected. Another thing that has become clear during this year is the concept of a "Senior Center without Walls". This is something that is no longer just an idea, but rather something we have had to improvise and put in action to best serve the seniors in our community. This concept is driving our program development, whether it's utilizing outdoor spaces, drive through programming, using technology, or "old fashioned" calls. Our Senior Center and our collaborating partner agencies are now continuing to serve our seniors in a wider variety of ways.

This is exciting but it also presents some challenges as we know that there are gaps. Our senior survey demonstrated that some people don't have access to technology, while others have never used technology and need to learn. Please know that we are aware of these gaps and we will work to try and make our programming as inclusive as possible. The most important thing during these times is realizing that we are all in this together, and together we are stronger. Be well and know that no matter what 2021 brings for all of us, we are here for you. We miss you all and look forward to that day we can welcome you back to our center! In the meantime, please know that our Senior Activity Center will continue to serve as a COVID-19 test site until the end of March, unless testing is extended.

Olivia Alvarez, Recreation Supervisor

NEW HICAP PHONE NUMBER

Effective December 14, 2020, the Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP), which provides free and objective counseling and advocacy services to Contra Costa Medicare beneficiaries and their families, will be changing its primary telephone number to (925) 655-1393. The number for the hearing-impaired (TDD) will be (925) 655-1399. The toll-free number remains the same (800) 510-2020.

2021 CLASSES

The Brentwood Parks and Recreation department is hosting in-person exercise and virtual art classes starting January 11th, 2021. With the fluidity of the Contra Costa County and California State regulations related to COVID-19, classes are subject to change to a virtual setting or cancellation should the health order mandate. Please call the Parks and Recreation Department to register at 925-516-5444. Registration is now open.

Acrylic Painting: Virtual

#4954 Thursday 1/14-3/4 9:00am-12:00pm \$75

Watercolor Painting: Virtual

#4955 Friday 1/15-3/12 9:30am-12:30pm \$75

Gentle Yoga: Virtual

#4956 Monday 1/11-3/15 8:30-9:30am \$60

#4957 Wednesday 1/13-3/3 8:30-9:30am \$60

COMING SOON IN 2021

Registration available soon. Check the City Website at https://www.brentwoodca.gov/gov/parks/adults_50_and_better/default.asp for information.

TAI CHI Schedule coming in January

A MATTER OF BALANCE

An 8-week talk/exercise course, which meets once per week for 2 hours. The course is designed to engage seniors in completing both exercise as well as interactive group discussions, with each week building on information from the previous week. Peers will receive a workbook for the program and will learn together how to reduce fear of falling, strategies to lower fall risk, and ways to improve balance, strength and flexibility.

OTAGO EXERCISE

A 10-week exercise course, which meets once per week for 60-90 minutes, depending on group size. The program is designed for seniors interested in improving overall range of motion, stamina, balance, and flexibility in order to reduce fall risk. It is facilitated by a licensed Physical Therapist who will complete a series of baseline balance testing with each senior at the beginning of the 10-week course, and again at the conclusion to compare results. Seniors learn each week how to get moving more safely and comfortably.



CITY LEAF PROGRAM

Residents can pick up leaf bags, M-F (excluding City holidays), 7 am – 3 pm, at 2201 Elkins Way in the lobby of the admin building. Only the bags provided by the City will be serviced as part of this program. Limited to 2 bundles.

HOLIDAY HIGHLIGHTS

The Gobble, Gobble, Turkey Raffle awarded 53 Turkeys to the Senior Raffle Winners. Congratulations! We hope you enjoyed a nice dinner.



2020 Senior Holiday Card Campaign was a complete success we were able to distribute over 800 Christmas Cards to Senior Club Members over the age of 70 during the Holiday Season!



Parks and Recreation Elves that helped Santa with this project: Elaine, Linda, and Michelle

All of these activities were made possible thanks to our wonderful Brentwood Community and all of our collaborating partners (Brentwood Strong, Council Members Karen Rarey, and Johnny Rodriguez, and the Brentwood Senior Citizen's Club, Inc.) who came together to add some cheer and joy to our seniors during the Holiday Season.

CC CAFÉ UPDATE

Hello Friends and Neighbors,

I am hoping this finds all of you happy and healthy, considering the year we have had. Let's hope for a fantastic 2021.

I wanted to remind everyone that with Covid-19 still looming over us, Meals on Wheels is still delivering frozen meals every Tuesday. You would receive five frozen meals and then they alternate milk, bread, fruit juice and fresh fruit to go along with the meals. The suggested donation for each meal is \$3.00, making it \$15.00 for the week. You can order when you want, you do not have to take a delivery every week. If you are interested in signing up for this program, please call 925-516-5398 and leave a message with your name and phone number, and we will get back to you.

I miss you all and hope that we are back together again soon.

Donna Martin, CC Café Manager

COMING SOON IN 2021

Virtual Advanced Healthcare Directive Clinic

Thursday, January 28 at 1:00pm. Sign up for the clinic and get a FREE advance healthcare directive. Call (925) 609-7900 to sign up and learn more.

Virtual Workshop: Scams, Fraud, and Identity Theft

Thursday, January 21st at 11:00am. Registration deadline Tuesday, January 19th.

Virtual Workshop: Home Ownership Protection for Elders

Thursday, March 18 at 11:00am. Registration deadline Tuesday, March 16th.

To register for both FREE Virtual Workshops, please contact the Parks and Recreation Department at (925) 516-5444. Visit our City of Brentwood website for additional workshop information.

Please visit our City of Brentwood website for the Brentwood Senior Activity Center program, classes, resources, and service updates. www.brentwoodca.gov

HELPFUL AGENCY SERVICES

As we move forward into this new year, we wanted to showcase two of the agencies whose services you might find very useful.

MEALS ON WHEELS DIABLO REGION CARE MANAGER PROGRAM can assist in these areas:

- Struggle with physical limitations or feelings of anger, loneliness, or sadness.
- Need short or long-term counseling
- Need help paying your bills or balancing your checking account
- Need assistance with house chores, meal preparation, shopping
- Have concerns about living alone or staying independent
- Think you might be eligible for services you are not receiving
- Are in danger of losing your house due to eviction or foreclosure
- Want to talk about health care issues or advance health care decisions
- Have questions about Medi-Cal or Medicare
- Have concerns about alcohol or drug dependence for yourself or others
- Need help with transportation or housing resources
- Have food insecurity and are too embarrassed to talk about it
- Need info. about support groups – grief, cancer, stroke, etc.
- Feel others are taking advantage of you or your money
- Would like information regarding next-step living facilities
- Have concerns of any kind and are not sure who to talk to

Schedule a free, confidential consultation with a Care Manager call: (925) 937-8311 (Hablamos Español)

CONTRA COSTA SENIOR LEGAL SERVICES

offers services over the phone and in-person.

They assist with elder abuse, housing, consumer issues, debt, and public benefits. We also provide free durable powers of attorney and advance healthcare directives. Call us at (925) 609-7900 to speak with our staff.

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 suggestion are:

The Book of Lost Friends

by *Lisa Wingate*

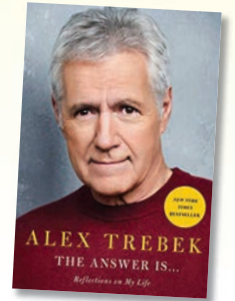
A new novel inspired by historical events; a story of three young women on a journey in search of family amidst the destruction of the post-Civil War South, and of a modern-day teacher who rediscovers their story and its connection to her own student.



The Answer Is... Reflections of My Life

by *Alex Trebek*

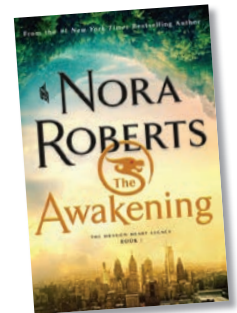
Longtime Jeopardy! host and television icon Alex Trebek reflects on his life and career, since debuting as the host of Jeopardy! in 1984.



The Awakening (The Dragon Heart Legacy)

by *Nora Roberts*

A new Trilogy of adventure, romance and magic.



Home Work: A Memoir of my Hollywood Years

by *Julie Andrews Edwards*

Julie Andrews shares reflections of her astonishing career, including such classics as Mary Poppins, Sound of Music, and Victor/Victoria.



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