

Brentwood

SENIOR CITIZENS CLUB, INC.

July–September 2020



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, 94513-9998

 @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.

A NOTE FROM THE PRESIDENT

Greetings to all our Seniors,

Due to changes with the Club in regards to the COVID-19 pandemic, we have initiated a few changes to membership and this newsletter to get us through the end of this year.

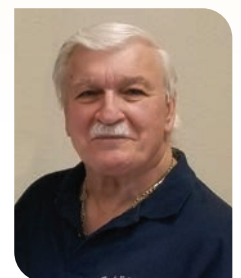
1. We are freezing all expirations! Don't worry if your membership has expired. When the Senior Center re-opens we will renew memberships.

2. Because of inactivity at the Club, we will close out this year with only two more newsletters; July–September and October–December. This will be a big cost-savings.

I hope you are all doing well, staying healthy and being active. This pandemic is definitely going to be a societal game changer. Many of the behavioral changes that we have been following will probably stay with us forever. For example, no handshaking, social distancing, diligent hand sanitizing, even face masks. When we do finally get back to resuming our events and activities, we will be more aware of crowding, rest room behaviors, table spacing, coughing, sneezing, food handling, etc! These areas of concern must be considered for our health and well-being. This certainly hasn't been a pleasant 3-4 months for any of us, but it has been a learning experience, providing a model and guidelines for the future.

I am looking for better times ahead for all of us. Whenever that comes, we will be ready to get back to a new state of normalcy. So until the next newsletter in October, stay the course and be positive.

Steve Bordi, *President*



The Brentwood Senior Activity Center will be **CLOSED** in observance of the following holidays:

Independence Day
July 3

Labor Day
September 7



Meetings

Program Sub-Committee

Meetings postponed until further notice.

Our sub-committees meet the first Tuesday of each month. Everyone is welcome. Come and bring your new ideas.

Board Meetings

Meetings online via Zoom until further notice.

Meetings are normally held in the Classroom from 9–11:00 am

Out My Kitchen Window

by Richard Griek



There is pleasure in staying home. This is where labor of love happens. We feather our nest. Get all those things done we couldn't do before because we were out discovering the world. Now we discover our neighborhoods. Ourselves.

We discover our town. Brentwood is a special place. It has grown well. I visited Brentwood in 1962 and stayed overnight with no inkling that I would live here longer than any other place I have ever lived. It had about 1500 people. It started its big growth spurt just a few years before we moved here. There were 8000 people then. There were two parks. City and McClarren. The most park poor town in the state. There are around 70 parks now. The most park rich city in the state.

It didn't just happen. It was planned. The neighborhoods, cul-de-sacs, circles, thoroughfares. The shopping centers. Downtown. There was a vision with a community soul behind it. The fertile soil and the rich family histories engendered a spirit and a will to grow strong and smart.

That community soul is showing in a new way as we live through difficult times. The City of Brentwood and the Parks and Recreation Department have made it clear that it values its large and vibrant senior community. With the challenges facing us now it is working to find ways for us to come together for activities and events while still protecting our health. It is working to ensure we have a home suitable for our growing membership.

The world is in turmoil and so is our country. Our little town not so much. Sure, we have our problems and personal strife. We are not an island immune to the woes of the world. We see what is happening. We want it to be better. America is made of towns like ours. Examples of what can be. Succeeding in the pursuit of happiness.

I see this little part of America out my kitchen window. Families walking by. Greeting strangers at a distance with smiling eyes. The view is clear. The view I had when I was a little boy that

my country is the greatest in the world. My perspective changed in the sixties, but that belief has never wavered. It may have started with naivety but now it is love.

We are approaching our 244th birthday with many doubts about our future. The foundation of our country was created out of oppression, united against a common enemy. That unity won the day. I am going to celebrate Independence Day by raising the flag and thinking about the choices I must make. We all want a country worthy of the sacrifices our parents made during World War II. The greatest generation.

Their unity won the day. Like them, we don't want our world to just happen to us. We want to actively take part in the decisions that affect our world. We have that right in America. We have that responsibility.

So, in semi isolation, I have learned how important community is. How important neighbors are. How even in retirement I need to commit to the labor of love that keeps America special. I learn more about myself. Like a new friend. When we meet again, we will all have a different perspective. I anxiously await that day. Until then, be safe and stay well.

BrentwoodStrong.com

Your Club is proud to have made a donation of \$2,500 to BrentwoodStrong.com, an online, community collaboration, helping seniors during the COVID-19 health crisis.

Visit the website BrentwoodStrong.com, call 925-513-0000 or email Help@BrentwoodStrong.com

BRENTWOOD STRONG

8395 Brentwood Blvd, Suite A, Brentwood, CA 94513 | (925) 513-0000 | Help@BrentwoodStrong.com

4/24/20

Mr. Richard Griek
Brentwood Senior Citizens Club Inc
193 Griffith Lane
Brentwood, CA 94513

Dear Brentwood Senior Citizens Club Inc:

Thank you so much for your generous support of \$2,500.00 to our community through Brentwood Strong, Inc. Brentwood Strong, Inc. is a grassroots 501(c)(3) non-profit organization born out of a need to support East County community members that are the most vulnerable during the Covid-19 crisis.

Our program is based on our mission statement:

'To build community and support lives in East County by providing food, resources and compassion with the highest level of integrity and appreciation. People helping people through challenging times and impacting lives.'

The measure of our success is the impact on our community together. Your contribution to Brentwood Strong, Inc. will directly benefit our local community members in the most need including senior citizens and underserved families.

Sincerely,

Seana Fippin
Brentwood Strong

Sheltering in Place with "A Place to Paint"

Artists painting their canvases is very similar to reading a good novel. You can do it at your leisure, set it down, then take it up again when you are so moved.

Normally, Kay Bordi's painting class, "A Place to Paint", meets every Tuesday from 12:30–3:30pm at The Senior Center. The class is free and artists can use their favorite mediums; oils, watercolors, acrylics or pen and ink. There are usually about 15 students participating and the class is conducted in a warm and social atmosphere that is fun. Many great friendships have been made.

Now, with all this free time on their hands due to the Coronavirus shutdown, her class has been busy painting up a storm at home instead. Enjoy the following examples of paintings done in class and at home by these featured artists.



JOSE PANNITTO

Jose is from Argentina and has been drawing and painting since he was 7 years old. All Jose has to do is pick up a brush and he starts creating. He uses oils, acrylics, pastels and Chinese ink. His works favor still life, oceans, landscapes and flowers.

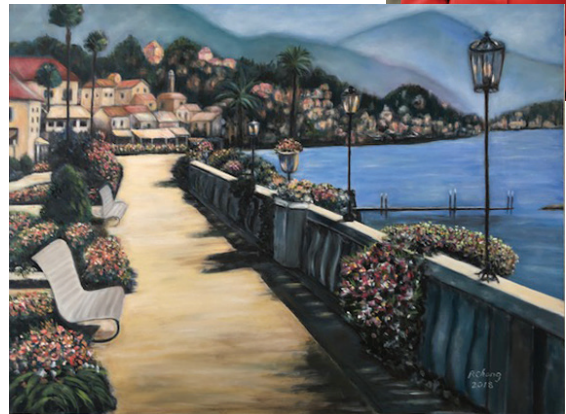
PILAR ERICE

Pilar is Jose's wife. She is from the mountains of Spain. For a beginner, Pilar has quickly become an excellent painter with an eye for details. She started painting in class about 3 yrs ago. Jose and Pilar also enjoy painting together at home. She uses oils and her subjects are buildings, French scenes and ballet dancers.



ROSA CHANG

Rosa is from Taiwan, China and favors oils on large canvases. She uses her paintings to stage homes in her Real Estate business. She has been painting with Kay for the past 15 years. Her favorite subjects are flowers and landscapes.



KAY BORDI

Kay hails from Great Britain, London, U.K. She has been leading this class since the present Senior Activity Center opened in 2009. Kay paints in oils and specializes in portraits, French ladies and wild animals. Her African animals are among her best work.



Food Service Information Updates

"BROWN BAG" FOOD PROGRAM

The Food Bank of Contra Costa and Solano is working hard to assist those struggling during the Coronavirus pandemic. Due to the evolving situation, some recent changes have been made in terms of qualifications.

- You must be 55 years of age or older, meet income guidelines and live in Contra Costa County. There are programs in Brentwood and Oakley and you can only sign up in one.
- The county has changed the income levels to help more people qualify to receive help through their food programs. The new guidelines are:
 - one person \$2,446 per month/\$29,352 per year
 - two people \$3,312 per month/39,739 per year
 - three people \$4,177 per month/\$50,126 per year.As long as you are at or under these amounts you would qualify.
- To accommodate social distancing and the increased volume of clients, the program is operating out of the Brentwood Senior Center Parking Lot every second and fourth Thursday of the month between 10:00 - 11:00am (while supplies last).
- Food distribution is done via a drive through process until further notice.
- All volunteers are required to wear gloves and masks when packing and distributing bags.



If you are interested in enrolling in to this program or need your Brown Bag delivered to your home please call (925) 679-4701.

As the needs of the community change during this health and financial crisis, you can stay informed at foodbankccs.org/covid19.



If you are a senior in need of any additional resources contact the Brentwood Parks and Recreation Department, Brentwood Senior Activity Center or BrentwoodStrong.com.

C.C. CAFÉ (AGES 60+)

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

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

MEALS ON WHEELS OF DIABLO REGION

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

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

A NOTE FROM THE TREASURER

Dear Members,

As we begin our new fiscal year (July 1, 2020 through June 30, 2021) and a new Memorandum of Understanding with the City of Brentwood, we will be facing some challenges like everyone on this precious planet.

To save jobs, the City of Brentwood Parks and Recreation Department will be required to make cuts elsewhere. We appreciate all they do for us, particularly the use of their Brentwood Senior Activity Center facility and the support and guidance from their employees, especially Olivia, Amanda and their staff.

The Club's reserves are in good shape. However, during these trying times our usual fundraising has been put on hold. No doubt there are changes and sacrifices ahead.

You will notice that this newsletter is for the months of July, August and September. The Board is working hard to stay connected and keep you updated. For now, we feel it is in the Club's best interest to consolidate the newsletter into three-month issues.

Please bear with us as we navigate and adjust to our changing "new normal". As always, thank you for supporting your Club. Be well, stay safe and positive.

Sincerely,
Judy Griek, *Treasurer*

Sunshine

REPORT

- Kathy Pedroni
- Helen Torres
- Lydia Campos
- Betty Raimondi
- Eileen Wigton
- Maria Ruiz



If you know a member who needs some Sunshine in their life, let Annie Hee know or leave a message with the Senior Center staff by calling (925) 516-5380.

Memberships

Good News! Here's something you don't need to be concerned about during these stress-filled times... your Brentwood Senior Club membership.

All memberships will be honored and extended until the BSAC is reopened. At that time, a mass membership renewal process will be put in place to bring everyone up to date. Your Board has proposed that going forward, memberships will be renewed on a calendar year basis, January through December.

Stay tuned for more info in your next newsletter.

Scholarships

Due to the closure of our Senior Activity Center, and the shelter in place regulations, the Scholarship Committee is unable at this time to accept any application for Scholarship Award. We will have updated information on when the application process will resume in the October–December Newsletter.



Event Updates

The following annual events have been cancelled for this year: Ice Cream Social, BBQ, Ghost & Goblins Bingo, Craft Faire and Roaring 20's New Year.

Ongoing events such as Monday Bingo, Boogie Nights & Bunco are currently postponed but will be scheduled after the BSAC reopens.

Please see the back page for more information.

NEW MAILING ADDRESS FOR THE CLUB

The Brentwood Senior Citizens Club, Inc. now has its own mailing address, separate from the City's address, for all club business.

18 Oak St #1778, Brentwood, CA, 94513-9998

UPCOMING

Senior Board Elections

POSITIONS OPEN FOR NOMINATION ARE:

PRESIDENT Shall preside at all meetings of the Club and shall be ex-officio member of all committees except the Nomination Committee. May call meetings of the Board during the week preceding the business meeting, and when deemed necessary and important to the progress of the Club. Appoints chairperson and heads of active committees necessary for the proper operation of the Club. These appointments are to be made prior to the first meeting with the approval of the newly elected officers.

SECRETARY Shall keep accurate records of all proceedings of the Board and Sub-Committee meetings. The minutes of these proceedings shall be maintained at the BSAC. Shall handle necessary correspondence of the Club and communication to the Club Board. Coordinates the Annual Board Retreat. In the event of the unavoidable absence of the President and the Vice President, the Secretary shall conduct the meeting.

FINANCIAL SECRETARY Shall support the Treasurer with the reporting of the financials. Will represent the Treasurer in his/her absence. Attends monthly Board and Sub-Committee meetings. Maintains cash boxes at events to support various sales. Proceeds from events will be recorded, deposited in bank, and reported to treasurer.

TRIP SECRETARY Shall through a sub-committee, develop an annual calendar of day and/or overnight trips for the Club. This includes making all necessary arrangements with the various travel agencies, insuring the various contracts are accurate, and coordinating with the City of Brentwood for promotions, registrations and processing of funds.

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?

Become a Member of the Nomination Committee

Each year we convene the Nomination Committee in preparation for the Board Election. This year we would like to have three volunteers to serve as members of the committee.

This is a great volunteer opportunity and good way to learn more about the inner workings of the Club.

If you are interested, please leave a message for Richard Griek at 510-604-2701 by July 24. Richard will contact you regarding a meeting date in August.

There are currently more than 1000 members of our Club. We need to choose strong capable leaders who can represent the interests of seniors in our Club and the community at large.

2/9/21

Board meeting, oath of office & introduction of new Board.

1/12/21

Election ballots sent to members and voting starts. (Deadline to vote Jan. 26)

11/2/20 – 11/16/20

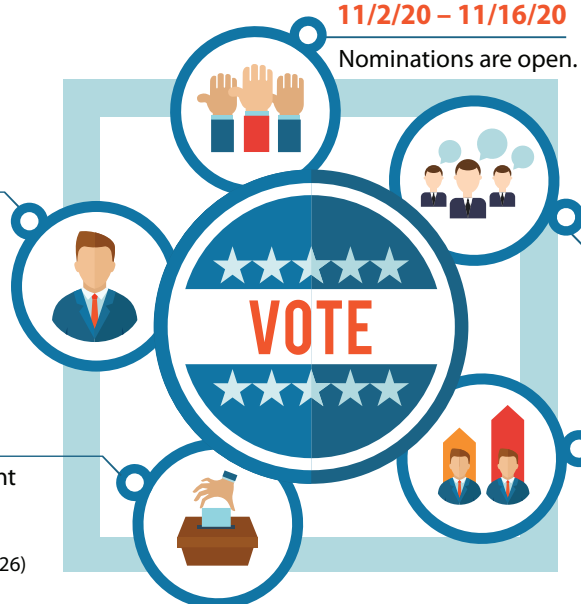
Nominations are open. Watch for nomination forms in the next newsletter or pick one up at the front desk of the Center.

12/1/20

Approved nominees attend a mandatory meeting with the Board.

12/11/20

Meet the candidates and hear a short presentation.



Members' CORNER

THANKS TO PAULA JOYCE'S SUGGESTION, THE NEWSLETTER TEAM IS PLEASED TO ANNOUNCE THE BEGINNING OF OUR NEW "MEMBERS' CORNER." If you would like to share an adventure, activity, experience or thoughts, write a story and mail it to our new Senior Club post office box: 18 Oak St, P.O. #1778, Brentwood, CA, 94513-9998 or email Charlotte at charlotteallison@sbcglobal.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.

CRUISIN' by Orpha Rivera

"Cruising on a Sunday Afternoon, really couldn't get away too soon. Groovin' down a crowded avenue, doin' anything we like to do." Does that bring back memories? I did my first cruising at the age of 14 as a passenger in my older brother's very crowded Chevrolet.

It was so thrilling, driving at a very slow crawl down First Street in downtown San Jose, waving at strangers, enjoying being young and carefree. Later on, I joined my friends or boyfriends in cruising, sometimes in our parent's cars, and other times in our friend's souped up muscle cars. Just before starting college, I decided to have one last fling as a carefree teenager; I picked up my girlfriends and cruised downtown in my practical Datsun, all of us waving and throwing kisses.

Fast forward to 2020, in the midst of the COVID pandemic, who would have believed that at my age, I would find myself cruising on the back of a Harley in sunny Brentwood! As we cruised in the company of 400+ vehicles, the community lined up along the streets waving and cheering. We stopped at an intersection and a young mother reached down and asked her preschool son, which car was his favorite, he pointed straight at us. I smiled behind my mask and threw him a kiss as we zoomed on by. The song goes on... "We can be anyone we want to be, And all those happy people we could meet just Groovin', on a Sunday afternoon."



SPREAD KINDNESS by Staci Harpole

I remember how inspired I was the first time I heard about the Kindness Rocks Project™ which "encourages people to leave rocks painted with uplifting messages along the path of life."



Creating something beautiful is so rewarding and doing it in the name of spreading kindness to the world makes it that much more so. I have always been an artist and a crafty person so I was eager to "spread kindness" to my own neighborhood.

Since we have been sheltered at home, I've been busy painting rocks and leaving them out and about when I walk my dog. I've noticed that I am not the only person in town doing this. I have found some adorable rocks painted by children, as well as more detailed rocks by fellow artists. Each and every inspiring rock is precious in its own way.

These are some of the rocks I've painted recently. I encourage everyone to get out of the house and while enjoying the warm fresh air, be on the lookout for one of my inspiring gems.



Meet Anneliese Warren - The Book Lady



I grew up in Germany but married an American in 1950 and emigrated to the US in 1952. Eventually in 1976, I returned to Germany for another 11 years, and then spent 20 years in Mexico. I arrived in Knightsen/Brentwood to live with my younger daughter on a farm. In 2005 after a bout with cancer and chemotherapy, I was ready to get out, meet some people and make new friends. I like to read, so I dropped into the Senior Book Club. At that time, the Book Club met at a site downtown, before the new Senior Center was built on Balfour. Right away, I met a couple of fellow Germans there (John and Gerlinde Jewell), and a Dane, Bente Peterson. John has taken up flying gliders rather than attending meetings, and sadly, Bente passed away. I was immediately enthralled with the Book Club, and as time

went on, I suppose I contributed a lot to the discussion. So when June McKinnon, the Book Club coordinator, decided to move out of Brentwood, she just handed me the Club's library card and said, "You take over!" and there I've been ever since.

When the Senior Center opened, the Book Club moved there for our meetings. Last year, the City decided we should meet at the new Community Center instead. With covered parking, I hope everyone is happy there as well.

We welcome new members and encourage all members to help with the monthly book selection.

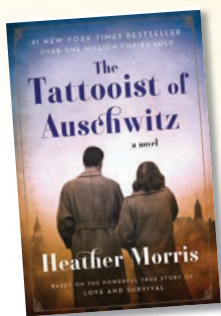
Attending the Senior Book Club keeps your mind active, gives you different perspectives, and creates new friendships. See you there!

Book Banter Group

Even though the Book Banter Group is not currently meeting, feel free to read these best-selling books. If hardback or paperback books are not available, download free eBooks thru the Brentwood library site using "Libby." Also, to chat with friends or family, use FaceTime or Zoom.

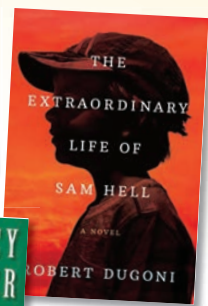
July

The Tattooist of Auschwitz
by Heather Morris



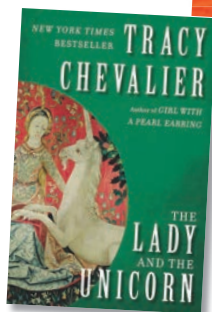
August

The Extraordinary Life of Sam Hell
by Robert Dugoni



September

The Lady and the Unicorn
by Tracy Chevalier



Computer Help

John Brooks (our computer lab instructor) and his company **Frontline Tech Services** is offering Senior Club members free remote technical assistance for all your "tech" devices. [How it works:](#)

1. Call **Frontline Tech Services** at **925-420-0038**.
2. Select option 1.
3. A representative will ask you for your information, then ask what troubles you are experiencing. If no one is available, the call will go to voicemail. Simply leave your name, contact number and one of our representatives will call you back as soon as possible.
4. If the representative can't solve the issue with just getting the details, they will ask you to download a remote connect software. This will allow the representative to connect to your device to troubleshoot the issue/question. Once they are finished, the software will be removed from your device.
5. If we can't resolve the issue, we may make some recommendations on what the next steps might be.

This service is available from 7am–5pm Monday–Friday and 8am–4pm on Saturday. There will be no representatives available on Sunday, however, you can call and leave a message and someone will get back to you.

Staying Social

Although the Senior Activity Center is closed and our activities are paused right now, rest assured that we will be phasing activities and services back in as allowed by the Contra Costa Health Services. Soon you will again be able to enjoy all the exciting and entertaining activities, classes, services and programs that the Brentwood Senior Activity Center has to offer. Our City staff, Senior Club and all of our service providing agencies look forward to seeing you all soon. In the meantime, stay healthy and be strong! *Olivia Alvarez, Recreation Supervisor*

LOOKING FOR SOMETHING TO DO THIS WEEKEND?

Delivered straight to your inbox every Thursday morning, the free Weekender newsletter offers up seven suggestions for awesome things to do at home, from the latest streaming movies, quirky TV and online theatre to virtual wine tasting, cooking classes and museum tours.
<https://apps.mercurynews.com/newsletters/weekender/>

LITTLE FREE LIBRARIES

Out of books to read? Here is an opportunity for you, your family and friends. Check out the "Little Free Libraries" that are located throughout our community. The only requirement is that if you "Take a Book; Share a Book," much like a library, but with no due dates. You may find them on street corners, in parks or front yards. Anyone can set up a "Little Free Library" and personalize it to your liking. Here are some Brentwood locations:

- 93 Baird Circle
- 1616 Highland Way
- 10 Quail Court
- 1300 Baylaure Court
- 772 Marjoram Drive
- 300 Randy Way

HISTORY BUFFS - EAST COUNTY TRIVIA

East Contra Costa Historical Society is a great place to visit at 3890 Sellers Ave., Brentwood CA, 94513

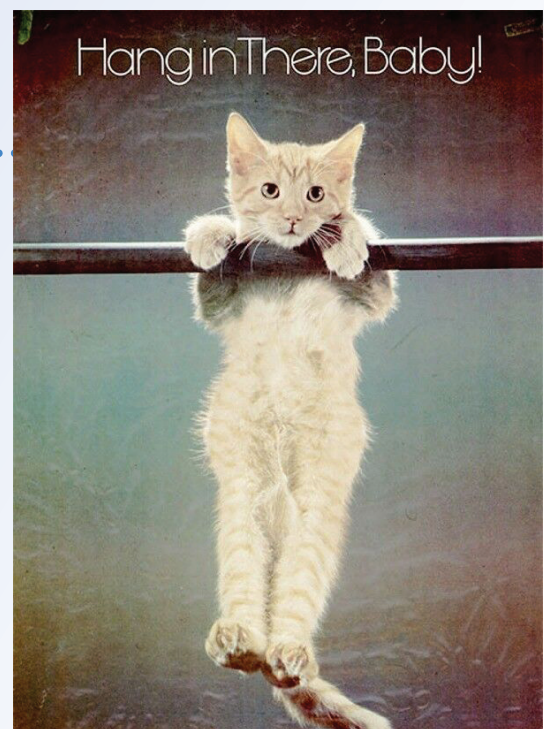
- 02/18/1850 Contra Costa became one of 27 counties in CA
- 02/25/1854 Sacramento becomes CA State Capitol
- 11/09/1878 Brentwood Post Office opens
- 11/25/1878 Brentwood's First Business- Joseph Carey, Blacksmith Shop
- 09/17/1913 Hotel Brentwood grand opening
- 01/05/1915 Brentwood Library (first) open
- 07/12/1919 Brentwood, downtown destroyed by fire
- 01/13/1925 ECC Chamber of Commerce was formed
- 06/18/1926 First Apricot Festival
- 04/01/1928 Mount Diablo Aviation Beacon dedication
- 04/26/1931 Mount Diablo State Park opens to public
- 11/27/1931 Brentwood Hospital closes
- 02/19/1948 City of Brentwood incorporates
- 04/28/1960 John Marsh Stone House gifted to CCC
- 08/06/1999 Brentwood Press, first edition

Trips & Tours

Due to the outbreak of the Coronavirus, we have had to cancel trips for the remainder of the year.

Please continue to look for updates in future newsletters. Once the Center is open, you can leave your trip suggestions at the front desk with a staff member.

We are looking forward to traveling with you again in 2021!



Single & Mingle

GROUP

The social restrictions due to the COVID pandemic have been very difficult to bear, especially for those of us Seniors who live alone. However, our resolve and collective experience facing challenges has helped us not only to maintain our sanity but to use our creativity to get through these uncertain times. The Single & Mingle group has been active and has maintained social connections with one another to ensure that no one has to face this alone.

Shortly after Shelter in Place was mandated, several of our members divided the membership list amongst themselves to make calls of encouragement and to make referrals for services when needed. Out of these calls, it was decided to hold "drive-by" birthday celebrations. This was very well received. Our first "birthday boy" was so moved that he promised to hold a party for seven days straight after the Shelter in Place is lifted.



Another byproduct has been the ongoing of communication by e-mails, texting, and phone calls, including sharing the many Covid-19 humorous videos, jokes and stories which bring a smile or much needed laughter to all of us.

A favorite activity that has been ongoing for several weeks, is our Zoom "Cocktail Party." Those that feel comfortable with technology, or have the desire to try new things, have joined for an evening of laughter and friendly banter. Last week we added a Trivia segment to the party. All who attend, look forward to this weekly event, which is evident by freshly bathed participants, some even sporting fancy hairdos, makeup and dressed in something other than the baggy sweats we've all been living in.

We have encouraged each other to keep active, and many of our members can be seen throughout their neighborhoods, walking on trails or bicycling, all practicing social distancing and wearing masks.

A citywide activity that the Single Mingles have joined is the Brentwood Cruise parade that has been held on Friday nights for the last several weeks. It has been thrilling to be a part of this activity. Last week, it was estimated that there were over 400 vehicles in the parade that cruised throughout Brentwood neighborhoods and ended in downtown. There were classic cars, motorcycles, sports cars, vintage trucks, vintage military vehicles, etc. We had several members participate: Von and Diane in Von's vintage Pantera, Dick and his daughter, in his vintage muscle car, Janie and Kate in a sports car, and Ed and Orpha on a Harley. It was truly heartwarming to ride in the parade, waving at the multitude of Brentwood families lined up on their sidewalks waving flags. I was struck by the confirmation that we are all in this together and we are not only going to survive, but we are going to come out of this stronger.



We currently have 72 members living in the communities of Brentwood, Antioch, Oakley and Discovery Bay. Events we are looking forward to after the "new normal" is put into place include our Single & Mingle Bocce games, movie outings and movie review dinners, group bicycling and walking groups, Boogie Nites dances, trips to the wineries, dancing at our local establishments, line dance and the Mexican Folklorico classes, exercise classes, dining out, enjoying our beautiful parks and lakes with friends and lastly, we are especially looking forward to our member's promise of 7 consecutive days of parties!

..... A HUGE *Thank You* TO ALL

We would like to acknowledge all of our amazing 2019 volunteers by name. We hope you like the security wallet and gift card from the Club. Thank you so much for your service!

Margarita Akina
 Judy Allan
 Mary Lee Allen
 Charlotte Allison
 Howard Allison
 Elma Aquino
 Jim Baird
 Guillermo Barcenas
 Esther Barcenas
 Bruce Barnes
 Carolyn Barnes
 Thomas Becker
 Chris Bellicini
 Julia Benveniste
 Kathy Bishop
 Diana Bonner
 Steve Bordi
 Henrietta Bowers
 Linda Brose
 Arnold Burton
 Kate Chard
 Emily Childress
 Odette Ching
 Kris Christensen
 Bobbie Colvin
 Cindy Conrad
 Karen Corbett
 Dee Dee Cornell
 Tippy Cornell
 Pauline Costa
 Tom Costa
 Kathi Croffoot
 Archie Cross
 Fran Cummings
 Diane Daugherty
 Jon Elam
 Cathy Everett
 Barbara Fallon
 Rosie Faulalo
 Ingrid Fereria
 Glenn Fisher
 Peggy Fong
 Kate Friend
 Cristina Garcia
 Rose Garcia
 Jack Gatterer
 Bill Gaylord
 Pamela Gaylord
 Scott Gaylord
 Richard Griek
 Judy Griek
 Baron Guiteau

Annie Hee
 Leroi Hemenway
 Pilar Herrera
 Maria Higueros
 Belle Hodnick
 Dreama Howard
 Helen Howlett
 Marna Huber
 Ken Jessup
 Linnea Jessup
 Joanne Joaquin
 Paula Joyce
 Phillip Karls
 Don Kopshy
 Terry Laughlin
 Claudia Lautenslager
 Connie Leaderich
 Marc Lefebvre
 Sherry Luke
 Pat Lundy
 Matusiewicz
 Mary May
 Rosie May
 Sandy Meyers
 Judith McClelland
 Steve McCord
 Carol McPherson
 Ed Michaels
 Judy Michaels
 Mike Millang
 Mary Lou Millang
 Brenda Miller
 Connie Miller
 Marie Modafferi
 Linda Moldovan
 Martha Morado
 Wayne Moran
 Maureen Muller
 Agnes Murayama
 Bo Murayama
 Leslie Muse
 Ray Navarro
 Barbara Nevels
 Calvin Nutting
 Kathy Nutting
 Alice Ogden
 Mike Ogden
 Mary Oliver
 Nancy Padilla
 Alan Parenti
 Margot Parenti
 Kathy Pedroni

Rita Peres
 June Peters
 Betty Raimondi
 Richard Raimondi
 Elenora Resare
 Orpha Rivera
 Lynda Rivers
 Bev Rossi
 Barbara Sciancalepore
 Pat Sciancalepore
 Wendy Schrader
 Roy Schuler
 Sandra Smith
 Suze Smith
 Ann Stevens
 Kiran Taunk
 Kathy Thill
 Janet Villasenor
 Tino Villasenor
 Margarite Wallace

Diane Walton
 Janie Wegner
 Susan Wetzel
 Dale White
 Mary Mary
 Marion Wiedmann
 Eileen Wigton
 Cathie Wilcox
 Pat Wilkins
 Carol Wilson
 Jean Yameguchi

BROWN BAG:
 Leroy Hemingway
 Roy Manning
 Diane Manning
 Ann Stevens
 Mary Oliver
 Pam Gaylord
 Scott Gaylord

FUTURES:
 Susanna Rodriquez
 Kellee Priest
 Powell Sanders
 Ronald Garcia
 Green Dwayne
 Paul Nieders
 Suhail Artiga
 Jeff Reno
 Joseph Ylagan
 Yanet Diaz
 Alan Blain Campbell



LEADS:

We define an individual as a Lead when they are experienced at what they do and want to share their talent with a group with common interest. Being able to bring people together for enjoyment or learning is the best. Teaching & coaching members with enthusiasm and patience is a must. The Leads' satisfaction comes from members learning from them, seeing all the friendships that form and the great camaraderie among the group.

- Kay BordiA Place to Paint
- John Brooks.....Computer Lab
- Edward Butler.....Billards
- Janice DoneuxBlood Pressure
- Cathy Everett.....Bingo
- Gary & Sandra Gee.....Mahjong
- Lynn HandelmanGin Rummy
- Belle Hodnick.....Line Dancing
- Susan Huber.....Duplicate Bridge
- Laura Jaramillo.....Pinochle
- Donna MartinCC Café
- Leslie Muse.....Single & Mingle
- June Peters.....Knitting/Crochet
- Betty Raimondi.....Special Luncheon
- Aurora Sanchez.....Ballet Folkorico
- Carole ValenzuelaQuilting
- Anneliese Warren.....Book Banter
- Mary Ann WhiteBunco
- Eileen WigtonSingle & Mingle
- Pat Wilkins.....Brown Bag

VOLUNTEERS, AMBASSADORS & LEADS

CAROL VALENZUELA & JUNE PETERS, KNITTING/CROCHET/QUILTING CO-LEADS

Club Leads are experienced at what they do and willing to share their talent by teaching and coaching with enthusiasm and patience. June Peters and Carol Valenzuela have all of those qualities!

June Peters is well-known to our members for all her contributions of time and involvement in so many activities and events. Early on in her membership, she formed a monthly knitting & crocheting group at the Club. She brought her enthusiasm and energy along with her incredible talents.

Shortly thereafter Carol Valenzuela joined our Club. Her goal was to meet new friends and support her Dad, Mr. B., in Club activities. June and Carol eventually met and realized they had similar backgrounds. Both ladies moved from Livermore and provided childcare in that community...small world.

Carol also shared that she and her family immigrated from Quebec in 1965. She has met several members that had immigrated and they get excited telling their experiences. Carol speaks French as do several of our members. She reflected that at the age of 16 she became interested in quilting and she and her sister made their first quilt, an Anniversary Patchwork blanket for her parents. Through the years she has made numerous quilts for gifts. Much later she became a "serious quilter."



June is the lead of the Knitting/Crochet Group and Carol leads the quilting group. Each will cover for the other, if one is unavailable for their twice-weekly circle which meets in the Main Hall on Tuesdays and Wednesdays.

Our Club is fortunate that our community is so generous with donations of yarn and fabric. These two groups make good use of the donations by creating projects that can then be donated back to the community via various causes.

Thank you ladies, for all of your creative work and dedication to the Club.

SENIOR ACTIVITY CENTER AMBASSADORS

Before Covid19 the Brentwood Senior Activity Center building at 193 Griffith Lane was a "Beehive of Activity". It was our 'home away from home' where we were greeted by friendly faces, welcoming smiles and free coffee.

When the doors first opened the Center was "staffed" by volunteers. As the Senior Club membership grew and the number of classes and activities increased, the city Parks and Recreation department put in place a staff of "Recreation Leaders" who would oversee the Center and all its activities. We all know and appreciate these leaders: Yolanda, Elenora, Roy, Robbie and Noemi. They are the smiling faces and patient helpers who answer our questions and register us for activities and classes. They are also responsible for record keeping, ordering supplies, directing the flow of traffic and taking charge in an emergency or unusual event at the Center.

That's a big job for one person. That's where the BSAC Ambassadors come in. An Ambassador is defined as "one who acts as a representative or promoter of a specific activity." These folks volunteer for four hour shifts, one day a week. They assist the Recreation Leaders by greeting people coming into the center, providing information on Club membership and activities and giving tours of the facility. They also answer the phone, keep the coffee area clean and well stocked and the lobby area neat and tidy. In the event of an emergency they support the Recreation Leader by helping with crowd control, bringing supplies such as rubber gloves or providing direction and a clear path for fire or emergency personnel.

An ambassador is a person who enjoys helping people, is kind and patient and self-directed. When they see a need, they step up to fill that need. When our center reopens, and you enter that familiar space, we hope you will say hello to the Ambassador "on duty" and maybe consider becoming one yourself.



Volunteers Always Wanted - This is your opportunity to meet new friends, share your skills and have fun with others planning or helping at events. Great personal satisfaction is gained when giving back to members and community. Please call the BSAC for more information (925) 516-5380.

NOTE: Programs will not be available until the Club re-opens and the City authorizes program start dates.

BRENTWOOD SENIOR CITIZENS CLUB ONGOING ACTIVITIES LIST

ACTIVITY	DAY(S)	TIME(S)	LOCATION	LEADER
Ballet Folklorico Dance	Wed	3:30–5:00 pm	BSAC Main Hall	Aurora Sanchez (925) 550-1200
Billiards	Mon – Fri	8:30 am–12:00 pm	BSAC Game Room	Edward Butler (225) 205-8876
Bingo	Mon	12:15–3:00 pm	BSAC Main Hall	Cathy Everett (925) 783-7477
Special Bingo Luncheon	2nd Fri	12:00 pm	BSAC Main Hall	Cathie Wilcox (925) 516-5380
Book & Media Library	Mon – Fri	8:30 am–3:00 pm	BSAC Game Room	Randy Leong (925) 516-5380
Book Banter	3rd Tues	1:30–2:30 pm	BCC Conference Room	Anneliese Warren (925) 516-9464
Computer Help	Mondays	2:00–4:00 pm	BSAC Class Room	John Brooks (925) 516-5380
Duplicate Bridge*	Fri	1:00–4:00 pm	BSAC Game Room	Dr. Susan Huber (925) 457-5497
Gin Rummy	Tues	1:00–3:00 pm	BSAC Main Hall	Lynn Handelman (925) 344-2440
Knitting & Crocheting Circle	Wed	12:30–3:30 pm	BSAC Main Hall	June Peters (925) 443-4287
Line Dancing	1st, 3rd & 4th Fri	12:30–2:00 pm	BSAC Main Hall	Belle Hodnick (925) 628-9534
Mahjong (Chinese)	1st, 3rd & 4th Fri	1:00–3:00 pm	BSAC Game Room	Sandra Gee (925) 626-7901
A Place to Paint	Tues	12:30–3:30 pm	BSAC Class Room	Kay Bordi (925) 516-8387
Pinochle	Tues & Thurs	1:00–4:00 pm	BSAC Main Hall	Laura Jaramillo (925) 432-8212
Quilting	Tues	1:00 – 4:00 pm	BSAC Main Hall	Carole Valenzuela (925) 321-0728
Single & Mingle	1st Tues	1:30 – 3:00 pm	BCC Conference Room	Eileen Wigton (925) 516-4959
Toll Painting	Tues	1:00 – 4:00 pm	BSAC Meeting Room	Linda Heckman (925) 240-9809

Activities are free to members presenting a valid Senior Citizens Club Card except activities marked with (*) which require an Activity Card. Non-members must purchase an Activity Card to participate.

BSAC= Brentwood Senior Activity Center - 193 Griffith Lane BCC= Brentwood Community Center - 35 Oak Street

NOTE: Services will resume once the Center is reopened.

BRENTWOOD SENIOR ACTIVITY CENTER FREE SERVICES & REFERRALS

SERVICE	DAY(S)	TIME(S)	CONTACT INFO
Senior Information & Referral Counselor Contra Costa County Aging & Adult Services senior information and assistance counseling.			(800) 510-2020
Blood Pressure Checks	1st Mon 2nd Friday 3rd Wed	10:00 am – 12:00 pm 12:30 – 2:30 pm 10:30 am – 1:30 pm	Walk-ins welcome.
Bread Giveaway Program Bread and baked goods provided by Safeway for distribution.	Every Thurs 2nd Fri	10:30 – 11:30 am 9:30 – 11:00 am	(925) 516-5380
Care Manager Counseling Care Managers help assess needs of older adults, locate resources and services that will enhance their lives, and develop a personalized care plan for each client.	Mon	1:00am – 4:00 pm	Sign up for an appointment at Center Reception desk or call (925) 516-5380.
Spanish Speaking Care Manager Counseling	2nd Wed	1:00 – 4:00 pm	
CC Café Senior Nutrition Provides a nutritionally balanced, delicious lunch for seniors 60 years & older at a great deal (\$3 recommended donation).	Mon – Fri	9:00 am – 1:00 pm For lunch, be there at 11:30 am	For lunch reservations, call (925) 516-5398.
CCC Food Bank Brown Bag Provides low income seniors supplemental food twice a month in partnership with the Food Bank of Contra Costa & Solano Brown Bag Program.	2nd & 4th Thurs	10:00 – 11:00 am	To apply, pick up application at Center Reception desk or call (925) 679-4701.
Dial-A-Ride Tri Delta Transit provides rides for seniors and disabled individuals.	Mon – Fri	Various	To register, contact Tri Delta Transit at (925) 754-3060.
HICAP State-sponsored Health Insurance Counseling and Advocacy Program provides counseling to Medicare recipients about their benefits, rights, and options.	2nd Thurs	1:00 – 4:00 pm	To make an appointment, call HICAP's appointment service at (925) 602-4168.
Meals On Wheels Diablo Region Offers senior services such as housing, financial assistance and fall prevention education.			(925) 937-8311
Legal Services Free general legal advice & self-help services with a pro bono attorney sponsored by Contra Costa Senior Legal Services (CCSLS).	4th Thurs	1:00 – 3:00 pm	Sign up for a half-hour appt. at Center Reception desk or call (925) 516-5380.
Meals On Wheels Provides meals delivered to homebound and in need of assistance seniors.	Mon – Fri		(925) 625-4545
Memory Screenings	3rd Thurs	1:00 – 3:00 pm	(925) 516-5380
Rides for Seniors Provide rides to doctor/dentist and grocery store for seniors who can't drive or afford a cab, and live out of the loop of Dial-A-Ride.			Call Laurie Beck at (925) 284-6161 for more info or to join the program.
Senior Peer Counseling Offers one-on-one individual, free and confidential counseling sessions.	2nd Fri	1:00 – 3:00 pm	Sign up for appointment at Center Reception desk or call (925) 516-5380.
Cal Fresh A nutrition assistance program for low income individuals and families. Apply to get up to \$192 a month per household member on an EBT Card.	2nd & 4th Wed	12:00 – 3:00 pm	Sign up for appointment at Center Reception desk or call (925) 516-5380.

Looking Forward...

We are cautiously optimistic that progress will continue to be made in the fight against Covid-19 and things will soon begin to return to normal at the Brentwood Senior Activity Center.

In the meantime, please keep us updated on what's going on in your lives outside of the Center. We encourage you to share your recent experiences in the new Members' Corner section of this newsletter. (See page 8.)

When the Center does reopen, we are looking forward to "better, not bigger" activities. Smaller gatherings will be the new normal. Some new ideas are being tossed around for events and classes to accommodate smaller groups.

We keep moving forward,
opening new doors, and
doing new things,
because we're curious and
curiosity keeps leading us
down new paths.

Walt Disney



We're currently busy planning a Mystery Dinner set to happen on February 20, 2021 at the Community Center. Mark your calendars to save that date and give yourself something fun to look forward to.

Until then, please take care of yourselves by staying positive and active.



Brentwood Senior Citizens Club, Inc.
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