

Brentwood SENIOR CITIZENS CLUB INC.



July–September 2021 News



Something is Missing! Seniors Helping Seniors



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

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:

Independence Day	July 4
World Senior Citizen's Day	August 21
Labor Day	September 6
Patriot Day	September 11
Grandparents Day	September 12



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

BOARD ASSISTANT

Jon Elam

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,

Happy Fourth of July. Now that we have all had our shots, we seem to be working our way out of the Covid 19 experience. Hopefully we can look forward to enjoying the summer and getting back together with family and friends.

As far as returning to the Senior Center, I have been told that the earliest that we can return is November 1. The County continues to use the Senior Center for Covid Testing until that date. However, we are planning to start some of the smaller activities and classes sooner than the November 1 date. These groups, such as exercise classes, painting classes, card games, etc. will be held at alternate sites until we can get back to the Senior Center—most likely downtown at the Community Center and the Library. (See page 11.) Of course we will have to adhere to rules such as masking, capacity limitations, and social distancing as determined by the County and the City. We will keep you informed as to the progress that we are making starting up these smaller group activities. The larger activities and events, such as lunches, dinner dances, bingo and trips have yet to be determined.

I am pleased to inform you that the City Council approved our proclamation proposal that every May be known as "Older Americans Month".

We will be flying a banner in front of the Senior Center each year during the month of May proclaiming that this is "our month" to celebrate being senior citizens. It is a beautiful banner and some of you have probably already seen it as you have driven by the Center.

Take care and stay healthy!

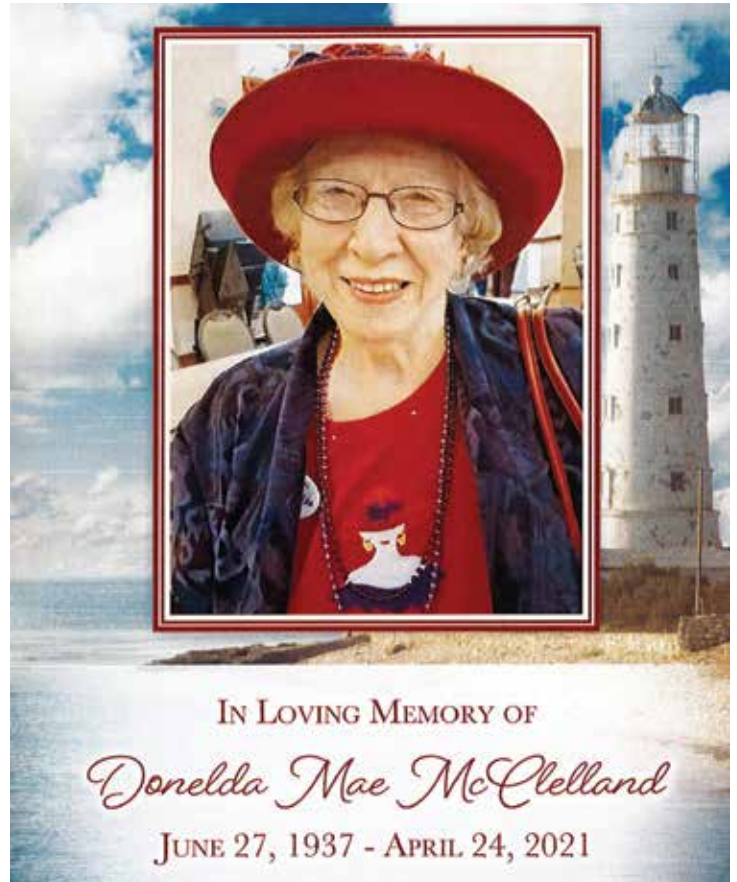
Steve Bordi,
President



Service to others
leads to greatness.

Jim Rohn

IN Remembrance



Donelda was a member of the Brentwood Senior Activity Center since 2008. She was an active member, had lots of ideas and volunteered frequently. Many of her friends describe her as a person with a colorful personality, including her personal style. It was not unusual for us to see her walk into the Center with special matching outfit. Of course, including a matching hat that she proudly wore from her special hat collection. Everything was coordinated and compliments were graciously accepted. She was a member of the Red Hat Society, so she had quite a collection of hats. She loved to reminisce about times gone by when women dressed up to go to the City.

Thanks to Donelda, our Senior Activity Center has a very nice Library. She started the library about ten years ago. Routinely, she reviewed new book donations, and refreshed the current book collection. This library was a popular browsing corner.

Our Board, Club Members and City staff will always have fond memories of Donelda. Her interactions, generosity and uplifting spirit toward all of us will long be remembered.

A NOTE FROM BOARD ASSISTANT, JON ELAM

As most of those in our Senior community know, the pace of activity is picking up. This newsletter will arrive after June 30th, the anticipated date for reopening of so many missed activities. The Senior Club Board members hope you will already be enjoying the activities they have been anticipating and planning to the best of their ability during their monthly meetings over the past year.

The most critical element for all of us will be getting a real opening date for the Senior Center building. This decision will be driven by the Contra Costa County Covid policy regarding health and safety. The building has been used by the County as a Covid 19 testing site for the past year. Having this has been a huge resource for Brentwood area citizens of all ages.

The "Brown Bag" food program has grown enormously over the year as the need has expanded. In early 2020 about 50 bags of food were distributed with help from the Contra Costa Food Bank. Today that number is up to nearly 150 bags of food on the second and fourth Thursday mornings of the month. The number of volunteers involved with the food program is truly a tribute to the number of caring people in our community. This important service is being held in the front area parking lot of the Senior Center and will continue while the building is closed. The Hot Lunch program is anxious to get restarted and we hope that can happen by early fall. In these gaps the Contra Costa County Meals on Wheels program has provided a frozen meals program and Thursday breakfast effort through expanded funding.

Although this action may not seem very dramatic, in May the Brentwood City Council renewed the important agreement between the Senior Center and the Club for the upcoming year. This agreement not only defines the roles and responsibilities of the City and the Senior Club, but also establishes the City's financial support in the form of fee waivers for meetings and activities, thus saving money for the Club and seniors in the use of the building. Working with the Board members as they reviewed and shaped these agreements has been one of my support roles.

One of the priorities for the Senior Board is to look at new ideas and strategies to engage and provide support for the many needy seniors who have suffered greatly during this whole pandemic. If you are interested have an idea, we need to hear it. Give me a call and let's talk. The Board will also be working to update the Club's By-Laws, which hasn't been done for nearly ten years.

Finally, as noted in previous newsletters, the City has undertaken a study with an architectural firm to review the space needs and options for the Senior Center. With a membership base of over 1,000, and ever-increasing and growing programs, the Center is clearly stretched to its limit. Please follow and participate in public forums on this critical issue and read the regular updates in our newsletter. And remember – it will be time for the Board election in the early Fall. Don't be afraid to throw your hat in the ring! There truly is enough work for us all.

Contact Jon at (925) 518-4288.



CC Café

We will deliver you a meal

Are you missing your friends at the CC Café? We miss you too! It's been more than 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 two 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.

Donna Martin, CC Café Manager

**Beautiful
Young
People
Are Acts
Of Nature,
But Beautiful
Old People
Are Works
Of Art.**



POSITIONS OPEN FOR NOMINATION ARE:

VICE-PRESIDENT Shall preside in the absence of the president at all meetings of the Club and shall be ex-officio member of all long-term committees.

TREASURER Shall disburse funds for the payment of approved bills necessary for the operation of the Club. The treasurer shall present a report of the financial status of the Club at each Board meeting. Prepares books in order to work with the Club's CPA for filing of annual Federal and State required documents and biennial audits of 2 fiscal years' books.

MEMBERSHIP SECRETARY Will actively engage in promotion of Membership through various activities such as social programs and other beneficial activities. Works closely with Volunteer Coordinator to insure adequate volunteers for activities.

FOOD FOR THOUGHT:

- Have you been a member in good standing for at least one year?
- Why would you like to serve as a Board member?
- Have you attended the Sub-Committee or Board meetings to understand the "workings" of the Senior Club?
- Can you provide examples of activities, events or volunteering you have been involved in at the club?
- What would you like to see the Board accomplish during your two-year term?

Are you interested in learning more about the above listed board positions? Contact Jon Elam, Chair, Board Elections Sub-Committee at (925) 518-4288 or email jonrelam@gmail.com

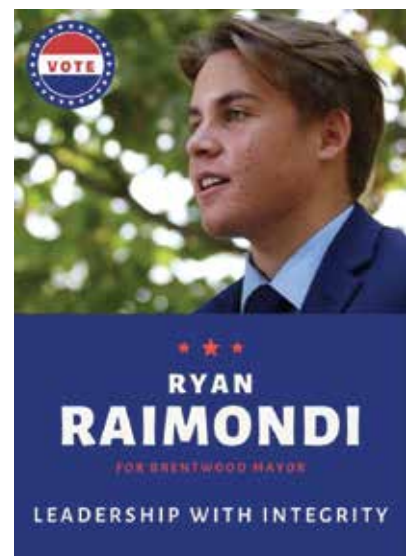
Current Board are listed on page 2 of this newsletter. Timeline for nominations, ballots, voting and election will be posted in the October–December 2021 newsletter.

Ryan Raimondi, An Asset Wherever He Goes

At times older Americans have advocates from unexpected sources. Those of us in Brentwood are fortunate to have a recent high school graduate as one of those rare proponents. Ryan Raimondi, whom you probably know of because of his recent impressive showing in the mayoral race, spent a lot of time meeting with seniors to help form his policies. He has great respect for all people and he views seniors as a valuable asset to our community.

Ryan graduated with honors from Liberty High School and had an A+ GPA for four years. Ryan has been the Brentwood Youth Commission Chairman since July, 2017 and founded the Youth and Government group at Liberty High. He was recently selected as the recipient of the César E. Chávez Youth Hall of Fame Award for leadership and civic engagement. This is not an annual award but is given only when a deserving individual is recognized.

Ryan has been commissioned to the United States Naval Academy in Annapolis and will begin his new life adventure at the end of June. While we will miss Ryan and his support for Brentwood, we know he is destined for greater things and will be an asset wherever he goes.



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 RECENTLY...

Senior members and friends love to get together for lunch. This time we were at the Veteran's Park. Previously we enjoyed Heron Park. At the parks we often run into other members that we have not seen for a while. Now that we are able to get out more often, maybe next month we will plan more lunches in a neighborhood park near you.



From left to right: Judy G., Paula J., Pat W., Maureen M. and Charlotte A (photographer).

There are many great reasons for Club members to get together. In this case, these long-time friends and loyal Club members just wanted to enjoy each others company, share some stories and have a few laughs together.

From left to right: Howard A., Cal N., Bill J., Dale W. and Gary P.

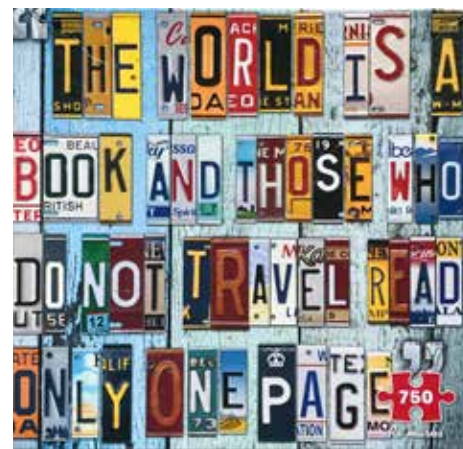


FUN FOR ALL AGES

For grandparents who like to enjoy special time with the youth in their families...

Did you know the Brentwood 2021 Summer Bike Challenge has begun? How to play: Explore your town from

the seat of a bike or walk if you prefer. Bike or walk to as many parks as you can between June 1– August 31 and collect prizes along the way. It's free! Sign up online and be automatically entered in the Grand Prize drawing for an iPad: www.511cc.org/go Enter by 8/31.



Many of our seniors have been enjoying the art of putting together jigsaw puzzles. Relaxing most of the time, although sometimes frustrating because one piece is missing or the colors are too much the

same. It is fun to hear the members' stories about their fun and challenging experiences with puzzles. A member of the group is Dee Dee C. She is up to the challenge and is glad to share puzzles for others to enjoy. Her recent conquest is the license plate puzzle.

We heard that during the pandemic "stay at home" requirement, our members are cooking more and trying new recipes. One member shared that he never liked Brussels sprouts. When given a recipe for Garlic Parmesan Roasted Brussels Sprouts, he tried it and said, "Sure gives a whole new flavor to Brussels sprouts!" Whether you are a novice cook or professional chef, you will find this recipe easy and tasty.



GARLIC PARMESAN ROASTED BRUSSELS SPROUTS

Ingredients

- 16 oz Brussels sprouts, trimmed, halved and rinsed
- 3 tablespoons olive oil or melted butter
- 1/2 teaspoon kosher salt and freshly cracked pepper
- 1 teaspoon Italian seasoning
- 3 garlic cloves, minced
- 1/2 cup grated Parmesan cheese

Directions

1. Preheat your oven to 400° F and prepare a large baking sheet. (Line it with parchment paper if you like.)
2. Pat the Brussels sprouts dry with paper towels and place in a large bowl. Add the remaining ingredients. Toss gently to coat the Brussels sprouts evenly.
3. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake on the center rack for 25 to 30 minutes—adjust the time depending on your oven. The vegetables should be golden brown.
4. Transfer the roasted Brussels sprouts to a large serving bowl and sprinkle with fresh chopped parsley.

Store leftovers in an airtight container in the refrigerator. Reheat in the oven for 5 to 10 minutes at 370° F.

SAVE THE DATE!

ANNUAL SENIOR CLUB BBQ Saturday, September 18, 2021

Look for details on our Facebook page:
@Brentwood Senior Citizen's Club



NATIONAL SENIOR CITIZEN'S DAY IS AUGUST 21

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day.

FOLLOWING ARE SOME IDEAS TO CELEBRATE THIS SPECIAL DAY:

- Spend time with the senior citizens you know. Let them know they are appreciated and loved. It may also be a good day to volunteer at a retirement home. Share your smile with those who may not otherwise get a visitor today.
- If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.
- Use #SeniorCitizensDay to post on social media.

For more information, visit the website:

<https://nationaldaycalendar.com/national-senior-citizens-day-august->

CHEERS TO THIS SEASON'S BOCCE WINNERS!

First Place

BADA BING

Capo - Betty Symons

Second Place

BOCCE BUDDIES

Capo - Fred Critchfield

Third Place

BOCCE BUSTERS

Capos - Mike & Mary Lou Millang



Von, prepping our courts for play.



Friends playing bocce at Veterans park.

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:

The Queens Gambit

by *Walter Tevis*

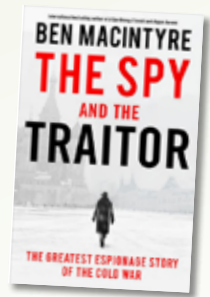
When Beth is sent to an orphanage at the age of eight, she soon discovers her skills playing chess. Her senses grow sharper, her thinking clears and for the first time in her life she feels fully in control. At age 16 she's competing for the U.S. Open Championship.



The Spy and the Traitor

by *Ben Macintyre*

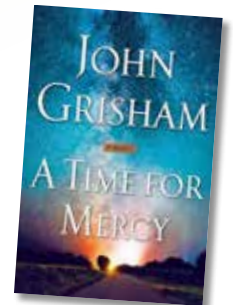
A Cold War espionage that's both thrilling and a true story. Incredibly gripping thriller of a spy story. A Russian secret work helped hasten the collapse of the Soviet Union.



A Time for Mercy

by *John Grisham*

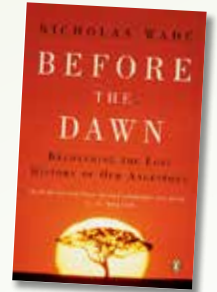
A small-town Mississippi lawyer defends a teenager who killed a deputy. The attorney is committed to save the teenager from the gas chamber and puts his career on the line to do so.



Before the Dawn

by *Nicholas Wade*

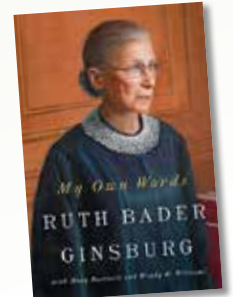
Based on a ground-breaking synthesis of recent scientific findings. The author tells a bold and provocative new story of the history of our ancient ancestors and evolution of human nature.



My Own Words

by *Ruth Bader Ginsburg*

A witty, engaging, serious and playful collection of writings and speeches from the woman who has had a powerful and enduring influence on law, women's rights, and popular culture.



This event has been rescheduled again to January 21, 2022. Please save the new date! Details to come as the event gets closer.

RESCHEDULED! SAVE THE DATE!

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, JANUARY 21, 2022
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

Sunshine
REPORT

UNDER THE WEATHER
Linnea Jessup • Diane Walton
Tippy Cornell • Leslie Muse

IN MEMORIAM
Donelda McClelland
Marion Deisenroth

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.

Older Americans Month

Even though the month of May has come and gone you may have noticed a banner posted in front of the Senior Center as well as the intersection of Sand Creek and Fairview; "Celebrating in May, Older Americans Month." You may have wondered what is this all about and where this idea originated. A member of the City Council shared the idea about this observance. Our Board members like this type of recognition for our community of seniors. Thereafter, President Steve Bordi submitted a written request and spoke to the City Council regarding a proclamation declaring every month of May as "Older Americans Month. The following paragraphs were presented by Steve to the City Council...

Every May, the Administration for Community Living (ACL) 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. Certainly the past pandemic year has been no exception. 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. For Seniors connecting with others is one of the most important factors, playing a vital role in their health and well-being.

The Brentwood Senior Citizens Club, along with all the Senior Citizens of our community, have much to be thankful for. The City Council and the City Administration had the vision, foresight and commitment to provide the Seniors with a beautiful building, the Brentwood Senior Activity Center, along with City support services. This has provided the Seniors with a social network ensuring them their emotional and physical well being. The Club program is totally



self-supporting and its activities, events, classes, and trips are low cost, and for the most part, are run by Senior Volunteers.

We salute you, the City of Brentwood, for your awareness and foresightedness in addressing the needs of the aging population. Your vision and effort has been exemplary, and for this, the City of Brentwood is recognized as a promoter and leader in the recreational arena dealing with senior populations.

Therefore it would be fitting and to the benefit of the Brentwood Community to achieve a Senior proclamation. The Brentwood Senior Citizens Club is requesting an annual proclamation declaring every month of May as "Older Americans Month." This would be a worthwhile endeavor that would shed light on the Senior Community and provide Senior interest in the community as a whole.

This proclamation would provide emphasis in the support of the City Councils long-term goals and objectives of providing services and support to its flourishing Senior population, the fastest growing demographic group." Steve Bordi, President, Brentwood Senior Citizens Club

Our Senior Club is looking forward to having an in-person "Older Americans Month" celebration with you in 2022!

MEMORIAL DAY 2021: A commemoration of Memorial Day was hosted by the American Legion Post 202 at the Brentwood Veterans Memorial Building. Mike C., current post commander was the host of the event. The Boy Scouts from troop 2020 performed the ceremony to "post the colors" of the American Flag. The benediction was offered by Roger C., Post Chaplain. Roger is also a member of the Brentwood Senior Citizens Club. Guest of honor Joel Bryant, Brentwood Major delivered a speech that stressed the importance of "paying back on a daily basis the investment our hero's have given to us." The event was finalized with a rifle salute and playing of *Taps*. The Veterans hosted a barbecue lunch catered by Holy Smoker that was enjoyed by many.

Remember "All Gave Some, Some Gave All."



Senior Activity Center Update

Senior Health and Safety Circus Event was a "Big Top" sensation!

On April 26, the City of Brentwood, in collaboration with the East County Senior Coalition and the Brentwood Senior Citizen Club Inc., hosted their 1st Drive-Through Senior Resource event. It was truly a Circus. We had clown face masks, big bow ties, music, and even a few tutus! Our seniors had nothing but compliments and appreciation, and even a few tears of happiness were shed.

On behalf of the City of Brentwood and East County Senior Coalition, we would like to thank all of you who participated in our Health and Safety Circus Resource Event. We had a great turnout. The event was a success! Thanks to the support and generous contributions of local and county agencies, non-profits, businesses, and amazing volunteers, we provided 900 resource bags to seniors and caregivers, including a health and fitness kit, safety and emergency preparedness kit, and resource and activities kits. Participants received 20lb boxes of food provided by the Contra Costa and Solano Food Bank. We also hosted our first pop-up vaccination clinic with the County Health Services that offered vaccines to those who wanted them. We also delivered one hundred fifteen kits to homebound seniors at Sycamore Senior I & II and Commons Senior Housing.

This event was a testimony of what we can do as a community to support the Seniors! Our Senior Activity Center is looking forward to making this an annual event. The Circus will return in 2022!



**LEARN MORE ABOUT YOUR CITY
LEARN MORE ABOUT YOUR SENIOR CENTER**

Did you know that you can access the Brentwood City Council meeting?

Sign in at www.brentwoodca.gov/vcc Hear updates on City plans, Council discussions, public comments and much more. Meeting time is 7:00pm, July 13th, August 10th & 24th and September 14th & 28th.

Also, the City Council agendas for upcoming and past meetings are available from the city's homepage www.brentwoodca.gov

Go to the "Quick Links" column in the center of the homepage and click on the second link, "City Council Agendas"

Senior Classes

Registration opens June 18. All classes are at the Brentwood Community Center (35 Oak Street) unless otherwise noted. Call the Parks and Rec. department to register at 925-516-5444 or go online to brentwoodca.gov.

NEW CLASSES! - Go online for a detailed class description.

#7591 Chi Ball TH 8/12-9/23 8:00am-9:00am \$48R/\$52NR

A cardio class using a lightweight ball that strengthens and tones muscles.

#7589 Zumba Gold M 8/9-9/20 1:00pm-2:00pm \$48R/\$52NR

A workout class designed for active older adults who are looking for a Zumba class that recreates the moves you love at a lower intensity.

#7590 Stretch & Tone T 8/10-9/14 8:00am-9:00am \$48R/\$52NR

Stretch & Tone is a class for all age groups and is modified for seniors.

RETURNING CLASSES

#7421 Acrylic Painting TH 8/12-9/30 9:00am-12:00pm \$75

#7422 Watercolor Painting * F 8/13-10/1 9:30am-12:30pm \$75

#7423 Ballroom Sampler (single) TH 8/5-9/30 7:00pm-8:00pm \$125

#7424 Ballroom Sampler (couple) TH 8/5-9/30 7:00pm-8:00pm \$230

#7425 Gentle Yoga M 8/2-9/27 8:30am-9:30am \$60

#7426 Gentle Yoga W 8/4-9/22 8:30am-9:30am \$60

#7427 Premiers Exercise MWF 8/9-10/1 10:30am-12:00pm \$55

#7586 Tai Chi Tues 8/10-9/28 10:00am-11:00am \$10

#7587 Tai Chi TH 8/12-10/14 11:00am-12:00pm \$10

Starting August 3rd the Brentwood Senior Citizen's Club is bringing back some of their recurring senior activities!

Until the Senior Activity Center is reopened, all activities will be at the Brentwood Community Center (35 Oak Street) unless otherwise noted. Classes are drop in, participants must sign in upon arrival.

Toll Painting * Wednesdays 10:00am - 1:00pm

A Place to Paint * Wednesdays 1:30pm - 4:30pm

Line Dancing Wednesdays 1:00pm - 3:00pm

Knitting & Crochet/Quilting Wednesdays 12:30pm - 3:30pm

Single & Mingle First Tuesday each month 2:00pm - 3:00pm

Book Banter Third Tuesday each month 1:30pm - 2:30pm

* Held in the Library Community Room

SAVE THE DATES!

**SIMPLE SELF-CARE PRACTICES
DURING STRESSFUL TIMES
WORKSHOP** - reg #7644

**Wednesday, August 25, 2021
1:00pm**

**HICAP OPEN ENROLLMENT
PRESENTATION**

**Tuesday, October 26, 2021
10:00-11:30am**

www.cchicap.org

**Both events are in person at the
Brentwood Community Center**

Activity Packets

Register to receive a monthly activity packet filled with fun brain teasers, puzzles, articles, crafts and more. Pickup of the packet is the second Thursday of each month during the Brown Bag Program pickup (193 Griffith Lane, Brentwood). Participants must sign up for each month they would like to participate.

Fall 2021 50+ Bocce League

Registration packets will be available for pick up at the Brentwood Community Center starting Thursday, July 8th at 8:30am. All completed packets must be returned by Thursday, July 22 by 5:00pm. A mandatory Capo meeting will take place on Thursday, July 29th at 10:00am at the Brentwood Community Center (35 Oak Street). League play will begin on Thursday, August 5th at 8:30am. If you would like to start your own team, please pick up a packet! Minimum number of players per team is 4; maximum is 10.

Senior Center Survey

The City of Brentwood is working with an architect to explore the possibility of expansion of the Brentwood Senior Activity Center. The City is asking for feedback from local residents to help determine the needs and preferences of Senior Center users. The survey, available in English and Spanish, takes less than 3 minutes to complete. Surveys are due by 5:00 pm on July 9th. The survey's feedback will be considered by the City Council later this year.



For English: <https://www.surveymonkey.com/r/SeniorActivity>

For Spanish: <https://www.surveymonkey.com/r/FF6LCDT>

*Please take a few minutes to complete the Senior Center Survey.
Your participation matters to help determine the expansion
of the Senior Activity Center.*

