

CITY OF PINOLE

SENIOR CENTER

October 2025 NEWSLETTER



United Against Hate Week

Join Pinole in standing United Against Hate this October. Visit City Hall, the Senior Center, or the Pinole Library to take the pledge to take a stance against hate.

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

LUNCH PROGRAM

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 being 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 baked goods 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.

UPDATES

To ensure our kitchen stays in great shape, we will be completing a renovation project. As a result, lunch service will be cancelled from **Wednesday, October 8 through Friday, October 10**. We appreciate your understanding and look forward to welcoming you back the following week!

Lunch will be served at **11:30 AM** on **Thursday, October 2** and **Thursday, October 23** due to the Pinole Accessible Living (PAL) workshop series.



Senior Center October 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
	01 Greek Salad Cup of Soup Dessert	02 Salisbury Steak Mushroom Gravy Vegetables Salad & Dessert Lunch will be served at 11:30 AM.	03 Quart of Frozen Beef Barley Soup <u>Corned Beef Hash</u> with Fried Egg
07 Philly Cheese Steak Onion Rings Cup of Soup Dessert	08 Lunch Cancelled Kitchen Maintenance	09 Lunch Cancelled Kitchen Maintenance	10 Lunch Cancelled Kitchen Maintenance
14 Stuffed Chicken Thigh Mashed Potatoes Vegetables Salad & Dessert	15 Sliced Ham Baked Sweet Potato Vegetables Salad & Dessert	16 Shrimp Louie Cup of Soup Dessert	17 Quart of Frozen Tomato Basil Artichoke Soup <u>BLT Wrap</u>
21 Chicken Fajita Spanish Rice Salad & Dessert	22 Quiche Wedge Vegetables Salad & Dessert	23 Hot Turkey Mashed Potatoes Vegetables Salad & Dessert Lunch will be served at 11:30 AM.	24 Quart of Frozen Pork and White Bean Soup <u>Biscuits and Gravy</u> Scrambled Eggs
28 Italian Sausage with Peppers over Soft Polenta Vegetables Salad & Dessert	29 Spaghetti with Beef Ragu Vegetables Salad & Dessert	30 Chicken Pot Pie Vegetables Salad & Dessert	31 Quart of Frozen Vegetable Beef Soup <u>Chili Stuffed Baked Potato</u>

Items on this menu may contain food allergens

Lunch Prices

Members \$8 / Non-Members \$10

Friday Meals \$5

**To place a lunch order, please call the Order Line
(510) 418-0313.**

**Orders can be placed starting on Mondays at 8 AM
for the following week.**

Stop by the Front Desk to purchase your lunch tickets.

Pinole Senior Center | 2500 Charles Ave.

Senior Center October 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
October Book:
Amazing Adventures of Cavalier & Clay by Michael
Chabon

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.



Community Events



National Night Out - Tuesday, October 7 from 5 PM - 8 PM
Fernandez Park, 595 Tennent Ave.

Dumpster Day - Saturday, October 11 from 7 AM - 11 AM
Pinole Valley Park, 3790 Pinole Valley Road

Halloween Movie Night (Hocus Pocus 2)- Friday, October 24 from 6 PM - 8 PM
Fernandez Park, 595 Tennent Ave.

Holiday Craft Fair - Saturday, November 15 from 10AM - 3PM
Senior Center, 2500 Charles Ave.

CHP Car Insurance Class

Join the California Highway Patrol's "Age Well/Drive Smart" presentation on **Wednesday, October 29** from 1:30 PM - 3:30 PM in the Arts & Crafts Room of the Senior Center. If you would like to participate, please sign up at the front desk.
If you have any questions, please email mjamison@pinole.gov.

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 for this event is full, but the wait list is open.

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

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



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



Circuit and Fitness Training

Date & Time: Friday, October 17 & 24 from 6:30 PM - 7:30 PM

This class is designed to improve your strength, stamina, and overall well being with low impact, resistance, and circuit weight training exercises.

October Monthly Fee:

Residents \$20 | Non-Residents \$25 | 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.

 **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:

- **Thursday, October 2 Workshop 4:** Power Smarts: Boosting Energy Efficiency at Home
- **Thursday October 23 Workshop 5:** Hiring with Confidence: Finding the Right Contractor
- **November TBD Workshop 6:** Safe & Ready: Home Safety and Emergency Preparedness

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

 Or sign up in person at the Pinole Senior Center

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.pinole.gov/pinole-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

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Pinole, CA

Permit #112

Pre-Sorted Mail

TIME VALUE - DO NOT DELAY

Dated Material - Please deliver before October 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, October 13 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, October 14 and Tuesday, October 28 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

