

Brentwood

SENIOR CITIZENS CLUB, INC.

October–December 2020

The Brown Bag Program

Cover story on page 5



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.



We would like to take a moment to thank all our members who are veterans of war.

Veteran's Day began as a way to memorialize the end of WWI and commemorate the veterans who served in it. One hundred years later, it is now a day to commend and honor the service of all U. S. veterans.

Many people from many generations have held the title of "veteran," from all backgrounds, ethnicities, religions and ages. No matter where they came from, they all have one thing in common: a commitment to serve our country.

Veterans Day is an opportunity to thank each and every person who took the oath to serve and remember those that made the ultimate sacrifice.

Please take a moment to stop and thank a veteran!

Monthly Meetings

Even though the Activity Center is closed due to COVID-19, the regularly scheduled Monthly Board Meetings are still happening. The meeting is held the 2nd Tuesday of the month at 10:30am via Zoom.

Program Sub-Committee meetings usually happen the first Tuesday of each month from 9:00–11:00am in the classroom of the Brentwood Senior Activity Center. Those meetings have been postponed until the Activity Center is reopened. We invite you to join us when the Activity Center reopens and look forward to hearing your ideas and suggestions for the future.

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

| | | | |
|---------------|-------|---------------|-------|
| Veteran's Day | 11/11 | Christmas Day | 12/25 |
| Thanksgiving | 11/26 | New Years Eve | 12/31 |
| Christmas Eve | 12/24 | New Years Day | 1/1 |

A NOTE FROM THE PRESIDENT

Greetings to all our Seniors,

This marks 7 months since we have been able to be together at the Senior Center. One only wonders how much longer we are going to be in “lock down” without being able to socialize with our friends. Only time will tell, but the most important factor we are facing is our safety and health through the remainder of this crisis.

I want to remind you that this is the last Newsletter for the year 2020. In 2021 we will continue with quarterly editions (every 3 months) until this COVID-19 pandemic is over. Your board feels very strongly that it is important to keep you informed of Club Information during these troubling times.

I hope all of you had the chance to read the informational letter sent out by The Board last month regarding the future of our planned expansion of the Senior Activity Center. Thank you to the 25+ Senior Club Members who sent e-mails to the Mayor and City Council Members on behalf of our concerns about our Senior Center Building. The Board was impressed with your quick responses and with the quality of the content. You all spoke “from the heart” about your concerns and experiences at The Senior Center.

After having a meeting with several Brentwood City Officials I am pleased to inform you that The City is 100% behind us. They have assured us that the future expansion of our Building is on their radar, as well as some other possible options which are being explored. It’s just a matter of time and finances as to when this might happen, mainly due to the impact of Covid-19 on the City’s finances. Such an expansion will be very expensive and The City does have other priorities that have to be addressed before our project. So we must be patient. My feeling is that the City is behind the Seniors and their need for more space, that they will do their best to accommodate our needs. I would like to thank Tim Ogden (City Manager), Bruce Mulder (Director of Parks/Recreation), and Johnny Rodrigues (City Councilman) for their support. They were very sincere about the needs and direction of the Senior population. This was a very informative and productive meeting for our Club.

Steve Bordi,
President



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

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

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

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

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

COVID-19 Senior Resource Guide Now Available

This guide provides resources and services that are available to assist adults ages 50+. It can be found on the city’s website at www.brentwoodca.gov. If you are interested in obtaining a printed copy of this guide, please call the City of Brentwood Parks and Recreation Department at (925) 516-5444 and leave a voicemail with your name, mailing address and phone number. Printed copies will also be available at the Brentwood Family Aquatic Complex on the 2nd and 4th Thursday of the month, from 9:00 to 11:00am through the end of November.

Beware of COVID-19 Test Fraud

Be very suspicious of COVID-19 tests or supply offers. Scammers can try a number of ways to reach out to you including telemarketing calls, text messages, social media platforms and even door-to-door visits.

Scammers are offering these so called COVID-19 tests to Medicare beneficiaries in exchange for personal details, including your Medicare number. Never give out any information to a caller, even if you think you may know them. Your doctor or insurance provider already have this information. They would not ask for it over the phone.

As usual, it is wise to be aware and cautious. If it doesn’t feel right, it isn’t. Trust your instincts. If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS.

Stay safe and well!

CC Café Update

With this very trying time in our lives, it is so wonderful when a community comes together to help those who need it. The town of Brentwood is just that community. A lot of seniors in Brentwood and the surrounding areas receive Meals on Wheels daily, Monday through Friday. It's a wonderful program, and volunteer's show up at the Brentwood Senior Activity Center to pick up their containers of food, drive to each house on their route list, and then back to the center to return the empty containers. With the center being closed, and In an effort to minimize personal contact, it was decided that it would be more advantageous to deliver five days worth of frozen meals once a week. This service began on March 31, 2020 and will continue until the Senior Center opens back up for gatherings. So far there have been approximately 2500 meals delivered to Brentwood seniors.

In an effort to help with this task, the Contra Costa Transit Authority offered their services by providing driver's and buses to help deliver food. With the great coordination efforts by Olivia Alvarez, the CCTA, MOW Diablo Region and Bateman Food Services, the first run with the 5-day frozen food was a huge success. Six volunteers, who normally deliver the Friday Meals on Wheels, showed up on April 10, 2020, to ride on the bus and deliver the meals to the seniors. The buses showed up with the food already on the bus, and all the volunteer had to do was climb aboard. The CCTA bus drivers were so excited to help, and the volunteers were so happy to continue serving the seniors on their route. We would like to personally thank all the MOW volunteer's who have been showing up to deliver food to the seniors who need it.

To reach out to other seniors who need assistance, we are also taking orders from new people who would like to receive the 5-day frozen meals, delivered on Tuesday's. It is a lot of coordination, but our main goal is to serve as many of those people who need food as possible. Right now we are delivering around 260 meals every Tuesday and its getting bigger everyday. The meals can be delivered to your home or you can pick them up in the parking lot at the Brentwood Senior Center – there is a suggested donation of \$15 a week for the meals.

If you are a senior in need, we are here for you. Call 925-516-5398 to sign up for the program.

Thank you Brentwood, for loving our senior's so much.
Donna Martin, CC Café Manager



BrentwoodStrong.com

Brentwood Strong has been very busy serving our community for the past several months. Along with hundreds of volunteers, local businesses, The City of Brentwood and non-profit organizations, we have had 6 food distributions, one included the delivery of Easter meals with a ham. These distributions have provided thousands of families with food, toiletries, and friendly smiles. We have been able to deliver weekly meals to Brentwood citizens, made hundreds of "no contact" grocery deliveries to our senior and underserved families in our community. We have come together to make a real and lasting impact in a way that will be remembered for many years.

We choose to focus on the **victories** over COVID-19. There are many blessings in this challenging time. In the words of Helen Keller, "Alone we can do so little, together we can do so much." If you or someone you know is in need of help, please contact us at **brentwoodstrong.com**, call 925-513-0000 or email Help@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.



Volunteer SPOTLIGHT

SENIOR MEMBERS AND CITY STAFF, DEDICATED & FLEXIBLE, MEETING THE NEEDS OF THE BROWN BAG PROGRAM

For many years now the Brown Bag program has been held at the Brentwood Senior Activity Center. The event occurs the 2nd and 4th Thursday of each month. The Food Bank of Contra Costa and Solano Counties is the main provider of food for this program for low income seniors.

Since the pandemic closed the Senior Center, the program transitioned to an outside event on the 4th Thursday in March. We had about 30-35 people come that day, which was less than we expected due to lack of bus transportation. Thanks to increased communication, there was better attendance in April. In May we started partnering with Meals on Wheels, the delivery program set up by the City of Brentwood. We signed up many more seniors who otherwise would not have been able to come and get food.

When the County rented the Senior Center building for Covid testing, we were again challenged to find a way to continue the distribution of food. The City coordinated a location in front of the pool. The first day at our new location, our "go to" City staff, Olivia and Amanda, were busily arranging the area for food distribution when the volunteers arrived. Currently, we have streamlined the process so that people can just drive up, a volunteer checks them in and another volunteers places a Brown Bag in their car. Volunteers wear face masks and practice safe distance during the process.

Our Brown Bag program is better than ever because of the team work of a great group of volunteers. Early in the program we had an average of 5 volunteers. The number of volunteers has now grown to 8 and very reliable and amazing. Together this group of volunteers has made the program very efficient. Our current Senior Club volunteers are John Elm, Annie Hee and Pat Wilkins. Additional members of the volunteer team are Pam and Scott Gaylord, Janet Coble, Jean Yamaguchi and Stacey Keller-Moore. Long time volunteer, Ray Navarra (my neighbor) is moving and will be missed. Last but not least are Olivia, Recreation Supervisor and Amanda, Recreation Coordinator from the City Park & Recreation Department. Olivia and Amanda are a big help and a great resource for volunteers.

Volunteering with programs like Brown Bag, gives the volunteers & participants the chance to build social connections by interaction. All the volunteers are sincerely appreciated. Everyone works so well together and we often receive a "thumbs up" from our partners for having our act together and that feels good! We would not be able to assemble and get 120 bags ready for pick up and delivery without our volunteers. Thank you team for all your help! God bless all the volunteers as well as Olivia and Amanda for their support. This team, they are GOOD!

Pat Wilkins, Brown Bag Coordinator



A VERY SPECIAL THANK YOU TO PAT WILKINS, THE CLUB'S BROWN BAG COORDINATOR

You are doing an outstanding job. You work side by side with your volunteers, making the necessary changes with a positive attitude. Also for always being sure that the volunteers are informed of changes. Pat says, "as you know the Pandemic experience has been challenging to meet the increased needs of our senior communities. Growth in the program is reflected by the 71 bags delivered with volunteer assistance and local transit. Also the Meals on Wheels volunteers are picking up 12 bags to deliver, besides the five frozen meals that they normal give out. Most recently on August 13th there were 120 Brown Bag hand-outs and deliveries." Pat often expresses, "that we are thankful that we are able to help those in need." **The Senior Club, says THANK YOU for your dedication to the program and recipients.**



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

Members' CORNER

If you would like to share an adventure, activity, experience or thought in our Members' Corner, write a story and mail it to our new Senior Club post office box: 18 Oak St, P.O. #1778, Brentwood, CA, 94513-9998 or email Paula Joyce at paula.joyce@att.net. Including a photo or two would make your story stand out. The Newsletter team will review all articles and will notify you of inclusion before press time.

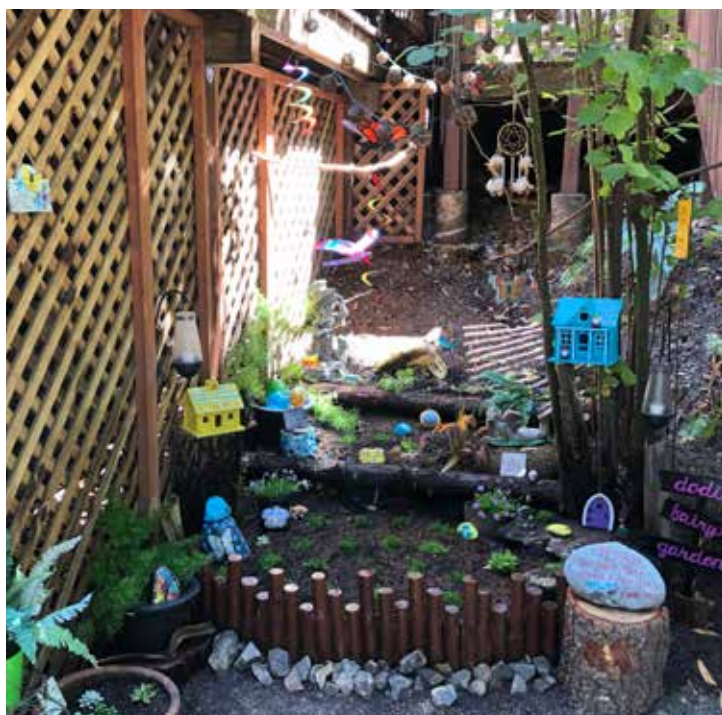
HERE'S WHAT MEMBERS HAVE BEEN DOING DURING QUARANTINE...

- "Puzzling" - Charlotte, Howard, Dale and Elenora are known for time well spent on jigsaw puzzles.
- Member Elenora is enjoying the outdoors on her bike.
- One of our members constructed a new workshop shed in their yard.
- Two lucky members have Bocce Courts in their backyard and enjoyed sprucing up their courts. Hopefully they can have a backyard game sooner than later.
- Rock Painting is another art enjoyed by many.



- Virtual learning new to our generation. Members report that they are doing Yoga, exercise and meditation techniques.
- Members of our knitting group are working on community benefit knitting projects as well as some of their own. They have been seen at the Veterans park knitting and socializing.
- Haircuts, a thing of the past? Rumor is many gentleman have longer, wavy grey hair and making the best of it. Or maybe enjoying it?
- Hey guys, you aren't alone. Us gals are missing our bottle of hair coloring. Returning to the Club, may be a new experience and you may see some "new" girls. Are they really new members? Hmm, might want to look twice.

- Board members have become experts dialing into Zoom Board meetings. Richard and Judy do a great job setting up the meetings so we can Zoom.
- I have heard the Single Mingle members celebrate birthdays via Zoom and have some cocktails.
- Members are doing a lot of reading and are sharing book recommendations:
 - *Guide to Slaying Vampire* by Grady Hendrix (science fiction)
 - *The Coming Plague* - Newly emerging diseases in the world out of balance by Laurie Garrett (non-fiction)
 - *Sold on Monday* by Kristina McMorris (historical fiction)
 - *Being Mortal* by Atul Gawande (non-fiction)
 - *The World is Flat* by Thomas L. Friedman (history)
 - *Walking With The Wind* - Memoir of the Movement by John Lewis (history)
 - *The Giver of Stars* by Jojo Moyes (novel)
 - *Where the Crawdads Sing* by Delia Delia Owens (fiction)
- One member even built a memorial fairy garden.



All About Your Membership

CLUB MEMBERSHIPS NOW ON A CALENDAR YEAR BASIS

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

Just a reminder as mentioned in the previous newsletter, 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. This plan is the exception to the calendar year basis. At this time the Board anticipates that registration will start in the first quarter of 2021. Stay tuned for more info in your next Club newsletter, January 2021.

BENEFITS OF MEMBERSHIP

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



*Eileen Wigton,
Membership Chair*

SCHOLARSHIPS

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

CLUB DONATIONS

A special thank you to our members who have donated \$1140 to the Club in 2019-20! If you would like to donate it is easy. At the bottom of your membership renewal application there is a "donations" section. Fill in the amount you would like to donate and include it with your membership payment. We appreciate your donations and support of the Club's programs and activities!

THIS NEWSLETTER IS AVAILABLE ONLINE!

As you know the Club Newsletter comes to you 4-6 times a year. This is a member benefit and your Club absorbs the expense of graphic design, printing and mailing this 16-page newsletter. **Help us reduce our costs and do your part in helping our planet be more green**, by signing up to receive the newsletter online. Money saved could be invested in more activities. When you fill out the membership renewal form please make sure to check the correct box to receive your newsletter online. Do we have your current email address? If not, please notify the receptionist at the Club.

KEY COMMUNICATIONS UPDATE

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

- Send newsletter suggestions or a story for the Members' Corner.
- Request some sunshine for a member because of sickness, injury or hospitalization.
- Send your completed volunteer application.
- Request your newsletter delivery by email.

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

DO YOU HAVE IDEAS FOR OUR CLUB?

YOUR IDEAS & SUGGESTIONS ARE IMPORTANT TO US!

We sure would like to meet you and hear your ideas and suggestions.

We invite you to come to our monthly sub-committee meetings. This is the place to share ideas, meet other members and learn more about the "workings" of the Club.

We meet the first Tuesday of each month from 9:00-11:00am in the classroom. Hope to see you there when the Activity Center reopens.

Out My Kitchen Window by Richard Griek

Past columns have been written to bring some positive perspective to our confinement and separation from our friends. They have attempted to bring sense and purpose to the uncertainties of crisis. It has been an eventful couple of months so I will stray a bit to be more informative and bring you up to date.

Our club and the city have maintained a memorandum of understanding for over 10 years. It is renewed every year with minor changes and includes our use of the Senior Activity Center. This year was no different and the city continues its donation of space for our use. The city previously absorbed the administrative costs related to registration transactions and that was changed this year and the club will be responsible for those fees now. The other significant change was that the city will no longer be involved with editing or publishing the newsletter. The costs of publishing will now be the sole responsibility of the club.

The City of Brentwood and the Parks and Recreation Department have shown that they value its large and vibrant senior community. They continue to support us as we struggle to cope with isolation and the difficulties COVID-19 presents. Parks and Recreation personnel have called every one of us to ensure our safety. The club board has had continued conversations in person and via Zoom with the department. We are fortunate and thankful for such strong support. With the challenges facing us now the department is working to find ways for us to come together for activities and events while still protecting our health.

The Senior Activity Center has been a wonderful home for us for over 10 years. We are quite attached to it. The plan has been to expand the center because we have outgrown it due to the large membership and a multitude of wonderful activities. Necessary budget cuts may now preclude any expansion and the small spaces there aren't feasible for use under the guidelines that will most likely stay in effect for at-risk individuals for some time. The problem still exists for seniors to have a place to gather for us to remain healthy and active and to be viable members of the community.

Our board became aware of actions by the City Council concerning use of facilities. The board sent a letter urging the council to remember its senior citizens when making plans for the future. Since we didn't receive a response, president Steve Bordi attended the council meeting and stressed the need for space for seniors to gather and have a place to call home.

Since we again received no response the board appealed via email to all club members to write letters to the council requesting that we be included in any plans for space; either expansion of the activity center

or sharing use of the Tech center on Sand Creek Road.

The response by our members was significant and we were contacted by Councilmember Johnny Rodriguez to have a meeting. The board met with him, City Manager, Tim Ogden and Parks and Recreation Director, Bruce Mulder. All three assured us that we would be included as the city works to find space for all of its recreation needs. It's a difficult balancing act made harder by budget restraints.

Brentwood has long been selected nationally as a "Fun City", year after year. One of the reasons is because of its extraordinary support of its senior community. We will continue to stay in touch with current events to ensure that doesn't change.

We would like to thank everyone who wrote letters. We had approximately 270 valid email addresses of our over 1300 members. If you would like to be included in future mailings please send your address to: brentwoodseniorcitizensclub@gmail.com

Brentwood Senior Citizens Club Facebook page is back online. It will just be a bulletin board for the time being so there will be no response to comments. Here is the link: <https://www.facebook.com/Brentwood-Senior-Citizens-Club-105978597541067/>

We are missing all of your friendly faces and so many great activities. We strive to return to such a dynamic social atmosphere as soon as possible. Until then, while still in semi-isolation, the view of our universe remains mostly out my kitchen window.

Sunshine

REPORT

Kathy Perdoni • Mary Ann White • Etta Hampton

IN MEMORIUM:

Bruce William "Wild Bill" Hardeman

Carl Sims

Lena Dame



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.



UPCOMING

Senior Board Elections

BOARD NOMINATIONS OPEN November 2 - November 16, 2020

IMPORTANT CHANGES:

Since the Brentwood Senior Activity Center is closed there will be no mail in nomination forms. Instead, call Jon Elam, Nomination Chair at (925) 513-0347 regarding your candidate for the Board. Jon will return your call.

**Board
Nomination
Committee**

Jon Elam (Chairman)
Eileen Wigton
Richard Griek

POSITIONS OPEN FOR NOMINATION ARE:

PRESIDENT

Incumbent: Steve Bordi

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

Incumbent: Charlotte Allison

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

Incumbent: Pat Wilkins

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

Incumbent: Paula Joyce

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?

Brentwood Senior Activity Center Updates

The City of Brentwood Senior recreation staff have been hard at work during the Brentwood Senior Activity Center closure to ensure that essential services are available to all older adults (age 50+) who live in Brentwood. Our team is happy to help meet our community's needs throughout the COVID-19 pandemic to help keep you safe. While we are eager to resume activities, we do not have a date or timeline of when our doors will reopen. We are closely monitoring all updates and safety guidelines published by Contra Costa Health Services, in anticipation of when we will be able to reopen our facility. Please know that we will employ all the safety precautions needed to keep our participants, volunteers and staff safe. Safety measures will include wearing face masks, physical distancing, automated hand sanitizers, temperature checks, and decreasing the number of participants per activity, in addition to any other measures that are needed to meet County requirements. In September, our City conducted a COVID-19 Senior Survey to help us direct our efforts. We emailed the surveys to seniors who had an email address in our registration database and we asked seniors who we called during our care calls to participate in the survey over the phone. The survey has let us know what your interests are and how you feel about returning to the programs at the Brentwood Senior Activity Center. Thank you to all who participated in the survey. Together, we will continue to provide vital services to our community.

Olivia Alvarez, Recreation Supervisor

FALL PREVENTION AWARENESS

Visit the City of Brentwood Parks and Recreation, Adults 50 and Better to access useful Fall prevention information and resources. Obtain information to participate in a FREE Fall Prevention Presentation at 2:00 pm on both October 22 in English and on October 27 in Spanish hosted by Meals on Wheels Diablo Region-Fall Prevention Program.

HICAP IS HERE TO HELP!

Medicare open enrollment period is Oct. 15–Dec. 7. CCC HICAP is open and available to assist you through this process. HICAP is providing counseling via phone or video meetings. They also offer a Welcome to Medicare class which you can attend live, via Zoom, or use the self-paced online class. Please contact them for an appointment at 925-602-4163. For the hearing impaired, call 925-602-4198. For more information visit <https://cchicap.org/>

FALL CLASSES

OUTDOOR TAI CHI CLASS (IN CITY PARK)

Tuesday #4784 10/13-11/24 10:00–11:00am \$10
Thursday #4785 10/15-11/26 10:00–11:00am \$10
Mask and 6-foot social distancing will be required.
Enrollment maximum 11 students per class.

NEW VIRTUAL CLASSES FOR FALL

Classes will be taught via Zoom and space is limited.

Acrylic Painting - #4362

Monday 10/12-12/7 9:00am–12:00pm \$75

Acrylic Painting - #4363

Thursday 10/15-12/10 9:00am–12:00pm \$75

Beginning Watercolor Painting - #4364

Friday 10/16-12/18 12:30–2:30pm \$65

Ballroom Sampler - #4366

Friday 10/16-12/11 7:00–8:00pm \$90

Gentle Yoga - #4368

Monday 10/12-12/7 8:30–9:30am \$50

Gentle Yoga - #4369

Wednesday 10/14-12/16 8:30–9:30am \$50

Caregiver Stress Management - #4372

Thursday 10/15-12/10 7:00–8:00pm \$55

HOLIDAY HAPPENINGS – FUN AND CHEER!

GOBBLE, GOBBLE FREE TURKEY RAFFLE

Register to win a 10 to 12lb. Turkey. Must be 55+, one registration per household. Register by 11/2. Winners notified by 11/6. Event #4782

SANTA DRIVE THRU

This year Santa is visiting the Brentwood Senior Activity Center on Thursday, December 10 from 11am–12 pm. Register to drive thru and take a photo from your car with Santa and receive a holiday treat (weather permitting.) Must register by 12/1. Event #4783

HOLIDAY CRAFT KITS

The holidays are the time to get crafty! Register to obtain your special Halloween, Thanksgiving, and Christmas Craft Kits! They can be a fun activity to do with your grandchildren during the holidays.

Class and Holiday Happenings registration starts on Monday, October 5 at 8:30 am. To register, call the Parks and Recreation Department at (925)516-5444. For more information on classes, holiday happenings, and presentations visit our website at https://www.brentwoodca.gov/gov/parks/adults_50_and_better/default.asp

Staying Social

STAYING ACTIVE • MAKING FRIENDS • FEELING WELCOME

LOWER YOUR STRESS - TIPS FROM THE AMERICAN HEART ASSOCIATION

Feeling stress? It could have lasting effects on your health and well-being. But there are ways to manage stress and its symptoms that can help you feel better.

“So what can we DO about Stress?”

Get giggling. Make silly faces with the family, have a staring contest, watch videos of babies and puppies—whatever gets your belly moving, try blowing off some steam with some laughs!

Let’s list. Making a list can help you decide what’s actually important to do today so you don’t feel buried all the time. Added bonus? You’ll feel a sense of accomplishment when you cross things off as “done.”

Find a friend. Take a 60-second social break to message someone with a “Hello.”

Move more. Movement is good for your heart and your mind. Dance like crazy to get the funk out, try hula hooping, briskly walk around the block and listen to the birds.

Get your butt in bed. Getting enough sleep can help you feel less crazy and overwhelmed, and more productive and creative. Sleep experts suggest aiming for about 7 to 9 hours of sleep a night.

Be with your breath. You’ve been breathing your whole life but learning to focus on your breath can actually trigger your body’s relaxation response.

- Get comfy and take a normal breath.
- Next take a deep breath slowly through your nose, filling up your chest and belly.
- Now breathe out slowly through your mouth (or nose, whichever) and repeat.

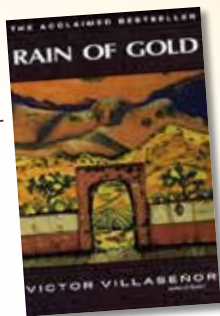
De-stressing shouldn’t stress you out. Which one are you going to try now – *giggling, socializing or moving?*

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.

October

Rain of Gold
by Victor Villasenor



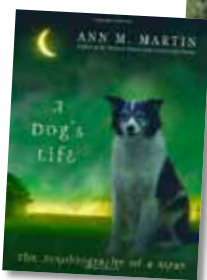
November

The Caine Mutiny
by Herman Wouk



December

A Dog’s Life
by Peter Mayle



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.

We Miss You!

If it were a "normal" year, we'd all be celebrating Halloween, Veteran's Day, Thanksgiving, Christmas and New Years together. Since we cannot be together this year, we'd like to look back on some special holiday moments. Remember these fun times?



Trips & Tours

As I sit here at my desk and look out from my window at Mount Diablo, and enjoy its beauty, I think about all of you, my traveling buddies. The fun places we've gone, the laughter we shared, the memories we made, and all the good food we've eaten. The hard part is waiting for this virus to pass, and the city and county to allow us to travel again. I know this is the hard part. Waiting. But the good thing is a few of our excursions, such as the Ball games, Casino trip, and Golden Gate Park, could be moved to next year 2021. At this time, I can't tell you exactly when, but as soon as I know, a notice of scheduled trips, date and times will be published in our newsletter. As our year comes to a close, I would like to take this time to wish you all the very best, Stay Healthy, Be Safe, and try to be patient, this too will pass. Here's to 2021 and a new year of making memories.

Paula Joyce, Trip Secretary

Volunteer SPOTLIGHT

MAUREEN MULLER, CLUB NEWSLETTER LEAD



The phrase, "It Takes a Village," I think often applies to our Senior Club members. Our Club has some common goals such as; everyone is welcome, make new friends, share life experiences, have fun and most of all be the home away from home. Whether you are a member, volunteer or a Lead of a special

activity, you are what makes Brentwood Senior Club a vibrant and positive place to be. One such member comes to mind, Maureen Muller. She is a member that has helped our Club be what it is today.

Maureen has been a member of the Brentwood Senior Club since 2013. She has always been a positive individual with plenty of initiative and ideas. She knows how to communicate change with a positive outcome. Is eager to assist our members and guest any way she can. When being around her you can see that she has a warm spot for members, especially those who need extra assistance. One of Maureen's qualities is her sense of humor and contagious laugh. Members know that she is light hearted, with a positive attitude.

Maureen has volunteered in several roles at the Center. She is a remarkable receptionist that welcomes members, guest and families. She is a good listener. If they express concerns she can always help them clarify, reassure and solve their concern. She is up to challenges

such as the unique volunteer role the "Bread Sheriff." Not everyone wants to be the Bread Sheriff. Another example of volunteering and leadership is being an Ambassador for the Club. Maureen was our choice because of her experience, special communication style, and positive attitude. She was perfect in this role.

"Last But Not Least" there is one more story about our member Maureen. For sometime she has worked on the Newsletter team. She continues recruiting members to help. Apparently it is quite the assembly process. She relates that her team is very dedicated to folding, creasing, sealing and sorting the newsletters. They tried various tools to make a better fold and crease on the newsletter. Currently they are using dowels that she made! She shares that her volunteers have met new friends and learned some special skills being part of the team. She also has learned "that there is nothing like Boom Box music to make a tough job fun. Beside supporting her team, Maureen does the final step of placing the address labels on over 1000+ newsletters. This Newsletter team is a great example of "It Takes a Village" and thanks to all of the volunteers on her team. Beyond the time Maureen spends at the Club she still has time for another very special group of individuals in the community. She has a very special spot in her heart for children. She volunteers in the elementary classrooms as a tutor. She shares that "I am no shrinking violet" so I have tutored up to four days a week. When she talks about assisting children in the classroom, her voice softens, she has a sparkle in her eyes and a very warm smile.

Maureen thank you for all you do for the Club, Members and Community.

Be Prepared This Flu Season – Get Your Flu Vaccination!

A flu vaccination is important for people who are at high risk of serious complications from Influenza.

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



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. |

★ ★ ★
SAVE THE DATE!

FUN NIGHT OF MAYHEM

Death Near Dead Man's Holler

Mystery Dinner/Show *presented by*
Caught in the Act Theater



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

SATURDAY, FEBRUARY 20, 2021

5:00-9:00 PM



MORE INFORMATION TO COME IN JANUARY

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

