

Brentwood SENIOR CITIZENS CLUB INC.



October–December 2023 News



**VERY SPECIAL LADY &
LONG-TIME CLUB MEMBER
CELEBRATED HER
105th BIRTHDAY AUGUST 22.**

STORY ON PAGE 5



18 Oak St #1778, Brentwood, CA, 94513-8778

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.

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 3 • November 7 • December 5

Board Meetings: Second Tuesday of each month at 10:00–12:00pm at the BSAC.

October 10 • November 14 • December 12



2023 Senior Club Board

- | | |
|------------------|--------------------------|
| PRESIDENT | Richard Griek |
| VICE PRESIDENT | Roy Schuler |
| SECRETARY | Charlotte Allison |
| TREASURER | Judy Griek |
| FINANCIAL CHAIR | Pat Wilkins |
| TRIP CHAIR | Leslie Muse |
| MEMBERSHIP CHAIR | Eileen Shaffer |
| BOARD ASSISTANT | Jon Elam |

NO OUTSIDE ALCOHOL PERMITTED at any Club sponsored event/activity or trip.

BRENTWOOD SENIOR ACTIVITY CENTER

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

Business Hours

Monday – Friday: 8:30 am – 4:00 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

Thien Nguyen

RECREATION SUPERVISOR

Amanda Chaney

RECREATION COORDINATOR

Devan Campos

RECREATION LEADERS

Elenora Resare

Teresa Baria

Jennifer Laulusa

Joanne Joaquin

We encourage BSCC 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.



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

- | | |
|--------------------------|------------------|
| Veteran's Day (observed) | Friday, Nov 10 |
| Thanksgiving Day | Thursday, Nov 23 |
| Post Thanksgiving | Friday, Nov 24 |
| Christmas Eve (observed) | Friday, Dec 22 |
| Christmas Day | Monday, Dec 25 |
| New Years Eve (observed) | Friday, Dec 29 |
| New Years Day | Monday, Jan 1 |



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.

A NOTE FROM THE PRESIDENT

One of the goals of our club is to help make our community better. We try to identify the needs of our community, especially its seniors, and then find a way to address the need.

It has come to my attention that many seniors are caretakers for their spouses who seldom are able to venture out for social activities. It's essential that we do all we can to support those who sometimes are unable to attend social events because they need to stay home. It's hard to know how many people are in this situation because they're largely unseen. The club would like to identify those who may benefit from someone sitting in for a couple of hours tending to their spouses needs while they attend club events. And, conversely, since our biggest asset is human resources, to identify who would volunteer for that task. If you fit into either of these groups please contact the club so we can begin to solve a critical community need.

On another note: Finding volunteers to commit to join the executive board is difficult. As many of you know, Judy Griek has been our treasurer for over 10 years. This term ends in February of 2024 and Judy has decided to step aside. She still will be around to assist with anything that we may need her for but we will be looking for a new person to take over the books as the new treasurer. If any of you feel like you may want to help with this critical position, please contact us so we can help you in your decision.

Thanks again to all of you who have volunteered. So many of you keep doing it, enjoying the rewards of being part of a team giving back to the community. The lasting friendships are among the most valuable experiences in life.

Richard Griek,
President



Cafe Costa has been adding a lot of new food items to our menu and we have received a lot of positive feedback from our participants.

If you haven't had the opportunity, I would encourage you to give us a try. We're open M-F at 11:00am and serve lunch promptly at 11:30am, so don't be late.

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. Not available weekends.

- \$6 for those under age 60
- \$3 donation for those 60 and up.

Below is a list of our themed lunches and birthday celebrations for October through December. Hope to see you soon.

Mary Kohler, *Cafe' Manager*

UPCOMING THEMED LUNCHES

Happy Halloween:

Come have a scary good time at Cafe Costa on Tuesday, October 31st. We will be serving Chili dogs and having a costume contest. Beware! Some "unlucky" participants will get to spin the Wheel of Darkness for ghoulish prizes.

Happy Thanksgiving:

Come join us for a traditional turkey lunch on Friday, November 17th. We will be having a special drawing for turkeys and other prizes.

Holly Jolly Jamboree: Friday, December 8:

Lunch and entertainment will be in the MAIN Hall. We open at 11:30 and lunch will be served at 12:00pm. We will be having entertainment, goodies and it's rumored that a very special guest may be stopping by. Space will be limited so sign up early.

BIRTHDAY CELEBRATIONS

Birthdays (1st Thurs):

October 5
November 2
December 7



Single Mingle

GROUP

This organization's purpose, is to allow single people over the age of 50 to go to social events with other people, who have similar interests. The group's activities are meant to be a safe place for people to meet and socialize before and after an activity. Many activities are preceded or followed by a meal at a local restaurant where more socializing can take place.

The socialization is intended to help those who have lost a spouse, or are otherwise single, move to feeling like a whole person again.

To be a member of the Single Mingle Group, you must first be a member of the Brentwood Senior Citizens Club. The Single Mingle Group meets at 1:30pm on the first Tuesday of each month, at the Brentwood Community Center.

At the Single Mingle meeting, the members discuss and decide upcoming activities for the month. Many activities are of a reoccurring nature. The activities are put on a calendar. A shorthand paper copy is available at the end of the meeting. A more extensive calendar in a pdf file format is sent out via email as soon as it is available. The activities on the calendar are selected by the activity coordinator, and from suggestions from the floor, as agreed to by the group. Participation in an activity is strictly voluntary. Most activities have a small turnout, so there is a friendly feeling.

Emails are the major means of communication, as it provides a method for a group mailing list. Weekly reminders are sent for the week's activities.

A safe and secure activity is of utmost importance. If a member causes another member to not feel safe, is stressed by or put-upon that is grounds to be removed from the email list.

Please join us at our next event!

Rich Henderson
(925) 757-3005 | RnDHenderson@gmail.com



Aged to Perfection

DID YOU KNOW?

- An individual between 90 & 99 are noted to be a nonagenarian
- An individual between 100 & 109 are called a centenarian
- An individual 110 years old or older is called a supercentenarian

Our Senior Club Board has always recognized our members that have had a 90th birthday. A Senior Club member who is at least 90 years old, no longer pays annual dues to be a member of the Brentwood Senior Citizens Club. We would like to honor the following members who have all celebrated their 90th trip around the sun.

*Behind each of you, all your memories
Before you, all your dreams
Around you, all who love you
Within you, all you need*

Gini Abrew	Brentwood	2/14/1931
Robert Bogni	Brentwood	3/30/1928
Ethel Badham	Brentwood	8/22/1918
Dolares Capp	Discovery Bay	11/22/1932
Nina Cabral	Brentwood	6/10/1930
Elizabeth Council	Oakley	9/21/1931
Pat Castro	Antioch	9/09/1933
Fred Critchfied	Brentwood	10/11/1931
Robert Goodman	Antioch	4/6/1930
Yoichi Kiyohara	Brentwood	10/01/1919
Frank Lombardo	Knightsen	11/14/1930
Mary Lambardo	Knightsen	3/3/1933
Teri Lovins	Brentwood	5/04/1933
Walter McCloud	Discovery Bay	04/30/1928
Lotti Rother	Brentwood	10/13/1932
Emelinda Rasey	Brentwood	6/8/1930
Donald Rentzel	Discovery Bay	4/9/1933
Marie Sacco	Brentwood	7/19/1926
Sean Murra	Oakley	3/7/1932
Jerry Sutton	Brentwood	12/25/1930
Paul Thiel	Oakley	10/30/1926
Helen Torres	Brentwood	7/22/1919
Grace Udom	Antioch	8/25/1932
Dorothy Walter	Knightsen	6/23/1932
Dolares Zamora	Brentwood	3/18/1932
Mary Zamora	Brentwood	6/02/1929

A Very Special Lady Celebrates Her 105th Trip Around the Sun, August 22, 2023

Ethel was born on August 22, 1918 in Philadelphia, PA. She is a Brentwood Senior Citizen Club Member, who volunteered for 7 years, and served as a Senior Ambassador. Ethel says, "Some of the songs and games that I remember playing as a child were jack's, jump rope, ring around the rosy, and hopscotch. Those were simple days, we didn't have all of the technology we have now."

I was a young adult and recently married when my husband went off to fight in WWII. She remembers the country being busy with factories making tanks and hardship; there was food rationing, gas coupons and even shoe coupons. I remember back then everyone listened to the radio for updates on the war because there were no televisions."

She moved to California in the summer of 1951 with her husband Gus, seven-year-old son Barry and 19-month-old daughter Kathy. When Ethel and family moved to California she performed secretarial work for a large aluminum company. Ethel also worked for a Savings and Loan company for 10 years and retired as a branch manager. During that time there were very few female branch manager. She was the first woman president of her home owner's association.

Though-out her life Ethel always found the time to volunteer and give back to the community. She volunteered at the Senior Club for seven years. During that time she also served as Senior Ambassador at the Club. When asked, "How do you compare life when you were growing up to today?" "Our generation bought things with the mentality to keep them forever and today it is a disposable society where almost everything is disposable and obsolescence is planned for." Also when asked, what advice can you give to someone to live a long, happy life?

"Keep moving and do things in moderation, the rest will fall into place." Also, keep on doing what one enjoys and not be afraid to try anything new." So today she keeps herself active by reading, exercise classes, playing cards, and a lot of Bingo.

Her son Barry lives in Florida and her daughter Kathy Thill lives here in Antioch. She is very supportive of her Mom, Ethel. She says, "my mom, Ethel, is considered an inspiration for many. I consider her an aspiration. To me an inspiration is something to admire. An aspiration is something to work towards."

It requires action and that's what she is all about. If something is not right, fix it. If someone is struggling, be a friend. If someone is needy, provide what they don't have. If someone wrongs you, forgive them. Self pity is not on her to-do list.

Be active in your admiration of others and follow in their footsteps. Take action and live your life like my mom. Forgive quickly, give selflessly of yourself and move forward."





UPCOMING

Senior Board Elections

BOARD NOMINATIONS OPEN November 1 - November 16, 2023

QUALIFICATIONS

- **Board positions** - no member shall be allowed to hold office unless he/she has been a member in good standing for at least a period of (1) year, and has been approved by the Executive Board.
- All officers shall serve for two (2) years and may serve for a maximum of two terms or four (4) years in each office or until their successors are elected.

POSITIONS OPEN FOR NOMINATION ARE:

VICE-PRESIDENT Shall preside in the absence of the president at all meetings of the Club and shall be ex-officio member of all long-term committees.

TREASURER Shall disburse funds for the payment of approved bills necessary for the operation of the Club. The treasurer shall present a report of the financial status of the Club at each Board meeting. Prepares books in order to work with the Club's CPA for filing of annual Federal and State required documents and biennial audits of 2 fiscal years' books.

MEMBERSHIP CHAIR Has oversight of annual membership drive, and maintenance of club members records. Actively engages in promotion of Club membership, by maintaining Club's "Welcome" packet and engaging in various activities to promote membership. Works closely with Volunteer Coordinator to assure volunteer recruitment events at least twice a year.

TIMELINE:

- | | |
|----------------|---|
| October 2023 | Board approves creation of a Club Nomination Committee. |
| Nov 1-16, 2023 | Board nominations period open. |
| Nov. 17 2023 | Nomination Committee reviews candidates. Verifies years as a member and ensures member is in good standing. |
| Nov 21, 2023 | Nomination Committee Chair calls candidates to assures acceptance of nomination, and completes application. |
| Dec 1, 2023 | Final Ballot Approval |
| Jan 9, 2024 | Ballots sent to all members by email or mail. Completed ballots returned to the Brentwood Senior Activity Center ballot box. |
| Jan 31, 2024 | Voting deadline: January 31, 2024 at 4:00pm |
| Feb 1, 2024 | Ballots tallied by the Club Nomination Committee members. Candidates are notified of the results. |
| Feb 13, 2024 | All elected Board members attend the February board meeting. Oath of office administered by the Board President. Terms of office begin with February board meeting. |

Board Nomination Committee

Jon Elam (Chairman)

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?

Are you interested in learning more about the above listed board positions?

Contact Jon Elam, Chair, Board Elections Sub-Committee at (925) 518-4288 or email jonrelam@gmail.com

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

OCTOBER:

The Taster by V. S. Alexander

Alexander's well-researched fictional account of Hitler's final days is made intimate by his brilliant choice of a food taster as the first-person narrator.



NOVEMBER:

Dear Edward by Ann Napolitano

The poignant story of a 12-year-old boy who became the only survivor of a plane crash.



DECEMBER:

The Sounds of Sleighbells

by Janet Dailey

A cozy ranch setting, small-town neighbors, the uplifting magic of the holidays, and a Texas-sized love story



Sunshine

REPORT

UNDER THE WEATHER

RECOVERING

Bill Joyce
Terry Laughlin
Elenora Resare
Roy Schuler

IN MEMORIAM

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

BRENTWOOD SENIOR CITIZENS CLUB PRESENTS

BOOGIE

Nites

Music from the 50s, 60s, 70s, 80s

DANCE FROM
7:00 – 10:00 PM

Meet new people in this social group atmosphere, while dancing to music by some of the best bands.

OCT
26

ULTRA
SONICS

JAN
25

TOUCAN
JAM

FEB
22

DJ
CHARLIE

- All levels of dancing abilities are welcome. No partner needed.
- No host bar and snacks. No outside alcohol permitted.
- 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)
- Register at the Senior Activity Center or call (925) 516-5380.
- No smoking within 20 feet of the entrance / No outside alcohol permitted.

WHO DOESN'T LIKE LISTENING TO MUSIC PLAYED BY A LIVE BAND IN THE COMPANY OF GOOD FRIENDS? EVEN BETTER WHEN THOSE FRIENDS ALSO ENJOY DANCING.



BRENTWOOD COMMUNITY CENTER, 35 OAK ST.





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 *Membership* • • • • •

MEMBERSHIP RENEWAL BEGINS JANUARY 2, 2024

Membership is on a yearly basis from January–December and is \$25 per person.

Membership is free if you are 90 years or older. (You still need to fill out a reg. form each year.)

Why wait until January to register? We encourage you to take time during November & December to register for 2024, so you are ready for all the activities and trips at the beginning of the year. A registration form is conveniently located right here in this newsletter on pages 8-9.

Your membership provides a quarterly newsletter with ongoing resources and free services/referrals. Don't forget to check the box on the form to select your delivery method: a hard-copy in the mail, or a digital copy in your email to view on-screen. If you choose the email option, be sure to notify Eileen at eawigton@gmail.com if you change your email address so you don't miss an issue.

As a member, we would like to invite you to attend a **Sub-Committee** planning meeting. Meetings are held at the BSAC on the first Tuesday of each month at 10:00am. Activities and events planned are based on ideas from members. We like to offer a variety of activities and consider pricing of events to meet the needs of our diverse members.



Eileen Shaffer,
Membership Chair



VOLUNTEERS ARE THE HEART OF ALL SENIOR CLUB ACTIVITIES AND EVENTS

Many gathered recently at the Brentwood Senior Activity Center to learn about opportunities to help with ongoing activities including the Cafe Costa Lunch Program, The Oldies But Goodies group, Weekly Bingo games, Monthly Bunco, Boogie Nites Dances and the Annual, Club-hosted, Ice Cream Social (August) and the BBQ (September) and for special events like the upcoming Art and Crafts Faire (November) and the New Years Eve Gala (December).

Attendees at this event were treated to pizza and soft drinks and given the opportunity to sign up for specific upcoming events.

If you volunteer for an event, you are not required to register to attend in advance or pay the event fee. Also, if the event includes a meal, your meal will be provided, courtesy of the Club, in appreciation for your participation.

Volunteering is a great way to make new friends, feel the satisfaction of lending a helping hand and, best of all, have a ton of fun!

In order to volunteer, please complete a Volunteer Application form, available at the Senior center, and give it to any staff member. Eleanora Resare, Volunteer Coordinator, will then contact you about upcoming opportunities.

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 Parks and Recreation Department.



BRENTWOOD SENIOR CITIZENS CLUB, INC. MEMBERSHIP APPLICATION

MEMBERSHIP FEE IS \$25 PER YEAR PER MEMBER.

Date: _____

MEMBER

I am a **NEW** Member to this club.
I am renewing a current or past membership.
I am age 90 and qualify for a free membership.

Name _____

Address _____

City _____ Zip _____

Phone # (_____) _____

*E-mail: _____

Birth date (mm/dd/yyyy) ____ / ____ / _____

In an emergency, who should we call?

Phone # (_____) _____

Cell # (_____) _____

Name _____

Relationship _____

ADDITIONAL MEMBER

I am a **NEW** Member to this club.
I am renewing a current or past membership.
I am age 90 and qualify for a free membership.

Name _____

Address _____

City _____ Zip _____

Phone # (_____) _____

*E-mail: _____

Birth date (mm/dd/yyyy) ____ / ____ / _____

In an emergency, who should we call?

Phone # (_____) _____

Cell # (_____) _____

Name _____

Relationship _____

NEW Newsletter Delivery Method: Mail E-Mail/View Online (Please Choose One)

I am interested in becoming a volunteer.

YES
 NO

DONATIONS

Amount \$ _____

If, in addition to your dues, you would like to make a tax deductible donation to the Brentwood Senior Citizen's Club, Inc. programs and activities, please fill in an amount above. All donations are tax deductible as the Brentwood Senior Citizen's Club, Inc. is a non-profit corporation, exempt from taxes under section 501 ©(3) of the IRS code. Thank you very much for your donation and support!

**TO REGISTER: Complete this form and present in person
At the Brentwood Senior Activity Center, 193 Griffith Lane
Or the Brentwood Community Center 35 Oak St.**

**TO REGISTER BY MAIL: Mail application with a check to the
City of Brentwood 150 City Parkway, Brentwood, CA 94513
Att: Senior Club Membership (Make Check to the City of Brentwood).**

**DON'T FORGET TO FILL
OUT THE BACK PAGE!**





Trips & Tours



CASTLE AIR MUSEUM

Open Cockpit Day -

Saturday, October 14, 2023

\$53/person, member ~ \$83/person, non-member

Cost Includes: Luxury Motorcoach Transportation, Driver Gratuity, Entry to the Open Cockpit Day at Castle Air Museum for 3 Hours, 1 Hour Browsing & Shopping Time at Hilmar Cheese Factory.

Tour Difficulty: Medium. Castle Air is an outdoor museum. Please plan accordingly. Walking on flat surfaces. There are places to rest. Wand search as you enter museum grounds.

Walk in registration only August 21 - October 10

9:00 am Depart Brentwood Senior Activity Center

6:00 pm Approximate return time to Brentwood



MCHENRY MANSION & POINSETTAS

Tis the Season for Holiday Cheer

Monday, December 4, 2023

\$90/person, member ~ \$121/person, non-member

Cost Includes: Luxury Motorcoach Transportation, Driver Gratuity, Admission to McHenry Mansion, Buffet Lunch at Skewer's Restaurant, Tour at Duarte Nursery, a 6.5 Inch Poinsettia for each guest to take home.

Tour Difficulty: Medium. Walking through the mansion can be challenging, it is a historic building that is not ADA accessible. Nursery does have uneven pathways due to natural ground covering, we recommend wearing shoes that cover your toes.

Walk in registration only October 9 - November 30

8:45 am Depart Brentwood Senior Activity Center

5:00 pm Approximate return time to Brentwood



THE LION KING

The Musical of a Lifetime

Wednesday, November 29, 2023

\$80/person, member ~ \$112/person, non-member

Cost Includes: Luxury Motorcoach Transportation, Driver Gratuity, Reserved Rear Orchestra Seating for the 1:00pm Matinee Show.

Tour Difficulty: Easy. Tickets are on ground floor. Walking across the street to theater, or one city block may be necessary.

Walk in registration only October 4 - November 20

10:30 am Depart Brentwood Senior Activity Center

6:30 pm Approximate return time to Brentwood

TRIPS & TOURS REGISTRATION POLICIES

1. Register ONLY at the Senior Activity Center during regular business hours: Mon-Thurs at 8:30am-3:30pm. (No Friday registration.)
Only walk-in registration accepted. No mail-in or call-in registration will be processed. Registration is no longer available at the Community Center.
2. Once the trip sells out, a wait list will be created.
3. Registration will be processed on a first come, first served basis. All forms must be completed and signed by the participant, including a waiver for each trip.
4. A single person can register more than one person at a time (maximum of four people), as long as all registration forms are fully completed by each person attending the trip.
5. Please remember to fill out any special needs (i.e. I will be bringing a walker) in the boxed area of the registration form.

Looking forward to planning more Trips & Tours in 2024. I'm always interested in hearing about your ideas for trips.
Leslie Muse

A NOTE FROM BOARD ASSISTANT

As we move into the cooler days of fall, our Senior Club has many wonderful new activities and events for each of us to enjoy.

The list of possibilities for sharing good times seems especially significant as I continue to hear news stories about seniors who are living a life of loneliness, absent a social life. A recent NY Times article on the "Loneliness Epidemic" described this as connected to health issues such as strokes, heart disease and dementia.

Although we may not often think about it, the reason communities like Brentwood have programs for seniors is because they recognize that providing services and programs to our age group is a critical part of building a strong community that supports all residents.

The business community sees this as well. At restaurants many times more than half of the patrons are seniors. One of the reasons I enjoy breakfast at the Brentwood Café is not just their huge menu, but also because it is a place where one sees folks from so many groups that make up Brentwood, including our seniors. This was also true for the recently closed Sweeney's Bar and Grill. We will miss the longtime owners and wish them well in their senior years.

As the Times article mentioned, "social isolation or loneliness is the rare malady with a fully known cure that costs relatively little." Researchers mention how important contacts with others can be when one is housebound for whatever reason. As a Meals on Wheels driver in Brentwood, I have gotten to know my customers and have found that many look forward to our visits each week as much as the food.

As I go out walking on our local paths, I notice the high percentage of older folks who are also out walking, often with their dog(s). For many, a dog (or other pet) is a big help and even a life saver. Maybe the Senior Club should consider having a dog show for its members to show them off, using one of Brentwood's 91 parks and open spaces.

One interesting idea I have read about, is the creation of a "Chatty Bench" where people are encouraged to sit with someone and have a talk. Places like New York City, are adding signs to benches, encouraging folks to join in conversations.

Solutions to loneliness are in front of us, yet we sometimes need a little nudge. Brentwood has a modern Library across from the downtown park, and I am surprised by how many people have never visited it. Also, the BSAC always has a free cup of coffee available and places to sit and visit with others.

Thanks for reading my quarterly musings. I wish you all a vibrant fall.

Jon Elam, *Board Assistant*



THE PRESS
PUBLISHED BY THE BRENTWOOD PRESS AND PUBLISHING CORPORATION

GUEST SPEAKER EVENT



**GREG
ROBINSON**

PUBLISHER & GENERAL MANAGER
The Brentwood Press and Publishing Corporation

The Ins and Outs of Running a Small Town Newspaper

Tuesday, October 17, 2023
2:00-4:00pm



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

Save the dates for the 2024 Guest Speaker Series: January 16, June 18 & October 15.

10 Tips for Combating Loneliness & Isolation

Older people are more likely to experience loneliness, due to various circumstances, but friends, relatives, neighbors, caregivers and professionals can all play a part in empowering and supporting older people to combat loneliness.

1. Make time to chat
2. Embrace volunteering
3. Ask if you can help with errands
4. Encourage digital inclusion
5. Share contact details
6. Share details of community groups and activities
7. Offer rides
8. Share something delicious
9. Avoid cancelling plans
10. Value the friendship/companionship of elders

Our drive to support older people comes from recognizing that they are a vital part of our community and valuing their contributions. You can gain as much from building social interactions with the older people in your life – or meeting new older people – as they will.

Senior Happenings - Out & About



Good times at the BBQ, Game Day, Boogie Nites & Ice Cream Social



Alfonso Teaching Mexican Train

Movie Fridays

What better way to have a relaxing Friday afternoon? Whether you choose to bring a friend or go solo, you will enjoy the little escape from reality the 2nd Friday of each month from 12:30-3:00 pm in the BSAC classroom. No ticket required. There is plenty of seating, and good sound quality. FREE water and popcorn! Feel free to bring your own beverage or snacks.

October 13: *Duplicity* (2009 – PG-13) Two ex-government agents turned rival industrial spies have to be at the top of their game when one of their companies prepares to launch a major product. However, they distract each other in more ways than one. Julia Roberts, Clive Owen *2hrs 5mins*

November 10: *The Clearing* (2004 – R) As an executive is held captive by a former employee, it's up to his wife to deliver the ransom. Robert Redford, Willem Dafoe, Helen Mirren *1hr 35mins*

December 14: *Date Night* (2010 – PG-13) In New York City, a case of mistaken identity turns a bored married couple's attempt at a glamorous and romantic evening into something more thrilling and dangerous. Steve Carell, Tina Fey *1hr 28mins*

BRENTWOOD SENIOR CITIZENS CLUB ONGOING ACTIVITIES LIST

ACTIVITY	DAY(S)	TIME(S)	LOCATION	LEADER
Ballet Folklorico Dance	Wed Thurs	2:30–4:00pm 3:00–4:00pm	BSAC Main Hall	Aurora Sanchez (925) 550-1200 Rosa Mendoza (925) 759-5020
Billiards	M/W/F	9:00am–12:00pm	BSAC Game Room	(925) 516-5380
Bingo	Mondays	12:30–3:00pm	BSAC Main Hall	Cathy Everett (925) 783-7477
Book Banter	3rd Tues	1:30–2:30pm	BCC Conference Rm.	Anneliese Warren (925) 516-9464
Book & Media Library	Mon-Fri	8:30am–3:00pm	BSAC Game Room	Randy Leong (925) 516-5380
Bridge	Tuesdays	9:00am–12:00pm	BSAC Main Hall	Mark Marty (925) 487-7832
Evening Bunco	2nd Fri	6:30–9:00pm	BSAC Main Hall	Franke Spitaleri (925) 240-6760
Friday Movies	2nd Fri	1:00–3:00pm	BSAC Classroom	Pat Wilkins (925) 679-4701
Game Day	Fridays	1:00–4:00pm	BSAC Game Room	(925) 516-5380
Knitting/Crocheting	Tuesdays	1:00–4:00pm	BSAC Main Hall	June Peters (925) 443-4287
Line Dancing	Wed	12:30–2:00pm	BSAC Main Hall	Belle Hodnick (925) 628-9534
Mahjong (Chinese)	Thursdays	1:00–3:00pm	BSAC Game Room	Eldefonso Velez (925) 329-5381
Place to Paint	Tuesdays	1:00–4:00pm	BSAC Class Room	Jose Pannitto (650) 773-4068
Pinochle	Tues/Thurs	1:00–4:00pm	BSAC Main Hall	Roy Schuler (925) 628-7762
Quilting	Tuesdays	1:00–4:00pm	BSAC Main Hall	Carole Valenzuela (925) 321-0728
Single Mingle	1st Tues	1:30–3:00pm	BCC Conference Rm.	Richard Henderson (925) 757-3005
Decorative Painting	Tuesdays	1:00–4:00pm	BSAC Meeting Rm.	Linda Heckman (925) 240-9809

Activities are free to members presenting a valid Senior Citizens Club Card.

Activity update flyers will be available on the information table in the lobby.

PLEASE SIGN THE ATTENDANCE FORM AT THE FRONT DESK EACH TIME YOU ATTEND AN ACTIVITY.

Bingo Gives Back



Our Club is very fortunate to have Cathy Everett, as our Bingo Lead. Cathy is a dedicated, outstanding volunteer who intrepidly and cheerfully leads our weekly Bingo group.

Her leadership of the volunteers that support this weekly activity affect our members and guests in a very positive way. Because of the Monday Bingo proceeds, there is a direct impact on volunteers, members, activities, scholarships, and trips. Throughout the year, the Club has been able to support the community efforts.

Thank you to Cathy, Club Volunteers, & City Staff who assist weekly. This worthwhile activity brings laughter, socialization, opportunity to see or meet friends. Looking forward to a fun activity, seeing fellow players and anticipating winings is the best part of the week!

Monday Bingo is more than a game. It makes life more enjoyable.



BUNCO NIGHT... JOIN THE FUN!

2nd Friday Each Month

Friday, Oct. 13, Nov. 10 & Dec. 14

6:30 – 9:00 pm BSAC Main Hall

\$5 = 2½ hours of fun, cash prizes, and treats!

REGISTER BY THE TUESDAY BEFORE THE GAME

Call (925) 516-5380 or stop by the front desk.

Leads Sue and Franke

GREAT GIFT IDEA!
Purchase Bingo gift cards at Monday Bingo

GHOST & GOBLINS HALLOWEEN BINGO
 Monday, October 30th
\$400 BINGO - COSTUME CONTEST - DOORPRIZES CASH PRIZES!
 FREE GOODIES! FREE \$100 SPECIAL GAME!
 DOORS OPEN AT 12:30 GAMES BEGIN AT 1:30
 FREE PIZZA! 18+ TO PLAY
 Hosted By
Brentwood Senior Citizen's Club Inc.
 193 Griffith Ln.
 Brentwood

Let's Play BINGO
MONDAYS
 Everyone Welcome
 Doors Open 12:30
 Games Begin 1:30
 Game Packs \$10
 Special Games, Raffle Prizes, and Free Snacks!
 Must be 18 years or older to play and fully vaccinated
 Brentwood Senior Center
 193 Griffith Lane
 (925) 516-5380

Happy New Year!



2023

Celebration

SUNDAY, DECEMBER 31
12:00 – 4:00pm



Join us for a Roaring 20s New Year's Eve

Come as a Flapper or just as you are.
Dress as a Gangster or Silent Screen Star.
It's going to be fun, no matter the dress.
Just bring yourself and we will do the rest!

INCLUDES DINNER
Catered by Brentwood Fine Meats

NO HOST BAR

Registration Open Nov. 13
Deadline to Register, December 22

LIVE MUSIC by The Floorshakers
w/CHAMPAGNE TOAST

\$50 MEMBER
\$60 NON-MEMBER



**BRENTWOOD
COMMUNITY CENTER**
35 Oak Street, Brentwood
925-516-5380

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
CC Café Senior Nutrition Provides a nutritionally balanced, delicious lunch for seniors 60 years & older at a great deal (\$3 recommended donation).	Mon – Fri	Lunch is at 11:30am	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 – 11:00am	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.	1st Tues	1:00 – 3:00pm	To make an appointment, call HICAP's appointment service at (925) 229-8434.
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).	Last Fri	9:30 – 11:00am	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
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.

2023 Senior Scholarship Program Still Available

The Scholarship Program is available for qualifying club members who wish to participate in Senior Citizens Club programs; trips, classes, special events.

The Scholarship Committee will award \$150.00 scholarships from January 1st through December 31st, 2023 to approved applicants until funds are no longer available. Scholarships can be used to subsidize 100% of the cost of qualifying programs/activities. The Scholarship is good until your awarded funds run out. You may re-apply for a Scholarship as long as your membership dues remain current.

Scholarship Application forms are available at the

BSAC during regular business hours. Return completed applications, to the front desk of the BSAC, or mail to the address at the bottom of the application.

When received, your application will be forwarded to the Scholarship Committee for review. Once reviewed, the Committee will notify you 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 need to reapply.



Scholarship Chair
Paula Joyce

Senior Activity Center - City Update



ADOPT A SENIOR

Many seniors in our community do not have the means, family or health to celebrate the holidays in ways we all love. Adopt a Senior promotes the season of giving to those in need. The Brentwood Senior Activity Center is collaborating with local non-profit agencies to connect seniors with sponsors.

All donations can be tax-deductible and processed through Brentwood Strong, a 501c3 non-profit. Participants must register through Eventbrite.

<p>ADOPT A SENIOR Purchase gifts off a seniors wish list for a value of \$75.</p>	OR	<p>DONATE Your donation however big or small will go towards a special seniors holiday wish list!</p>
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Brentwood Senior Activity Center
925-516-5380

Active Adult Classes

Acrylic & Luminous Oil Painting

BSAC

Students will acquire skills to confidently paint landscapes, seascapes and still life paintings.

Thu	9:30am-12:30pm	10/12-12/7 (8 wks)	\$80
Thu	9:30am-12:30pm	1/18-3/7 (8 wks)	\$80

Watercolor Painting

Library Com-Room

Explore famous artists for inspiration and apply different techniques to enhance your creative expression.

Fri	9:30am-12:30pm	10/13-12/15 (8 wks)	\$80
Fri	9:30am-12:30pm	1/19-3/8 (8 wks)	\$80

Ballroom Dancing - Swing!

BSAC

Thu	7:00pm-8:00pm	10/12-11/30 (6 wks)	\$95*
Thu	7:00pm-8:00pm	1/11-2/29 (6 wks)	\$95*

*\$87.50 per person if signed up as a couple

Premiers Exercise Program

BSAC

Stretching, lightweights, strength training, and balance exercises to help with preventing falls. Please bring a mat and light weights.

M/W/F	10:00am-11:30am	10/16-12/15 (11 wks)	\$60
M/W/F	10:00am-11:30am	1/18-3/15 (11 wks)	\$60

Gentle Yoga

BSAC

Explore yoga poses to increase flexibility, tone your body, and improve breathing and balance.

Mon	8:30am-9:30am	10/9-12/11 (9 wks)	\$65
Wed	8:30am-9:30am	10/11-12/13 (9 wks)	\$65

Zumba Gold

BSAC

Thu	1:00pm-2:00pm	10/5-11/9	\$37.50
Thu	1:00pm-2:00pm	11/16-12/21	\$31.25
Thu	1:00pm-2:00pm	12/28-2/1	\$37.50

Oldies But Goodies

BSAC

Wed	1:00pm-3:00pm	11/15-1/17	\$5.00
Thu	1:00pm-3:00pm	11/16-1/18	\$5.00
Wed	1:00pm-3:00pm	1/24-3/27	\$5.00
Thu	1:00pm-3:00pm	1/25-3/28	\$5.00

Friday Game Day Social

BSAC

Come drop in and play various games: Mahjong, checkers, Scrabble, Farkle, Mexican Train & more!

Fri	1:00pm-4:00pm	ongoing	Free
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Open Enrollment for Medicare Begins October 15!

CONTRA COSTA COUNTY HICAP PRESENTATION

It's time to review your Medicare coverage for next year. Even if you like your current plan, it may have changed its copays, drugs or providers, or your needs may have changed. There may also be better options available. Last year the number of Advantage Plans in Contra Costa doubled and there were significant changes to drug plans as well. HICAP will discuss the options for 2024 and how to potentially save lots of money or get better coverage. Come see what's in store for next year and learn what your choices are. Materials will be available.

Presented by Contra Costa Health Insurance Counseling and Advocacy Program. No selling - just free, impartial information and assistance.

Senior HOLIDAY HAPPENINGS



FREE TURKEY RAFFLE

Register to win a 10-12lb. turkey. One registration per household. Must register by 11/3. Winners will be notified the week of 11/6.



SENIOR HOLIDAY CARD CAMPAIGN

Spread a little holiday cheer to seniors in our community! Handmade or store bought cards should be delivered to the dropbox at the Brentwood Community Center by December 8 at 5:00pm. Please do not include a return address or name on the envelope. If you are a senior and would like to receive a card, please pre-register.



UGLY SWEATER GAME SOCIAL

Join the Holiday FUN!!! Our regular Friday game day set up with a holiday twist! Wear your favorite "ugly" sweater. Prizes for the favorite sweater! Special themed games, this will be a Friday you don't want to miss! 1:00-4:00pm at the Brentwood Senior Activity Center. Pre registration preferred.

Register online at www.brentwoodca.gov or call at (925) 516-5380

Games, Treats, Friends & Fun!!!
 Cornhole | Dominoes | Cards | Chess | Checkers | Scrabble
 Snacks & Coffee Provided!!!
 1pm - 4pm

The City of Brentwood's Leaf Bag Program is Back!

October 1–January 31 leaf bags can be picked up at the following location:
 2201 Elkins Way
 7:00am-3:30pm

For more information, please call Public Works//Operations at (925) 516-6000.

Please note face coverings may be required for pick-up.



**FREE
Admission!**

12th Annual

Art & Craft Faire

November 3-5, 2023

Fri. 5:30–7:30 • Sat. 10:00–4:00 • Sun. 11:00–3:00

A perfect way to kick off your holiday shopping.

Visit our Holiday Café and no-host Mimosa & Wine Bar!



BRENTWOOD SENIOR ACTIVITY CENTER

193 Griffith Lane at Balfour Road - 925-516-5380

