

# Brentwood

SENIOR CITIZEN'S CLUB, INC.

March/April 2020



## Celebrating 10 years of Line Dancing

Cover story on page 5

## FROM THE CLUB PRESIDENT

Dear Members,

As we head into a very busy Spring, I urge you all to become active in our Senior Club activities. There are events and activities for all to partake in plus it keeps all our energetic volunteers "happy and hopping." Remember that it takes many volunteers to keep our club of 1,400 members, running smoothly. We are most grateful for all the dedication and hours spent by each and every volunteer and we appreciate those of you who graciously donate your time to all of our members.

Speaking of volunteers, we are going to honor you all at a Special Volunteer Luncheon on Thursday, April 16. All volunteers, mark your calendars and watch for your invitation.

Other upcoming events are the Boogie Nites dances on Thursday evenings March 26 and April 23, bus trips to Cache Creek Casino on Tuesday, March 24 and the horse races at Golden Gate Fields on Friday, April 24. Sign-up for these lucky trips early as they are fun, and spaces go quickly.

Lastly, we will be having a catered, Corn Beef and Cabbage dinner, complete with Irish music, on Tuesday, March 17 (which just happens to be on my birthday). So come and celebrate St. Patrick's Day with me and get "lucky." Maybe you'll win a "Pot of Gold" before you go on those two upcoming bus trips.


Good luck to all!

Steve Bordi  
President



## BRENTWOOD SENIOR ACTIVITY CENTER

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

 @Brentwood Senior Citizen's Club

### Business Hours

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

### Register for classes online at:

[www.brentwoodca.gov/onlineregistration](http://www.brentwoodca.gov/onlineregistration)  
Use activity codes listed.  
Call (925) 516-5444 for assistance.

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

## Welcome

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

## Senior Center City Staff

RECREATION SUPERVISOR

**Olivia Alvarez**

RECREATION COORDINATOR

**Amanda Chaney**

RECREATION LEADERS

**Yolanda Brown**

**Elenora Resare**

**Roy Schuler**

**Robbie Myers**

**Noemi Wood**

VOLUNTEER AMBASSADORS

**Rose Garcia**

**Carol McPherson**

**Kathi Croffoot**

**Eileen Wigton**

**Maria Higueros**

**Kate Chard**

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

Memorial Day  
May 25

Independence Day  
July 3



## Meetings

### Program Sub-Committee

- March 3
- April 7

*Come to our sub-committee meeting the first Tuesday of each month. We welcome your ideas.*

### Board Meetings

- March 10
- April 14

*All meetings are held in the Classroom from 9:00 – 11:00 am*



Just a reminder that the Senior Center is a non-smoking environment.

The smoking ban is an attempt to protect other people from the effects of second-hand smoke.

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.

# Lion's Club Donations



We are currently partnering with the Discovery Bay Lions Club to collect a variety of items. Their motto is "Whenever a Lions Club gets together, problems get smaller and communities get better." Our coordinator for this special project is **Bev Rossi** of Discovery Bay.

In the main lobby of the Brentwood Senior Activity Center we have a collection station for the following items:

- Eye glasses and frames
- Hearing aides and new hearing aide batteries

Thanks to our members' generosity, we have already collected almost two full boxes of eye glasses, frames and hearing aides.

# Honor A Hero



The City of Brentwood Military/Veteran Banner Program has been established to honor and recognize active duty military personnel or military veterans that reside in, or have immediate family living in the City of Brentwood. Military/Veteran Banner displays the official military photo of the service member or veteran, as well as their name, rank, and branch of the United States Armed Forces.

If you are interested in participating in this program and would like more information or an application please stop by the reception desk of the Brentwood Senior Activity Center.

# Little Hats, Big Hearts



Carole Valenzuela and June Peters are the co-leads of the knitting/crochet groups. The group worked all last year and will continue to do so making red hats for babies. New babies are sent home from the hospital in red hats during the month of February to bring awareness to heart health.

Carole says, "Babies are cute already, but put a hat on them and it's over the top adorable." This year the group will continue their work to create handmade red hats for Epic care in conjunction with Dallas Ranch in Antioch. It is not unusual to see members knitting in the lobby to support this project.

Our Board and Club appreciates what the volunteers are doing for each other and the community.

## Sunshine

### REPORT

#### IN MEMORIUM:

- Rick Kelley

- Annette Cox
- DeeDee Cornell
- Doris Schafer
- Julie Halpin
- Arnold Burton
- Connie Baker



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.

2020  
Senior Board  
CONGRATULATIONS

**Congratulations to the newly elected Senior Club Board Members who will serve the Club for the next two years.**



**Richard Griek, Vice President**

Richard was already acting Vice President since previous Vice President, Steve Bordi had to take over the Presidency when Dick Raimondi had to step down due to health issues. He is proud to continue in his duties as Vice President, providing support to the Board and Club members by his interaction and hearing their ideas. The members' insight is part of how we identify the needs of the Club. We are fortunate that Richard will continue as an influential Board member.

**Judy Griek, Treasurer**

As an incumbent Board member she has a strong knowledge related to the current finances and historical financial information. She works closely with the CPA and COB to assure accuracy. She is very articulate and attends Club committees to assist with contracts, financial proposal for their planned events. She brings much strength to the Board team and glad she remains on the Board.

**Eileen Wigton, Membership Secretary**

Many of you already know Eileen because she has been a Club member for about 8 years. She has served as a volunteer on several committees including Boogie Nites and as co-chair of the Single & Mingle group. She is also a Volunteer Ambassador, at the Senior Center. She expressed that serving on the Board will give her an opportunity to have a positive impact on our Senior community. As Membership Secretary she will seek to support and promote activities which will enrich the lives of all senior club members from the very active to the more frail elderly.

**2020 Club Board Members**



- Steve Bordi** ..... *President*
- Richard Griek** ..... *Vice-President*
- Judy Griek** ..... *Treasurer*
- Charlotte Allison** ..... *Secretary*
- Pat Wilkens** ..... *Financial Secretary*
- Eileen Wigton** ..... *Membership Chair*
- Paula Joyce** ..... *Trip Chair*

**Out-Going Board Member**



Two years ago **Pat Lundy** joined our Senior Club Board as Membership Secretary and immediately it was obvious that she was a great addition. Pat jumped right in with enthusiasm and energy, always bringing an intelligent and informed perspective and helping the board

come to good decisions. Her insight to our seniors' needs, enjoyment and quality of life has been invaluable. Thank you Pat!

# Celebrating 10 years of Line Dancing

The Brentwood Senior Citizen's Club hosts a line dancing class three times a month. In celebration of their 10 year anniversary, I sat down with **Belle Hodnick** who has been the volunteer instructor for the last decade.

Belle started teaching Line Dancing at the Brentwood Senior Activity Center on March 26th, 2010. She knew the date right off the top of her head and even showed me the original Senior Citizen's Club newsletter the class was advertised in! Starting with less than 10 participants, the line dancing class has ballooned to 30-40 people each class session! Of those 30-40 participants, Belle said that 4 or 5 of them are from the original class in 2010.



Starting line dancing in the late 80s, Belle has been an active dancer for over 30 years. Moving from Arizona to Brentwood in 2008, Belle started looking for a line dancing class. In just a few short months, she found a class at the brand new Senior Center which opened in 2009. The class was eventually cancelled due to lack of participation, but with the encouragement of some of the other participants to become an instructor, Belle offered to start a new line dancing class, free of charge!

In addition to teaching her class 3 times a month, Belle attends other line dancing classes all over the Bay Area, line dancing up to 5 times a week! When she isn't teaching members how to line dance, Belle enjoys hiking, walking and playing bridge monthly. She has also become an avid baker and favors making birthday and wedding cakes.

When asked what her favorite song to line dance to was, Belle said "Right now, *Seniorita* by Sean Mendes and Camilla Cabello." All line dances are choreographed to particular songs so it's hard to choose just one.

I asked Belle what she liked most about volunteering as a line dance instructor. I could tell she really enjoys what she does with her enthusiastic response. "The

satisfaction that people are learning from me. Seeing beginners who stick with it and become really good line dancers! Seeing all the friendships that have formed and the great camaraderie among dancers." Belle's class is bringing people together in our community through line dancing.

If you are new to line dancing, you should know that Belle's class starts off easy each day and increases with difficulty as class progresses; every level of dancer gets their fill. Line Dancing is great exercise for the mind and body. Everyone is welcome!

In my short 15-minute sit down, I can tell you I'm ready to join line dancing! Fun, active and friendly, this group will be a great addition to anyone's monthly calendar. Belle's line dancing class is the 1st, 3rd and 4th Friday of each month in the Main Hall from 12:00pm-2:30pm. This drop-in class is FREE to all Senior Citizen's Club members, so don't miss out!



**New Home Ownership Protection  
for Elders ("HOPE") Program**

**Are you a homeowner?  
It is important to protect  
your equity.**



**Wednesday, April 15 at 12:30pm  
at the Brentwood Senior Center, Main Hall**

**Get information regarding:**

- **Credit Reports.** Access your credit report to identify debt, errors and signs of identity theft.
- **Eligibility for the Tax Postponement Program.** Postpone payment of property taxes.
- **Homestead Declaration.** Protect your home's equity from creditors.
- **Safe Estate Planning.** The perils of adding children to deed, Durable Power of Attorney, Advance Health Care Directives, risks associated with reverse mortgages, and more!

**Space is limited. Register today! Event #4271  
Brentwood Senior Activity Center (925) 516-5380**

# Special Luncheons

At the Senior Activity Center



**ST. PATRICK'S DAY LUNCHEON**  
FRIDAY, MARCH 13 at 11:45 am

Lunch will be provided by CCCafé staff. After lunch the Bingo game fun will begin with many winners and raffle prizes.

Deadline to register 3/11.



**EASTER LUNCHEON**  
FRIDAY, APRIL 10 at 11:45 am

Lunch will be provided by CCCafé staff. Bingo, raffles, music, special treats!

Deadline to register 4/8.



Make your reservations today to enjoy both of these luncheons. Please call CC Café at (925) 516-5398 9:00 am – noon



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.

# Movie Fridays

2nd Friday of each month.  
1:30 – 3:30 pm in the Game Room.  
FREE popcorn is served.

## MARCH 13<sup>TH</sup> | CHOCOLAT



A single mother and her daughter setup a chocolate shop in a peaceful French village during Lent.

Cast: Johnny Depp, Juliette Binoche, Lena Olin

Romance (PG-13)  
Runtime: 2h 1min

## APRIL 10<sup>TH</sup> | AQUAMAN



An Adventure that spans the vast visually breathtaking underwater world of the seven seas, Aquaman reveals the origin story of half-human, half-Atlantean and takes him on the Journey of a lifetime.

Cast: Jason Momoa, Amber Heard, Willam Dafoe

Action (PG-13)  
Runtime: 2h 23min

# Book Banter Group

Are you an avid reader looking for someone with whom to discuss the latest novel? Join us the 3rd Tuesday of each month from 1:30–2:30 to talk about the preselected books listed below and available at the local library desk upon request. **NOW MEETING AT THE BRENTWOOD COMMUNITY CENTER.**

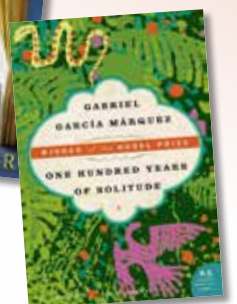
## March 17

Romanov Empress  
by C W Gortner



## April 21

100Years of Solitude  
by Gabriel Garcia Marquez



# Trips & Tours

## Golden Gate Fields

Friday, April 24, 2020

(2 Buses)

\$56/person members ~ \$86/person non members includes round trip motorcoach transportation, reserved seating in the Turf Club, buffet lunch & driver gratuity.

**Trip #3726 • Trip Level 1 (Light walking)**

Walk in Registration begins 3/10/20

Phone Registration begins 3/11/20

11:30 am Depart Brentwood Senior Activity Center

7:00 pm Approximate return time to Brentwood

Enjoy a visit to Golden Gate Fields, one of California's premiere horse racing destinations in the Bay Area. Your "Day at the Races" is sure to be an unforgettable event. Horse racing offers a unique interactive experience like no other sport. Learn to place a basic bet or try your luck at a trifecta and cheer for your ponies to cross the finish line first. Your group will have reserved seating in the Turf Club with a hosted buffet lunch and perfect viewing of the field.



**COMING SOON!**

Roaring Camp:  
8/4/20 2 buses

A's Game:  
9/2/20

Golden Gate Park:  
10/7/20

## Oakland A's Game vs Seattle

Wednesday, May 6, 2020

\$40/person members ~ \$75/person non members includes roundtrip motorcoach transportation, reserved stadium seating in section 109 & driver gratuity.

**Trip #4266 • Trip Level 3 (Moderate)**

Walk in Registration begins 4/1/20

Phone Registration begins 4/2/20

10:30 am Depart Brentwood Senior Activity Center

5:30 pm Approximate return time to Brentwood



## Trips & Tours Registration Policies

1. Register at: Brentwood Senior Activity Center or Brentwood Community Center.
2. Only walk-in registration will be processed on the 1st day of registration. Phone-in begins on day 2 and you must have your credit card on file in your Parks and Recreation account to register by phone.
3. Once the trip sells out, a wait list will be created.
4. All registration forms will be processed on a first come, first serve basis. All forms must be completed and signed by the participant, including a waiver for each trip.
5. A single person can register more than one person at a time (maximum of four people), as long as all registration forms are fully completed by each person attending the trip.
6. Please remember to fill out any special needs (such as "I will be bringing a walker") in the boxed area of the registration form.

# ..... A HUGE *Thank You* .....

## OLDIES BUT GOODIES HOLIDAY PARTY



*The Club treated the partygoers to lunch and dessert, then Richard passed out a special gift to each individual*



*Pat W. & Kylee*

## ROARING 20s NEW YEAR'S EVE



## A VOLUNTEER EXTRAORDINAIRE



Betty Raimondi started seven years ago as the Lead that coordinated the twice monthly Special Luncheons. Our members really enjoy lunch in the main hall, playing bingo and winning raffle prizes. Betty goes shopping each month to buy prizes for the raffles. Her husband

Dick Raimondi, by her side, did the Bingo calls at each luncheon. Over time they reduced the event to monthly and the turnout was still great. Kris Christensen was always there to call Bingo as needed. This special team coordinated themed luncheons for holidays with decorations, entertainment & gifts for the guests. Through the years, Carol McPherson, Pat Lundy, Joanne Joaquin, Carol Wilson and Rosa Chang volunteered with Betty. What a great team! After seven years Betty has decided to hand over the Lead to Cathy Wilcox. Cathy's team includes Carol McPherson, Carol Wilson and Rosie F. Kris plans to continue calling Bingo. Betty will continue to support the new team as needed.





..... TO ALL THE PARTICIPANTS AND VOLUNTEERS IN THE CLUB'S ACTIVITIES! .....

## NEWSLETTER TEAM

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.

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



*Left: Maureen is the  
Newsletter Mail  
Preparation Team Lead.*

*Bottom: (L to R) Henrietta,  
Annie, Eileen and Blanche  
preparing the newsletters  
for delivery.*



**11th ANNUAL ART & CRAFT FAIRE TEAM  
ARE LOOKING FOR COMMITTEE MEMBERS  
WITH  
CREATIVE IDEAS,  
SPECIAL SKILLS,  
COMPUTER SKILLS,  
PUBLICITY IDEAS,  
DECORATING FINESSE,  
WHO ENJOY WORKING AS A TEAM**



*Volunteers Always Wanted - This is your opportunity  
to meet new friends, share your skills and have fun  
with others planning or helping at events. Please  
pickup an application at the Brentwood Senior Center  
or call for more information (925) 516-5380.*

## Upcoming Volunteer Opportunities

- Boogie Nites: 3/26, 4/23, 5/28, 6/25
- 2020 Craft Faire Committee
- Newsletter Mail Preparation
- Monday Bingo
- Monthly Special Luncheons: 2nd Friday
- Cinco de Mayo: 5/5
- Hot Latin Dance: 5/9
- Ice Cream Social: 8/20
- Annual BBQ: 9/26
- Art Show: 10/2
- Halloween Bingo: 10/16
- Craft Faire: 11/6-11/8
- New Years Eve: 12/31/20



# BINGO MONDAYS

CASH PRIZES UP TO \$500 EVERY WEEK!

**EVERY MONDAY**  
(EXCLUDING HOLIDAYS)

**DOORS OPEN:**  
12:15 pm

**BINGO STARTS:**  
1:00 pm

**\$10 BUY-IN**  
**FREE SNACKS**  
**OPEN TO ALL**  
(must be 18 years +)

Daubers available for purchase on-site.

No children please.

For more info call 516-5380.

Monday Bingo is always an afternoon of fun and socializing at the Senior Activity Center. The Bingo Team consistently tries to introduce new, exciting ideas for our guests.

We have been collecting donations of gift certificates and merchandise from local businesses and individuals within the community for our Wheel Spin giveaways. In order to express our sincere appreciation for all of our generous businesses and individuals that donate to these activities, we will be announcing their names during the Raffle/Wheel Spin giveaways from now on.

Following are the businesses and individuals who have donated to date:

- Southern Glazier, Union City
- Habit, Antioch
- Jimmy's Nail Salon, Antioch
- Starbucks, Brentwood and Antioch
- Firestone, Brentwood
- Maya Cinemas, Pittsburg
- Straw Hat Pizza, Brentwood
- Brentwood Auto Spa, Brentwood
- Chapala Mexican Restaurant, Brentwood
- AMC Theaters, Brentwood
- Cathie Wilcox
- Cathy Everett
- Emily Childress
- Margot & Al Parenti
- Gail Forte

In January we had our first basket raffle which contained an iPad and accessories, generously donated by **Cathie Wilcox**. When basket raffles are announced, tickets go on sale for \$1.00 each and are available for an entire month. The winner is chosen the last week of the month during Bingo, and must be present to win. The winner of our iPad raffle was **Michele M**. In the coming months, we will be having more exciting raffles during Monday Bingo games.



**BUNCO NIGHT**

**LET'S ROLL... JOIN THE FUN!**

**Thursday, March 19**  
REGISTER BY TUESDAY, MARCH 17  
Event #3631

**Thursday, May 21**  
REGISTER BY TUESDAY, MAY 19  
Event #3876

**6:30 – 9:00 pm**

**\$5 will get you 2½ hours of fun, cash prizes, and treats!**

To register call (925) 516-5380



Bunco leads MaryAnn and Betty



The **Delta Squares, Square Dance Club** meets weekly on Wednesday evenings from 7:00–9:30 pm at the Senior Center. Visitors are always welcome to stop by and enjoy watching them dance.

Square dancing classes are now available. *See the class registration form insert for more information.*

**St. Patrick's DAY CELEBRATION**  
4:30-8:00 PM

DRINKS • DINNER • DOOR PRIZE • CELTIC TRIO

**17<sup>TH</sup> MARCH**

EVENT #3739 REGISTER BY MARCH 9  
MEMBERS \$25 / NON-MEMBERS \$30

**BRENTWOOD SENIOR ACTIVITY CENTER**  
193 Griffith Lane at Balfour Road  
925-516-5380

**Cinco de Mayo FIESTA**

**TUESDAY, MAY 5 4:30-7:30 PM**

**Dinner & Entertainment**

Featuring the Ballet Folklorico Dancers No Host Margaritas

Event #4275 Registration begins March 5.  
Register by April 28 at the Senior Activity Center or call (925) 516-5380.

Senior Club Members \$30 / Non-Members \$35  
No host bar. Must be 21 to attend. Gov't ID check at the door. No refunds.

**BRENTWOOD SENIOR ACTIVITY CENTER**  
193 Griffith Lane at Balfour Road - 925-516-5380

## FREE Computer Lab

Computer classes are taught by Senior Club member **John Brooks** every Monday from 2:00–4:00pm in the Meeting Room. Each week a different subject is presented, and handouts are provided. No registration is necessary.

On Thursday March 12th from 2:00–4:00pm in the Meeting Room, John will offer free trouble-shooting and assistance with technical issues on your laptop, table, smartphone or any device. Just bring in your device that you have issues/problems with and we can help get it working properly. We can also provide purchasing advice if you are looking for new devices. This session is available on a first come, first serve basis. No registration is necessary. John will also hold another session on Thursday April 9th from 2:00–4:00pm.

### Upcoming Class Schedule:

Choosing the best device for you	3/2
iPhone and iPad basics	3/9
Android Smartphone and tablet basics	3/16
No class	3/23
Network and Internet basics	3/30
Storing your information in the cloud	4/6
No class	4/13
Online privacy	4/20
Staying safe online	4/27

## Game Lessons

### FREE BILLARDS LESSONS

Want to learn how to play Billiards? Join **David Smookler** in the Game Room for a FREE Billiards lessons. This class is for beginner billiard players only. Classes will meet the 1st Tuesday of the month starting on April 7, from 9:00-10:00am. No pool sticks required; all supplies are provided. Ladies, grab a friend and sign up!

### FREE PINOCHLE LESSONS

Have you ever wanted to learn how to play Pinochle? Well now is your chance. Join **Henrietta Bowers** on the 1st Tuesday of the month starting on March 4, from 12:30-1:30pm in the Game Room for FREE Pinochle lessons. Invite a friend and come and learn how to play Pinochle.

Register for these lessons at the reception desk of the Brentwood Senior Activity Center. All participants must be Senior Club members and must sign up in advance.

# .....Community EVENTS.....

## Dementia and Caregiving Workshop



Caring for someone with memory loss or dementia can be challenging. Come and find ways to balance managing your own health and well-being while acting as a caregiver. Learn simple skills to handle troubling behavior, tools to help you reduce stress, coping skills, and find community resources to support you.

This program is funded by Contra Costa County Area Agency on Aging and the City of Brentwood. FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations and respite assistance. For more information about FCA, call (800) 445-8106 or visit [www.caregiver.org](http://www.caregiver.org).

### DATES/TIME:

**Saturday March 7, 2020**

**Check-In: 9:30am**

**Program: 10:00am–1:00pm**

### LOCATION:

**Brentwood Senior Activity Center—Main Hall  
193 Griffith Lane, Brentwood, CA 94513**

TO REGISTER (Registration #3659):

**Online: [Brentwoodca.gov/onlineregistration](http://Brentwoodca.gov/onlineregistration)**

**Call: Brentwood Senior Activity Center  
(925) 516-5380**

**Call: Brentwood Community Center  
(925) 516-5444**

**Visit: The Brentwood Senior Activity Center**

This FREE program is offered in English and Spanish  
Light refreshments will be provided.

Group size is limited. Please let us know if you have a disability and require assistance.

If you need Respite Care (someone to care for your loved one while you attend this important workshop) it may be available through FCA. Funds for this service are limited to patients with dementia or memory loss or who are older adults. **If you need respite, please register by February 15. All other participants register by February 28.**

**GOT DRUGS?**

Turn in your unused or expired medication for safe disposal **Saturday, April 25** from **10:00am – 2:00pm** at the Brentwood Police Department, 9100 Brentwood Blvd.

Liquid & sharps also accepted. Please keep them separate from pills.

The advertisement features a blue banner with the text 'GOT DRUGS?' in white. Below the banner is a collection of various pills and capsules in different colors and shapes, including red, blue, yellow, orange, green, and white. The background is a light grey gradient.

### Brentwood Senior Commons Produce Market

In partnership with Episcopal Senior Communities, Brentwood Senior Commons hosts a fresh produce market from 10:00 - 11:00am on the 1st and 3rd Thursdays of each month. Run by resident and community volunteers, this market offers a variety of fresh fruits and vegetables at wholesale cost!

Location: Brentwood Senior Commons, 750 Larkspur Ln

### Brentwood Library Presents

An evening of music with Replay and Dawgwood Trio  
March 12

6:30 – 7:30pm

Replay barbershop quartet and Dawgwood will both be performing for the library. This event is FREE!

## BRENTWOOD SENIOR ACTIVITY CENTER FREE SERVICES & REFERRALS

SERVICE	DAY(S)	TIME(S)	CONTACT INFO
<b>Senior Information &amp; Referral Counselor</b> Contra Costa County Aging & Adult Services senior information and assistance counseling.			(800) 510-2020
<b>Blood Pressure Checks</b>	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.
<b>Bread Giveaway Program</b> 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
<b>Care Manager Counseling</b> 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.
<b>Spanish Speaking Care Manager Counseling</b>	2nd Wed	1:00 – 4:00 pm	
<b>CC Café Senior Nutrition</b> Provides a nutritionally balanced, delicious lunch for seniors 60 years & older at a great deal (\$3 recommended donation).	Mon – Fri	1 (800) 510-2020	For lunch reservations, call (925) 516-5398.
<b>CCC Food Bank Brown Bag</b> 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	1 (800) 510-2020	To apply, pick up application at Center Reception desk or call (925) 676-7543 x 205.
<b>Dial-A-Ride</b> Tri Delta Transit provides rides for seniors and disabled individuals.	Mon – Fri	1 (800) 510-2020	To register, contact Tri Delta Transit at (925) 754-3060.
<b>HICAP</b> 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.
<b>Meals On Wheels Diablo Region</b> Offers senior services such as housing, financial assistance and fall prevention education.			(925) 937-8311
<b>Legal Services</b> 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.
<b>Meals On Wheels</b> Provides meals delivered to homebound and in need of assistance seniors.	Mon – Fri		(925) 625-4545
<b>Memory Screenings</b>	3rd Thurs	1:00 – 3:00 pm	(925) 516-5380
<b>Rides for Seniors</b> 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.
<b>Senior Peer Counseling</b> 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.
<b>Cal Fresh</b> 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.

## BRENTWOOD SENIOR CITIZENS CLUB ONGOING ACTIVITIES LIST

ACTIVITY	DAY(S)	TIME(S)	LOCATION	LEADER	CONTACT INFO
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	Betty Raimondi	(925) 420-5511
Book & Media Center	Mon – Fri	8:30 am – 3:00 pm	BSAC Game Room	Donelda McClelland	(925) 516-8634
Book Banter	3rd Tues	1:30 – 2:30 pm	BCC Conference Room	Anneliese Warren	(925) 516-9464
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) 344-244
Knitting & Crocheting Circle	Wed	12:30 – 3:30 pm	BSAC Main Hall	June Peters (or) Carole Valenzuela	(925) 443-4287 (925) 321-0728
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
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	Every Tues	1:00 – 4:00 pm	BSAC Main Hall	June Peters (or) Carole Valenzuela	(925) 443-4287 (925) 321-0728
Single & Mingle	1st Tues	1:30 – 3:00 pm	BCC Conference Room	Eileen Wigton	(925) 516-4959
Tole 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

BRENTWOOD SENIOR CITIZEN'S CLUB PRESENTS

# BOOGIE Nites

LET'S GET THIS PARTY STARTED!

Once a month, come join the fun at the Brentwood Community Center. Meet new people in this social group atmosphere, while dancing to music by some of the best bands.

MAR  
26th  
#3658

APR  
23rd  
#4251

MAY  
28th  
#4252

JUN  
25th  
#4268

Vocal  
Ease

Magic  
Moments

Automatics

Ebony  
&  
Ivory

DANCE RUNS FROM 7:15 – 10:00pm

- Come early for the 30-minute dance lesson, from 6:45–7:15pm, before the dance begins.
- Enjoy a FREE drink of your choice at the dance during your birthday month. Must present your ID at the drink ticket counter.
- All levels of dancing abilities are welcome. No partner needed.
- Must be at least 21 years old to attend. Government issued ID required at the door.
- No host bar and snacks.
- Pre-register: \$10 members/\$12 non-members ~ Pay at the door: \$12 for all (cash only)

**BRENTWOOD COMMUNITY CENTER 35 OAK ST.**  
For more information and to register please call (925) 516-5380.

## Single & Mingle GROUP

The Single and Mingle group provides our senior community with a warm and welcoming environment where new friendships are made through participation in a variety of activities. Our monthly meetings, held at 1:30 pm on the first Tuesday at the Brentwood Community Center, are the forum for planning monthly activities and providing information on events of interest. We will welcome the new year at the Community Center with our friends and look forward to another year (our fourth as a group) filled with a variety of activities and some new adventures! Please call Eileen Wigton at (925) 516-4959 for a list of ongoing activities.



Friends having fun at the Roaring 20s New Years Eve Party.





Live Orquesta  
Borinquen & DJ

FREE  
Latin Dance Class  
from 6:30-7:00

Brentwood's

# HOT LATIN DANCE

*Salsa - Bachata - Meringue - Compa*

NO OUTSIDE ALCOHOL ALLOWED.

**MAY 9, 2020**

**7:00 - 10:00 PM**

Tickets available March 5 - #4257

Register Early - Space is Limited

Members \$15

Non-members \$18

At the door \$20

**NO HOST BAR**

Must be 21+ - Gov't ID Required

ID check at the door.

**BRENTWOOD SENIOR ACTIVITY CENTER** 193 Griffith Ln. at Balfour Road **925-516-5380**



HERITAGE • VISION • OPPORTUNITY

Brentwood Senior Activity Center  
193 Griffith Lane  
Brentwood, CA 94513



# Dementia and Caregiving

Caring for someone with memory loss or dementia can be challenging. Come and find ways to balance managing your own health and well-being while acting as a caregiver. Learn simple skills to handle troubling behavior, tools to help you reduce stress, coping skills, and find community resources to support you.

***This FREE program will be offered in English and Spanish.***

**DATES/TIME:** Saturday March 7, 2020  
9:30am Check-In  
10am—1pm Program

**LOCATION:** Brentwood Senior Activity Center—Main Hall  
193 Griffith Lane  
Brentwood, CA 94513

**TO REGISTER:** *Online:* [Brentwoodca.gov/onlineregistration](http://Brentwoodca.gov/onlineregistration)  
*Call:* Brentwood Senior Activity Center (925) 516-5380 or  
Brentwood Community Center (925) 516-5444  
*Visit:* The Brentwood Senior Activity Center  
Workshop Registration #3659



If you need Respite Care (someone to care for your loved one while you attend this important workshop) it may be available through FCA. Funds for this service are limited to patients with dementia or memory loss or who are older adults. If you need respite, please register by February 15. All other participants' register by February 28.

Group size is limited and please let us know if you have a disability and require assistance.

Light refreshments will be provided.





# CONTRA COSTA SENIOR LEGAL SERVICES

## New Home Ownership Protection for Elders (“HOPE”) Program

**Are you a homeowner?  
It is important to protect  
your equity?**



Register to event # 4271

Registration Deadline April 13

**Presentation at the Brentwood Senior Center—Main Hall**

**Wednesday, April 15 at 12:30 PM**

Get Information regarding:

- Credit Reports. Access your credit report to identify debt, errors and signs of identity theft.
- Eligibility for the Tax Postponement Program. Postpone payment of property taxes
- Homestead Declaration. Protect your home’s equity from creditors.
- Safe estate planning: The perils of adding children to deed, Durable Powers of Attorney, Advance Health Care Directives, risks associated with reverse mortgages and more!

**Space is limited register today ! Contact the  
Brentwood Senior Activity Center to Register at (925) 516-5380.**

# SENIOR SCAM STOPPER<sup>SM</sup>

CONTRACTORS STATE LICENSE BOARD



## Be Informed and Protect Yourself



Join us and learn how to protect yourself from scammers. Seniors, their families, and caregivers are welcome to attend this **FREE** seminar.

[SeniorScamStopper.com](http://SeniorScamStopper.com)  
[www.cslb.ca.gov](http://www.cslb.ca.gov)



## THURSDAY

May 14, 2020

1:00 p.m. – 3:00 p.m.

**Brentwood Senior Activity Center**

193 Griffith Lane

Brentwood, CA 94513

Assemblymember Jim Frazier and the Contractors State License Board invite you to attend a **FREE Senior Scam Stopper<sup>SM</sup>** seminar.

Please RSVP to the City of Brentwood  
Parks & Recreation at (925) 516-5444.

Event #4274



United States  
**Census  
2020**