

CITY OF PINOLE

SENIOR CENTER

AUGUST 2025 NEWSLETTER



In observance of Labor Day, the Senior Center will be closed on Monday, September 1, 2025. The center will reopen on Tuesday, September 2, 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

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.

Volunteers Needed

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

Food Prep 9 AM - 1 PM

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

Ticket Check-in 12 PM - 1 PM

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

CENTER UPDATES

Class Updates: Starting August 1st, all of Jacqueline's classes will resume including Stretch For Yoga, Balance, Floor Class, and Strength Training.

- Tuesday's Balance class will now be offered on **Wednesdays** from **1:30 PM - 2:30 PM**.

Class Cancellations: The two classes (Dancing Through the Decades and Body Weight Training) have been cancelled due to instructor availability.

New Class Alert: There will be a Watercolor class starting in **September**. Stay tuned —more details will be available soon.

Holiday Craft Fair: Mark your calendars! The Holiday Craft Fair will be held on **Saturday, November 15**. Registration opens for Senior Center members on **Monday, September 8**, and for the general public on **Tuesday, September 9**.

AUGUST LUNCH MENU

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

<u>Tuesday</u> Hot Meal	<u>Wednesday</u> Hot Meal	<u>Thursday</u> Hot Meal	<u>Friday</u> A La Carte
Lunch Prices Members \$8.00 Non-Members \$10.00 Friday Meals \$5.00			01 Quart of Frozen Potato Bacon Soup Chili Stuffed Baked Potato
05 BBQ Chicken Breast Macaroni Salad Vegetables Cup of Soup Dessert	06 Beef Pastry Wrap Mashed Potatoes Vegetables Salad Dessert	07 Shrimp Fettuccine Vegetables Salad Dessert	08 Quart of Frozen Creole Chicken Soup Pancakes Bacon & Eggs
12 Open Faced Turkey Mashed Potatoes Vegetables Salad Dessert	13 Chef's Salad (ham, turkey, tomato, egg) Cup of Soup Dessert	14 Pork Roast Rice Pilaf Vegetables Salad Dessert Lunch will be served at 11:30 AM.	15 Quart of Frozen Lentil Soup Egg Salad Sandwich
19 Baked Ham Scalloped Potatoes Vegetables Salad Dessert	20 Seasoned White Fish Wild Rice Vegetables Salad Dessert	21 Oven Fried Chicken Mac and Cheese Vegetables Salad Dessert	22 Quart of Frozen Carrot/Ginger Soup Focaccia Pizza Bread
26 Tuna Sandwich Potato Salad Salad Dessert	27 Quiche Wedge Vegetables Salad Dessert	28 Enchilada Casserole Beans Vegetables Salad Dessert	29 Quart of Frozen Vegetable Beef Soup Hot Dog

Items on this menu may contain food allergens

To place a lunch order, please call the Order Line (510) 418-0313.
Orders can be placed starting on Mondays at 8am for the following week.
Stop by the Front Desk to purchase your lunch tickets.

SENIOR CENTER AUGUST 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	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	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	Main Hall	Balance	1:30 PM - 2:30 PM	\$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	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 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 **August**
The Island of Missing Trees by Elif Shafak

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.

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

Interested in Teaching a Class?

Do you enjoy working with the community? Are you passionate about working with seniors?
Is there a class you would like to offer and be an instructor?

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

Available times in the Main Hall for instruction include:

Mondays, Wednesdays, and Fridays from **3 PM - 6 PM**

Tuesdays and Thursdays from **1:30 PM - 6 PM**



Get Involved in Your Community!

The City of Pinole is seeking residents to serve on local boards and committees. Help shape programs and policies that impact our city!



Current vacancies include:

- Community Services Commission (two-year term)– 3 openings
- Traffic and Pedestrian Safety Committee (TAPS) (two-year term) – 1 opening

Deadline to apply: Thursday, August 21, 2025.

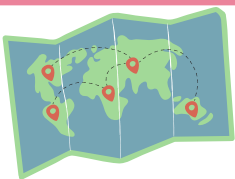
Learn more and apply online at www.pinole.gov/boards-commissions or for questions contact City Clerk Heather Bell at (510) 724-8928 or hbell@pinole.gov.



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 continues with outdoor movie nights at sundown on August 1st with a showing of The Wizard of Oz followed by Inside Out 2 on August 15th. Stick around for our concert finale with live music from Trio Sin Lio on August 7th from 6:30 PM - 8 PM. Bring your blankets, lawn chairs, and loved ones for an unforgettable summer evening of music and movies!



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



New Evening Class

"Circuit and Fitness Training" Fridays, 6:30 PM - 7:30 PM

Please note: Due to instructor availability, this class will start on **August 22nd**.

August Monthly Fee:

Residents \$20 | Non-Residents \$22 | Drop-In Fee: Residents \$12 | Non-Residents \$13

Pinole Accessible Living (PAL) Program

Join the City of Pinole this fall for the PAL Program—free, expert-led workshops on home accessibility, safety, energy efficiency, and aging in place. Open to all residents!

Discover the PAL Program: Practical Tips for Safer, More Livable Homes

The City of Pinole is excited to launch the Pinole Accessible Living (PAL) workshop series—empowering residents with tools to make their homes safer, more comfortable, and better suited for aging in place.

This workshop series is generously funded by a grant from AARP.

Workshop 1: Foundations of Universal Design

Join Certified Aging-in-Place Specialist **Fritzi Gros-Daillon** for an engaging session introducing the principles of universal design using AARP's award-winning HomeFit Guide. Learn simple, affordable ways to make your home work better for you—now and in the future.

 **Date: Thursday, October 14**

 **Time: 12:00 PM – 1:00 PM**

 **Location: Pinole Senior Center**

 Light refreshments provided

 Senior lunch available for purchase (pre-order through Senior Center required)

What's Coming Up in the PAL Series?

Each month features hands-on sessions with helpful tips and expert advice:

- **September** – Making Homes More Accessible & Navigating the Permitting Process
- **October** – Energy Efficiency Upgrades & Hiring the Right Contractor
- **November** – Emergency Preparedness & Independent Living Resources

 Sign up for a workshop online at: www.pinoles.gov/pinoles-accessible-living-program/

 Or sign up in person at the Pinole Senior Center (Coming Soon)


Let's work together to make every home a place where people of all ages and abilities can thrive.

Become a PAL Ambassador – Help Make Homes Safer and More Livable for All

The City of Pinole is looking for enthusiastic and caring PAL Ambassadors to support our Pinole Accessible Living (PAL) workshop series—designed to help Pinole residents age in place safely and comfortably. This is a wonderful opportunity to make a real difference in the community while connecting with others who care about accessibility, aging, and empowerment.

The workshop series will be held monthly at the Pinole Senior Center from September through November, with each session focusing on a different topic related to home safety, accessibility, and aging in place.

We're seeking approximately 6 volunteers to help with:

 Spreading the word—Share PAL workshop information with friends, neighbors, and local networks, especially senior and disability advocacy groups.

 Helping with sign-ups—Support folks who may be digitally shy by signing them up in person

 Collecting feedback—Assist with distributing and gathering participant surveys.

 Supporting at workshops—Help greet attendees, serve refreshments, and ensure everything runs well.

No special experience needed—just a heart for helping others!

If you're interested in becoming a PAL Ambassador, visit the [PAL website](http://www.pinoles.gov/pinoles-accessible-living-program/) to sign up.

Together, we can make Pinole a place where everyone can live well, age well, and stay safe at home. 

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 August 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, August 11th, 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 has switched to the "choice" method. Please bring your own bag and you will have an opportunity to now select the items you would like to take home.**

Next distribution: Tuesday, August 12th and Tuesday, August 26th, 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

