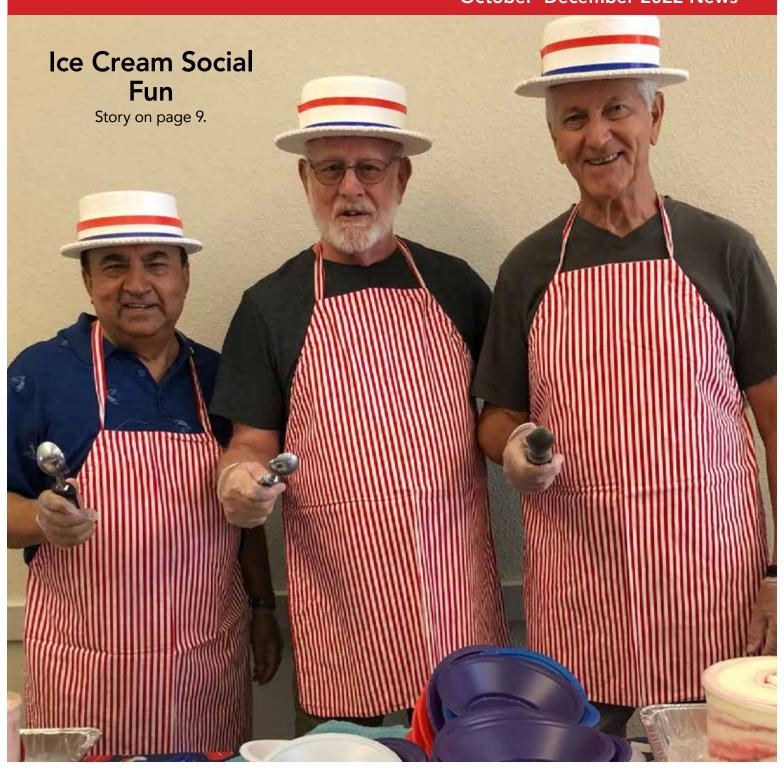
SENIOR CITIZENS CLUBING.

October-December 2022 News





Use the Club's Mailing Address to:

- Send newsletter suggestions or a story.
- Request sunshine for a member.
- Submit your completed volunteer application.
- Request your newsletter delivery by email.

Monthly Meetings

Board Meetings and Program Sub-Committee Meetings are held monthly at the Brentwood Senior Activity Center.

<u>Board Meetings:</u> Second Tuesday of each month at 9:00–11:00am at the BSAC.

October 11th • November 8th • December 13th

Program Sub-Committee Meetings: First Tuesday of each month at 10:00–12:00pm at the BSAC. All members welcome. We look forward to seeing you and hearing your ideas and suggestions.

October 4th • November 1st • December 6th

2022 Senior Club Board

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
FINANCIAL SECRETARY
TRIP SECRETARY
MEMBERSHIP CHAIR
BOARD ASSISTANT

Steve Bordi Richard Griek Charlotte Allison Judy Griek Pat Wilkins Paula Joyce Eileen Wigton Jon Elam



This newsletter is a member benefit and your Club absorbs the expense of graphic design, printing and mailing. Help us reduce our costs and do your part in making our planet

more green, by signing up to receive the newsletter via email. When you fill out your membership renewal form, please make sure to check the correct box to receive your newsletter digitally.

BRENTWOOD SENIOR ACTIVITY CENTER

193 Griffith Lane, Brentwood, CA 94513 (925) 516-5380 www.brentwoodca.gov/SeniorCenter

Business Hours

Monday – Thursday: 8:30 am – 4:00 pm Friday: 8:30 am – 1:00 pm Saturday and Sunday: Closed

Register for classes online at:

www.brentwoodca.gov/onlineregistration Call (925) 516-5444 for assistance.

Make checks payable to the City of Brentwood.

Senior Center City Staff

RECREATION MANAGER **Ben Keisic**

RECREATION
SUPERVISOR
Olivia Alvarez

RECREATION COORDINATOR

Thomas Freeman

RECREATION LEADERS

Antoinette Milano Robbie Myers Elenora Resare Abraham Rodriguez Teresa Baria Jennifer Laulusa We encourage BSSC members to be active and youthful by participating in the various activities/events offered at the Senior Center. There is always a friendly face to greet you. Once inside, join friends for a dance class or games, express yourself in an art class, or maintain a healthy body, mind and spirit through exercise classes. Experience rewarding friendships, activities, trips, socials and endless possibilities. Your membership provides a quarterly newsletter, ongoing resources and free services/ referrals throughout the year.



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.

The Brentwood Senior Activity Center is closed in observance of the following holidays

Veteran's Day
Thanksgiving Day
Day After Thanksgiving
Christmas Eve (observed)
Christmas Day (observed)
New Year's Eve (observed)

Friday, Nov 11 Thursday, Nov 24 Friday, Nov 25 Friday, Dec 23 Monday, Dec 26 Friday, Dec 30

Don't forget to celebrate Halloween and Election Day too!

More information about the Club can be found on our website, https://www.brentwoodca.gov/government/parks-recreation/recreation/senior-activities-and-programs/brentwood-senior-citizen-s-club
The website is hosted by the City Of Brentwood Park and Recreation Department.

A NOTE FROM THE PRESIDENT

Hello Fellow Seniors,

As I greet you in this final Newsletter for 2022, I welcome the approaching cooler temperatures of fall and hopefully some appreciable wet weather. This Newsletter is loaded with upcoming events and activities which I hope will pique your interest. Check the pages for dates, costs and registration deadlines.

OCTOBER - Welcome New Members Event; Brentwood City Council Meet the Candidates Event; Ghost and Goblins Bingo (costumes, pizza, and a huge \$500 pot)

NOVEMBER - Holiday Luncheons (Thanksgiving / Christmas); 2023 BSCC Board elections for the positions of President, Secretary, Trip Secretary and Financial Secretary.

DECEMBER - Annual New Year's Eve Party.

I encourage any of you who are interested, to apply to volunteer in helping with any of the above events. Also, please consider running for one of the four open BSCC Board positions. It is vital to the future of our Club's success to generate new leadership with new ideas. See page 7 for more information.

I would like to remind you that it will soon be time to renew your Senior Club Membership for 2023. As I'm sure you already know, your \$25 annual dues will more than pay for itself with perks, freebies and other member event discounts. The recent Ice Cream Social and Western BBQ were

both FREE events with music and prizes to boot. The social benefits that our classes, activities, events, and trips provide to our members is immeasurable.

Until next time... Steve Bordi, *President*



Upcoming Scholarships

Your Board is working very hard on updating the Senior Citizens Club Scholarship Program for 2023. The Scholarship Committee is excited about these changes, and looking forward to helping our members participate in the programs offered by our Club. New Information about the scholarship program will be announced in the January-March newsletter. Paula Joyce, Scholarship Committee Chair

A NOTE FROM BOARD ASSISTANT

It is exciting to see our Senior Center full of activities and the energy this brings. It's also exciting to see our membership continue to grow, with nearly 800 paid members for 2022. We are getting closer and closer to our pre-pandemic membership levels, and the interest in our activities reflects this. For example, this past week 130 people turned out for Bingo. Don't miss out — we have room for over 175!

I recently read an interesting article about the ways a positive, upbeat attitude can boost our health as we age. A five-year study by the Harvard University Medical School found positive attitudes lower the risk of dying by 43% over those who do not feel good about aging and don't stay involved in their community. If I ever needed an argument for participating and supporting our Senior Club programs, this seem to me to be it. The study concludes that one needs to stay socially active by joining clubs and staying involved in community organizations. If you make a list of all the activities the Club and City of Brentwood offers, you could find something to do almost every day and make heck of a lot of new friends.

As the Board puts the final touches on this newsletter, I notice the full range of activities described within. Be sure to check out all that will be happening throughout the fall and early winter, including ending the year with our always successful New Year's Eve Gala.

Of course, I can't end these comments without reminding you that it takes a wonderful group of volunteers to lead your Senior Club. The Club's leaders have all stepped forward to take on the tasks of organizing, securing funding, and providing leadership for the many programs we offer. Soon it will be time for the 2023 election cycle. The seven-person Board is spread out with each officer serving two-year terms. The Board creates a nominating committee to recruit for the open

positions, and to support those who might be interested in throwing their hat in the ring and joining this great group of leaders. I have had the honor of leading the nominating committee the past two years. We hope to hear from you.

Stay tuned and give me a call if you would like to talk (925-518-4288). Conversations with members are most fun for me.

Jon Elam, Board Assistant

A Member's Experience Shared

We all know that friendships have a powerful effect on us and bring happiness to our lives. Even more so when we acknowledge each other and create an opportunity for connections, kind deeds, and friendliness. The following paragraph was a recent experience that a few members shared, and certainly food for thought for all of us.

Recently, a group of participants in our Cafe Costa lunch program expressed their appreciation for such nutritious and varied lunches. Additionally they shared that the program has become very successful and well-attended, in large part due to the extra efforts, hard work and dedication of manager, Mary and her devoted volunteers. The members expressed that it is "such a pleasure to walk into the lunchroom area and be greeted by a happy, smiling Mary. Even though she and her volunteers are hard at work when we arrive, Mary always takes the time to make us feel comfortable and welcomed."

"The Café Costa lunch has become the highlight of our day, even if it is for a short period of time. We joke, laugh and play games. Mary is creative and enthusiastic. She's devised several fun activities for our pleasure, such as Spin the Wheel & Win a Prize, birthday celebrations, dress-up days and many more! We are pretty sure this has been over and above her normal duties, all with the intention of bringing levity to this world we live in."

Mary is such a delight and has created a safe place for members to open up with each other. We are happy for our members' experiences and friendships forming. This is the Board's continued goal at the Brentwood Senior Citizens Club.

Single Mingle





Recently the Single Mingle group enjoyed lunch at Melo's and Music in the Park.

GROUP

Come join us at 1:30 on the 1st Tuesday of the month in the Community Center, Second floor meeting room to learn more about our group!

For more info call Eileen at (925) 516-4959.



We are happy to report Cafe Costa is going strong! Our participants are really enjoying themselves and our participant numbers are increasing. We have a themed luncheon every 2nd Thursday of the month which includes games and prizes. On the 4th Thursday, we have a birthday celebration for all those born that particular month. I would like to take this opportunity to welcome the Seniors who play Bingo on Mondays to the Café. We serve lunch at 11:30 am and are finished in plenty of time for you to check in and play Bingo. For those Seniors who can't make it into the center for lunch, we will be extending the 5 frozen meal packs until the end of the year.

If you would like to make a reservation to have lunch at Café Costa you must call 925-516-5398 no later than 12:00 noon the day before you would like to come for lunch.

The suggested donation for lunch for 60+ seniors is \$3.00, and for 60 and under it is a required \$6.00 fee. We hope to see all of you very soon for lunch. *In-person limited capacity max.15.*

Upcoming Themed Lunches and Birthday Celebrations

Friday, November 4:

Fall Into Autumn/Veterans Day Special Luncheon

Friday, December 9: Christmas Special Lunch

Birthdays (4th Thursday):

October 27, November 23 (a day early because of the Thanksgiving holiday) and December 22.

Book Banter Group

Reading gives you a chance to escape into another place and time, without leaving the safety of your most comfy chair. If books are not available in the BSAC library, download free eBooks thru the Brentwood Library website using "Libby" or purchase a digital copy for your tablet.

Now meeting at the Brentwood Community Center. Third Tuesday of the Month • 1:30-3:00pm Proof of vaccination required at the door.

OCTOBER:

Violeta by Isabel Allende

A story of love, tragedy, abuse and survival that is interwoven with the real historical events in South America.

NOVEMBER:

Elevation by Stephen King

A riveting, extraordinarily eerie, and moving story about a man whose mysterious affliction brings a small town together.

DECEMBER:

Mr. Dickens and His Carol

by Samantha Silva

While his wife plans a lavish holiday party for their ever-expanding family and circle of friends, Dickens has visions of the poor house.





Frank Parra

RECOVERING Kathy Thill Cindy Kennon Orpha Rivera

IN MEMORIAM Rosaire "Mr. B" Lefebyre Barbara Nevels **Bob Reed**

Eileen Wigton is our Sunshine Lead. If you know a member who needs some Sunshine in their life, let Eileen know by calling (925) 516-4959.





City Council Candidate Event

The Brentwood Senior Citizens Club invites you to participate in our City Council Candidates Forum. The Senior Club hosts this event before every City Council election to give the candidates an opportunity to introduce themselves, share their campaign goals, and to help our members get to know them.

October 12, 2022 • 7:00 – 9:00pm Brentwood Senior Activity Center

193 Griffith Lane (corner of Balfour Road)

The Senior Citizens Club is among the largest member organizations in Brentwood with nearly 800 members. We have a close working relationship with the City of Brentwood and look forward to working together to better meet the needs of our seniors in Brentwood.

If you have any questions on the Candidates Forum please contact Jon Elam, our program lead and moderator, at 925-518-4288 or jonrelam@gmail.com. We look forward to seeing you there.

Honoring Our Seniors With Service The Rotary Club of Brentwood

Free Basic Home Maintenance for Seniors

Typically Scheduled on the Last Saturday
Every Other Month

Rotary Home Team can assist with common maintenance issues such as:

- · Replacing hard to reach light bulbs
- · Changing smoke alarm batteries
- · Fixing a leaky faucet
- · Repairing sticky doors
- · Adjusting handles or cabinets drawer pulls
- · Resetting tripped circuit breakers
- · And many other small repairs



CALL US!

(888) 204-5573 www.rotaryhometeam.com



IN Memoriam · · · · · ROSAIRE "MR. B" LEFEBVRE



As the family wrote, "We were so fortunate to have our father with us for 93 years. He died at home surrounded by family. He will rest easy now and be with his wife Lise once again." Our Senior Club members were also very fortunate and benefited from his friendship and helping hands.

I remember Mr. B as a most gracious Ambassador at the Front Desk of the Senior Center, always pleasant and quick to

help anyone who entered the lobby. When I became President of the Senior Club in 2018, he wished me good luck, and proceeded to tell me that he too was a former Club President and former recipient of the Bente Peterson Award for Volunteer of the Year 2015. His name is on a plaque in the main lobby. Mr. B was raised in Canada and spoke fluent French. When I helped Al Sauvadon write his book, My American Dream, I asked Mr. B to proofread the French phrases that were included in the text. He willing did so and I could sense that he was pleased to be a part of the process. He produced a broad smile when I presented him with an autographed copy of the book for his contributions.

Remembered by Steve Bordi, President BSCC



Volunteer extraordinaire! Best Greeter ever! Always smiling. Willing to go the extra mile and help in any way he could. Looking so handsome in his tux handing out roses to the ladies at our New Years in Paris Dinner Dance. He truly will be missed.

Paula Joyce

He made the best coffee for our seniors. And was one of the first ones there every morning with his beautiful smile. He will be missed. Pat Lundy

Upcoming Senior Board Elections

BOARD NOMINATIONS OPEN: November 1 – November 16, 2022

BOARD NOMINATION COMMITTEE: John Elam (Chairman), Eileen Wigton, Member at Large

Each year your Senior Citizens Club holds an election to fill positions on its seven-member Board of Directors. The four positions listed at right are for a two-year term beginning with the February 14, 2023 Board meeting.

With a voting membership of nearly 800, and the important role the Senior Club plays in many of our lives, one might think that there would be broad interest in joining the Board. For the past two years, we have had no candidates for the open positions. We attributed some of this to the impact of Covid 19. Currently, with the reopening of the Senior Center, we are seeing new excitement and hope you will become part of this positive energy.

The first step in the Board election process is either to nominate someone or to nominate yourself. Review the position descriptions and timeline on this page. The Board of Directors will invite all Club members to gather at BSAC to meet the candidates and learn more about them and their interests. Ballots will be sent to all members early in January. Completed ballots must be returned by January 23, 2023.

Nominating Committee will tabulate the votes, notify the candidates of the results, and post in the Senior Club newsletter.

The members of the Nomination Committee look forward to meeting with any and all potential candidates, along with the others who currently serve on the Board.

For more information and to receive a simple form noting your interest, please call Jon Elam, Nomination Committee Chair (925) 518-4288.

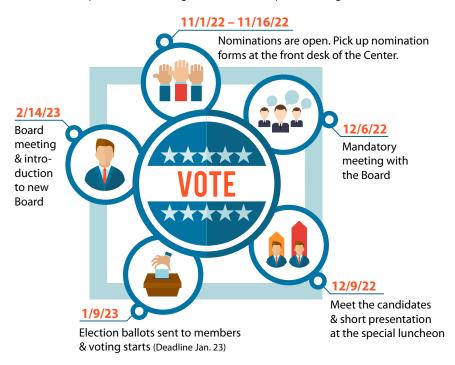
POSITIONS OPEN FOR NOMINATION ARE:

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

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

FINANCIAL SECRETARY Shall support the Treasurer with the reporting of the financials. Will represent the Treasurer in his/her absence. Attends monthly Board and Sub-Committee meetings. Maintains cash boxes at events to support various sales. Proceeds from events will be recorded, deposited in bank, and reported to treasurer. Maintains statistics of membership registration as well as the mailing list for the quarterly Club Newsletter and submits reports to the board.

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





The purpose of the Brentwood Senior Citizens Club is to provide an organization where Senior Citizens may find companionship and opportunity to pursue their interest in education, recreation, crafts & activities, and to contribute to the general welfare of the Community. The corporation is nonprofit, non partisan and non-sectarian.

ALL ABOUT Memborship.....

Membership renewal for January-December 2023 begins 11/1/2022. Set a reminder to renew so you don't miss out on all our Club events and activities.

MEMBERSHIP CLIMBING

The Senior Club currently has 800 members.

Since the reopening of the Senior Center, members are enjoying all the activities that make our Club special. Activities are not only enjoyable, but a way to meet other members with common interests. Many events are free or require a nominal fee to participate.

The Senior Club has also sponsored several special events such as the long awaited Mystery Dinner, Cinco De Mayo luncheon and the annual Ice Cream Social and BBQ. If you love good music and dancing, the monthly Boogie Nites is the place to be.

The activities and events planned are based primarily on ideas from members. We like to offer a variety of activities and consider pricing of events to meet the needs of our members.

Please consider volunteering for any activity or event that interests you. We need your help to be successful and will show our appreciation for your services at a yearly vounteer appreciation event.

Eileen Wigton, Membership Chair

EVENT AND ACTIVITY REQUESTS

As a member, we would like to invite you to attend a **Sub-Committee** planning meeting. Meetings are held at the Brentwood Senior Activity Center on the first Tuesday of each month at 10:00 am. Our Board wants you to know that many of the Club activities, and events are based on your ideas. We want to emphasize that what each person needs and prefers is unique and are considered when planning activities and events.

Together, let's set big goals and work toward achieving them with the other members of the Club.

CLUB NEWSLETTER REMINDER

At the time of Member registration, you have two options to obtain your newsletter.

By Mail at the address you provide on the application or Online emailed to the email address on your application.

If you sign-up for an online version, watch for an email the first week of each quarter alerting you that the newsletter is ready for you to read.

If you change your email, be sure to notify Eileen at eawigton@gmail.com so you don't miss an issue.

Looking forward...

In 2023 we are looking forward to many of the same special events members love to attend and expect, but we have some new things in store as well:

- 1. We will hold several "Welcome New Members" events throughout the year to introduce new members and to educate them on all the Club opportunities available.
- **2.** "Scholarship Program" opportunities will return for those in need.
- **3.** The City of Brentwood is sponsoring a "Founder's Day event 1/21/23.
- **4.** We will be sponsoring "Guest Speaker" events to learn something new and interesting.
- 5. There will be Senior "Game Days" where you can join in the fun. Better yet, volunteer to be a "lead" and demonstrate/share your knowledge of a game. Suggestions include Bunko, Cornhole, Billiards, Chess, Mexican Train Dominoes, etc.

We welcome any and all suggestions and encourage everyone to come to the monthly sub-committee meetings to share your ideas!

Who Doesn't Love Ice Cream?

This year's annual Ice Cream Social was well attended and sweet way to round out the summer. The Social was well-attended and couldn't have been such a success without the many volunteers who stepped up and helped plan, set-up, serve and clean up. We thank each and everyone of you and sincerely appreciate all your help!

Maryann and Diane gave everyone a spin on the "Wheel of Fortune". Money, candy and prizes galore!







On the cover... Kiran, Mike and John happily scoop ice cream for their friends at the annual Ice Cream Social.













Many generations of people from all backgrounds, ethnicities, religions and ages have held the title of "veteran." No matter where they came from, they all have one thing in common: a commitment to serve our country. Please take a moment to stop and thank a veteran for their service!



Its hard to believe that 2022 is shortly coming to a close. When the center opened this year, we were still under the requirements for wearing a mask and proof of vaccinations.

Three trips did get on the books: the A's game, To Kill a Mockingbird, and Moulin Rouge. Two out of three were well received, and sold out before the ink dried on the flyers. The A's game was a slow mover. It ended up being cancelled but has been rescheduled for the spring of next year. And if luck has it, that too will sell out.

With that in mind, keep checking your senior newsletter, under Trips and Tours, because from what I know, next year we will be back rolling down the highway to plays, casinos, museums, and train rides—and that's just a starter.

Looking forward to traveling with you again in the new year. See you on the bus.

Paula Joyce, Trip Secretary

BSAC Spirit Month

October is BSAC Spirit Month.

Join the FUN!

Every Monday is a different theme.

Every time you dress up, you will get a ticket to spin the Haunted PRIZE WHEEL! See what spooctacular prizes you can WIN!



10/3	Wear your Crazy Hat Day
10/10	Dress up as your favorite Super Hero
10/17	Wear your Team Shirt or Jersey
10/24	Dress up like your favorite Decade
10/31	Wear your favorite Costume

The fun continues into November and December:

11/7-28	In Celebration of Thanksgiving, stop by and
	hang a thankful leaf on our Tree of Thankfulness.

11/11 Veterans Celebration at Veteran's Park

11/26 39th Annual Holiday Parade & Tree Lighting

5-7 pm Downtown Brentwood.

12/2 Senior Activity Center Christmas Tree Decoration

Dec Santa's Elf Craft Workshop

Dec Ugly Sweater and Tea Time

Flyers with event/activity details will be available soon at the Center's lobby marketing table.



BRENTWOOD SENIOR CITIZENS CLUB PRESENTS **BRENTWOOD COMMUNITY CENTER, 35 OAK ST.** Meet new people in this social group atmosphere, while dancing to music by some of the best bands. **CROSS-EBONY** SOLID **TOWN** GOLD Music from All levels of dancing abilities are welcome. No partner needed. the 50s,60s, • No host bar and snacks. 70s, 80s Must be at least 21 years old to attend. Government issued ID required at the door. Pre-register: \$10 members/\$15 non-members ~ Pay at the door: \$15 for all (cash only) DANCE FROM Register at the Senior Activity Center or call (925) 516-5380. **7:00 - 10:00** pm LIKE LISTENING TO MUSIC PLAYED BY A LIVE BAND IN THE COMPANY OF GOOD F All participants must show proof of COVID-19 vaccination at event check-in.

No reimbursements.

Out My Kitchen Window by Richard Griek

As I write this, Judy and I are preparing for a cross country plane trip. This brought to mind memories of my first plane trip when I was 11 years old. My grandparents had a trailer in Palm Springs that they would live in during the winter and I visited them there during Easter Vacation. My folks took me to SFO, and I flew by myself to Los Angeles on a DC-6, a four engine prop plane. In Los Angeles I boarded a DC-3 to fly to Palm Springs. It was a rough flight and I got sick. The stewardess (remember them?) took special care of me and made sure my grandparents picked me up at the terminal.

The trailer park was very nice with a pool and lots of other kids visiting their grandparents. I rode my first horse on that trip with a bunch of other kids I had just met. One girl was quite the rider and she thought I was being too careful and slapped my horse on the rear and off it went with me as scared as I had ever been. I was happy to get back to the peace of a senior community!

My grandfather liked to play deck shuffleboard. The trailer park had about four lanes adjacent to the pool. Grandpa was in a league, and he taught me how to play and I loved it (more than horseback riding). My impression of seniors at that time was that they didn't move around a lot except for shuffleboard.

Now as a senior myself I see a lot more action from my peers. We have pickleball courts in Brentwood now and many seniors play. A new growing activity around the country is cornhole and leagues are popping up everywhere. A big draw in our town now is bocce ball. There are many leagues with new ones appearing all the time. I've been on a team since 2012. Our Capo, Helen Torres was one of the first to organize a league along with Pat Sciancalepore and a couple of their

friends. The league has grown and has some highly skilled players. (Interesting fact: Helen is one of three past club presidents on the team.)

Bingo is a pastime that seniors have been involved in for decades and the excitement and enthusiasm is something to behold. There are two significant blessings to our bingo events: the people who participate are creating lasting relationships and memories, and the money the club earns allows it to host more events and give support to seniors in our community.

Probably the most energetic activity that has been popular all our lives is dancing. Our club regularly schedules Boogie Nites, usually with a live band. Our line dancing group loves to perform anytime they are around music.

The common element of all this activity is this social connection we have with our community; making new friends and with that, making our own plans to get together for a night out or a walk in the park. I can't adequately express how much the friendships that I have acquired since becoming active in our club mean to me. Our bocce team is like family. We love being together and to play even if we don't win. Much like the memories of special meals together, we cherish the people and the time spent with them more than the excuse we had to get together.

Sharing time and playing together is a key to keeping our minds young and our spirits high. This is the higher purpose of our senior club. All the other things we do are just icing on the cake.

RECRUITING POOL PLAYERS



It's time to start playing pool on a regular basis at BSAC! Sign ups start in October. There will be a list at the front desk. You will be contacted with details.

Don't hesitate. Whether a beginner or experienced player, remember, "If you never lose, you can never enjoy the victory!"

In the meantime, the pool table is available to practice in the media room.



to all the Participants and Volunteers in the Club's Octivities and Events!



