

Brentwood

SENIOR CITIZEN'S CLUB, INC.

May/June 2020

Ballet Folklórico

Cover story on page 5



FROM THE CLUB PRESIDENT

Greetings to all our Seniors,

WHERE ARE YOU? Oh, I see you are diligently sheltering in place, social distancing and constantly washing your hands with soap and hot water. Well, I want to applaud all who are doing your part in keeping this nasty virus out of our community. Keep up the good work and THIS SOON WILL PASS.

Your Senior Board has been busy "scrubbing" all the activities, events and trips that would have appeared in this newsletter. Some have been permanently canceled, while others have been rescheduled to a later date. Hopefully, the JULY-AUGUST newsletter will be more eventful.

On a brighter note, you will be happy to hear that your Senior Board has approved a \$2,500 donation to BrentwoodStrong.com, a community collaboration that is helping meet the needs of Contra Costa County Seniors during the COVID-19 pandemic. (See pg 3 for more info.)

When the time comes, it will certainly be wonderful to get back to normal at the Center and to see all of your smiling faces again. We all miss Bingo, special lunches, classes and other activities at the Center. I don't know about you, but I am getting bored watching past TV sports re-runs.

So "KEEP CALM and CARRY ON." We will all meet again at the Senior Center and take up where we left off. Together we will persevere and win this battle.


STAY POSITIVE.
KEEP BUSY.
And most of all,
BE HEALTHY!

Steve Bordi, *President*



BRENTWOOD SENIOR ACTIVITY CENTER

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

 @Brentwood Senior Citizen's Club

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

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

- May-postponed
- June 2

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

Board Meetings

- May-postponed
- June 9

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.

Out My Kitchen Window by Richard Griek

My neighbor is building a chicken house. I can look out my kitchen window and watch him work. He is meticulous and purposeful. He loves his work. The house is sturdy and secure. Such a fine house.

But there will be foxes. There are always foxes. Raccoons too. Nothing is perfectly safe but this neighbor is getting prepared. He will lock his chickens in their house every night. There are things you can do to keep your chickens safe.

He also built a little house on a pole near the curb. It's like a big dollhouse with one big room. And glass doors. It's a library. With free books. Young mothers and young fathers wheel their strollers, toddlers in tow, kids on trikes, to come and sit and read, maybe take a book or return one. I watch this every day.

When Judy and I moved here we could watch the horses in the field just beyond where the chickens will soon be running around. But change is coming. Big houses are being built there now. Our future neighbors will live there. They will probably borrow books and maybe even get some eggs from a generous sharing neighbor. They don't know it yet. Their future is vibrant and warm.

I always liked watching the horses. I was disappointed that my life was trading horses for houses. But some things are out of our hands. Being wise and experienced we know that if you can't change something you usually have to live with it. So we stay positive and make the best of it.

Most change comes gradually. Sometimes we don't even notice until we look back. Abrupt change jars us. Makes us uneasy. But we adapt and cope and find ways to enjoy our lives. Now there's a fox at our door. Maybe a wolf. Our lives have changed but there are things we are doing to keep us safe.

My neighbor's chicken house is belief in the future. The little library is a gift

to the future. His positive outlook and ingenuity help me keep faith and remind me that even with such uncertainty we can create good things and know that we will get through the hard times. It reminds me that we live in a beautiful town and a great country and are so fortunate that we do.

We are survivors. That's what being a senior citizen is. Surviving the onslaught of the elements, the wars, the illnesses and our occasional foolish choices. That we have lived so long is our encouragement that we will continue to find new ways to play

and enjoy life. We are chomping at the bit to be able to go out and volunteer and help others. But that is not for us right now. Stay safe. Take care of yourselves.

We are blessed to have each other and our wonderful club and meeting place. I miss going to the Center and seeing so many of you and talking about mundane things that seem so important now. We all have that to look forward to. We value that more now and when we meet again it will be with renewed spirit and energy.

So, take care dear friends. I'll see you at the Center.

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.

BrentwoodStrong.com is a grassroots effort to help our senior citizens that are most vulnerable to coronavirus. Our GOAL is simply PEOPLE HELPING PEOPLE that are in need in our community during this challenging time. This help is specifically in the form of boots-on-the-ground volunteers picking up and delivering food and supplies, as ordered and paid for by those needing them. Volunteers are paired up with a senior in need, and they work together to assist and pickup necessary items.

- If you or someone you know needs assistance and cannot or should not go out, please submit a request under "GET help" on the website and we will connect you with a trusted community member that can assist you.
- If you are ABLE to HELP, we will connect you with those in need.
- If you have resources, ideas or suggestions please make them. Many hands make light work and the more we can collaborate, the better. **We are all in this together.**

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



Flag Day is June 14

As we all struggle with the limitations put on us during the Coronavirus Pandemic, it is so refreshing to see our community and the whole country coming together as one nation, supporting each other and reminding us all that the USA is strong and together we will get through this tragedy.

Our flag is representative of our independence and our unity as a nation... one nation, under God, indivisible. Flag Day is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

In 1775, the first American flag, called the Continental Colors, was created for our fledgling country. But, it looked too similar to the British flag so, on June 14, 1777, the Second Continental Congress passed a resolution that the flag of the United States be 13 alternating red/white stripes and that the union be represented by 13 white stars, in a blue field. It wasn't until 1916, that President Woodrow Wilson issued an official decree making June 14th Flag Day.

The American flag should be held in the highest regard. Flag etiquette:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- The flag should not be flown at night without a light on it, nor in rain or inclement weather.
- After a tragedy or death, the flag is flown at half staff for 30 days. It's called "half staff" on land, and "half mast" on a ship.
- The American flag is always flown at the top of the pole. Your state flag or other flags fly below it.
- Never let your flag touch the ground.
- Fold your flag when storing.
- Old flags should be burned or buried, not throw in the trash.

As Americans, we have every right to be proud of our culture, our nation, and our flag. **So raise the flag today and every day with pride!**



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.



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 or call 516-5359 to order a banner.

Sunshine

REPORT

IN MEMORIAM:

- Rick Kelley
- Betty Raimondi
- Kathy Pedroni
- Dan Nogaar
- Mariam Wiedeman



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.

Ballet Folklórico - Sharing Mexico's Culture Through Dance

Aurora Sanchez was born in the small town of Coalcomán in the state of Michoacán, Mexico. The youngest child of twelve, she was raised by both of her parents on a small ranch with her siblings. With no extra money to spend on things like dance costumes, her mother and sisters designed and sewed all of her dresses, using whatever materials they had so nothing went to waste. Aurora needed to have a dress to perform and nothing was going to stop her from performing.

In Mexico, almost every school, even the poorest of schools, from kindergarten through college has a Ballet Folklórico dance group. "It's part of our culture," Aurora said. Teacher certification programs for elementary and middle school include training for teaching folklórico. Almost every school festivity or event includes a folklórico presentation by students. Aurora was first selected to dance in her school's folklórico program when she was six years old and she has never stopped dancing since.

Aurora remembers the very first time she danced. She was in first grade and she was selected to perform the "ribbon dance" for her school. At that moment, she had discovered her passion for dance and she was selected to dance every year after that. By middle school, she began dancing with a folklórico group outside of school, two hours a day, Monday through Friday, plus a full weekend day when they were preparing for a performance or competition. She danced with this group through high school and college, learning all she could about traditional dances, choreography, and costume making.

In 1982, Aurora moved to Colima, Mexico to pursue an education at the Instituto Universitario de Bellas Artes, a well renowned performing arts school at the University of Colima. She studied different forms of art and majored in dance with an emphasis in Ballet Folklórico. She graduated in 1986 and joined the Ballet Folklórico de Villa de Álvarez, Colima Dance Company. She performed for many community and state events. The dance company toured many parts of Mexico to perform for tourism shows, parades and theater presentations. After four years of performing and touring with this company, she decided to move to the United States. She first arrived in Texas, then lived in Merced for a couple of years, and then moved to Brentwood in 2009 to set her roots. Throughout her life, Aurora has always worked hard to achieve her goals. When she first came to this country, she worked as a farm worker, and cashier and assistant manager at a gas station. She also worked as a cook and waitress to support her family. One of her biggest life accomplishments was to become a credentialed Adult Education Instructor. For many years, Aurora struggled to learn English, but with the help of her family, and children she became fluent in the English language. She accomplished a teaching credentialing program through the State of California to teach Adult Education in the subjects of physical fitness, conditioning, and clothing construction. This accomplishment offered her the ability to work for the Dos Palos-Oro Loma Joint Unified School District as a part-time Adult Education Teacher for 4 years, an experience she will never forget.

In 2017, Aurora began to attend the Brentwood Senior Center and enjoyed the activities and events that were being offered.

She remembers the joy she felt when Brentwood Senior Citizen's Club approved to sponsor her Ballet Folklórico class. "I finally got an opportunity to teach dance again and I was excited to teach at the Senior Center". When asked if Ballet Folklórico can be adapted to seniors, she laughed and said, "Dance is for everyone! You are never too old or too young to learn Folklórico. Folklórico is Mexico's gift to the world. I love teaching the young and the young at heart because it's the same style of teaching. You have to be patient and teach step by step, move by move." Aurora enjoys not only teaching her students how to dance but also how to make their dresses and costumes. She teaches her students about sewing and creating hairpieces to complete their costumes. "Ballet Folklórico keeps my students minds and bodies healthy. Not only do students get a cardio workout, but they also exercise their brain. Students need to remember how to count their steps and remember their hand movements. They learn to remember the rhythm of the song and some students have even learned Spanish through the lyrics of some of the songs we perform."

"For the Mexican community, this program teaches the kids what their parents or grandparents used to do in Mexico; this is something very important to the Latino culture here in the United States. For all of the other students, the program gives them an opportunity to embrace other cultures and be part of this melting pot." Aurora said she loves to see non-Latino and Latino students learning these dances together and building bridges, relationships, and friendships. She is so happy and fulfilled that 80% of her current class is non-Latino and she prides herself on that. Her students are from all around the world. When asked how she envisions her class in the future, she responded, "I would like to see my class continue to grow and not only be a multi-cultural class but a multi-generational class, the way they are in Mexico. Seniors have so much they can share with children and children have so much they can learn from them. I would like to be able to expand the class to include both groups, as that would be a dream come true."

If you are interested in joining Aurora and her Ballet Folklórico class, stop by the Main Hall on Wednesdays from 3:30-5:30 PM. She would love to share with you the beauty of Ballet Folklórico.



The Faces of the Boogie Nites Committee Are a Changing

Eileen Wigton, one of the original members of Boogie Nites, has relinquished her duties to Orpha Rivera. Orpha will now be working along side Leslie Muse, Tino Villasenor, Addie Villasenor, Connie Miller and Terry Laughlin, the current Boogie Nites Committee members.



Eileen Wigton

Eileen organized committee meetings and helped coordinate volunteer participants. She was also responsible for distribution and collection of surveys at each event, and, along with other committee members, she helped setup and clean up.



Orpha Rivera

Orpha is a long time member of the 'Single Mingle' group where she helped organize activities and events, most notably Bocce games.

Her energy, organizational skills and positive outlook will enhance what is already a great team.

Welcome aboard Orpha!
We look forward to activities and more in 2020!

Medicare Prescription Costs Too High? Can't Afford Your Part B Premium? You may qualify for help!



- **Medicare Savings Programs** pay the monthly premium for Part B and may also pay other costs.
- **Extra Help ("LIS")** pays for some of your Part D drug coverage and may help you pay less at the pharmacy.

You might be able to get help with these Medicare costs, if your monthly income and your resources (savings) match the guidelines below.

[NOTE: There is **NO Estate Recovery** (claim against your estate) with these programs.]

GUIDELINES

PART B HELP	SINGLE PERSON	COUPLE
Income (BEFORE deductions)	\$1456	\$1960
Savings less than (plus \$1500 per person is allowed for burial) this amount	\$9360	\$14,800
PART D HELP	SINGLE PERSON	COUPLE
Income (BEFORE deductions)	\$1,615	\$2,175
Savings less than this amount	\$14,610	\$29,160

To apply, call **Contra Costa HICAP at 1-925-602-4163, or 1-800-510-2020 (landlines only).**

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LOCAL HELP FOR PEOPLE WITH MEDICARE

New Scholarships Available Soon

Its that time again to think about applying for a Brentwood Senior Citizens Club, Inc. \$250 scholarship.

The Scholarship Committee is now taking applications for the Fiscal Year, July 1st, 2020–June 30th, 2021.

Scholarship application forms are available at the Brentwood Senior Activity Center during regular business hours. When you have completed the application, drop it off at the front desk of the BSAC. Your application will be forwarded to the Scholarship Committee for review. Once reviewed, you will be advised by phone or letter, of their decision. Please keep your Club membership dues up to date, otherwise your application will be denied and you will have to reapply. The scholarship can be used for a number of activities during the year, such as dance or exercise classes, Tai Chi, Boogie Nites, New Years dinner dance and trips /tours.

Looking Forward...

While we patiently await the reopening of the Senior Activity Center, we thought it fitting to look back on some of the good times of activities past. We are looking forward to the **Annual BBQ on September 26, where we will reveal the new Bente Award recipient and acknowledge our amazing volunteers** as well as the following upcoming Club activities: Ice Cream Social, Ghost & Goblins Bingo, Art Show, 11th Annual Craft Faire and the New Year's Eve Dinner & Dance.



Trips & Tours

Due to the outbreak of the Coronavirus, we have had to make the following changes to the previously scheduled trips. Please continue to look for updates and changes in the upcoming newsletters.

We are looking forward to traveling with you again soon.



GOLDEN GATE FIELDS, DAY AT THE RACES

Cancelled.
Track is closed until further notice.



SANTA CRUZ ROARING CAMP

Cancelled.



CACHE CREEK

Rescheduled to
Thursday
July 16



OAKLAND A'S GAME

Will be rescheduled,
pending the new
baseball schedule.



GOLDEN GATE PARK SAN FRANCISCO

On schedule for
Wednesday,
October 7

Thank you to the members of our Senior Club for your continued support of the trip program. Without you, these trips would not be as successful as they are. I look forward to traveling with you once again in the fall of this year. *Paula Joyce, Trip Secretary*

A Message From the City of Brentwood

City of Brentwood staff recognizes the importance of community support for our senior community in its efforts to prioritize the health and safety of residents. With ongoing guidance from State and County officials, such as Contra Costa Health Services, the City continues to assess the impact of COVID-19 (Coronavirus). We recognize there is social impact. The City emphasizes the importance of staying connected to official government and public health agency resources as news continues to be distributed globally. The Brentwood Senior Activity Center staff is weighing the best interests of our seniors in its efforts of responsible leadership. The Brentwood Center Activity Center will remain closed until further notice. Please check our City of Brentwood website for facility opening date.

The following are recommendations for our senior community:

- Communicate frequently with family, friends or neighbors concerning your needs
- Only leave your home for essential activities
- Higher risk seniors can do the following:
 - Schedule an over the phone Doctor appointment
 - Use services for groceries and prescriptions deliveries
 - Have someone pick up your senior meals or use offered services

In addition, the City has initiated the following proactive steps to assist seniors:

- We are in contact with managers of our senior communities to assess the level of need and provide resources to their residents.
- We have partnered up with Para Transit to assist our Senior Center Food programs with meals and food home deliveries.
- Brentwood Senior Center Staff has partnered up with Brentwood PD to make well check phone calls to all of our senior participants.
- Our Recreation division has created a special City of Brentwood Senior Rec@home Facebook page to share with seniors local, county, and online resources to keep our senior community connected, engaged and healthy.

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. Stay healthy and be strong!

Olivia Alvarez, Recreation Supervisor

Bente Award

Every year since 2013, the Club has recognized the outstanding volunteer(s) of the year which is named for its first recipient, Bente Petersen.

Bente was a founding member of the Club, serving as President and various other positions. She was a strong force in the effort to build the Senior Activity Center and was there whenever the doors were unlocked.

Bente screened all volunteer applicants and supervised the ambassadors. There were no paid staff at the time. She was a tireless advocate for senior activities and dedicated to ensuring high quality services and the growth of the Club membership. She loved being involved and considered the members her family. She was our guide, our conscience and our inspiration. She exemplified the spirit of volunteering and serves as a model for selecting each year's recipient.

The previous Bente Award recipients are:



2013 ~ Bente Petersen



2014 ~ Gene Brown



2015 ~ Rosaire "B" Lefevere



2016 ~ Mary Ann & Dale White



2017 ~ Charlotte Allison



2018 ~ Joanne Joaquin



2019 ~ Cal & Kathy Nutting

The Club is proud to have these outstanding volunteers as part of our rich history.

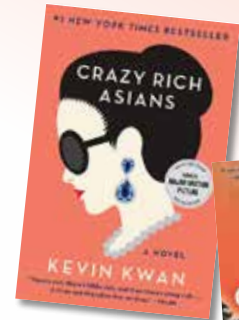
The Board is looking forward to revealing the 2020 Bente Award winner and presenting them the award at the Annual BBQ on September 26.

Book Banter Group

Even though the Book Banter Group is not currently meeting at the BSAC, 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.

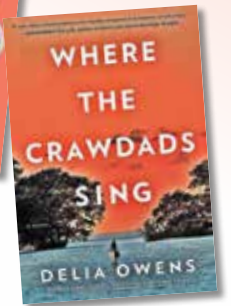
May 19

Crazy Rich Asians
by Kevin Kwan



June 16

When the Crawdads Sing
by Delia Owens



Computer Help

John Brooks (our computer lab instructor) and his company Frontline Tech Services is offering Senior Club members free remote technical assistance during the shelter in place during the COVID-19 outbreak for all your "tech" devices. This includes computers, laptops, tablets, smartphones and any internet connected device.

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.

Stay POSITIVE & FIT

THE POWER OF LAUGHTER

Laughter is an intrinsic part of life. It often happens spontaneously and unconsciously. Whether you're howling with laughter or giggling quietly, laughter does you good. *Sometimes laughter is the best medicine!*

The benefits of laughter extend far beyond making you feel happier in the moment. Laughter is known to reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure and improve alertness and creativity.

Ideas to help you get your daily dose of laughter:

- Read riddle books and tell jokes
- Sing happy songs or practice tongue twisters
- Watch laughter videos on YouTube
- Play silly games like Charades or Would You Rather
- Facetime a friend or family member and remind them of a funny time you shared together or ask them to share their signature dance move.
- Call a friend and ask a question like "What's the most embarrassing thing that ever happened to you?", "What's a holiday that doesn't exist that you'd like to create?" or "What's the craziest thing you've done?"



EXERCISE YOUR BRAIN TOO

- Take advantage of Brentwood's Virtual Library. The library has tons of free eBooks, music, magazines, newspapers, TV shows and Movies ready for your enjoyment.
- Covia Well Connected program is available to all seniors in your community who are having to stay at home and/or having to limit their in-person interactions for safety reasons and still want to be connected. This program offers activities for older adults in Spanish and English for them to access from HOME via phone or computer. Visit www.covia.org.

REMAIN FIT WHILE SHELTERING AT HOME

Even though you may not be able to attend your favorite exercise class or go dancing there are many things you can do to keep fit at home.

- Stay flexible. Try stretching for at least 15 minutes a day.
- Chair exercises are a low impact way of maintaining strength and stretching.
- Get fresh air by walking a pet or strolling around the neighborhood. Remember to practice social distancing when encountering others.
- Watch YouTube fitness videos. Search topics like "senior exercise", "easy zumba" or "yoga for older adults."

STAY CONNECTED

Although we're all social distancing physically, as humans we need to stay connected emotionally. Try one or two of these out every day.

- Call a friend or relative you haven't spoken to in a while to check in.
- Write a good old-fashioned letter.
- FaceTime kids and grandkids.
- Many restaurants are still open for take-out or delivery orders. Support your favorite joints and order food for pick up or try out Doordash or UberEats and have it brought to you.
- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep. Make time to unwind.
- Talk with people you trust about your concerns and how you are feeling.
- Work on Mindfulness - Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Visit the [City of Brentwood-Local Government Facebook page](#) and look for [rec@home](#) posts for more activities and resources.

Up-To-Date Food Service Information

C.C. CAFÉ (AGES 60+)

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

- Those interested in participating in the Senior Lunch Program 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 - 11:00am
- 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

CONTRA COSTA & SOLANO FOOD BANK

"Brown Bag" Food program is working to assist those struggling during the Coronavirus pandemic and have made program changes to accommodate social distancing.

- Food distribution will be done via a drive through process until further notice.
- All volunteers will be gloved when packing and distributing bags.
- To accommodate social distancing and the increased volume of clients, the program will be operating out of the Brentwood Senior Center Parking Lot, 193 Griffith Lane, every second and fourth Thursday of the month between 10:00 - 11:00am (while supplies last).
- If you are interested in enrolling in to this program or need your Brown Bag delivered to your home please call (925) 679-4701.

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.mowdiabloregion.org/delivered-meals or call (925) 937-8311.

If you are a senior in need of any additional resources please contact the Brentwood Parks and Recreation Department, the Brentwood Senior Activity Center at (925) 516-5380 or BrentwoodStrong.com.

Many Grocery Stores and Pharmacies now have "senior only" hours to allow the more vulnerable population to shop with less exposure to the general public.

Following are the hours for seniors only:

COSTCO

Tuesday/Thursday Mornings, 8:00am-9:00am

CVS

Free pharmacy delivery (1-2 day) with CVS app. (Narcotics and Insulin delivery not available.)

DOLLAR GENERAL

Daily 8:00am-9:00am

SAFEWAY

Tuesday/Thursday Mornings, 6:00am-9:00am

TARGET

Wednesdays, 8:00am-9:00am

TRADER JOES

Senior Priority Entrance Line - Daily at 9:00am

WALGREENS

Tuesdays, 8:00am-9:00am

WALMART

Tuesdays (prior to store opening), 6:00am-7:00am

Coronavirus Scams Fraud Alert
2020

CALIFORNIA SENIOR MEDICARE PATROL WARNING!

Beware of Offers to Test for Coronavirus (COVID-19)

Never give your Medicare number over the phone. Beware of:

- Scammers approaching residents of senior housing and assisted living facilities about "opportunities" for COVID-19 testing
- Robocalls about "special virus kits" and asking for your Medicare number to send a "FREE" test
- Emails offering COVID-19 testing services that can be ordered through a telehealth provider.

855-613-7080
For additional information on healthcare fraud, visit cahealthadvocates.org

California
SMP
Senior Medicare Patrol
Empowering Seniors To
Prevent Healthcare Fraud

CONTRA COSTA COUNTY CRISIS CENTER - 24 HOURS A DAY

If you are experiencing a crisis, Contra Costa County Crisis Center can help.
Dial 2-1-1 from any phone to be connected immediately or dial directly (800) 833-2900.

..... A HUGE *Thank You*

JOANNE JOAQUIN, SENIOR CENTER STAFFER & VOLUNTEER, WELCOMES MEMBERS WITH ENCOURAGEMENT AND ENTHUSIASM

We've all long known that socialization, conversations with others and a variety of activities help keep seniors "young" in mind, spirit and body.



Thanks to Joanne Joaquin, a long-time volunteer at the Brentwood Senior Center, these respected senior adults continue to thrive in mind and spirit as well as body as they utilize this community resource.

Each week, the center is a hub for seniors who are thriving through a rich blend of nutritious

meals and mindful interaction. Daily activities enhance their memories and encourage discussion, compassion and a sense of purpose.

"The activities and meals," notes Joaquin, "provide food for thought in a safe and welcoming place. Each participant can share in conversations and creative

projects plus keep them feeling vital and connected to other adults."

Routinely, a group of about 25 to 30 convene weekly for food, Bingo and opportunities to maintain friendships with other seniors. An added benefit to local families is that they know their senior loved ones are enjoying friendships and productive activities.

According to Joanne, the 25-30 folks who participate regularly are thriving, happy seniors who contribute to others as they tackle crafts and other experiences. A typical project might be corsages and holiday favors that are enjoyed by participants.

"We accommodate both active and some who are not-so-capable seniors," noted Joanne, providing a supportive, nurturing atmosphere. Two days a week, the participants socialize as well as they enjoy the food and the easy activities. Meals on Wheels lunches are delivered by Contra Costa County.

Oldies but Goodies provides friendship & productive activities with a Supportive and Nurturing Leader!



SENIOR LIBRARY LEAD, DONELDA McCLELLAND, OUR "BOOK LADY"



Since 2008, Donelda has been involved at the Senior Center. She's selflessly pitched in, not only at our current Club but at our previous Club site in downtown Brentwood.

We know that she grew up in the Brentwood area and is known by many individuals and business people. Her character is described as someone who is always ready to share stories and ideas.

More importantly, we appreciate her style of generosity. She seems to know the needs of others, and takes many opportunities to reach out to members. A couple of examples of generosity to share with you. If she wins at Bingo, she shares part of her winnings with someone in need. What feels better than a special birthday wish or holiday card to make you feel special. Every year she sends holiday cards out to each Club member, what a special gift of time.

Members of our Club all benefit from the interactions, experiences and the stories that are told for others to enjoy. Many friends describe her as a colorful individual and has been willing to share her own life stories and experiences in a book she wrote. She has expressed that her writings have given her insight into her own life. Such insight has been beneficial to her and others. She has shared her writings with many individuals. Donelda can tell stories about herself and laugh. One of her stories she shared occurred at the Senior Center. She would attend meetings because she liked to meet new people and get to know them. At one such event she introduced herself to a couple of Brentwood Police Officers she had not seen before. Her goal was to introduce herself and make people feel welcome.

Years thereafter, she was at the new Senior Center and there were a couple of police officers she did not recognize. As before, she introduced herself to the officers. She thanked them for their service and one of the officers responded, "You thanked me 30 years ago for my service." What are the chances!

She can tell a story and joke about herself a bit. She said she attended a meeting at the Club, and for whatever the reason she stood up, somehow fell backwards, hit her head against the wall molding and landed on the floor. The sound was awful, to say the least. An

EMT administered first aide. Later, when she returned to the Club, a Board member inquired as to how she was feeling. Her reply, "I am a hard-working and hard-headed person."

Many of us know Donelda for her colorful personality, but also because of personal style. It is not unusual to see her walk into the Center with a matching outfit, including a hat that she proudly wears from her special hat collection. Everything is coordinated and she is very gracious in accepting compliments. She has shared that she has a large hat collection and is a member of the Red Hat Society. She portrays times gone by, when women dressed up to go to the City. Many of us have fond memories of those times in our earlier lives.

Donelda's friends and family know that she loves to attend the performances at El Campanil Theatre and rarely misses a show. I bet she dresses in her personal style and is a "head turner" when she walks into the theatre!

Thanks to Donelda, a Senior Library was started by her over 10 years ago. She set up the library corner, kept it organized and received numerous donations. Routinely she would review new book donations, and refresh the current book collection.

Donelda our Club really appreciates the hours you have spent in the Library and as an ambassador. We hope to see you more in the coming months.

Our Club members want to thank you for your years of volunteering. Your interactions, generosity and uplifting spirit amongst us is appreciated. As one member reflected, "She is the glue that holds us together!"

Donelda has decided to hand off the Club's Senior Library to volunteers that are interested in maintaining what she started. More to come in the next newsletter.



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.

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 & Cocheting Circle	Wed	12:30–3:30 pm	BSAC Main Hall	June Peters (925) 443-4287 Carole Valenzuela (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 (925) 443-4287 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.



11th Annual

Art & Craft Faire

November 6, 7 & 8

Calling All Hand Crafters!

This 3-day event is held at the Brentwood Senior Activity Center. Admission is FREE of charge and is very well-attended by family, friends & community. The Craft Faire is a perfect way for people to kick off their holiday shopping.

Applications are now available. For an application or questions, call the Craft Faire event Co-Ordinator at (925) 516-8387.

Applications are due on Monday, May 4. No payment due with submission.



HERITAGE • VISION • OPPORTUNITY

Brentwood Senior Activity Center
193 Griffith Lane
Brentwood, CA 94513