

Brentwood SENIOR CITIZENS CLUB INC.

April - June 2024 News



Cinco de Mayo FIESTA

FRIDAY, MAY 3

4:30 - 7:30 P.M.

LOCATION: BRENTWOOD SENIOR ACTIVITY CENTER, 193 GRIFFITH LANE

DINNER • MARIACHI BAND & FOLKLORIC DANCING • NO HOST MARGARITAS



You're Invited
We can't wait to see you!





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.

April 2nd • May 7th • June 4th

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

April 9th • May 14th • June 11th

Elected 2024 Senior Club Board

PRESIDENT	Richard Griek
VICE PRESIDENT	Roy Schuler
SECRETARY	Charlotte Allison
TREASURER	Judy Griek
FINANCIAL CHAIR	Pat Wilkins
TRIP CHAIR	Leslie Muse
EVENT COORDINATOR-	
MEMBERSHIP CHAIR	Stacey Mullins

BOARD ASSISTANT	Jon Elam
SCHOLARSHIP CHAIR	Paula Joyce

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) 516-5380 for assistance.

Make checks payable to the City of Brentwood.



In collaboration with the City of Brentwood Parks and Recreation Department.

Senior Center City Staff

RECREATION MANAGER
Thien Nguyen

RECREATION SUPERVISOR
Lindsay Pinell
RECREATION COORDINATOR
Devan Campos

RECREATION LEADERS
Elenora Resare
Teresa Baria
Jennifer Laulusa
Joanne Joaquin
Cindy Duke
Debbie McEntee
Nicole Williams
Natalie Ochoa

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 and activities, and to contribute to the general welfare of the Community.

The corporation is nonprofit, non-partisan and non-sectarian.

Club membership is open to everyone 50 years and older.

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

Memorial Day	Monday, May 27
Juneteenth	Wednesday, June 19
Independence Day	Thursday, July 4

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



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

President's Message

The terrible twos are the first signs of frustration from not being in control. Such tantrums. Then we have to go to school, when we'd be much happier playing with friends, sitting in class thinking about recess. In high school we can't wait until we can drive and go on a date without a chaperone. Can't wait until summer vacation and the freedom of apparent control of our days. Can't wait to graduate, go to college away from home, in control – such a high!

Eventually we get a job, can vote and do all that adult stuff we thought would make us in control of our lives. We raise families, move to new jobs, commute... at some point we think about retirement. Ah, the freedom of truly being in charge of our lives. Most of us retire as senior citizens. We have had enough, and we have enough to say goodbye to the boss and the restraints of the daily grind. Finally, really in control.

Being in control and living happily as a senior citizen takes some effort. We can't just sit around and be in bliss. It involves maintaining social connections, staying physically active, pursuing hobbies or other interests such as travel, hiking or fishing, going to shows, sports events or museums. We also need to maintain a sense of meaning or purpose and prioritizing mental and emotional well-being. Having a positive attitude and adapting to change resiliently is a key to making the right decisions on our own. The longer we stay mentally and physically independent, the longer we will have that elusive goal we wanted when we were two years old.

The social connections we make when taking a bus trip to a show in San Francisco, dancing, going to dinners, playing cards or mahjong, knitting or quilting with a group, talking about the latest book we read, or volunteering for any of the events the Senior Citizens Club provides go a long way to help insure our ability to live fruitful and satisfying lives. These activities keep us fit mentally, physically and emotionally. They keep us in touch with reality and provide conversational practice and allow us to exercise logical thought. Dance is fun to do and watch. It can be the easiest and most enjoyable way to exercise. Just standing on the dance floor and moving one's arms is fun to do.

The Senior Citizens Club provides access to all these things and more, much of which is important for us to stay healthy. I often hear people say they don't belong to a senior club because they don't want to hang out with a bunch of old people. On the contrary, our club is full of people with young minds, enhanced by wisdom, displaying the endurance and spirit that will survive and thrive as they continue to be truly in control of their lives. This is our purpose and our goal, to give easy access to the best things in life.

To be a part of this is a privilege for me and it makes every day something to look forward to. Thanks to all of you members and volunteers for making this the great organization it is.

Richard Griek, *President*



YOUR INPUT IS IMPORTANT

Bruce Mulder

Director of Parks & Recreation

The City of Brentwood is working with Matrix Consulting Group to review operations and services at the Brentwood Senior Activity Center.

The Brentwood City Council has approved an agreement with Matrix Consulting Group to conduct an Operational Assessment and City Wide Recreational Customer Satisfaction Survey. The scope of work will include detailed interviews with Senior Center stakeholders, and will review and assess operations and programming, as well as a city wide survey of past and current recreation participants. The Assessment will include interviews with participants and staff, review of program offerings, contracts for services, special projects, events, and partners. It will review facility usage hours, review any future plans exploring any program changes, assessment of language and cultural access, staff operations and compare with industry best practices. In addition the assessment will conduct a customer satisfaction survey to review program efficiency, facility satisfaction and customer service. The assessment will also compare services to other like/similar cities and their operations. The consultant will then provide a report for the City that will assess the performance of programs and services and that will provide recommendations regarding operations, programming, facilities and service delivery.

If you are interested in providing feedback please look for information that will soon be posted on the City Website and posted at the Brentwood Senior Activity Center. The City highly encourages your participation in the survey.

For more information you can reach out to Matrix consulting directly by contacting:

Chas Jordan at cjordan@matrixcg.net or Alan Pennington at apennington@matrixcg.net



BRENTWOOD SENIOR CITIZENS CLUB TREASURER NEEDED

We are currently in search of a club member in good standing who would be interested in getting involved and serving on the Club's Executive Board as Treasurer.

The position requires

- Attention to detail/writing checks
- Tracking expenses/reconciling accounts
- Monthly reports and occasionally working with a CPA
- Getting involved with planning
- Working with other board members and volunteers in a pleasant team environment

Current Treasurer will provide one-on-one training. Position to open early 2025 or when you are ready to take over.

If you would like to learn more about this rewarding volunteer opportunity, contact Judy Griek by email: judyjane@pacbell.net

A NOTE FROM BOARD ASSISTANT

Jon's Ramblings

In response to questions from some of you, I thought I would walk through some of the volunteer activities available in our community that club members might find to be interesting.

Although the March election will be well past once you get this newsletter, serving as an election Clerk or Inspector is always an interesting experience and important in helping people participate in our local, state, and national elections. I have served as an election clerk in Contra Costa County for nearly twenty years and enjoy these one-day assignments here in Brentwood. It's always a chance to meet and greet dozens of voters and help them out, pays a small stipend, and there is always a shortage of Clerks and Inspectors.

Another volunteer task that is critical and easy to do for older volunteers is to help pack groceries to be delivered to low-income residents in our area. This takes place twice a month at the Senior Center, every other Thursday from 9:00a.m. to around 10:30. In some cases you can also help with deliveries of the food. Along a similar track is the County's Meals on Wheels program. Drivers sign up to deliver weekly in either the Thursday breakfast program or the Friday hot meals program. I have been doing a Meals on Wheels route for about five years now. It takes maybe an hour and half per week, and the mileage tax deductible.

Our great Brentwood Library also has volunteer opportunities through the Library and through the Friends of the Brentwood Library, a volunteer group dedicated to supporting the Library. I've heard from others that working in the Friends' Second Story Bookshop on the second floor is great fun. Volunteers help visitors to the Bookshop, sort through book donations, help with book sale events, and even serve as puzzle checkers to make sure the jigsaw puzzles aren't missing a piece before they go on sale.

The Library itself also has some great volunteer opportunities that require a commitment of a couple of hours a week. I do what is called "router work" on Mondays and Fridays, where I go through the library pulling books that have been ordered online for patron pickup. The knowledge I have gained about all our library has to offer is really special. The Library also offers a very important program to support adult literacy, called "Project Second Chance". The program trains volunteers and then matches each volunteer with an adult in need of help with literacy skills. These partnerships last forever in many cases.

Of course, the Senior Citizens Club has its own volunteer opportunities, with a core of over 100 members who help out at the many programs and events many of you attend.

Finally, we have been thinking about starting a Breakfast group for both men and women who would like to get together, meet new people, and enjoy companionship. More information on any of these activities is available by giving me a call at 925-513-0347 or dropping by the front desk at the Senior Center. To all I wish a great volunteer experience, and a happy Spring.



Jon Elam, Board Assistant

COMMUNITY DISCUSSION ON BRENTWOOD

with host

Jon Elam



Join in a discussion on the evolution of the city of Brentwood

This will be a fun opportunity to share those curious questions that you have about Brentwood, its government, and services.

Please bring your own experiences for discussion!

Tuesday, June 18, 2024
2:00 - 4:00 p.m.
Brentwood Senior Citizens Center



Brentwood Senior Activity Center
193 Griffith Lane at Balfour Road
925-516-5380

SAVE THE DATE: OCTOBER 15, 2024
FOR MORE COMMUNITY DISCUSSION ON BRENTWOOD

Grant Announcement

Brentwood Senior Citizens Club Board of Directors is proud to announce a change of name to its Scholarship Program. Its new name will be the Brentwood Senior Citizens Club Grant Program.

The new Grant Program will become effective April 1st, 2024, and with the new name your Board of Directors has approved an increase in the amount to be awarded from \$150.00 to \$250.00.

When you are ready to go to that dance, take that trip, join a class to exercise, paint or do yoga, consider getting an application for your new Grant Program to help you experience the activities you would like to participate in.

New application forms for the Grant Program will be available at the BSAC on April 1st, 2024 and will be picked up at the front desk during regular business hours.

Paula Joyce
Grant Program Chair





LOOKING FORWARD TO DINING AND SOCIALIZING IN CAFE COSTA IN 2024!

- Cafe opens at 11:00a.m.
- Lunch is served promptly at 11:30a.m.
 - \$6 for those under age 60
 - \$3 donation for those 60 and up



PARTY DATES

- April 4 Birthday Celebration(Thursday) and **Spring Fling**
- May 2 Birthday Celebration(Thursday)
- May 10 **Mother's Day**(Friday)
- June 6 Birthday Celebration(Thursday)
- June 14 **Father's Day**(Friday)

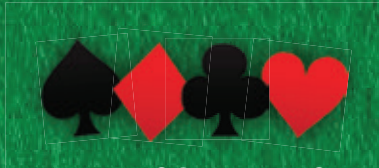
Mary Kohler has been our Cafe Costa Manager since 2022 and has been a Senior Club member for nine years. In her spare time she participates in Club activities, and loves to play Bingo. She enjoys getting to know new people and welcomes them to Cafe Costa. Her goal is to "make eating lunch a fun experience for everyone." She welcomes new ideas and planning activities.

Mary,

Fellow members and your Cafe Costa guests appreciate what you do! Cafe Costa is a cheerful place to socialize, meet new friends and so many look forward to coming to lunch every day because of your efforts.

**Our continued thanks,
Brentwood Senior Citizens Club Members**





Save the Date

CASINO NIGHT

JULY 19, 2024

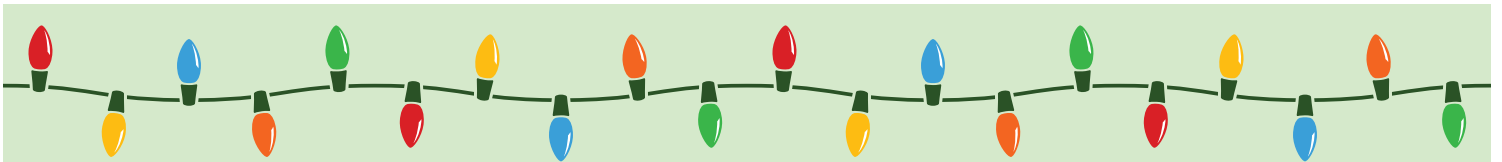
5:00 - 10:00 p.m.

An Evening of Games, Gambling & Socializing

No -Host Bar(cash accepted) · Snacks · Photo Op

**No cash at the event - only ticket use at the tables
Registration required prior to the event**

Brentwood Senior Citizen's Club



Save the Date

for the

Annual Holiday Boutique

November 1-3, 2024

Brentwood Senior Activity Center

Chairperson, Stacey Mullins, has already started planning for this year's extravaganza!

Email Stacey staceyheidi86@gmail.com or leave your name with staff at the front desk.



**Volunteer Opportunity
Social Media Manager**
Brentwood Senior Citizens Club
is looking for someone who is interested
in updating and enhancing our social
media accounts. For more information call
925-516-5380

Volunteers Always Wanted - This is your opportunity to meet new friends, share your skills and have fun with others while planning or helping at events. Please pick up an application at the Brentwood Senior Activity Center or call for more information (925) 516 - 5380. Volunteer Coordinator, Elenora Resare, will contact you after the application has been received.



Holidays...did you know?

Mother's Day: Sunday, May 14, 2024 - Cafe Costa hosting lunch on May 10

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May. The American version of the holiday began in the United States in the early 20th century at the initiative of Anna Jarvis, who organized the first Mother's Day service of worship and celebration at Andrews Methodist Episcopal Church in Grafton, West Virginia. (Ref. Encyclopedia of Motherhood, Sage Pub.)

Father's Day: Sunday, June 18, 2024 - Cafe Costa hosting lunch on June 16

Father's Day is a holiday honoring one's father, or relevant father figure, as well as fatherhood, paternal bonds, and the influence of father in society. In the United States, Father's Day was founded in the state of Washington, United States, by Sonora Smart Doddin 1910.(Ref. The Economic)

Juneteenth: June 19, 2024 - Celebrating Freedom since June 19, 1865

COMMEMORATES THE END OF SLAVERY IN AMERICA

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. On June 19th, 1865, Union soldiers landed at Galveston, Texas knowing that the war had ended and the enslaved were now free. Also known as Black Independence Day and Emancipation Day.

New Mahjong Equipment

Our Club Board started the New Year right with club member Rita speaking to us about the increasing interest in Mahjong by club members. Mahjong is currently played on Thursdays and Fridays.

With the increase in players and enthusiasm, old equipment and limited space, the players requested support from the board. The board agreed and was excited to purchase three new game tables for their use.

A few weeks later we stopped by to see the players having fun - everyone was so appreciative of the teamwork!



Single Mingle GROUP

The Single Mingle group does more than just have a monthly meeting at the Brentwood Community Center. We generally have 3 or 4 activities every week!



Zephyr Grill & Bar - December 28, 2023

Most of our events have 6 - 10 attendees and include a meal or potluck with games or dancing



Potluck hosted by Linda Quilici on January 13, 2024, Rich's birthday



SINGLE MINGLE OUTINGS



Gold Country Shopping in Jackson, CA - January 19, 2024



Jelly Belly Factory in Fairfield - February 23, 2024



Performances at El Campanil once a month - Lucy J Dalton 2/10/24
Kathleen, Judy, and Virginia enjoying Lucy J Dalton

BRENTWOOD SENIOR CITIZENS CLUB PRESENTS

BOOGIE Nites

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

APR 25*

EBONY & IVORY

MAY 23

DOUBLE SHOT

JUN 27

DJ CHARLIE

*APRIL LOCATION CHANGE - BRENTWOOD SENIOR ACTIVITY CENTER

- 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.

DANCE FROM 7:00 - 10:00 pm

MUSIC FROM THE 50'S, 60'S, 70'S, AND 80'S

BRENTWOOD COMMUNITY CENTER - 35 OAK STREET



MEMBER GRANTS available for these events



BOOGIE NITES THEMES

*DRESSING IN THEME IS OPTIONAL

APRIL - 60'S & 70'S*

*APRIL LOCATION CHANGE - BRENTWOOD SENIOR ACTIVITY CENTER

MAY - KENTUCKY DERBY



JUNE - WESTERN



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 through 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**

APRIL 16:

Year of Wonders by *Geraldine Brooks*

When an infected bolt of cloth carries plague from London to an isolated village, a housemaid named Anna Frith emerges as an unlikely heroine and healer.

MAY 21:

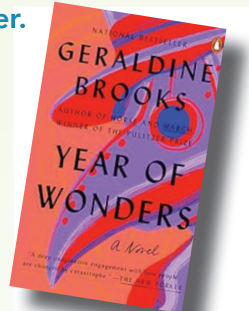
The Last Thing He Told Me by *Laura Dave*

Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year: Protect her.

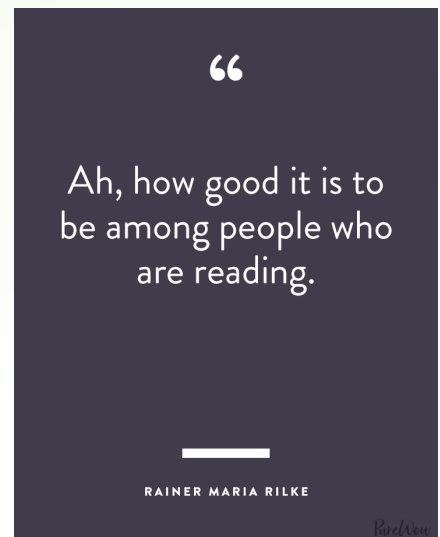
JUNE 18:

12 Months to Live by *James Patterson/Mike Lupica*

Tough-as-nails criminal defense attorney Jane Smith is hip-deep in the murder trial of the century.



Anneliese
Book Banter Lead



Selections are available at the Brentwood Library

The Brentwood Senior Citizens Club Grant Program

The Senior Citizens Club Grant Program will become available April 1st, 2024 for qualifying club members who wish to participate in Senior Citizens Club programs, trips, classes, and special events.

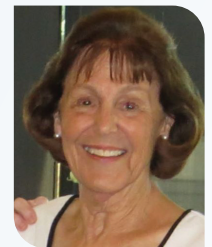
The Senior Citizens Club Grant Program Committee will award \$250.00 grants from April 1st, 2024 through December 31st, 2024 to approved applicants until funds are no longer available. Grants can be used to subsidize 100% of the cost of qualifying programs/activities. The grant is good until your awarded funds run out. You may re-apply for a grant as long as your membership dues remain current.

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

When received, your application will be forwarded to the Grant Program 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.

DID YOU KNOW? Grant recipients have used their money for:

Cinco de Mayo Event • New Years Party • Boogie Nights • Trips & Tours
Classes such as: Exercise • Oil and Painting Programs



Scholarship Chair
Paula Joyce

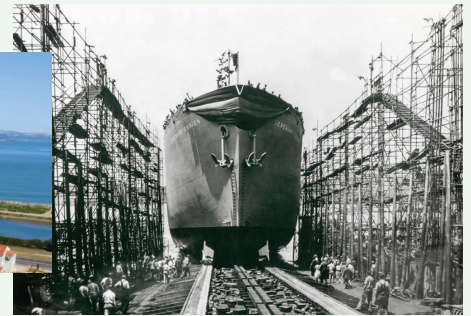
TRIPS & TOURS

WWII through San Francisco: A History Tour with Craig Smith

Friday, May 3rd, 2024 8:00a.m. - 5:30 p.m.

Cost: \$92 Members/\$122 Non-Members

Registration from Tuesday, April 9 - Tuesday, April 30



World War II dominated the social, economic and political landscapes of the mid-20th century in the Bay Area, setting in motion momentous events that still shape the city. The communities that ring the San Francisco Bay were irrevocably altered by the wartime era and still show its visible marks from the remains of military bases, coastal defense fortifications, ships, shipbuilding facilities, worker housing, and officers' quarters. San Francisco became a place where the soldier found solace, the modern shipbuilders found purpose, and proved that the Bay Area's strong foundation was built by a city full of everyday American people.

Tour Highlights:

- ▶ Jeremiah O'Brien Memorial Liberty Ship with entry to museum
- ▶ Walking tour of Pier 35
- ▶ Visit the resting place of the USS Pompanito
- ▶ Explore the Presidio and the new Visitor's Center with Tunnel Tops Park
- ▶ Enjoy Fort Point near the sea

**Lunch is included at the Presidio Cafe*

MUSIC CIRCUS THEATER IN THE ROUND - SACRAMENTO

Sunday, July 14, 2024 - Fiddler on the Roof

The beloved story of a small tradition-steeped town in Russia where Jews and Russians live in delicate balance.

Sunday, September 1, 2024 - Jersey Boys

A musical biography of the Four Seasons.

MEMBER
GRANTS
available
for these events



I'm always interested in hearing about your ideas for trips... email me!

Leslie Muse
islandsurf@mac.com



ENJOY AND DELIGHT IN WINE, FOOD, AND HOSPITALITY

Surrounded by the beautiful scenery of the historic Livermore Valley Wine Country, Garre Vineyard & Winery offers a spectacular natural backdrop of panoramic views, all while they welcome you, like family, to enjoy the experience of Italy.

Your day will begin with a tasting of three wines, then you will enjoy a delicious hosted lunch, followed by an abbreviated tour of the vineyard.

Cost Includes:

- ▶ Luxury Motorcoach Transportation with restroom on board
- ▶ Lunch including starter salad, fries, choice of 1/2 sandwich, soft drink, and dessert
- ▶ Wine tasting of 3 wines
- ▶ Driver gratuity
- ▶ Taxes and fees

"A toast of a glass from the past, a toast to the future."



MEMBER
GRANTS
available
for these events

GARRE WINERY LUNCH & TASTING

Wednesday, June 26, 2024

10:45a.m. - 4:00 p.m.

Cost: \$63 Members/\$93 Non-Members

Registration from Tuesday, June 4 - Friday, June 21

MOVING MOVIE TOUR: A Cinematic History Tour with Craig Smith Wednesday, August 14, 2024 7:45a.m. - 5:30p.m.

Cost: \$52 Members/\$82 Non-Members
Registration from Wednesday, July 17 - Wednesday, August 7



Wonderfully fun motorcoach tour of the movies made in San Francisco!

Not only the movies, but the history of the neighborhoods of this Great City will be featured. Your private step on guide, Craig Smith, will feature the special spots in San Francisco that Hollywood's Silver Screen made famous. Many of the greatest names in movie history made movies in the "City By the Bay." This City tour tells of the intriguing behind the scenes stories of how the films and television series were produced.

Tour Highlights:

- ▶ Over 80 film clips and 75 sites including Veritgo, Dirty Harry, Foul Play, Mrs. Doubtfire and many more!
- ▶ Delicious lunch at Pier 39
- ▶ Tour continues after lunch with a final stop at Mel's Drive-In on Geary, which was used for the movie "Guess Who's Coming to Dinner" for your ice cream sundae or milkshake dessert



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.

BINGO NEWS



In honor of Volunteer Appreciation for the month of April, we would like to take this opportunity to thank a very special group of volunteers.

Bingo is a large undertaking that is made possible by the efforts of all of our wonderful volunteers, working as a team, committed to giving of their time, for a successful weekly event.

Each one of our dedicated volunteers works hard to make Bingo fun and enjoyable for all.

We are so fortunate to work with this amazing group and so proud to call them our Bingo Family.

- Cathy and Bill

WE ♥ OUR VOLUNTEERS

Let's Play
BINGO

GREAT GIFT IDEA!
Purchase Bingo gift cards at Monday 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

Brentwood Senior Center
193 Griffith Lane
(925) 516-5380



BUNCO

Second Friday of Every Month

Doors open at 6:00p.m. • Game begins at 6:30 • \$5 Buy-in

925-516-5380 to reserve a spot - or just show up!
Questions? Frankie 925-240-6760 or Sue 925-381-8320

Brentwood Senior Center - 193 Griffith Lane

Bring a friend. Come join the fun!



**David Smookler
wants to teach people**

HOW TO PLAY POOL!

**Beginner & Experienced
players welcome**

Call (925) 354-2015
to sign up
and be
notified of lessons



A FRIEND IS
SOMEONE
WHO MAKES IT
EASY TO
BELIEVE IN YOU

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
Decorative Painting	Tuesdays	1:00–4:00pm	BSAC Meeting Rm.	Linda Heckman (925) 240-9809
Evening Bunco	2nd Fri	6:30–9:00pm	BSAC Main Hall	Frankie Spitaleri (925) 240-6760
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

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



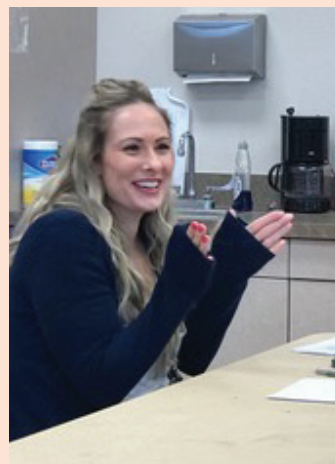
Happy Valentine's Day from Cafe Costa!

**FRIDAY
AFTERNOON
GAMES
&
UGLY
SWEATER
CONTEST**

DECEMBER 2023



**Life is better
when we are
laughing
together...**



BSCC
Welcomes
Lindsay Pinell
Recreation Supervisor
City of Brentwood



Ringling in 2024!
Happy New Year!



Joanne Q. brings joy to everyone



The smiles say it all!

OLDIES BUT GOODIES

HOLIDAY CHRISTMAS PARTY

President Richard Griek and Treasurer Judy Griek handed out holiday gifts to everyone



Joanne and Patti V. - Patti helps make the Oldies but Goodies Holiday Party even more special each year!



St. Patrick's Day Celebration



Diane, Ed, and Karen

BOOGIE NITES FEBRUARY MARDI GRAS THEME



Cultural Series

ROSA CHANG

Rosa Chang, Senior Club member, was born in Beijing China and grew up in Taiwan. She came to the United States to study at Santa Clara University. She experienced how Chinese people celebrate Lunar New Year during her childhood. Rosa is proud of her heritage and recently spent some time with our "Oldies but Goodies" senior group sharing the meanings of the Twelve Zodiac Animals.

2024 is the year of DRAGON

Rosa shared that there are 12 animals representing the time line which was created by Emperor Jade in order to have a way to calculate time. He had a race for the animals...Rat was the winner and Pig was last. She shared the sequence of the twelve animals and what they represent.

Twelve Zodiac Animals

- 1) **Rat - wisdom**
- 2) **Ox - diligent**
- 3) **Tiger - bravery**
- 4) **Rabbit - cautious**
- 5) **Dragon - strength**
- 6) **Snake - softness**
- 7) **Horse - courage**
- 8) **Sheep - harmony**
- 9) **Monkey - flexibility**
- 10) **Rooster - stability**
- 11) **Dog - loyalty**
- 12) **Pig - easy going**

Rosa explained that every 12 years is a cycle. Therefore if your sign is Dragon, you must be either 12, 24, 36, 48, 60, 72, 84 or 96 years old in 2024.



Chinese Characters

Also, Rosa demonstrated how to write simple Chinese characters based on shape and directions. These characters have no circles and they are always written from top to bottom, and from left to right.



She illustrated the words "people""big sun""moon""bright""eye"and many others. In just a very short time, our seniors learned how to write quite a few interesting Chinese characters.

Thank you Rosa, for sharing your knowledge with our seniors!

Gong Hey Fat Choy

(Wishing you Happy Chinese New Year with Prosperity!)



CELEBRATING YOU

A Member-Submitted News Page

We share a lot of photos in our newsletter but we also know that there are many other celebrations that are happening at your homes and around town.



Happy 60th Anniversary...
Dale and Mary Ann White



Happy 49th Anniversary...
Gary and June Peters

Do you have special news or event photos that you would like to share in this newsletter?

Email the information to charlotteallison@sbcglobal.net so we can help you celebrate!

Sunshine REPORT

UNDER THE WEATHER

Phil Karl

"Get well soon..."

Kay Bordi

IN MEMORIAM

Marjorie Lillian Johnson

Marjorie was born on November 23, 1938 on the island nation of Bermuda. She peacefully passed away October 25, 2023 at the age of 84 in Stockton. Oldest son Charles, and family were by her side. She had many relatives that adored her. Marjorie is remembered as a kind-hearted and lovely woman who always had a smile on her face and a spirit that made everyone feel like they were her best friend. Marjorie often sat in the lobby of the BSAC, and welcomed each of us as we came through the door.

Of course at the same time she was knitting a gift for someone. Marjorie was very active with the "knitting group at the Senior Center." The group also did projects that could be donated back to the community. An example is the knitted red caps that were donated to hospital nurseries for their babies. She was a special lady and member that will always be remembered.



Christine Ligon

Christine passed away December 17, 2023. She was a faithful pinochle player for the last several years. Her husband, Charlie, is not a member but was very supportive of her and often brought her or picked her up after cards.

Alan Parenti

"Forever in our hearts"

We will miss our friend and longtime Senior Club member Alan Parenti. We will remember him for his warmth, friendliness, and his ever-present smile. Alan was a team member and a team player. He loved his Bocce teammates, "The Rookies". He was a long time volunteer at Monday Bingo. It was said that Alan was "always there to help.... stepping up even before he was asked and doing whatever was needed..." Everyone needs a friend like Alan in their life we are grateful that he touched all of ours.

Open House is April 21 from 2- 6 pm at Margo and Alan's Home: 2332 Windy Springs Lane, Brentwood

A "Sunshine" clipboard is at the BSAC front desk. Members can make a note of a member that is "Under the Weather", "Recovering", or if they would like to leave an "In Memoriam".

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.

FRIDAY
GAME
SOCIAL

Games, Friends and Fun!

Cards, Checkers, Scrabble, Mahjong, Cornhole, Sequence and more!

FREE

FRIDAYS 1PM-4PM

East County Seniors, family members and caregivers are invited to connect with resources & services to benefit health, wellness and quality of life. Learn great tips to keep healthy and engaged!!

City of Brentwood

SENIOR HEALTH & RESOURCE FAIR

THURSDAY, MAY 16, 2024
1:00PM TO 4:00PM

RESOURCES-GAMES-SNACKS-PRIZES

SAVE THE DATE

FREE ADMISSION

Senior Activity Center - City Update



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 05/23-7/11 (8 wks) \$80

Watercolor Painting Library Com-Room

Discover the intricacies of watercolor! We will explore a variety of artists for inspiration and apply different techniques to enhance your creative expressions. We will focus on brushstrokes, composition, perspective, value, color theory, and color mixing. Students will confidently paint landscapes, seascapes, and still life paintings.
 Fri 9:30am-12:30pm 5/31-7/19 (8 wks) \$80

Ballroom Sampler - Salsa! BSAC

Salsa is one of the most popular styles of Latin dance and it's so easy to learn the basics! Join us for 6 weeks of basic patterns and turns that will get you ready to enjoy Salsa dancing in any setting. No experience needed, this is a beginner level class. Please complete one enrollment per person, either as a part of a couple or as a single participant.
 Thu 7:00pm-8:00pm 6/6-7/25 (6 wks) \$95*
 *\$87.50 per person if signed up as a couple

Premiers Exercise Program BSAC

This popular "grow younger fitness" class will help improve your fitness as you age. It incorporates light weights, strength training, and balance exercise to help with preventing falls. Please bring a mat and light weights.
 M/W/F 10:00am-11:30am 6/3-6/21(3 wks) \$25

Oldies But Goodies BSAC

This program is specifically designed to offer fun, easy activities and socialization for adults to enjoy crafts, socializing, and just have fun. Weekly art and craft projects, music, field trips, guest speakers, bingo, parties, and snacks are provided.
 Wed 1:00pm-3:00pm 6/12-8/14 (9 weeks) \$5
 Thu 1:00pm-3:00pm 6/13-8/15 (10 weeks) \$5

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

Active Adult Classes continued

Zumba Gold BSAC

Zumba Gold is a workout class that is designed for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. City staff will guide participants through easy to follow Zumba choreography that focuses on balance, range of motion, and coordination. Participants can expect a total workout, combining the following elements of fitness - cardiovascular, muscle conditioning, balance, and flexibility.
 Thu 1:00pm-2:00pm 5/9-6/13 (6 weeks) \$37.50
 Thu 1:00pm-2:00pm 6/20-8/1 (6 weeks) \$37.50

Basic iPhone BSAC

Get ready to learn how to use your iPhone for more than just calls. Learn how to use the installed Apple apps, the "Health" app, "Find My" app, sync with other Apple devices, and other safety features for seniors that are featured on the iPhone. The class will be polled on what topics are a priority for the 6-week class (contacts, messenger, email, calendar, reminders, files, FaceTime, photos, Siri, etc.)
 Fri 1:00pm-3:00pm 5/17-6/21 (6 wks) \$61

Beginner Ukulele BSAC

This beginner ukulele class is designed for those interested in playing the ukulele who have little or no previous experience in playing. You will learn the basic chords and strums to be applied to music. Enjoy learning to play ukulele while singing the songs that you love.
 Tue 9:30am-11:30am 5/14-6/18 (6 wks) \$53

New Active Adult Class

Intermediate Ukulele BSAC

Prerequisite: Completion of a Beginner Ukulele Class. Must know the basics. You will be practicing with other Senior Center members, while further developing your skills with a ukulele. We will cover tips on how to improve strumming, transitions between new and old chords and adding some of your favorite music to your repertoire. We will also schedule performances at local Senior Centers in our community. Instructor approval is required before registering.
 Tue 4:00pm-6:00pm 5/14-6/18 (6 wks) \$53

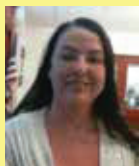


MEMBERSHIP

Brentwood Senior Citizens Club renewal started in January 2024. The Senior Club currently has 689 members as of March 2024. The Senior Center members are enjoying all of the activities that make our club special. Activities are not only enjoyable but a way to meet other members with common interests.

Many 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. If you have an activity or event idea for our members, please call or come to the Club planning meeting held on the first Tuesday of each month at 10:00. We meet in the classroom.

Stacey Mullins
Event and Membership Chair



WELCOME STACEY MULLINS
EVENT PLANNER AND MEMBERSHIP CHAIR