

CITY OF PINOLE

SENIOR CENTER

July 2025

NEWSLETTER



In observance of July 4th, the Senior Center will be closed on Friday, July 4, 2025. The center will reopen on Monday, July 7, 2025.

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

LUNCH SERVICE UPDATE

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

**IN-PERSON DINING IS NOW OFFERED TUESDAYS 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 solely on reservations received.
2. Lunch reservations open every Monday at 8 AM 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.

SENIOR CENTER UPDATES

- **Lunch Program Updates (Beginning July 1):**
 - Meals will be served Tuesday through Friday.
 - Salads will be served in the summer and spring months, and soup will be served in the fall and winter months.
 - Baked Goods will be priced at \$2.00.
- **Senior Food Program:** Please bring your own reusable bag for food distribution. This is in compliance with the Single Use Plastic Foodware and Bag Reduction Ordinance, which takes effect July 1 in the City of Pinole.

Class Cancellations: All of Jacqueline's classes (Stretch for Yoga, Balance, Floor Class, and Strength Training) will be cancelled for the month of July due to instructor availability.

July Lunch Menu

Lunch Service is from 12 PM - 1 PM in the Main Hall.

<u>Tuesdays</u> Hot Meal	<u>Wednesdays</u> Hot Meal	<u>Thursdays</u> Hot Meal	<u>Fridays</u> A La Carte
01 Turkey Pinwheel Sandwich Pasta Salad Salad Dessert	02 Basa Fish Filet Herbed Rice Vegetables Salad Dessert	03 Ground Turkey Sloppy Joe Roasted Red Potatoes Vegetables Salad Dessert	July 4th Holiday Center Closed
08 Pork Chop Mashed Potatoes Vegetables Salad Dessert	09 Ravioli with Pesto Sauce Vegetables Salad Dessert	10 Stuffed Bell Pepper Vegetables Salad Dessert	11 Quart of Frozen Vegetable Soup Crab Salad (Imitation) Sandwich
15 Grilled Chicken Breast over Pasta Primavera Vegetables Salad Dessert	16 Corned Beef Sandwich Cabbage Slaw Salad Dessert	17 Breaded Pollack Baked Potato Vegetables Salad Dessert	18 Quart of Frozen Chicken Noodle Meatloaf Sandwich
22 Italian Sausage over Soft Polenta Vegetables Salad Dessert	23 Bacon Cheddar Quiche Wedge Tater Tots Salad Dessert	24 Meatloaf Mashed Potatoes Vegetables Salad Dessert	25 Quart of Frozen Tomato Basil Artichoke Soup Tuna Sliders
29 Smothered Chicken Breast with Mushroom Gravy Bread Stuffing Vegetables Salad Dessert	30 Spaghetti and Meatballs Vegetables Salad Dessert	31 Tamale Casserole Vegetables Salad Dessert	<u>Lunch Prices</u> Members \$8.00 Non-Members \$10.00 Friday Meals \$5.00

Items on this menu may contain food allergens

To place a lunch order, please call our Order Line (510) 418-0313.
Orders can be place on Mondays at 8am for the following week.

Stop by the Front Desk to purchase your lunch tickets.

Senior Center July Activity Schedule

MONDAY - FRIDAY (8 AM - 4 PM)

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	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	Dancing Through the Decades	2:15 PM - 3:15 PM	\$2.75 \$3.75
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 - 12 PM	\$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	Main Hall	Body Weight Training	2:15 PM - 3:15 PM	\$2.75 \$3.75
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	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 10 AM
Bring your own supplies and projects,
all levels are welcome.
\$1 Members | \$2 Non-Members

Bridge

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

Guitar

Fridays
Beginners at 8:30 AM / Advanced at 10 AM
\$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 **June**
Cry the Beloved Country by Alan Paton

Line Dancing

Mondays
Beginners at 9 AM / Improvers – 10:15 AM
Monthly Fee* \$20 Members | \$25 Non-Members
Get ready to step, stomp, and slide—join us for a fun-filled line dancing

Ukulele

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

Salon Services

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

Arts & Crafts Group

Fridays at 12 PM – 3 PM
\$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
10 AM - 11 AM 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 9 AM - 12 PM Drop-In
\$1 Members | \$2 Non-Members
Thursdays at 9:30 AM - 12:30 PM
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

Pinochle & Cribbage

Pinochle - Tuesdays at 12:30 PM - 4 PM
Cribbage - Tuesdays at 1 PM - 2 PM
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.

NEW!

New Classes

"Dancing Through the Decades" **Tuesdays, 2:15 PM - 3:15 PM**

"Body Weight Training" **Thursdays, 2:15 PM - 3:15 PM**

Perfect for all fitness levels! Don't miss out, come try them both!

Class Fee: Member \$2.75 | Non-Member \$3.75

CHP Car Insurance Class

Join the California Highway Patrol's "Age Well/Drive Smart" presentation on July 30th from 1 PM - 3 PM in the arts & craft room. If you would like to participate, please sign up at the front desk. If you have any questions, please email mjamison@pinole.gov.



Enjoy swim fitness class all season long! Classes include cardio, toning, and low-impact exercises.

APRIL 26 - OCTOBER 12
SATURDAYS &
SUNDAYS AT 11 AM

SWIM CENTER

EVENING CLASSES



Mondays 6:30 PM- 7:30 PM - **Turbo Kick**

Tuesdays & Wednesdays 6:30 PM - 7:30 PM - **Zumba**

Thursdays 6:30 PM - 7:30 PM - **Zumba Toning**

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

Drop- In Rates: Residents \$9 / Non-Residents \$10

To register online, please visit www.pinolerec.com



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.

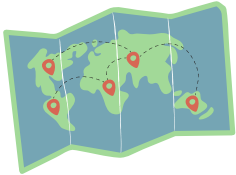


Email List

Stay up to date on senior center programs, classes, and events by joining our email list.
Send your email address and full name to mjamison@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 9:30 AM - 12:30 PM



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

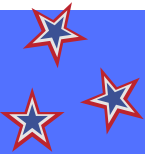
Departs - October 1, 2025 (9 Days)

\$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



July 4th Celebration

Celebrate Independence Day with an evening of festivities at Pinole Valley High School (2900 Pinole Valley Rd.) on Friday, July 4th, from 6:30 PM - 9:30 PM. Enjoy a vibrant holiday experience featuring a variety of food vendors, engaging children's activities, and a captivating live drone show at sundown.



Summer Concert & Movie Series at Fernandez Park



Catch those summer vibes under the stars at Fernandez Park with a Summer Concert & Movie Series! The fun kicks off on July 10 with live music by Dos Four from 6:30 PM – 8 PM, followed by concerts featuring 6Peace on July 24 and Trio Sin Lio on August 7.

Stick around for our outdoor movie nights starting July 18 with Moana 2 at sundown. Enjoy more movie magic with The Wizard of Oz on August 1 and Inside Out 2 on August 15. Bring your blankets, lawn chairs, and loved ones for an unforgettable summer evening of music and movies!

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 July 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, July 14th, 9 AM - 10 AM (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. **Please note, the Senior Food Program is switching to the choice method, where you will now need to bring you own bag with you, and you will select the items you want.**

Next distribution: Tuesday, July 8th and Tuesday, July 22nd, 10 AM - 11 AM

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

Program Updates:

- 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

