

Pinole Senior Center

2500 Charles Avenue, Pinole, CA 94564

Phone:(510)724-9800 Website: www.ci.pinole.ca.us



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**Questions? Please email scquest@ci.pinole.ca.us
or call the Front Desk at (510)724-9800**

Pinole Senior Center Classes/Activities (Updated 2.20.24)

Time	Program	Member Fee	Non-Member Fee	Location
Monday				
10:00 AM	Line Dancing	\$4.00	\$4.00	Main Hall
10:00 AM	Clutterers Anonymous (CLA)	Donations Accepted		
11:30 AM	Stretch for Yoga	\$2.50	\$3.50	Main Hall
12:45 PM	Balance (NEW CLASS!)	\$2.50	\$3.50	Main Hall
1:00 PM	Bridge	\$1.00	\$2.00	Arts & Crafts Room
Tuesday				
8:30 AM	Zumba Gold (NEW CLASS!)	\$2.50	\$3.50	Main Hall
10:00 AM	SilverSneakers Classic (NEW TIME!)	\$2.50	\$3.50	Main Hall
10:00 AM	Knitting Group	\$1.00	\$2.00	Main Lobby
10:30 AM	Book Club (4th Tuesday of month)	\$1.00	\$1.00	Arts & Crafts Room
11:30 AM	Balance	\$2.50	\$3.50	Main Hall
12:45 PM	Stretch for Yoga (NEW CLASS!)	\$2.50	\$3.50	Main Hall
12:30 PM	Pinochle ♠ ♣	\$1.00	\$2.00	Arts & Crafts Room
1:00 PM	Cribbage ♠ ♣	\$1.00	\$2.00	Card Room
Wednesday				
9:00 AM	Yoga and More (NEW CLASS!)	\$2.50	\$3.50	Main Hall
9:00 AM	Quilting	\$1.00	\$2.00	Arts & Crafts Room
10:30 AM	SilverSneakers EnerChi	\$2.50	\$3.50	Main Hall
11:00 AM	Speak Up!	Donations Accepted		
12:30 PM	Mah Jongg	\$1.00	\$2.00	Card Room
2:00 PM	Karaoke (Last Wednesday of month)	\$1.00	\$2.00	Main Hall
Thursday				
8:30 AM	Zumba Gold	\$2.50	\$3.50	Main Hall
9:30 AM	Quilting	\$5.00	\$7.00	Arts & Crafts Room
9:30 AM	Fiber Arts Group	\$1.00	\$2.00	Main Lobby
10:00 AM	SilverSneakers Classic	\$2.50	\$3.50	Main Hall
1:00 PM	Bridge	\$1.00	\$2.00	Arts & Crafts Room
1:30 PM	Upper Body Stretch & Release (NEW CLASS!)	\$2.50	\$3.50	Main Hall
2:00 PM	Ukulele	\$1.00	\$2.00	Main Lobby
Friday				
8:30 AM	Guitar	\$1.00	\$2.00	Arts & Crafts Room
10:30 AM	Floor Class	\$2.50	\$3.50	Main Hall
10:00 AM	Advanced Guitar	\$1.00	\$2.00	Arts & Crafts Room
12:00 PM	Arts & Crafts Workshop	\$5.00	\$7.00	Card Room
2:00 PM	Beginners Bridge	\$1.00	\$2.00	Arts & Crafts Room

Pinole Senior Center Building Hours

The Pinole Senior Center is open Monday - Friday from 8:00 AM - 4:00 PM.

It is strongly recommended all persons, regardless of vaccination status, continue to wear a face covering indoors.

Gift Shop Hours

The Gift Shop is open Monday - Friday from 9:30 AM - 12:30 PM.

We kindly ask donations be gently used and in a re-sellable condition. Donations can be dropped off during Gift Shop hours. Gift Shop donations **CANNOT** be left outside of the Senior Center, outside of the Gift Shop, or left at the Front Desk.

Pool Room Hours

The Pool Room is open Monday through Friday from 8 am - 4 pm.

All skill levels are welcome to play. There are two standard size pool tables available for use as well as pool cues. Players are welcome to bring their own pool cue if they prefer. The primary games played in the pool room are the shorter duration games such as eight-ball, nine-ball, and elimination. In the pool room everyone gets to play and all players are welcomed to a fun and encouraging environment.

Salon Hours

Stylist Sandy Bauer is available by appointment **ONLY** on **Wednesdays, Thursdays, & Fridays** for a full range of hair services for both men & women. Call (510) 724-9807 for an appointment. Please give 24-hour notice for cancellations.

Class Cancellations

In Memoriam



SilverSneakers EnerChi on Wednesday, April 10th will be cancelled. Class will resume the following week on Wednesday, April 17th.

The Pinole Senior Center would like to send our thoughts and prayers to the family of long time member James Mathews Sr.

Jim's family will be hosting a celebration of life on April 20th at Community Alliance Church (Fireside Room, 2375 Aberdeen Way, Richmond CA 94806). Doors open at 11 am and service will commence at 11:30 am.



Classes, Activities, & Services

Knitting



The Knitting Group will be meeting on Tuesdays at 10 am in the Main Lobby. All levels are welcome. Bring your own supplies and projects.
\$1 Members \$2 Non-Members

Bridge

Mondays and Thursdays
1:00 pm for mixed levels
Fridays
2:00 pm for beginners level
\$1 Members \$2 Non-members



Guitar

Fridays
8:30 am for beginners
10:00 am for advanced
\$1 Members \$2 Non-members
Must bring own guitar



Karaoke



Come watch, be entertained, and even muster up the courage to sing! Last Wednesday of the month at 2pm (April 24th)
\$1 Members \$2 Non-members

Speak Up!



SpeakUP! Is a discussion group where people of a certain age talk about life experiences, challenges, success stories—you name it!
Wednesdays at 11am
Donations are accepted.

Salon Services

Hairstyles by Sandy
Salon Services by appointment only on Wednesdays, Thursdays, and Fridays from 10am—4:00pm
Please call 510-417-5110 to make an appointment



Book Club



Monthly Reading List:

◇ Hello Beautiful by Ann Napolitano

NEXT MEETING DATE: TUES, April 23rd @ 10:30 AM

Ukulele



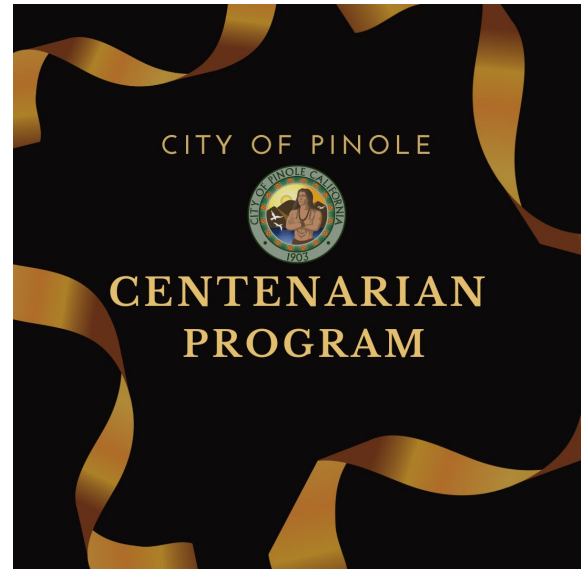
Learn how to play a ukulele on Thursdays at 2pm!
\$1 Members \$2 Non-members
Must bring own ukulele

City of Pinole Centenarian

Are you or someone you know celebrating a birthday of 100 years or older? The City of Pinole would like to honor your wealth of experience and longevity through its Centenarian Program.

Applications can be submitted by the participant or their loved ones. The honoree must be a current resident or former long-time resident of the City of Pinole. Applications are available at the Senior Center and the City of Pinole website.

Completed copies can be dropped off at the Senior Center, 2500 Charles Ave. or emailed to recreation@ci.pinole.ca.us. Centenarians will be honored with a proclamation at a Council Meeting.



Gift Shop

**Gift Shop Hours: Monday through Friday
9:30am—12:30pm**

Looking to clean out your closet? Moving and have items you no longer need? Donate it to the Gift Shop! The Pinole Senior Center Gift Shop accepts donations of gently used items from glassware to jewelry.



Donations can be brought to the Gift Shop during their business hours of 9:30 am—12:30 pm. Gift Shop Donations CANNOT be left outside of the Senior Center, outside of the gift shop, or left at the Front Desk. Items donated to the Gift Shop for resale are NOT tax deductible.

AARP Tax Aide

AARP will be returning to the Pinole Senior Center to provide free tax aide services this coming tax season. To make an appointment for the Pinole Senior Center please call their appointment line at (510) 630-7295. AARP will manage all appointments and answer any tax questions.

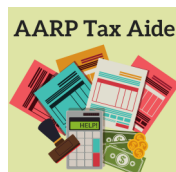
All programs initially scheduled in the Arts & Crafts Room will be moved to an alternate location until Wednesday, April 10th. Please refer to the following classroom changes:

Mondays

Bridge @ 1:00 pm—Card Room

Wednesdays

Quilting @ 9:00 AM - Main Lobby



Pinole Earth Walk

Join the City of Pinole on Earth Day, Saturday, April 20th, to take a walking pledge to protect the planet as a community.



Come out and meet your neighbors, spend time with family, get some fresh air, or bring Fido for a walk! The walking path will follow the Pinole Creek trail and loop around Pinole Shores along the Bay Trail. Snacks and refreshments will be provided at the finish line, and there will be kids' activities and local environmental organizations for you to connect with at Fernandez Park. FREE event.

Registration is required. All are welcome.

https://www.ci.pinole.ca.us/residents/earth_day

Silver & Fit / SilverSneakers/Renew Active

Insurance providers are making changes to subscriber benefits for the 2024 year.

Please check in with your insurance provider to verify your eligibility. A variety of exercise classes offered through the Pinole Senior Center are available at no extra cost under select plans.

For more information and how to join Silver & Fit, SilverSneakers, or Renew Active please contact the Recreation Coordinator at ksantoyo@ci.pinole.ca.us



Renew Active
by UnitedHealthcare



Pool Room

The Pool Room is open Monday through Friday from 8am—4pm.

A max number of 14 individuals will be permitted in the Pool Room at a time. First come, first serve. Daily Member/Non-Member Rate and Monthly Membership available.



Day & Long Distance Trips

Day Trips: All day trips are CASH or CHECK ONLY. Register for all day trips at the Front Desk of the Senior Center.

Legion of Honor and deYoung Museum Tour (NOW OPEN FOR SIGN UPS)
Wednesday, April 17th — \$107 per person

Hard Rock Casino (Sign ups begin April 22nd)
Wednesday, June 26th—\$56 per person

Marin Cheese Factory & Viansa Winery (Sign ups begin June 17th)
Wednesday, August 21st—\$159 per person

Travel Presentation by Premier World Discovery on Wednesday, May 8th 1:00 PM Arts & Crafts Room

Long Distance Trips:

Black Hills, Badlands, & Mt. Rushmore
7 Days—Departure Date: June 12, 2024
Price: \$3,249.00


New York City & The Hudson River Valley
7 Days—Departure Date: September 20, 2024
Price: \$4,029.00

New England Rails and Trails
8 Days—Departure Date: - October 5, 2024
Price: \$4,249.00

Music Cities Christmas
6 Days—Departure Date:- December 3, 2024
Price: \$3,299.00



April 2024 To-Go Lunch Menu

Mon	Tue	Wed	Thu	Fri
1	2	<p><u>3 HOT MEAL - \$7</u> Seasoned White Fish Wild Rice Vegetables Soup / Salad Dessert</p>	<p><u>4 HOT MEAL \$7</u> Chicken Parmesan Over Pasta Vegetables Soup / Salad Dessert</p>	<p><u>5 A LA CARTE</u></p> <ul style="list-style-type: none"> • Quart-Vegetable Soup \$5 • Tuna Sandwich \$5
8	9	<p><u>10 HOT MEAL - \$7</u> Open Face Turkey Mashed Potatoes Vegetable Soup/ Salad Dessert</p>	<p><u>11 HOT MEAL - \$7</u> Ravioli with Roasted Red Pepper Sauce Vegetables Soup / Salad Dessert</p>	<p><u>12 A LA CARTE</u></p> <ul style="list-style-type: none"> • Quart-Split Pea Soup \$5 • Ground Turkey Burrito \$5
15	16	<p><u>17 HOT MEAL - \$7</u> Sliced Baked Ham Mac Salad Vegetables Soup / Salad Dessert</p>	<p><u>18 HOT MEAL - \$7</u> Meat loaf Mashed Potatoes Vegetables Soup / Salad Dessert</p>	<p><u>19 A LA CARTE</u></p> <ul style="list-style-type: none"> • Quart-Turkey Rice Soup \$5 • Pork Fried Rice \$5
22	23	<p><u>24 HOT MEAL - \$7</u> Spaghetti with Meat Sauce Vegetables Soup / Salad Dessert</p>	<p><u>25 HOT MEAL - \$7</u> Pork Chop Bread Stuffing Vegetables Soup / Salad Dessert</p>	<p><u>26 A LA CARTE</u></p> <ul style="list-style-type: none"> • Quart-Chicken Orzo Soup \$5 • Whole Bacon/ Cheddar Quiche \$15 • Meat Loaf Sandwich \$5
29	30	<div style="display: flex;"> <div style="flex: 1; padding-right: 10px;"> <p>Day of orders/walk ups will NOT be available. Lunch Pick up is between 12 PM - 1 PM. The lunch window will close promptly at 1 PM.</p> </div>  </div>		

Green To-Go Lunch Tickets are \$7 and can be used for the Wednesday and Thursday hot lunch.

Members receive a deal when purchasing lunch tickets. Buy 9 lunch tickets and get 1 FREE for Members ONLY!

Stop by the Front Desk to purchase your lunch tickets today!

To-Go Lunch Service

Enjoy your To-Go lunch in the Senior Center Main Hall, where tables and chairs will be set up from 12 pm—1pm!

Lunch reservations are still required as meals will be made based on the number of orders received. Walk up lunch orders will not be available. All lunch orders will be packaged to-go. To place an order for a lunch or any questions please call the Kitchen To-Go line at (510) 418-0313



To-Go Lunch Orders

1. The lunch reservation list will open on Wednesday starting at 2 pm. You can order for the following Wednesday through Friday.
2. Call the To-Go Order Line at (510) 418-0313 to place your name and requested number of lunches on the list.
3. The lunch reservation list will close two days before the To-Go Lunch service or until meals are sold out; whichever comes first.
4. For calls after hours or when the Senior Center Chef is not available, please leave a message with your name, phone number, and the number of requested lunches.
5. Messages will be reviewed in the order they are received, and names will be added to the list.
6. Individuals who have left messages will receive a call back confirming their order was received.

Cancelling a To-Go Lunch Order

1. If you are no longer able to pick up your To-Go Lunch please call the Front Desk at (510) 724-9800 or the To-Go Order Line at (510) 418-0313 to remove your name from the list.
2. Please cancel your To-Go order at least the day before the scheduled To-Go Lunch Service so your name can be removed from the list in a timely manner.
3. For calls after hours, when a Front Desk attendant, or the Senior Center Chef is not available, please leave a message with your name, phone number, and the day/lunch meal you would like to cancel.

Age Well Drive Smart Program

The California Highway Patrol will be returning to the offer additional classes of their Age Well Drive Smart Program. It is a FREE program that will meet on Wednesday, April 17th, and May 15th from 1:30 pm—3:30 pm in the Main Hall.

The Program will discuss driving safety, important and new traffic laws, and more. At the end of the program, licensed attendees will receive a Certificate of Attendance.

To sign up for the program, please call the Front Desk at (510) 724-9800.



Job Opportunity

The Pinole Senior Center is seeking a part-time Rental Facility Custodian and an Exercise Instructor (Weight Training & Cardio Preferred)!

Interested candidates are encouraged to apply.

For more information please contact the Senior Center Recreation Coordinator at ksantoyo@ci.pinole.ca.us



City Hall Ambassador Program

Be the friendly face that greets visitors to Pinole City Hall – become a City Hall Ambassador today!

Volunteers will serve at Pinole City Hall, located at 2131 Pear Street, Monday-Thursday from 8 am to 4:30 pm, providing valuable assistance and information to constituents.



Program Details:

- Volunteer Shifts: Monday-Thursday, 8 am to 4:30 pm.
- Role: Assist and inform constituents visiting Pinole City Hall.
- Training and Support: Ongoing training provided by the City to ensure volunteers are well-prepared for their roles.
- Requirements: Volunteers must be at least 16 years old and older. Criminal history check (paid for by the City) is mandatory.
- Application Process: Interested individuals should complete a Volunteer Application Form and submit it to Human Resources.

2024 Membership Sponsorship



Through the generous donations from members in the community, the Pinole Senior Center is able to offer membership sponsorships to those in need. The membership sponsorship will grant the recipient a 2023 Annual Membership at the Pinole Senior Center at no cost to the individual. To be considered for the sponsorship you are required to complete the Membership Sponsorship Form.

All information is kept confidential. Recipients will be notified as soon as possible if they qualify for the membership sponsorship.

Please submit applications by October 25th, 2024. While the Pinole Senior Center would like to grant all requests, sponsorships are limited. To receive a form email the Recreation Coordinator at ksantoyo@ci.pinole.ca.us or call the Front Desk at (510) 724-9800.

2024 Membership

Time to renew your Pinole Senior Center membership!

All completed applications and checks can be mailed to the Pinole Senior Center at 2500 Charles Avenue, Pinole, CA 94564. Checks can be made out to the Pinole Senior Center.

The Membership Renewal Form is ONLY to be completed by those who had a 2023 Membership. Individuals signing up for the first time or those who had a membership prior to 2023 will need to stop by the Front Desk and fill out a “New Member Form”.

Membership cards require in person pick up. You can also come down to the Senior Center Monday through Friday between the hours of 8 AM—4 PM to submit your application in person. Sign up today!





PINOLE SENIOR CENTER **MEMBERSHIP RENEWAL**

HAD A 2023 MEMBERSHIP

2500 Charles Avenue, Pinole 94564 | (510) 724-9800 | scquest@ci.pinole.ca.us

2024 MEMBERSHIP REGISTRATION (Expires December 31st, 2024)

Ages 50-84: \$30.00 ANNUAL FEE (*Membership Fee is NON-REFUNDABLE*)

Ages 85 and older: FREE

ALL INFORMATION PROVIDED IS CONFIDENTIAL AND WILL BE USED FOR STATISTICAL REPORTING

Participant Information (PLEASE PRINT)

First Name: _____ MI: _____ Last Name: _____

Date of Birth: ___/___/___ Age: _____ Gender: *(Please Circle)* Male Female Declined/Not Stated

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail Address: _____ Check if you would like to receive email communication from the Pinole Senior Center

How would you like to receive the monthly newsletter?
(Please select one option)

E-Mail _____ Mail _____

Race/Origin: **(Circle all that apply)**

American Indian/Alaska Native	Caucasian
Asian	Black/African American
Caucasian	Hispanic/Latino
Native Hawaiian or Pacific Islander	Other _____

Language: English Spanish Cantonese Mandarin Tagalog Other _____

1st Emergency Contact

Name: _____

Relationship: _____

Phone Number

Home: (____) _____ - _____

Cell: (____) _____ - _____

2nd Emergency Contact *(optional)*

Name: _____

Relationship: _____

Phone Number

Home: (____) _____ - _____

Cell: (____) _____ - _____

Hospital Facility

(medical/surgical care)

Name: _____

In case of an emergency, medical response will be called. You may be transported to the nearest hospital.

In the event of an emergency are there any medical conditions we should be made aware of? (Heart conditions, allergies, etc.):

Communication Survey

How did you hear about the Pinole Senior Center?:
(Circle all that apply)

Walk In	Recommended by a friend
City of Pinole Website	Social Media
Special Event	Lunch Program
Previous Member (Year: _____)	
Other: _____	

Areas of Interest

What are some areas of interest?:
(Circle all that apply)

Exercise	Lunch Program	Games/Cards
Arts & Crafts	Volunteer Work	Dances
Guitar/Ukelele	Pool/Billiards	Speak Up!
Quilting/Knitting	Food Distribution	Book Club
Other: _____		

Continued on next page

Donation & Sponsorship

The Pinole Senior Center is dedicated to serving seniors in the City of Pinole and surrounding cities in Contra Costa County. Monetary donation or membership sponsorship will help the Pinole Senior Center continue to provide membership, numerous activities, and the ability for our Center to expand our services. Individuals who donate will be acknowledged in the monthly newsletter of the Pinole Senior Center. Would you like to make a donation to the Pinole Senior Center or sponsor a membership for another senior in need at this time?

Bronze Donor (\$25 or less) \$ _____ Silver Donor (\$26-\$49) \$ _____
Gold Donors (\$50+) \$ _____ Sponsor a Membership (\$30) \$ _____

FOR OFFICE USE ONLY

Membership ID # _____-2024 Form of Payment: CASH CHECK CC PMT ID # _____

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Food Bank of CoCo and Solano County Drive-Thru Distribution

The Food Bank of Contra Costa and Solano County will be providing free bags of fresh produce every second Monday of the month. The next drive-thru distribution is Monday, April 8th from **9 AM to 10 AM** (or as supplies last) at the Pinole Senior Center parking lot, 2500 Charles Ave. You do NOT need to be a member of the Pinole Senior Center or a senior to receive food. Quantities are limited. First come first serve. One bag per household. This will be a contact-less event, please follow the directions from staff and volunteers when you arrive. Parking or exiting your vehicle will not be allowed.



Please open your vehicle's trunk when you enter the parking lot. Food items will be placed in the trunk only by staff/volunteers.

If you have any questions, contact the Recreation Coordinator at ksantoyo@ci.pinole.ca.us or call the Front Desk at (510) 724-9800.

REMINDER: The drive-thru distribution has a new time of 9 AM—10 AM.

Due to the Food Distribution, half of the Main Parking Lot will be closed. The second upper parking lot will be available for additional parking. We apologize for any inconvenience this may cause.

Any extra bags of produce leftover from the Food Bank of Contra Costa and Solano County distribution will be available in the lobby of the Senior Center directly after the distribution. If you or anyone you know is in need please feel free to stop by the Senior Center to pick up a bag. Quantities are limited.

Food Bank of CoCo and Solano County Senior Food Program

The Pinole Senior Center will be partnering with the Food Bank of Contra Costa and Solano County on their Senior Food Program. Low-income senior citizens 55+ will be able to receive free groceries, including healthy pantry staples, eggs, cheese and assorted meats twice a month. The program at the Pinole Senior Center is available for Pinole senior residents ONLY. It will be every 2nd and 4th Tuesday of the month. The distribution dates for February are Tuesday, April 9th and Tuesday, April 23rd.

If you are interested in the program all individuals must complete the Senior Food Program Application. Applications are available at the Front Desk of the Senior Center and can be submitted Monday through Friday between the hours of 8 am - 1 pm. Applications can also be submitted on the day of the food pick up. Individuals must bring proof of age such as an ID or Driver's License and proof of home address which can be a PG&E bill, water bill, or statement listing out the name and residence of the individual. If you have any questions regarding the program please contact the Recreation Coordinator at ksantoyo@ci.pinole.ca.us

Looking to Volunteer? The Senior Center is looking for volunteers to assist with the Food Bank's Senior Food Program. Please contact the Recreation Coordinator at ksantoyo@ci.pinole.ca.us for more information.



PINOLE SENIOR CENTER
2500 Charles Avenue
Pinole, CA 94564
(510) 724-9800
www.ci.pinole.ca.us

US Postage Paid
Pinole, CA
Permit #112
Pre-Sorted Mail

TIME VALUE — DO NOT DELAY

DATED MATERIAL - Please deliver before April 3rd, 2024

RESIDENT OR CURRENT RESIDENT

The Pinole Senior Center celebrates our 50+ community everyday. We are actively aging while thriving in daily activities. We celebrate the birthdays of our Center members and wish them a happy and healthy revolution around the sun!



Marilyn Arbogast
Eleanor Byrd
Joyce Fernando
RK Gin
Margo Jorgensen
Fatemah Nazerian
Sienna Papucci
Chloe Rivera
Paula Skelton
Aadya Thapamagar
Mary Whaley

Rina Baker
Michael Chagollan
Kaeleb Vince Ferrer
Harry Hansen
Carol Lawson
Melanie Norton
Marla Parada
Steve Roth
Lillian Smithson
Traudel Weingand
Jutta Wiemhoff

Grace Brown
Laurel Eber
Nancy Frensley
William Herman
Jimmy Lusk
Alberta Nunes
Abigail Passage
Ares Saelee
Joy Speck
Marina Welches
Nancy Willis

Janice Byer
Paula Eeds
Lorraine Garcia
Gloria Horinouchi
Irene McGuire
Yachiyo Otsubo
Donna Rennie
Susan Schuette
Stephanie Telleria
Charles Whaley
Clarie Young

