

SENIOR CENTER

April 2025

NEWSLETTER



We invite you to share your thoughts and suggestions regarding our Senior Center Survey, which is currently displayed on the bulletin board in the lobby.

LUNCH SERVICE

Enjoy your lunch in the Main Hall from 12pm - 1pm

**IN-PERSON DINING IS OFFERED WEDNESDAYS THROUGH FRIDAYS
TICKETS FOR LUNCH ARE SOLD AT FRONT DESK ONLY.
TO-GO OPTIONS ARE NOT PROVIDED.**

Lunch Program Guidelines

1. Lunch reservations are required as meals are prepared based solely on reservations received.
2. Lunch reservations open every Wednesday at 2pm where you can order for the following Wednesday, Thursday, and Friday.
3. Call (510) 418-0313 to place your reservation. Leave a message with your name, number of lunches requested, and a telephone number. Messages will be reviewed in the order they are received.
4. Individuals who leave messages will receive a call back confirming their order was received.
5. Lunch reservations close two days before the lunch day or until the meals are sold out; whichever comes first.
6. Walk-up lunch orders are not available.
7. All lunch orders will be served for dine-in only.
8. There is a water station available to enjoy.
9. To-go containers are not available.
10. All lunch tickets and cookies are sold at the front desk.

Cancelling a Lunch Order

1. If you are no longer able to pick up your lunch please call (510) 418-0313 to remove your name from the list.
2. Please cancel your order at least one day before the scheduled lunch service, so your name can be removed from the list.

LUNCH VOLUNTEERS NEEDED

We are looking for volunteers to help the lunch program in the following areas:

Food Prep 9AM-1PM

Dishwasher 9:30AM -12:30PM and 11:30AM - 1:30PM

Ticket Check-in 12PM - 1PM

Stop by the Front Desk for a volunteer application to get started.

April Lunch Menu

Lunch program will be cancelled April 2 -April 18. Reservations will continue April 16th and the lunch program will resume, April 23rd.

Lunch Service is from 12PM - 1PM in the Main Hall.	<u>Wednesdays</u> Hot Meal	<u>Thursdays</u> Hot Meal	<u>Fridays</u> A La Carte
	02 LUNCH CANCELLED	03 LUNCH CANCELLED	04 LUNCH CANCELLED
	09 LUNCH CANCELLED	10 LUNCH CANCELLED	11 LUNCH CANCELLED
Orders can be placed on Wednesdays at 2pm for the following week. To place a lunch order please call the order line (510) 418-0313.	16 LUNCH CANCELLED *Make your reservations today, for next week!	17 LUNCH CANCELLED	18 LUNCH CANCELLED
	23 Beef Stroganoff Vegetables Soup / Salad Dessert	24 Herb Baked Chicken Wild Rice Vegetables Soup / Salad Dessert	25 Quart of Frozen Turkey Orzo Soup Loaded Baked Potato
Day of orders, walk ups and to go meals will NOT be available. Lunch tickets and cookies will be sold at front desk only.	30 Quiche Wedge Fresh Vegetables Soup / Salad Dessert	Items on this menu may contain food allergens	

Stop by the Front Desk to purchase your lunch tickets.

Lunch Prices:

Members \$8.00

Non-Members \$10.00

Friday Meals \$5.00

Activity Schedule

SENIOR CENTER IS OPEN

MONDAY - FRIDAY 8AM - 4PM

Date	Location	Activity	Time	Member and Non Member Fees
Monday	Main Hall	Beginners Line Dancing	9 AM - 10 AM	\$20 \$25 (*Monthly)
Monday	Main Hall	Improver Line Dancing	10:15AM - 11:15 AM	\$20 \$25 (*Monthly)
Monday	Main Hall	Stretch for Yoga	11:30 AM - 12:30 PM	\$2.50 \$3.50
Monday	Main Hall	Balance	12:45 PM - 1:45 PM	\$2.50 \$3.50
Monday	Main Hall	Yoga On A Mat	2 PM - 3 PM	\$2.50 \$3.50
Monday	Arts & Crafts Room	Bridge	1 PM - 4 PM	\$1 \$2
Monday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3
Tuesday	Main Hall	Zumba Gold	8:30 AM - 9:30 AM	\$2.50 \$3.50
Tuesday	Main Hall	Silver Sneaker Classic	10 AM - 11 AM	\$2.50 \$3.50
Tuesday	Main Hall	Balance	11:30 AM - 12:30 PM	\$2.50 \$3.50
Tuesday	Arts & Craft Room	Book Club (4th Tuesday)	10:30 AM - 12 PM	\$1 \$2
Tuesday	Arts & Craft Room	Pinochle	12:30 PM - 4 PM	\$1 \$2
Tuesday	Card Room	Cribbage	1 PM - 2 PM	\$1 \$2
Tuesday	Main Lobby	Knitting Group	10 AM - 12:30 PM	\$1 \$2
Tuesday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3
Wednesday	Main Hall	Yoga & More	9 AM - 10 AM	\$2.50 \$3.50
Wednesday	Main Hall	Silver Sneakers EnerChi	10:30 AM - 11:30 AM	\$2.50 \$3.50
Wednesday	Arts & Crafts Room	Quilting	9 AM - 12 PM	\$1 \$2
Wednesday	Card Room	Speak Up!	10 AM - 11 AM	No Fee
Wednesday	Card Room	Mah Jongg	12:30 PM - 4 PM	\$1 \$2
Wednesday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3
Thursday	Main Hall	Zumba Gold	8:30 AM - 9:30 AM	\$2.50 \$3.50
Thursday	Main Hall	Silver Sneakers Classic	10 AM - 11 AM	\$2.50 \$3.50
Thursday	Arts & Crafts Room	Quilting	9:30 AM - 12:30 PM	\$5 \$7
Thursday	Arts & Crafts Room	Bridge	1 PM - 4 PM	\$1 \$2
Thursday	Main Lobby	Fiber Arts Group	9:30 AM - 10:30 AM	\$1 \$2
Thursday	Main Lobby	Ukulele	2 PM - 4 PM	\$1 \$2
Thursday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3
Friday	Main Hall	Yoga & More	9 AM - 10 AM	\$2.50 \$3.50
Friday	Main Hall	Floor Class	10:30 AM - 11:30 AM	\$2.50 \$3.50
Friday	Main Hall	Strength Training	1:30PM - 2:30PM	\$2.50 \$3.50
Friday	Arts & Crafts Room	Guitar	8:30 AM - 9:30 AM	\$1 \$2
Friday	Arts & Crafts Room	Advance Guitar	10 AM - 11 AM	\$1 \$2
Friday	Arts & Crafts Group	Beginners Bridge	2 PM - 4 PM	\$1 \$2
Friday	Card Room	Arts & Craft Workshop	12 PM - 2 PM	\$5 \$7
Friday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3

PROGRAMS & SERVICES

Knitting

The Knitting Group meets on Tuesdays at 10AM
Bring your own supplies and projects,
all levels are welcome.
\$1 Members | \$2 Non-Members

Bridge

Mixed Levels Mondays & Thursdays at 1PM
Beginner Level - Fridays at 2PM
\$1 Members | \$2 Non-Members

Guitar

Fridays
Beginners at 8:30AM / Advanced at 10AM
\$1 Members | \$2 Non-Members
Must bring your own guitar

Book Club

Hello Readers and Thinkers!
Our Book of the
Month for **April**
Intermezzo by Sally Rooney

Speak Up

A discussion group where people talk about
life experiences, challenges, & success stories.
Wednesdays at 10AM to 11:30AM

Ukulele

Learn how to play a ukulele
on Thursdays at 2PM
\$1 Members | \$2 Non-Members
Must bring your own ukulele

Salon Services

Hairstyles by Sandy
By appointment only on
Wednesdays-Fridays 10AM - 4PM
Call (510) 417-5110 to book an appointment

Arts & Crafts Group

Fridays at 12PM – 3PM
\$5 Members | \$7 Non-Members
Will explore various Arts & Crafts including
jewelry creations, upcycling and repairs

Coffee Bar

The Senior Center Coffee Bar is open
Tuesdays from 10am-11am or until sold out
\$1 coffee and \$1 per pastry

Gift Shop

Monday - Friday 9:30 AM - 12:30 PM
The Gift Shop accepts donations of gently used items.
Submit donations to the gift shop. Items donated are
for resale and are not tax deductible.

Quilting

Wednesdays at 9AM - 12PM Drop-In
\$1 Members | \$2 Non-Members
Thursdays at 9:30AM - 12:30PM
6-Week Fee: \$20 - Members | \$25 Non-Members
Drop-In: \$5 - Members | \$7 Non-members

Pool Room

Monday - Friday during hours of operation.
All levels are welcome and a maximum of 14
individuals will be permitted in the Pool Room.
\$1.50 Members | \$3.00 Non Members



EVENING CLASSES



Evening community exercise classes.

Mondays 6pm-7pm - **Turbo Kick**

Tuesdays & Fridays 6-7 pm - **Zumba**

Thursdays 6-7 pm - **Zumba Toning**

Monthly Fee: Residents \$60 / Non-Residents \$65 (access to all classes above)

Wednesdays 5pm - 6pm - **Floor Class** - Ages 18+ | Monthly Fee: \$40 / Non-Residents \$45

Drop- In single rates available. To register online, please visit www.pinolerec.com

Class Updates

Monday Updates:

Join us for **Beginner Line Dancing** class every Monday at 9AM, led by Lois Butler.

4 weeks \$20 members | \$25 non-members |

Fee may be subjected based on number of classes. Classes start on April 7th.

Interested in Teaching a Class?

Do you enjoy working with the community?

Is there a class you would like to offer and be an instructor?

If your answer is yes, please email us at recreation@pinole.gov for more information.

Email List

Stay up to date on senior center programs, classes, and events by joining our email list.

Send your email address and full name to aramirez@pinole.gov.

2025 Senior Center Membership

Apply / renew membership at the Senior Center!

Visit the front desk Monday-Friday 8AM - 4PM to register.

Everyone must complete the "New Member" form.

Reminder: Please continue to present your membership card at the front desk to enjoy member-only rates and benefits.

Annual Membership fee is \$30



Collection Display Case

Join us in decorating the display case with your cherished collection.

If you're interested in showcasing your collection for 2025, please reach out to Kay Johnson at kjon68@hotmail.com. Each display will be featured for one month.

Gift Shop

Spring Cleaning? Have donations? The Gift Shop is looking for donations. Items such as jewelry, silverware, dishes, yarn, and any household items.

Drop off and Gift Shop hours 9:30AM - 12:30PM

Travel Trips (Long Distance)

Colorado Rockies Western Nat'L Parks

Departs - June 15, 2025 (9 Days)

\$4,025 PP DBL - SS - \$1,200.00

Rome & The Country Roads of Tuscany

Departs - October 14th, 2025 (9 Days)

\$4249 PP DBL - SS - \$700.00

Highlights of England, Scotland & Wales

Departs - October 1, 2025 (9 Days)

\$4,499 PP DBL - SS - \$1,200.00



Smokey Mts. & Pigeon Forge Holiday

December 7, 2025 (5 Days)

\$2,849.00 PP DBL - SS - \$725.00

Egg Hunt

Come and join the fun. Egg Hunts are by age groups, food vendors, & activities to enjoy.
10:30AM - Ages 0-3 | 11:00AM - Ages 4 - 6 | 11:30AM - Ages 7 - 12

Saturday, April 5th

10AM - 12PM

Fernandez Park - 595 Tennent Avenue.



Pinole Earth Walk

Community walk, refreshments, eco-activities, & vendors.

Saturday, April 19th

9AM - 12PM

Fernandez Park 595 Tennent Avenue.



Food Bank of Contra Costa & Solano County

Drive -Thru Food Distribution

The Food Bank of Contra Costa and Solano will provide free fresh produce on
Monday, April 14th, 9am - 10am (or until supplies last) at the Senior Center.

Open to all; no senior center membership required. This is a drive-thru distribution—stay in your vehicle and follow staff directions. First come, first served.

Food Bank of Contra Costa and Solano County Senior Food Program

Low-income seniors (55+) can receive free groceries, including pantry staples, eggs, cheese, and meats, twice a month. Available to **Pinole** senior residents only.

Next distribution: Tuesday, April 8th and Tuesday, April 22nd

To participate, complete an application at the front desk or on the day of pick-up. ID and proof of address required.

Program Updates:

- If you cannot pick up 6 or more consecutive times, you may no longer be eligible for the program.
- Should someone need to pick up your items for you, you must fill out a One-Time Pick-Up Authorization form for the person you wish to pick up in your place.
- Questions, contact the Recreation Manager at mpicazo@pinole.gov.



PINOLE SENIOR CENTER

2500 Charles Avenue

Pinole, CA 94564

(510) 724-9800

www.pinole.gov

US Postage Paid

Pinole, CA

Permit #112

Pre-Sorted Mail

TIME VALUE - DO NOT DELAY

Dated Material - Please deliver before April 1, 2025

RESIDENT OR CURRENT RESIDENT