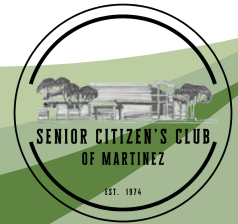


# Senior Citizen's Club of Martinez

# Golden Times Bulletin

## NOVEMBER & DECEMBER 2024



### ABOUT

The Martinez Senior Center's primary focus is to serve the local 50+ community. At the Martinez Senior Center, we are able to provide a space for seniors to gather, socialize, and spend time in an enjoyable and healthy environment. We strive to provide the needed opportunity for participants to spend time with their peers as well as take part in classes and volunteer programs that offer a purpose and sense of usefulness. We kindly ask that you sign in at the front door upon arrival.



### 2025 SENIOR CITIZEN'S CLUB OF MARTINEZ MEMBERSHIP

Get ready for the 2025 Senior Citizens Club of Martinez membership sign-ups starting Monday, November 18! It's your chance to join or renew your membership and enjoy fantastic benefits like a bi-monthly bulletin, a parking pass, priority trip sign-ups, and more—all for seniors aged 50 and older. Sign up in person at the front desk, Monday to Friday, from 8:30 AM to 4:00 PM, or mail in a check with a completed application along with a self-addressed envelope for your membership materials. Remember, cash or checks made payable to SCC Martinez only. Please note that everyone must fill out a new membership application each year. Don't miss out on the fun—join us today!

### SENIOR CITIZEN'S CLUB OF MARTINEZ

Board meetings are held on the first Monday of every month unless it falls on a holiday. All members are welcome to sit in and observe the meetings as this is an opportunity to stay informed on what is taking place at your center and club.

Monday, November 4 & Monday, December 2 at 10:00am

- President.....Shelley Pighin
- Vice President.....Sal Vega
- Treasurer.....Helene Bunch
- Recording Secretary.....Judy Azzopardi
- Corresponding Secretary.....Joan Stockinger
- Members at Large.....Carl Nielsen
- Vickie Dawes
- Jack Vaeth
- Darlene Commiskey
- Sue Harbrecht
- Diane Gunderson
- Linda Thurman
- Sandra Keller
- Sue Schneider

**THE SENIOR CENTER WILL BE CLOSED**  
**NOVEMBER 11, 28 & 29 &**  
**DECEMBER 23-JAN 1**  
**FOR HOLIDAYS**

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# SPECIAL EVENTS

## NATIONAL CANDY DAY

**MONDAY, NOVEMBER 4, 11:30PM-12:30PM**

Join Café Costa and celebrate your sweet tooth on National Candy Day, observed on November 4th! This delightful day is all about indulging in your favorite treats, from chocolate bars to gummy bears. Let's take a moment to appreciate the joy that candy brings to our lives! We will have a small trivia game and fun prizes! Join us for lunch. Lunch is a suggested contribution of \$3. You must sign up by Friday, November 1 by calling 925-370-8770. We hope to see you there!

## CRAFT & TASTY TREAT

**THURSDAY, NOVEMBER 7, 1:00PM-3:00PM**

Get ready for a fun-filled afternoon of creativity and deliciousness! Join us for a delightful pumpkin succulent craft event, sponsored by Kensington & Byron Park and Loaves & Fishes. Explore your artistic side as you create unique pumpkin-themed succulent arrangements. All materials will be provided, and our friendly instructors will be there to guide you through the process. Plus, enjoy some tasty treats provided by Loaves & Fishes while you craft! Whether you're a seasoned crafter or a beginner, this event promises to be a great way to celebrate the season. Please RSVP to the front desk @ 925-370-8770 no later than Nov 1. Limited space available!

## COMMUNITY DINNER

**PROVIDED BY: LOAVES & FISHES**

**THURSDAY, NOVEMBER 7, 5:00PM-6:00PM**

The Loaves and Fishes culinary program invites you to Community Dinner on Thursdays, November 7, from 5:00 PM to 6:00 PM. Enjoy a complimentary meal with the choice to dine in or take to go. We hope you'll join in for good food and community spirit!

## PREMIER WORLD DISCOVERY PRESENTATION

**TUESDAY, NOVEMBER 12, 2:00PM-3:00PM**

Joan Thornton of Premier World Discovery will conduct a PowerPoint presentation on the trips being offered for 2025 with pertinent information. Transportation from Martinez is included round-trip to San Francisco, along with the land tour, airfare, sightseeing, hotels and more. There will be plenty of time to answer questions too. Please feel free to bring a friend.

2025 Trips include:

Mar 29 - Historic Savannah & Charleston

Sept 6 - Cape Cod & The Islands

Oct 14 - Rome & The Country Roads of Tuscany

Dec 7 - Smoky Mountains & Pigeon Forge Holiday

## HOLIDAY SHOPPING SCAMS ONLINE

**FRIDAY, NOVEMBER 8, 10:30AM-11:30AM**

Join us for an informative session on how to shop safely this holiday season. With the increase in online shopping, scammers and fraudulent users are more active than ever. Learn how to spot common holiday scams, protect your personal information, and ensure your gifts arrive safely. Please RSVP to the front desk @925-370-8770 no later than Nov 6.

## FREE ADVANCE HEALTH CARE DIRECTIVE CLINIC PROVIDED BY: CONTRA COSTA SENIOR LEGAL SERVICES

**PRESENTATION DATE: TUESDAY, NOVEMBER 12, 10:30AM**

**AHCD CLINIC DATE: TUESDAY, NOVEMBER 19, 1:00PM**

Join us to learn about Contra Costa Senior Legal Services and our free Advance Health Care Directive Clinic, which offers complimentary legal assistance to residents aged 60 and older. This session is crucial for seniors to ensure their healthcare wishes are clearly communicated and respected. You will discover what an Advance Health Care Directive is and have the opportunity to create your own. Please note that advanced sign-up is required for this informative session. For questions, call (925) 609-7900.

## ESTATE PLANNING: AFTER YOU SIGN YOUR DOCUMENTS PROVIDED BY MELISSA R. MADRID FROM MADRID LAW

**FRIDAY, NOVEMBER 15, 10:30AM-11:30AM**

Estate Planning doesn't end when you sign your documents! In this educational seminar we'll discuss how and where to store your documents, how often you should review them, how to finish funding your trust if you got one, and what to do with assets that can't or won't be funded in your trust. Sign up by Wednesday, November 13th by calling the front desk at 925-370-8770.

## CAFE COSTA THANKSGIVING CELEBRATION

**MONDAY, NOVEMBER 25, 11:30 AM**

Join Café Costa for Lunch and fun activities! Café Costa will be serving Meatloaf with Gravy, Mashed potatoes bean medley, Whole Wheat Roll with Butter and Seasonal Fresh Fruit, and Pumpkin Pie for dessert. Sign up for lunch by noon on Friday, November 22 by calling 925-370-8770.

# SPECIAL EVENTS

## HOLIDAY BOUTIQUE VENDORS

**FRIDAY, NOVEMBER 22, 10:00AM-7:00PM \$50**

It may seem early, but it's that time! We are still accepting applications to be a vendor at our 2024 Holiday Boutique. The Holiday Boutique is an excellent place for local crafts people to display and sell their products. Please note all money and tax are the sole responsibility of the vendor. All vendors will receive a 6' x 2' table and 2 chairs. Sign up online or visit the front desk, limited spots available!

## PUZZLE PICK UP: GRAB & GO!

**WEDNESDAY, NOVEMBER 27 10:00AM-1:00PM**

**WEDNESDAY, DECEMBER 18**

Join us for our Puzzle Pick-Up event! Swing by the front desk to collect your take-home puzzle. This Grab & Go event is a fantastic way to engage your mind during the holiday break and have fun with family and friends. Don't forget to share your completed puzzles with us for a chance to win exciting prizes!

## HOLIDAY CURBSIDE MEALS

**PROVIDED BY: LOAVES & FISHES**

**SUNDAY, NOVEMBER 24 11:30AM-12:00PM**

**SUNDAY, DECEMBER 22**

Enjoy a free holiday catered meal provided by Loaves & Fishes and prepared by Chef Carrisa Crater. Meals are first come first serve. Limited meals available. Pick up between 11:30 AM-12:00 PM in the Senior Center parking lot.

## NATIONAL COOKIE DAY

**WEDNESDAY, DECEMBER 4, 11:30AM**

Mark your calendars for National Cookie Day on December 4th, a day that invites cookie lovers everywhere to indulge in their favorite baked treats! Visit us in the Lounge, pick up a cookie, and participate in our Raffle for some fun prizes!

## COCOA & CRAFT!

**PROVIDED BY: AGING TO PERFECTION**

**WEDNESDAY, DECEMBER 18, 10:00AM**

Get into the holiday spirit with our Holiday Craft and Hot Cocoa event! Join us for a delightful afternoon of crafting your very own beautiful creations while sipping on delicious hot cocoa. It's the perfect opportunity to unleash your creativity, connect with friends, and enjoy a cozy, festive atmosphere. No experience is needed—just bring your holiday cheer and let the fun begin! Call the front desk at 925-370-8770 to sign up by Monday, December 16.

## HOLIDAY LUNCHEON

**FRIDAY, DECEMBER 13, 11:30AM \$20/PERSON**

Join us for a delicious lunch featuring roasted turkey, honey ham with cranberry sauce, mashed potatoes, fresh green beans, garden salad, and dinner rolls from Chef Dave Krider Catering! Enjoy beverages, dessert, and a chance to win in our exciting raffle! Don't forget, advanced tickets are required, tickets available at the front desk—cash or checks made out to SCC Martinez are welcome!

## NEW! DIGITAL LITERACY BASICS

**TECH TIPS HOSTED BY NATE TAN FROM TREVISTA**

**FRIDAY, JANUARY 3 10:30AM-12:00PM**

Advance Your Digital Skills and Become a Tech-Savvy Senior! While technology can greatly enhance our daily lives, its ever-changing nature can sometimes feel daunting. With a little practice, you can master essential tech skills that make using the internet, smartphones, email, and social media safer and more enjoyable!

Topics covered include Wi-Fi basics, using computers and cellphones, email management, essential computer functions, and typing skills. Empower yourself with the knowledge to navigate the digital world with confidence!



## SAVE THE DATE!

**ANNUAL BOARD OF DIRECTORS MEETING**

**FRIDAY, JANUARY 17, 1:00PM -2:00PM**

Join us for the Senior Citizen's Club of Martinez Annual Boarding Meeting. A minimum of 35 members must be present to have a quorum. The meeting will consist of several reports recapping the 2024 year. The club will provide cookies and coffee. Join Café Costa for lunch at 11:30 a.m., with the board meeting to follow. Call 925-370-8770 by Thursday, January 16, by noon to sign up for Café Costa lunch. Lunch is a suggested donation of \$3.

# FITNESS CLASSES

## JAZZERCISE

MON, WED, FRI NOVEMBER 1-27 8:30AM-9:15AM  
MON, WED, FRI DECEMBER 2-20 8:30AM-9:15AM  
Rooms 1, 2, 3 Cost: \$40 per session

Enhance your quality of life and improve your ability to do everyday activities by building lean muscle in this strength training class. Modified movements make it easy to follow. Strength training can protect your joints from injury, improve balance and flexibility, and help you feel stronger. *No class November 11, 22 & December 13.* Class will resume January 6th.

Instructor: K Daly

## ZUMBA

NOVEMBER 5-19 6:00PM-7:00PM  
DECEMBER 3-19 6:00PM-7:00PM  
Nov: \$40 | Dec: \$48

Join the Zumba Dance Party! EveryBODY, ages 18 and up are welcome. Zumba combines fun & fitness with a Latin flare in every dance move. No experience necessary. Learn to dance, shake your body to the music and tone your muscles using weights with our new addition of Zumba Toning. Be prepared to have a blast while lighting up the dance floor! Sign up for the whole session or drop in and pay \$10 per class. *No class November 21.*

Instructor: Carmen Belt

## LINE DANCING

WEDNESDAYS ONGOING 10:00AM-11:15AM  
Rooms 2 & 3 Cost: \$5 Drop in Fee

Join us for an exciting class of great music and lively dance with our expert Line Dancing Instructor, Heide! With years of experience teaching across the Bay Area, Heide will guide you through fun and easy-to-learn dance steps. This class is perfect for anyone 18 and older looking to have a fantastic time and learn something new! *No class Dec 25 & Jan 1.*

Instructor: Heide Dee

## LAUGHING YOGA

FRIDAYS ONGOING 9:30AM-10:30AM  
Virtual on Zoom Free

Join Laughing Yoga! It will cheer you up and build immunity through laughter. *Note: This class is not in person and held virtually over Zoom.* Meeting ID: 815 6381 8150 Password: 542487

Instructor: Dolores White

## YOUNG AT HEART STRENGTH TRAINING

MONDAY NOV 4- DEC 2 10:00AM-11:00AM  
THURSDAY NOV 7-NOV 21 10:00AM-11:00AM  
Room 2 Free

Young at Heart Strength Training is an evidence-based fall prevention program. This class can be done seated or standing. Participants can expect improved balance, strength, reduced number of falls, reduced stress, and improved mental health. *No Class November 11 & 28.*  
Instructor: Meals on Wheels Diablo Region

## WALK, TALK, AND COFFEE CLUB

MON, WED, FRI ONGOING 9:30AM  
Martinez Senior Center Parking Lot Free

Join the Walk, Talk, and Coffee Club for a refreshing adventure to the marina! Enjoy an hour of lively conversation and scenic views, then unwind with a delicious cup of coffee on the patio back at the senior center. It's the perfect blend of exercise, socializing, and relaxation! *Center closed on November 11, 29 & December 13.*

## SITTING FIT 50+

THURSDAYS NOVEMBER 7-21 3:30PM-4:15PM  
DECEMBER 5-19 3:30PM-4:15PM  
Room 2 Cost: \$24 per session

Experience the joy of movement with our ballet-inspired chair workout, where creativity meets fitness! Enhance your posture, flexibility, and coordination while moving to uplifting tunes that will boost your spirits. Sign up for the entire session or drop in for just \$10 per class—come dance your way to wellness!

Instructor: Luana Nietschy

## FIT WITH BANDS 18+

MONDAYS NOVEMBER 4-25 4:30PM-5:30PM  
DECEMBER 2-16 4:30PM-5:30PM  
Room 2 Cost: \$24 per session

Join our fun and energizing resistance band workout and get fit to the rhythm of lively music! This low-impact class will help you strengthen and define your muscles while boosting your posture, flexibility, and balance. Sign up for the entire session or drop in anytime for just \$10 per class—let's make fitness fun together!

Instructor: Luana Nietschy

# CREATIVE ARTS

## BEADING 101

MONDAYS NOVEMBER 4, 18, 25 & DECEMBER 2, 9, 16  
ROOMS 2,3 1:00PM-4:00PM COST: \$50

Discover the dazzling world of beading and create your own wearable art! From stunning bracelets to eye-catching earrings, learn to craft beautiful jewelry at your own pace in our friendly, supportive workshop. Boost your fine motor skills and unleash your creativity while making new friends – all skill levels welcome to join the fun!

Instructor: Marion “Mimi” Vaeth

## SEWING (BEE) TOGETHER

TUESDAYS NOVEMBER 5-DECEMBER 17 9:00AM-3:00PM  
Rooms 2, 3 Cost: \$48

Calling all crafters and DIY enthusiasts! Escape to your own creative oasis at our Project Paradise, where you'll have a spacious 6ft table all to yourself, plus access to electricity, irons, and ironing boards. Enjoy uninterrupted focus time, boost your productivity, and connect with like-minded creators – just bring your supplies and let your imagination run wild!

## COMMUNITY QUILTS

WEDNESDAYS ONGOING 1:00PM-4:00PM  
Rooms 1 & 2 Free

Stitch together new friendships and warm hearts at our Community Quilt Group! Boost your creativity and sense of purpose as we craft cozy quilts for local organizations – no expert skills needed, we'll teach you everything. Join us for laughter, learning, and the joy of giving back, with most supplies provided! *No Class December 25, Jan 1.*

Leader: Sandra Keller

## CRAFT GROUP

1ST & 3RD WED NOVEMBER 6, 30 12:30PM-2:30PM  
Room 3 DECEMBER 4 & 18 Free

Join our lively Craft Group and boost your creativity while supporting the Senior Center! Transform donated materials into beautiful, handcrafted items. Enjoy the fun, enhance your skills, and make a positive impact – all supplies provided!

## WATER COLOR PAINTING

THURSDAY NOVEMBER 7, 14, 21 & DECEMBER 5, 12, 19  
Room 3 12:00pm-3:00pm Free

Discover the magic of watercolors at our free painting class! Dive into a vibrant world where colors dance and imagination take flight. Bring your own materials and join us for a fun, inspiring experience – call the Center for the materials list and get ready for a splash of artistic adventure!

Instructor: Maren Sampson

## UKULELE JAM CLUB

FRIDAYS ONGOING 1:00PM-2:30PM  
Room 1 Free

Strum your way to joy and better brain health with our Ukulele Jam Club! Whether you're a seasoned player or a complete beginner, grab your ukulele (or any instrument) and join our melodious community for fun, friendship, and musical adventures. All you need is your enthusiasm, a ukulele, "The Daily Ukulele" books (yellow and blue), and a table-top music stand – singers welcome too! *No class November 22, 29 & December 13, 27.*

Leader: Bob Zanussi

## T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

THURSDAYS ONGOING 8:30AM-10:00AM  
Room 3 \$32 Annually/\$4 Monthly

TOPS Club, Inc., is a nonprofit network of weight-loss support groups and wellness education. TOPS offers tools and programs for healthy living and weight management. Established in 1948 to champion weight-loss support, it has helped millions of people live healthier lives.

Leader: Karen Heffern

### HOW TO REGISTER FOR A CLASS

**Online:** Visit [www.cityofmartinez.org/seniors](http://www.cityofmartinez.org/seniors) and click the button that says “Register”.

**Phone:** Call 925-370-8770. Pay with credit card over the phone (only for session or free classes).

**In-Person:** Visit the front desk during business hours with cash, check, or credit card (3% fee).

### REFUND POLICY

Full Refunds, minus \$10 administration fee, will be given if requested prior to the start of the class.

Refunds will not be issued 3 calendar days or less before start of class. Session classes are not prorated. No refunds are given if you miss a class.

## SPECIAL INTEREST

### MAHJONG

**MONDAYS** 1:00PM-3:00PM

Mahjong is a tile-based game that was developed in the 19th century in China. It is commonly played by 4 players. It is a game of skill, strategy, and luck. Join the pick-up group. It is a great place to learn the game! *Note: This is American Mahjong and it is recommended that you have the official standard hands and rules which can be purchased online. No meeting November 11, December 23 & 30.*

### POKER

**MONDAYS & THURSDAYS** 12:00PM-3:00PM

Come join this pick-up style game of poker. Must have knowledge of how to play. *No meeting November 11, 28 & December 23, 26, & 30.*

### INTRO TO MAHJONG

**TUESDAYS** 10:00AM-12:00PM

Looking for a place to learn and practice the game of Mahjong? Come learn with Kelly, a regular mahjong player as she takes you through the whole game in a slow environment with others looking to learn as well. *No meeting December 24 & 31.*

### BRUSH UP BRIDGE

**WEDNESDAYS** 1:00PM-3:00PM

Bridge is a trick-taking card game using a standard 52-card deck. In its basic format, it is used by 4 players in 2 competing partnerships with partners sitting opposite of each other. Brush up bridge is for people who want to brush up their Bridge skills. *No meeting December 25 & January 1.*

### FUN FRIDAY BRIDGE

**FRIDAYS** 10:00AM-12:00PM

Bridge is a trick-taking card game using a standard 52-card deck. In its basic format, it is used by 4 players in 2 competing partnerships with partners sitting opposite of each other. Fun Friday Bridge are for those who are familiar with the game and ready to play. *No Meeting November 22, 29 & December 27.*

## EXTENDED TRIPS

### CHRISTMAS IN MONTREAL & QUEBEC CITY (6 DAYS)

**DECEMBER 4, 2024** \$3099PP DOUBLE

This 6 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 7 meals, a tour director, and an itinerary including the following: Montreal City Tour, Underground City, Notre Dame Cathedral, Quebec City Tour, Montmorency Falls, Christmas Market, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors! **Booking Code: 172151.**

### CAPE COD & THE ISLANDS (7 DAYS)

**SEPTEMBER 6, 2025** \$3475PP DOUBLE

This 7 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 9 meals, a tour director, and an itinerary with the following: 5 nights in Cape Cod, 1 night in Boston, Boston City Tour, Martha's Vineyard Tour, Nantucket Island visit, Mayflower II, Plymouth Rock, Provincetown, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors! **Booking Code: 187270.**

### HISTORIC SAVANNAH & CHARLESTON (7 DAYS)

**MARCH 29, 2025** \$3799PP DOUBLE

This 7 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 9 meals, a tour director, and an itinerary with the following: 2 nights in Charleston, 2 nights in Savannah, 2 nights in Jekyll Island Club, City tours, Beaufort Carriage Ride, St. Simons Island, and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors! **Booking Code: 187273.**

### ROME & THE COUNTRY ROADS OF TUSCANY (9 DAYS)

**OCTOBER 14, 2025** \$4249PP DOUBLE

This 9 day trip includes roundtrip airfare, transfers to/from the airport, accommodations, 10 meals, a tour director, and an itinerary with the following: Siena Walking Tour, San Gimignano visit, Florence City Tour, Statue of David, Leaning Tower of Pisa, St. Peter's Basilica, and a Tuscany Winery Visit with tasting and much more! Contact Premier World Discovery to register by calling 877-953-8687 or visit [res.premierworlddiscovery.com](http://res.premierworlddiscovery.com). Let them know you are booking with Martinez Seniors! **Booking Code: 187271.**

# DAY TRIPS

## SKY RIVER CASINO

THURSDAY, NOVEMBER 7, 2024 \$50

Depart Safeway at 9:00am and arrive at Sky River Casino in Elk Grove around 11:00am. Sky River has over 100,000 square feet of gaming floor space with 2,000 slot machines, 80 table games and 17 unique dining options. You will receive \$20 in Free Slot Play! Sign up at the front desk with cash or check made payable to City of Martinez. Sign ups open now until full.

## HOLIDAY SWEETS & GOODIES

THURSDAY, DECEMBER 5, 2024 \$105

Embark from Safeway at 7:15am for a visit to Sciabica's California Olive Oil for a tasting and shopping experience. Next, head to Hilmar Cheese Factory for a guided tour and witness the cheese-making process. Indulge in a hosted lunch featuring cheese chowder, pasta salad, and a choice of roast turkey and Monterey Jack cheese sandwich or honey ham and cheddar sandwich. The final destination is Duarte Nursery, the largest permanent crop nursery, offering a guided tour. This family-owned nursery grows over 30 varieties of Poinsettias on-site in a myriad of colors for you to select. Don't miss the opportunity to purchase your own Poinsettia! Reserve your spot at the front desk by paying in cash or a check made out to the City of Martinez. Sign ups open now until full.

## SOME LIKE IT HOT AT ORPHEUM THEATER

WEDNESDAY, JANUARY 22, 2025 \$171

Depart Safeway at 10:45am and arrive at the Orpheum Theater at 1:00pm. Join us for a delightful day out as we travel to the Orpheum Theater to experience the hilarious and timeless musical "Some Like It Hot"! This trip promises an afternoon of laughter, music, and unforgettable performances. Keep an eye out for more details in our next bulletin—you won't want to miss this exciting adventure! Depart for home at 3:00pm and arrive back in Martinez around 5:30pm. Sign ups open now until full.

## RED HAWK CASINO

THURSDAY, FEBRUARY 20, 2025 \$55

Depart Safeway at 8:00am and arrive at Red Hawk Casino in Placerville around 10:30am. Red Hawk offers over 2000 slot machines, 75 game tables, and six different restaurants to choose from. You will receive \$15 casino slot package & \$5 in food credit. Depart for home at 3:30pm and arrive back in Martinez around 5:30pm. Sign up at the front desk with cash or check made payable to City of Martinez. Sign ups open now until full.

## NOT SEEING ANY TRIPS THAT INTEREST YOU?

Talk to the front desk and share any trip ideas that you think would be nice to see offered at the Martinez Senior Center. *Please note: trips require a 35 participant minimum.*



Registration is done in person at the front desk. If you have any questions please call 925-370-8770 or email [martinezseniors@cityofmartinez.org](mailto:martinezseniors@cityofmartinez.org). All day trips unless otherwise noted depart from the Safeway parking lot at 3334 Alhambra Avenue on the G Street side. *Please note: all trips are subject to cancellation if 35 participant minimum is not met by deadline.*

# RESOURCES & SERVICES

## CAFE COSTA CONGREGATE MEALS

**MONDAY-FRIDAY 11:00AM-12:00PM**

Café Costa opens at 11:00 am. Lunch is served Monday–Friday from 11:30 am—12:15 pm. You can find the menu on page 10. For participants who are over the age of 60, there is a recommended contribution of \$3.00. Lunch is \$6.00 for those under the age of 60. To make a reservation you must call by noon on the business day prior to the day you want to attend. You can reach Café Costa at 925-370-8770. Every year on July 1 a new NAPIS form will need to be filled out to receive meals. See Café Staff or website for forms.

## MEALS ON WHEELS - HOME DELIVERY

Meals on wheels delivers meals to the doorstep of seniors (60 or older) who are homebound, unable to obtain food themselves, and do not have a caregiver that prepares their meals. The meal delivery drivers also provide a safety check, and at times, are the only person the seniors they serve see all day. They make every effort to start delivering meals as soon as possible. Meals are provided free of charge. You will be asked for a suggested donation, they do not turn anyone away who cannot contribute. To sign up or learn more, call 925-937-8311 or email [info@mowdr.org](mailto:info@mowdr.org).

## FRIENDSHIP LINE

Are you feeling lonely, isolated or depressed? Give the Friendship Line a call—because sometimes we all need a friend. The Friendship Line is a signature program of Institute on Aging, and has never gone unanswered since it was founded in 1973. The Friendship line is both a “warm line” and a crisis intervention center for routine—even daily—phone calls that provide emotional support and friendly conversation. Call: 888-670-1360.

## ROTARY HOME TEAM

For many seniors, common household repairs are no longer easy to do on their own. Rotary Home Team can assist with common maintenance issues such as: replacing hard to reach lightbulbs, changing smoke alarm batteries, fixing a leaky faucet, repairing sticky doors, adjusting handles or cabinet drawer pulls, any many other small repairs. Call: 888-204-5573

## COMMUNITY PRODUCE PROGRAM

**1301 ALHAMBRA AVE 12:00PM-1:00PM**  
**205 VISTA WAY 4:00PM-5:00PM**

**NOVEMBER 8, 22 & DECEMBER 13, 27**

The Food Bank provides 15-20 pounds of free, fresh produce to low-income families and individuals twice a month (2nd & 4th Friday). Please bring two bags with handles.

## SENIOR FOOD PROGRAM

**THURS NOVEMBER 7, 21 & DECEMBER 5, 19**  
**TEAMSTERS PARKING LOT 9:00AM-10:00AM**

For low income seniors 55 years and older, who live in Martinez, Individuals receive bags of food each month (1st & 3rd Thursday). Only 1 senior per household can receive food. Bring a picture ID and proof of address (for example, a PG&E bill). Location: Teamsters' #315 Parking lot at 2727 Alhambra Ave. Call Contra Costa Food Bank at (925) 676-7543 for more information.

## LOAVES AND FISHES SENIOR MEALS

**SAT & SUN 11:30AM-12:00PM**  
**SENIOR CENTER PARKING LOT**

Loaves and Fishes is offering a senior meal pick-up every weekend. No need to wait in line or get out of your car. Simply pull into the senior center parking lot and a volunteer will bring you a free catered meal curbside. No pre-registration required. If you have any questions, call the office at 925-370-8770.

## NEW! CARE MANAGEMENT CONSULTANT

**3RD WEDNESDAY OF EACH MONTH 10:00AM-12:00PM**

As a person ages, they may not know where to turn for answers and services that are available within the community. To help seniors remain nourished, safe, less isolated and independent for as long as possible, MOW Diablo Region offers a comprehensive Care Management program that assists seniors and their families. MOW Diablo Region's Care Management Team provides free and confidential guidance and shares resources about CalFresh benefits, elder abuse, long term care, housing issues, transportation, home safety modifications, legal services, and more. Please call 925-482-1876 or visit the senior center in person on the third Wednesday of the month between 10 AM and 12 PM to meet with our Care Manager.



# RESOURCES & SERVICES

## SENIOR PEER COUNSELING

**WEDNESDAY NOVEMBER 6, 20 & DECEMBER 4, 18**

As we get older, sometimes a little help means a lot. If you are 55 or older and facing challenges that are difficult to cope with alone, our Senior Peer Counseling program can help. Participants connect with fellow seniors who are trained to provide assistance and support with challenges such as depression, fear, loneliness, the loss of a loved one, health changes, or isolation. Counseling is available in both English and Spanish. Services are free and confidential. Please contact Abraham Aviles-Scott, LMFT at (925) 408-7080 to make an appointment.

## HEALTH INSURANCE COUNSELING (HICAP)

**TUESDAYS NOVEMBER 5-26 & DECEMBER 3**

HICAP can answer questions on Medicare, Medigap, Advantage plans, drug plans and low income assistance. HICAP can also help with COVID-19 health plans and difficulties with filling prescriptions.

To make an appointment call HICAP at 925-655-1393.

## DEMENTIA FAMILY CAREGIVER SUPPORT GROUP

**TUESDAYS NOVEMBER 19 & DECEMBER 17  
LOUNGE 2:30PM-4:00PM**

Are you looking for a support group for those who support others? This group is for caregivers of persons with Alzheimer's disease or dementia. If you are looking to talk to others in similar situations, need more information, additional support, or caregiving strategies join the Dementia Family Caregiver Support Group. Meetings are the 3rd Tuesday of each month in the Senior Center Lounge.

## CC SENIOR LEGAL SERVICES: WILLS CLINIC

**TUESDAYS NOVEMBER 21 & DECEMBER 19  
CONFERENCE ROOM 2:00PM-4:00PM**

Contra Costa Senior Legal Services is sponsoring a Free Wills clinic on the last Thursday of every month. Free simple wills, advance health care directives and powers of attorney are available to seniors with low incomes and limited resources (income of \$2,500 single/\$3,500 couple and no assets apart from one's house). No trusts will be drafted or reviewed. Appointments are available at a first come, first serve basis. To make an appointment, call 925-609-7900.

## COUNTY CONNECTION

County Connection will be visiting the Senior Center lobby 9am—11am on November 8 & December 13. At this time they can assist with processing clipper cards, RTC cards, applying for paratransit, route information, and trip planning. They might even have some giveaways! Make sure you stop by their table.

## COUNTY CONNECTION LINK (ADA PARATRANSIT)

County Connection Link provides service in Central Contra Costa County in the cities and towns of Alamo, Clayton, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon and Walnut Creek. In order to be eligible for this transportation service it must be determined by ADA paratransit. For eligibility and registration information call 925-680-2066. To reserve a ride call 925-938-7433.

## MOBILITY MATTERS

Mobility Matters will answer your questions and refer you to the transportation provider that matches your mobility needs. Service provides free, one on one, door through door, escorted rides for seniors 60 and over. Must meet eligibility requirements. Call 925-284-6161.

## 511

511 is a toll-free three-digit phone number to call for transportation and traffic information. Dial "511" or visit [www.511.org](http://www.511.org) for trip planning, traffic conditions, carpool, bus schedules, vanpool and other transit information.

## LYFT CONCIERGE TRANSPORTATION PROGRAM

The Lyft Concierge Pass is for people ages 70+ who have disabilities or health conditions and do not have access to a smartphone. Residents of Walnut Creek, Concord, Pleasant Hill, Clayton, and Martinez are eligible to use this service. This service is designed for people who cannot use public transportation or drive a car. There is an annual membership fee. To make a reservation, call 925-256-3533 at least one day in advance.

## LYFT SELF-ACCESS TRANSPORTATION PROGRAM

The Lyft Self-Access program is designed for people at least 60 years age, who reside in Walnut Creek, Concord, Pleasant Hill or Martinez, and are comfortable boarding vehicles without help. There is an annual membership fee. You must complete applications online at [www.walnutcreekartsrec.org/programs-activities/transportation-program](http://www.walnutcreekartsrec.org/programs-activities/transportation-program) or call 925-295-1490.

# CAFE COSTA

NOVEMBER 2024



CALL 925-370-8770 BY NOON AT LEAST ONE BUSINESS DAY IN ADVANCED TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>11/1</b> Fish Tacos w/Salsa & Sour Cream Pozole Soup Stewed Tomatoes Refried Beans Tortilla C Fresh Orange
<div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 15px;">                         The November option is Cranberry Walnut Chicken with Balsamic Vinaigrette. For the vegetarian menu, check the café. For the December menu, check back with the front office after November 20.                     </div>				
<b>11/4</b> +Ham & Swiss Sandwich w/Lettuce, Tomato, Onion, Mayo, Mustard on Whole Wheat Bread Split Pea Soup Coleslaw w/Carrots C Pears	<b>11/5</b> Turkey Coconut Curry Brown Rice Spinach Whole Kernel Corn C Juice Cookie	<b>11/6</b> Italian Beef Bake Minestrone Soup C Broccoli Tossed Salad w/Dressing Seasonal Fresh Fruit	<b>11/7</b> Breaded Pollock w/Lemon & Tartar Sauce Chicken Orzo Soup C Mashed Potatoes Stewed Tomatoes Roll w/Butter Apricots	<b>11/8</b> <b>VETERANS DAY MEAL</b> Oven Fried Chicken Scalloped Potatoes C California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit Orange Poke Cake
<b>11/11</b> <b>VETERANS DAY</b>	<b>11/12</b> Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes Scandinavian Vegetables Whole Wheat Roll w/Butter C Tropical Fruit	<b>11/13</b> Spaghetti w/Turkey Meat Sauce & Cheese Hearty Vegetable Soup C Brussels Sprouts Spinach Salad w/Dressing Seasonal Fresh Fruit	<b>11/14</b> Orange Glazed Chicken Asian Cabbage Soup Mixed Vegetables Brown Rice C Juice Cookie	<b>11/15</b> Beef & Bean Chili w/Cheddar Cheese Cornbread w/Butter Zucchini Green Salad w/Dressing C Mandarin Oranges
<b>11/18</b> Breaded Fish Sandwich w/Cheese, Shredded Lettuce, & Tartar Sauce on a Whole Grain Bun Creamy Mushroom Soup Italian Vegetables C Fresh Orange Brownie	<b>11/19</b> <b>New!</b> Greek Chicken C Brown Rice California Vegetables <b>New!</b> Tomato, Cucumber, & Feta Salad Gelatin w/Pears	<b>11/20</b> Pork Carnitas w/Salsa Cream of Spinach Soup C Cilantro Coleslaw Pinto Beans Tortilla Apricots	<b>11/21</b> Spaghetti & Meatballs w/Parmesan Cheese C Winter Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	<b>11/22</b> <b>No Cafe Costa</b> Join us for our Holiday Boutique from 10:00am-7:00pm
<b>11/25</b> Meatloaf w/Gravy C Mashed Potatoes Bean Medley Whole Wheat Roll w/Butter Seasonal Fresh Fruit	<b>11/26</b> Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Lentil Soup Whole Wheat Roll w/Butter C Citrus Fruit	<b>11/27</b> Pineapple Glazed Chicken Egg Drop Soup Brown Rice Mixed Vegetables Green Salad w/Dressing C Fresh Orange	<b>11/28</b> <b>THANKSGIVING DAY</b>	<b>11/29</b> <b>DAY AFTER THANKSGIVING</b>

All meals served with lowfat milk. 2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CRANBERRY WALNUT CHICKEN WITH BALSAMIC VINAIGRETTE). Vitamin A Vitamin C +Higher in sodium

# INCLUSIVE RECREATION

## INCLUSIVE RECREATION DANCE

FRIDAY, JANUARY 10, 2025

7:00PM-9:00PM

ROOMS 1, 2, 3

COST: \$8

Get ready to dance the night away at our fabulous event for adults with disabilities aged 18 and over! For just \$8 at the door (caregivers are free), enjoy the lively beats of DJ Rhythm Masters and tasty light snacks. Join us for a fun-filled evening of music, movement, and making new friends!



## 2024 INCLUSIVE REC DANCE DATES

Friday, November 15 - Walnut Creek Heather Farm

Friday, December 13 - Pleasant Hill Senior Center



## INCLUSIVE RECREATION GAME NIGHT

4:00PM-6:00PM

COST: \$5

In partnership with the City of Concord, once a month we will be offering a Movie and Game Night from 4pm-6pm for Adults with Disabilities. Caregivers can join for free. If the location is Martinez, then it will take place at the Martinez Senior Center at 818 Green Street. If the location is Concord, then it will take place at the Concord Senior Center at 2727 Parkside Circle.

Thursday, November 21—Concord Senior Center

Thursday, December 19—Concord Senior Center

# HOLIDAYS





Martinez Senior  
Community Center

818 Green Street  
Martinez, CA 94553

# “TIME VALUE” DATED MATERIAL

PRSRT STD  
US POSTAGE  
PAID  
MARTINEZ, CA  
94553  
PERMIT NO. 55



**CURRENT RESIDENT OR**

## SENIOR CENTER

### SENIOR CENTER STAFF

- Senior Center Supervisor.....Gina Gravert
- Program Coordinator.....Andrea Ceballos-Lee
- Nutrition Coordinators.....Rita Wells
  - Dawn Pritchard
  - Cristina Galvez
  - Donna Crume
- Office Staff.....Emogene Thomas
  - Rita Wells
  - Sandra Sinosky
- Maintenance Staff.....Frank Albano

### NOTABLE NUMBERS

- Front Desk.....925-370-8770
- Trips/Special Events.....925-370-8002
- Cafe Costa .....925-370-8770
- County Connect.....925-655-7433
- HICAP .....925-655-1393
- CC Legal Services .....925-609-7900
- Meals on Wheels .....925-937-8311
- Senior Counseling.....925-408-7080

### PARKING AT THE MARTINEZ SENIOR CENTER

The parking lot is permit parking only. All cars parked in the lot are required to have a current years parking sticker. Those parked with no sticker will be ticketed. To obtain a parking sticker, you must become a member. See the front desk for more information. Note: Due to limited parking spaces, we ask all members to only park in our lot while attending an activity at the center. If you plan to take a walk after your class, please park elsewhere. An exception to this rule is our scheduled walking group on Monday, Wednesday and Friday.

