

SENIOR CENTER

**March 2025**

**NEWSLETTER**



**In observance of the Cesar Chavez Day, the Senior Center will be closed on Friday, March 28, 2025.**

**2500 Charles Avenue, Pinole, CA 94564  
(510) 724 - 9800 [www.pinole.gov](http://www.pinole.gov)**

# LUNCH SERVICE UPDATE

**Enjoy your lunch in the Main Hall from 12pm to 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.

# 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.

# March Lunch Menu

<p>Join your friends or make new ones over a great lunch!</p> <p>Lunch Service is from 12PM - 1PM in the Main Hall.</p>	<u>Wednesdays</u> Hot Meal	<u>Thursdays</u> Hot Meal	<u>Fridays</u> A La Carte
	<p>05</p> <p>Spaghetti with Meat Ragu Vegetables Soup / Salad Dessert</p>	<p>06</p> <p>Ground Turkey Stuffed Bell Pepper Vegetables Soup / Salad Dessert</p>	<p>07</p> <p>Quart of Frozen Beef Barley Soup</p> <p>Grilled Ham and Cheese Sandwich</p>
	<p>12</p> <p>Tilapia Filet Brown Rice Vegetables Soup / Salad Dessert</p>	<p>13</p> <p>Corned Beef and Cabbage Vegetables Soup / Salad Dessert</p>	<p>14</p> <p>Quart of Frozen Chicken Noodle Soup</p> <p>Pulled Pork Sandwich</p>
	<p>19</p> <p>Sloppy Joe Tater Tots Vegetables Soup / Salad Dessert</p>	<p>20</p> <p>Pork Chop Baked Potato Vegetables Soup / Salad Dessert</p>	<p>21</p> <p>Quart of Frozen Lentil Soup</p> <p>Turkey Burrito</p>
	<p>26</p> <p>Chicken Cacciatore over Polenta Vegetables Soup / Salad Dessert</p>	<p>27</p> <p>Cod Filet Garlic Roasted Red Potatoes Vegetables Soup / Salad Dessert</p>	<p>28</p> <p><b>*HOLIDAY*</b></p> <p><b>Center Closed</b></p>

## Lunch Prices:

Members \$8.00  
Non-Members \$10.00  
Friday Meals \$5.00

Items on this menu  
may contain  
food allergens

Stop by the Front Desk to purchase your lunch tickets.



# Activity Schedule

SEIONR CENTER IS OPEN

MONDAY - FRIDAY 8AM - 4PM

Date	Location	Activity	Time	Member and Non Member Fees
Monday	Main Hall	Line Dancing	10 AM - 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 March  
"Orbital" by: Samantha Harvey

## 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 a gift shop worker. 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



# NEW EVENING CLASSES



We are excited to welcome **new 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

To register, please visit [www.pinolerec.com](http://www.pinolerec.com)

## Class Updates

### Monday Updates:

- Beginning in April, join us for a **Beginner Line Dancing** class every Monday at 8:30 AM, led by Lois Butler. Monthly Fee \$20 members | \$25 non-members
- Clutters Anonymous** on will no longer be offered.

### Friday Updates:

- New Class - **Strength Training**, 1:30PM - 2:30PM taught by Jacqueline Corl-Seidel.

## 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](mailto: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](mailto:aramirez@pinole.gov).

## 2025 Senior Center Membership

Renew your 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**

## Measure I Workshop

Join us on **Saturday, March 1, 9am-11am** in the main hall to discuss how Measure I funds may be invested in road repair, parks and special projects that you feel should be prioritized! If you cannot attend the workshop, please take a few minutes to complete the survey and help guide our planning process at <https://publicinput.com/g51306>.

## 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

2025

### 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](mailto:kjon68@hotmail.com). Each display will be featured for one month.

### WestCAT Evolution Presentation

**Date and Time: Wednesday, March 12, 1:30pm - 2:15pm**

**Location: Main Hall**

**Presenter: Ronny Kraft with WestCAT**

WestCAT Evolution is a project to enhance community transit services by assessing routes, schedules, Dial-a-Ride, and service gaps. We're currently seeking community input to shape the future of public transportation in the WestCAT service area.

### 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, March 10, 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, March 11th and Tuesday, March 25th**

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](mailto:mpicazo@pinole.gov).



PINOLE SENIOR CENTER

2500 Charles Avenue

Pinole, CA 94564

(510) 724-9800

[www.pinole.gov](http://www.pinole.gov)

US Postage Paid

Pinole, CA

Permit #112

Pre-Sorted Mail

TIME VALUE - DO NOT DELAY

Dated Material - Please deliver before March 1, 2025

RESIDENT OR CURRENT RESIDENT