

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 scgquest@ci.pinole.ca.us
or call the Front Desk at (510) 724-9800**

Page 1	Pinole Senior Center Classes/Activities <small>(Updated 2.20.24)</small>			
Time	Program	Member Fee	Non-Member Fee	Location
Monday				
10:00 AM	Line Dancing		\$4.00	Main Hall
10:00 AM	Clutterers Anonymous (CLA)	Donations Accepted		Card Room
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		Card Room
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

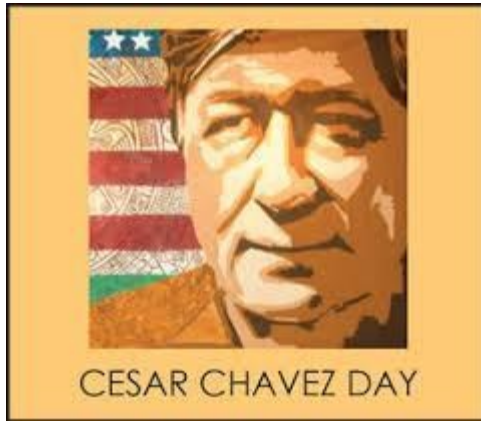
Pinole Senior Center Building Hours
The Pinole Senior Center is open Monday - Friday from 8:00 AM - 4:00 PM.
<i>It is strongly recommended all persons, regardless of vaccination status, continue to wear a face covering indoors.</i>

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.

Cesar Chavez Day



The Pinole Senior Center will be closed on Friday, March 29th in observance of Cesar Chavez Day. The center will reopen on Monday, April 1st for regular business hours.

Classes, Activities, & Services

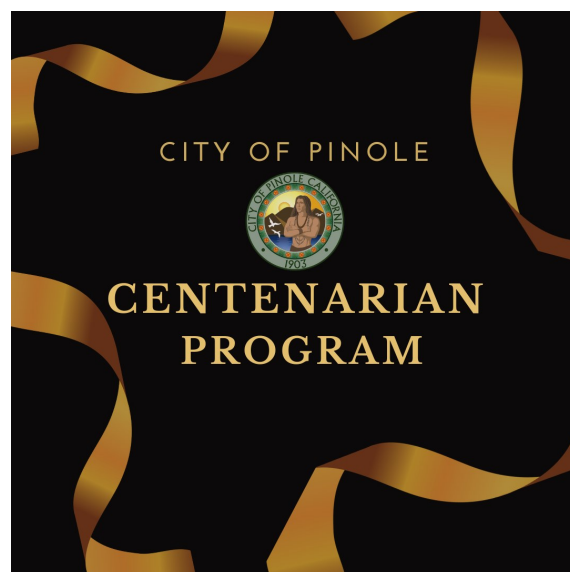
Knitting	 <p>The Knitting Group will be meeting on Tuesdays at 10 am in the Main Lobby. All levels are welcome. Bring your own supplies and projects. \$1 Members \$2 Non-Members</p>
Bridge	<p>Mondays and Thursdays 1:00 pm for mixed levels Fridays 2:00 pm for beginners level \$1 Members \$2 Non-members</p> 
Guitar	<p>Fridays 8:30 am for beginners 10:00 am for advanced \$1 Members \$2 Non-members Must bring own guitar</p> 
Karaoke	 <p>Come watch, be entertained, and even muster up the courage to sing! Last Wednesday of the month at 2pm (March 27) \$1 Members \$2 Non-members</p>
Speak Up!	 <p>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.</p>
Salon Services	<p>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</p> 
Book Club	<p><u>Monthly Reading List:</u></p>  <p>◇ TBD</p> <p>NEXT MEETING DATE: TUES, MARCH 26TH @ 10:30 AM</p>
Ukulele	 <p>Learn how to play a ukulele on Thursdays at 2pm! \$1 Members \$2 Non-members Must bring own ukulele</p>

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**

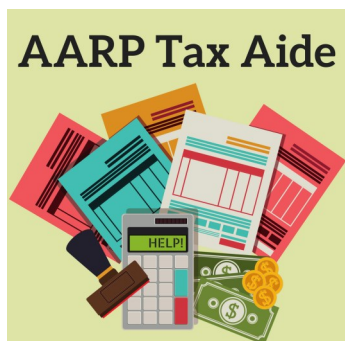
Looking to clean out your closet? Moving and have items you no longer need? Donate it to the Gift Shop! The Pinole Senior Center Gift Shop accepts donations of gently used items from glassware to jewelry.



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.



Arts & Crafts Classroom

AARP Tax-Aide Appointments will be taking place on Mondays and Wednesdays in the Arts & Crafts Room. Starting Monday, February 5th 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:

**CLASSROOM
CHANGE**

Mondays

Bridge @ 1:00 pm—Card Room

Wednesdays

Quilting @ 9:00 AM - Main Lobby

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)

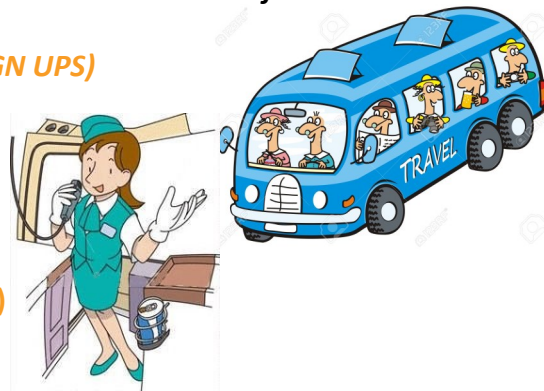
Wednesday, April 17th — \$107 per person

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



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



March 2024 To-Go Lunch Menu

Mon	Tue	Wed	Thu	Fri
 <p><i>Happy St. Patrick's Day!</i></p>				
<p>4</p> <p>5</p> <p>ITEMS ON THIS MENU MAY CONTAIN FOOD ALLERGENS.</p>		<p>6 <u>HOT MEAL - \$7</u> Salisbury Steak Mashed Potatoes Vegetables Soup / Salad Dessert</p>	<p>7 <u>HOT MEAL - \$7</u> Chicken & Shrimp Jambalaya Vegetables Soup / Salad Dessert</p>	<p>1</p>  <p>8 <u>A LA CARTE</u> • Quart of Frozen Carrot Ginger Soup -\$5 • Blueberry Pancakes, Scrambled Eggs, & Sausage Patty - \$5</p>
<p>11</p> <p>12</p> <p>Orders can be placed on Wednesdays at 2 pm for the following week.</p>		<p>13 <u>HOT MEAL - \$7</u> Turkey Noodle Casserole Vegetables Soup/ Salad Dessert</p>	<p>14 <u>HOT MEAL - \$7</u> Salmon Polenta Vegetables Soup / Salad Dessert</p>	<p>15 <u>A LA CARTE</u> • Quart of Frozen Chicken Noodle Soup -\$5 • Asparagus Quiche Wedge - \$5</p>
<p>18</p> <p>19</p> <p>PHONE NUMBER To place a lunch order please call our To-Go line at (510) 418-0313</p>		<p>20 <u>HOT MEAL - \$7</u> Pork Loin Baked Potato Vegetables Soup/ Salad Dessert</p>	<p>21 <u>HOT MEAL - \$7</u> Sweet & Sour Chicken Breast White Rice Vegetables Soup / Salad Dessert</p>	<p>22 <u>A LA CARTE</u> • Quart of Frozen Potato Leek Soup -\$5 • Grilled Cheese - \$5</p>
<p>25</p> <p>26</p> <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>		<p>27 <u>HOT MEAL - \$7</u> Sausage, Mushroom, Artichoke, Eggplant Pasta Vegetables Soup/ Salad Dessert</p>	<p>28 <u>HOT MEAL - \$7</u> Chili Burger w/ Cheese & Onions Soup / Salad Dessert</p>	<p>29</p>  <p>Cesar Chavez Day</p>

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.
4. You will NOT be charged a cancellation fee.

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, March 20th, 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

Asian

Caucasian

Native Hawaiian or Pacific Islander

Caucasian

Black/African American

Hispanic/Latino

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, March 11th 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, March 12th and Tuesday, March 26th.

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

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Pinole, CA
Permit #112
Pre-Sorted Mail

TIME VALUE — DO NOT DELAY

DATED MATERIAL - Please deliver before March 5th, 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!

March



Heidi Asao
Judy Dalton
David Dowrelío
Remigio Javellana
Marlene Martin
Christine McDonald
Toni Ramos
Gail Sherman
Carol Vega

Winnie Baird
Nancy Daniels
Joan Fewins
Joshua Lee
Pearl Martin
Karen McLean
Clara Saprása
Felyda Sosa-Domingo
Karel Waldron

Oji Blackston
Betty DeOrian
Sylvia Garcia
Sharon LeFebvre
Eddie Matchett
Clara Nichols
Victor Scipi
Lyn Taylor
Florence Yokoi

Noreen Buller
Frank Dill
Robbie Hughes
Linda Lewis-Drágo
Shirley McCormick
Edella Parada
Cynthia Scott
Letty Van

