

CITY OF PINOLE

SENIOR CENTER

May 2025

NEWSLETTER



In observance of Memorial Day, the
Senior Center will be closed on
Monday, May 26, 2025

2500 Charles Avenue, Pinole, CA 94564
(510) 724 - 9800 www.pinole.gov/seniors

LUNCH SERVICE UPDATE

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 week.
3. Call (510) 418-0313 to place your reservation. Leave a message with your name, number of lunches requested, and a telephone number.
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.
6. Walk-up lunch orders are not available.
7. All lunch orders will be served for dine-in only, to-go containers are not available.
8. All lunch tickets and cookies are sold at the front desk.

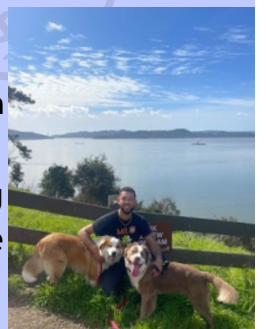
Cancelling a Lunch Order

If you are no longer able to pick up your lunch or would like to cancel, please call (510) 418-0313 to remove your name from the list.

NEW!

Recreation Coordinator, Mychael Jamison

Hi Everyone! My name is Mychael, I grew up here in the East Bay in Richmond and attended El Cerrito High School. I played collegiate baseball at Mississippi Valley State University and since baseball is my sport, I should forewarn everyone that even though I grew up here, I am actually a Dodgers fan. It has been great getting to know everybody so far and I look forward to continuing the efforts of the Community Services team to make sure that the Senior Center is a fun and safe environment for everybody!



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.

May 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>	<p><u>Wednesdays</u> Hot Meal</p>	<p><u>Thursdays</u> Hot Meal</p>	<p><u>Fridays</u> A La Carte</p>
	<p>Items on this menu may contain food allergens</p>	<p>01 Open Faced Hot Roast Beef Mashed Potatoes Vegetables Soup / Salad Dessert</p>	<p>02 Quart of Frozen Minestrone Soup Fried Eggs over Corned Beef Hash</p>
<p>Orders can be placed on Wednesdays.</p> <p>At 2pm for the following week.</p> <p>To place a lunch order please call our Order Line (510) 418-0313.</p>	<p>07 Seasoned Cod Filet Wild Rice Vegetables Soup / Salad Dessert</p>	<p>08 Baked Ham Scalloped Potatoes Vegetables Soup / Salad Dessert</p>	<p>09 Quart of Frozen Tomato Basil Artichoke Soup Housemade Calzone</p>
<p>Day of orders, walk ups and to go meals will not be available.</p> <p>Lunch tickets and cookies will be sold at front desk only.</p>	<p>14 Sweet and Sour Pork Over White Rice Vegetables Soup / Salad Dessert</p>	<p>15 Ginger Chicken Salad Soup Dessert</p>	<p>16 Quart of Frozen Cauliflower Pesto Soup Grilled Ham and Cheese</p>
	<p>21 Roasted Turkey Breast Bread Stuffing Vegetables Soup / Salad Dessert</p>	<p>22 Meatloaf Mashed Potatoes Vegetables Soup / Salad Dessert</p>	<p>23 Quart of Frozen Potato Bacon Chive Soup Tuna Sandwich</p>
<p>Lunch Prices:</p> <p>Members \$8.00 Non-Members \$10.00 Friday Meals \$5.00</p>	<p>28 Chicken Salad Sandwich on Croissant German Potato Salad Soup / Dessert</p>	<p>29 Shrimp Pasta Primavera Vegetables Soup / Salad Dessert</p>	<p>30 Quart of Frozen Manhattan Clam Chowder Soup Pork Fried Rice</p>

Stop by the Front Desk to purchase your lunch tickets.

Senior Center Activity Schedule

MONDAY – FRIDAY 8AM – 4PM

Date	Location	Activity	Time	Member Fees
Monday	Main Hall	Beginner Line Dancing	9 AM - 10 AM	\$20 \$25 (*Monthly)
Monday	Main Hall	Improver Line Dancing	10:15 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 & Craft 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 Sneakers 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 & Crafts Room	Book Club (4th Tuesday)	10:30 AM - 12 PM	\$1 \$2
Tuesday	Arts & Crafts 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 - 10 AM	\$1 \$2
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	1:30 PM - 2:30 PM	\$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 Room	Beginners Bridge	2 PM - 4 PM	\$1 \$2
Friday	Card Room	Arts & Crafts 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

4th Tuesday of the month
Hello Readers and Thinkers!
Our Book of the
Month for **May**
The Art Thief by Michael Finkel

Pinochle

Pinochle - Tuesdays at 12:30 - 4 PM
Come on in and learn how to play Pinochle, a 48
card deck classic.

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

Cribbage

Cribbage - Tuesdays at 1 PM - 2PM
Come and enjoy a card game. Don't know how to
play? Someone will be happy to show you.

Mah Jongg

Wednesdays at 12:30 PM - 4 PM
This class is a great way to sharpen your mind, connect with
others, and enjoy a bit of friendly competition.

EVENING 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)

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



We invite you to join our swim fitness class all season long!
Class will include cardio, toning, and low-impact exercises.



NOW - OCTOBER 12

SUNDAYS AT 11 AM

GENERAL \$20 | 65+ \$15

SWIM CENTER

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.



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.

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.

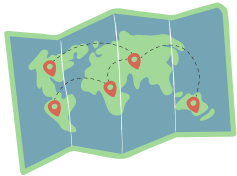
Annual Membership fee is \$30

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.

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)

Smokey Mts. & Pigeon Forge Holiday

December 7, 2025 (5 Days)

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



Highlights of England, Scotland & Wales

Departs - October 1, 2025 (9 Days)

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

Rome & The Country Roads of Tuscany

Departs - October 14th, 2025 (9 Days)

\$4249 PP DBL - SS - \$700.00

TRAVEL PRESENTATION

Wednesday, May 21ST AT 1:00 P.M.

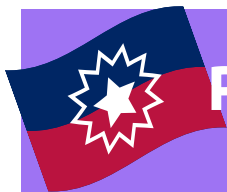
**REVIEW OF 2025 TOURS &
PRESENTATION OF 2026 TOURS**



Community Service Day



Join us on Saturday, May 17th from 9 am - 11 am at the Youth Center (635 Tennent Avenue) for Community Service Day - a day of service dedicated to better our Pinole community! We invite you to participate in our volunteer-led efforts across the city.



Pride and Juneteenth Celebration



We are excited to host our 3rd annual Pride and Juneteenth Celebration on Sunday, June 8th from 12 -3 pm at Fernandez Park (595 Tennent Avenue). Join us for a day of celebration with musical performances, food trucks, local vendors, and children's activities.

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 May 1, 2025

RESIDENT OR CURRENT RESIDENT

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, May 12th, 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.

Attention : Please no left turn into Sr. Center parking lot during drive - thru distribution

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, May 13th and Tuesday, May 27th

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 Coordinator at mjamison@pinole.gov

