

CITY OF PINOLE

SENIOR CENTER

SEPTEMBER 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 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.

Kitchen Maintenance

Due to a kitchen maintenance project, all exercise classes in the Main Hall (Zumba Gold, Silver Sneakers Classic, Yoga & More, Floor Class, Strength Training, & Circuit & Functional Training) will be cancelled on **Thursday, September 18**, and **Friday, September 19**.

The Main Hall will reopen on **Monday, September 22**.

COMMUNITY EVENTS

Coastal Clean-up - Saturday, September 20 from **9 AM - 12 PM** held at Bayfront Park (1 Tennent Avenue).

Community Blood Drive - Thursday, September 18 from **8 AM - 4 PM** held at Pinole Youth Center (635 Tennent Avenue).

SEPTEMBER 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	
02	Turkey Rice Casserole Vegetables Salad & Dessert	03	Baked Penne Pasta with Sausage Ragu Vegetables Salad & Dessert	04	Salmon Baked Potato Vegetables Salad & Dessert Lunch will be served at 11:30 AM.	05	Quart of Frozen Minestrone Soup Beef and Cheese Nacho Plate
09	BBQ Pulled Pork Macaroni Salad Vegetables Cup of Soup Dessert	10	Beef Tips over Noodles Vegetables Salad & Dessert	11	Ginger Chicken Salad Cup of Soup Dessert	12	Quart of Frozen Creamy Cauliflower Red Pepper Pesto Soup Crab Salad (imitation) Sandwich
16	Sloppy Joe Roasted Potato Wedges Vegetables Salad & Dessert	17	Breaded Pollock Baked Potato Vegetables Salad & Dessert	18	Lunch Cancelled Kitchen Maintenance	19	Lunch Cancelled Kitchen Maintenance
23	Tilapia Filet with Caper Sauce Garlic Noodles Vegetables Salad & Dessert	24	Mediterranean Chicken Quesadilla Salad & Dessert	25	Meatloaf Mashed Potatoes Vegetables Salad & Dessert Lunch will be served at 11:30 AM.	26	End of Summer BBQ Special Menu Ticket Prices: Member: \$25 Non-member: \$27
30	Sweet and Sour Chicken White Rice Vegetables Salad & Dessert	Lunch Prices Members \$8.00 Non-Members \$10.00 Friday Meals \$5.00 <i>*Items on this menu may contain food allergens*</i> 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 SEPTEMBER 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	2:15 PM - 3:15 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 - 10 AM	\$1 \$2
Friday	Arts & Crafts Room	Advance Guitar	10 AM - 12 PM	\$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 **September**
The Life Impossible by Matthew Haig

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.

Zumba Classes (Evening)



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 \$65 / Non-Residents \$70 (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**



Holiday Craft Fair



The Holiday Craft Fair will be held on **Saturday, November 15 in the Main Hall** of the **Senior Center** from **10 AM - 3 PM**. Registration opens for Senior Center members on **Monday, September 8**, and for the general public on **Tuesday, September 9**.

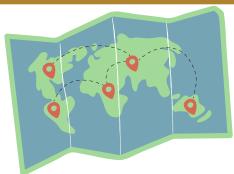
Vendor Fees: Senior Center Members \$40 | General Public \$50

If you have any questions, please email mjamison@pinole.gov.

End of Summer BBQ Luncheon

Don't miss out on the highly anticipated return of the Senior Center's End of Summer BBQ Luncheon on **Friday, September 26** from **12 PM – 2 PM**! Enjoy a delicious BBQ lunch, groove to live R&B from **Seasoned Soul** (music sponsored by LeRoy King), and sip refreshing beverages provided by **Lino Amaral of State Farm**. Don't miss this perfect way to close out summer with friends, food, and fun! Tickets available at the Front Desk. Ticket sales open for Members on **September 2**, and for Non-members on **September 3**.

Prices: Member \$25 | Non-member \$27



Travel Trips (Long Distance)

Music Cities - New Orleans, Memphis, & Nashville

Departs - March 16, 2026 (8 Days)

\$3,999.00 PP DBL - SS - \$1,100.00

Yellowstone & The Wild West

Departs - June 19, 2026 (7 Days)

\$4,049.00 PP DBL - SS - \$1,250.00

Canadian Rockies & Glacier National Park

Departs - September 9, 2026 (7 Days)

\$4,449.00 PP DBL - SS - \$1,300.00



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 September 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, September 8 from 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, September 9 and Tuesday, September 23, 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

