

CITY OF PINOLE

# SENIOR CENTER

# November 2025

# Newsletter



**In observance of Veterans Day,  
the Senior Center will be closed  
on Tuesday, November 11.  
The center will reopen on  
Wednesday, November 12.**

**2500 Charles Avenue, Pinole, CA 94564**  
**(510) 724 - 9800 [www.pinole.gov](http://www.pinole.gov)**

# LUNCH PROGRAM

**Enjoy in-person dining in the Main Hall, offered Tuesday through Friday from 12pm to 1pm.**

## Lunch Program Guidelines

1. Lunch reservations are required as meals are prepared solely on reservations received.
2. Lunch reservations open every Monday at 8am 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.

## **Holiday Hours and Closures**

- **Tuesday, November 11** - The center will be closed for Veterans Day.
- **Thursday, November 27 and Friday, November 28** - The center will be closed for the Thanksgiving holiday and will reopen on Monday, December 1.
- **December 24 - January 2** - The center will be closed for maintenance and center projects. The center will reopen on Monday, January 5, 2026.



## **Pumpkin and Pecan Pie Holiday Sale**

Order your holiday pie at the front desk, just in time for Thanksgiving.

**November 3 | Members- \$15**

**November 4 | Non-Members - \$17**



## **Volunteers Needed**

We are looking for volunteers to help with 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.



# Senior Center

## November Lunch Menu

Lunch Service is from 12pm-1pm in the Main Hall

| <u>Tuesday</u><br>Hot Meal                                                                                           | <u>Wednesday</u><br>Hot Meal                                                                      | <u>Thursday</u><br>Hot Meal                                                                                                          | <u>Friday</u><br>A La Carte                                                                                            |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 04<br><br>Oven Fried Chicken<br>Mac and Cheese<br>Vegetables<br>Soup & Dessert                                       | 05<br><br>Tuna Noodle<br>Casserole<br>Vegetables<br>Soup & Dessert                                | 06<br><br>Pork Chop<br>Baked Potato<br>Vegetables<br>Soup & Dessert<br><b>Lunch will be served<br/>at 11:30am.</b>                   | 07<br><br>Quart of Frozen<br>Cream of Broccoli<br>Soup<br><hr/> Grilled Cheese and<br>Bacon                            |
| 11<br><br><b>Center Closed</b><br> | 12<br><br>Chili Burger<br>with Cheese and<br>Onions<br>Roasted Potato<br>Wedges<br>Soup & Dessert | 13<br><br>Salmon<br>Rice Pilaf<br>Vegetables<br>Soup & Dessert<br><b>Lunch will be served at<br/>11:30am.</b>                        | 14<br><br>Quart of Frozen<br>Lentil Soup<br><hr/> Chicken Salad on<br>Croissant                                        |
| 18<br><br>Shrimp Fettuccine<br>Pesto Sauce<br>Vegetables<br>Soup & Dessert                                           | 19<br><br>Dijon Chicken over<br>Soft Polenta<br>Vegetables<br>Soup & Dessert                      | 20<br><br>Open Faced Hot<br>Turkey<br>Mashed Potatoes<br>Vegetables<br>Soup & Dessert<br><b>Lunch will be served at<br/>11:30am.</b> | 21<br><br>Quart of Frozen<br>Manhattan Clam<br>Chowder Soup<br><hr/> Meatloaf Sandwich                                 |
| 25<br><br>Basa Fish Filet<br>Garlic Noodles<br>Vegetables<br>Soup & Dessert                                          | 26<br><br>Cheese Ravioli with<br>Meat Sauce<br>Vegetables<br>Soup & Dessert                       | 27<br><br><b>Center Closed</b><br>               | 28<br><br><b>Center Closed</b><br> |

*\*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 November Activity Schedule

## MONDAY – FRIDAY (8am–4pm)

| Date   | Location          | Activity              | Time            | Member Fees            |
|--------|-------------------|-----------------------|-----------------|------------------------|
| Monday | Main Hall         | Beginner Line Dancing | 9am-10am        | \$20   \$25 (*Monthly) |
| Monday | Main Hall         | Improver Line Dancing | 10:15am-11:15am | \$20   \$25 (*Monthly) |
| Monday | Main Hall         | Stretch for Yoga      | 11:30am-12:30pm | \$2.50   \$3.50        |
| Monday | Main Hall         | Balance               | 12:45pm-1:45pm  | \$2.50   \$3.50        |
| Monday | Main Hall         | Yoga On A Mat         | 2:15pm-3:15pm   | \$2.50   \$3.50        |
| Monday | Arts & Craft Room | Bridge                | 1pm-4pm         | \$1   \$2              |
| Monday | Pool Room         | Billiards             | 8am-4pm         | \$1.50   \$3           |

|         |                    |                         |                |                 |
|---------|--------------------|-------------------------|----------------|-----------------|
| Tuesday | Main Hall          | Silver Sneakers Classic | 10am-11am      | \$2.50   \$3.50 |
| Tuesday | Arts & Crafts Room | Book Club (4th Tuesday) | 10:30am-12pm   | \$1   \$2       |
| Tuesday | Arts & Crafts Room | Pinochle                | 12:30-4pm      | \$1   \$2       |
| Tuesday | Card Room          | Cribbage                | 1pm-2pm        | \$1   \$2       |
| Tuesday | Main Lobby         | Knitting Group          | 9:30am-11:30am | \$1   \$2       |
| Tuesday | Pool Room          | Billiards               | 8am-4pm        | \$1.50   \$3    |

|           |                    |                         |                 |                 |
|-----------|--------------------|-------------------------|-----------------|-----------------|
| Wednesday | Main Hall          | Yoga & More             | 9am-10am        | \$2.50   \$3.50 |
| Wednesday | Main Hall          | Silver Sneakers EnerChi | 10:30am-11:30am | \$2.50   \$3.50 |
| Wednesday | Main Hall          | Balance                 | 1:30pm-2:30pm   | \$2.50   \$3.50 |
| Wednesday | Arts & Crafts Room | Quilting                | 9am-12pm        | \$1   \$2       |
| Wednesday | Card Room          | Mah Jongg               | 12:30pm-4pm     | \$1   \$2       |
| Wednesday | Pool Room          | Billiards               | 8am-4pm         | \$1.50   \$3    |

|          |                    |                         |                |                 |
|----------|--------------------|-------------------------|----------------|-----------------|
| Thursday | Main Hall          | Silver Sneakers Classic | 10am-11am      | \$2.50   \$3.50 |
| Thursday | Arts & Crafts Room | Quilting                | 9:30am-12:30pm | \$5   \$7       |
| Thursday | Arts & Crafts Room | Bridge                  | 1pm-4pm        | \$1   \$2       |
| Thursday | Main Lobby         | Fiber Arts Group        | 9:30am-11:30am | \$1   \$2       |
| Thursday | Main Lobby         | Ukulele                 | 2pm-4pm        | \$1   \$2       |
| Thursday | Pool Room          | Billiards               | 8am-4pm        | \$1.50   \$3    |

|        |                    |                        |                 |                 |
|--------|--------------------|------------------------|-----------------|-----------------|
| Friday | Main Hall          | Yoga & More            | 9am-10am        | \$2.50   \$3.50 |
| Friday | Main Hall          | Floor Class            | 10:30am-11:30am | \$2.50   \$3.50 |
| Friday | Main Hall          | Strength Training      | 1:30pm-2:30pm   | \$2.50   \$3.50 |
| Friday | Arts & Crafts Room | Guitar                 | 8:30am-10am     | \$1   \$2       |
| Friday | Arts & Crafts Room | Advance Guitar         | 10am-12pm       | \$1   \$2       |
| Friday | Arts & Crafts Room | Beginners Bridge       | 2pm-4pm         | \$1   \$2       |
| Friday | Card Room          | Arts & Crafts Workshop | 12pm-2pm        | \$5   \$7       |
| Friday | Pool Room          | Billiards              | 8am-4pm         | \$1.50   \$3    |

**Pinole Senior Center | 2500 Charles Ave. | (510) 724-9800**

# PROGRAMS & SERVICES

## Knitting

Tuesdays from 10am-12:30pm  
\$1 Members | \$2 Non-members  
Bring your own supplies and projects,  
all levels are welcome.

## Bridge

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

## Guitar

Beginners - Fridays at 8:30am  
Advanced - Fridays at 10am  
\$1 Members | \$2 Non-Members  
Must bring your own guitar

## Book Club

4th Tuesday of the month  
November Book: Demon Copperhead  
by Barbara Kingsolver

## Line Dancing

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

## Ukulele

Thursdays from 2pm-4pm  
\$1 Members | \$2 Non-Members  
Learn how to play a ukulele  
Must bring your own ukulele

## Salon Services

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

## Holiday Arts & Crafts Group

Fridays from 12pm-2pm  
\$5 Members | \$7 Non-Members  
Explore various Holiday Arts & Crafts including  
marbleized holiday bowls, ordainments, frames,  
upcycling and repairs.

## Coffee Bar

Tuesdays from 10am-11am or until sold out.  
\$1 coffee | \$1 per pastry  
Stop by for a warm cup of coffee and a delicious  
pastry made in our kitchen.

## Gift Shop

Monday - Friday 9:30am-12:30pm  
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 from 9am-12pm  
\$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 from 8am-4pm  
\$1.50 Members | \$3.00 Non Members  
All levels are welcome and a maximum of 14  
individuals will be permitted in the Pool Room.

## Pinochle & Cribbage

Pinochle - Tuesdays at 12:30pm-4pm  
Cribbage - Tuesdays at 1pm-2pm  
\$1 Members | \$2 Non-Members  
Come and enjoy a friendly card game.

## Mah Jongg

Wednesdays at 12:30pm-4 pm  
\$1 Members | \$2 Non-Members  
This class is a great way to sharpen your mind, connect with  
others, and enjoy a bit of friendly competition.



## Holiday Craft Fair

Join us to explore over 40 local artisans and discover a treasure or two!  
The **Holiday Craft Fair** will be held on **Saturday, November 15** in the  
Main Hall of the **Senior Center** from **10am-3pm**.  
If you have any questions, please email [mjamison@pinole.gov](mailto:mjamison@pinole.gov).

## Community Events

**Tree Lighting + Shop & Stroll** - Saturday, December 6 from 3pm-6:30pm  
Community Corner, Located at the corner of San Pablo Ave. and Tennent Ave.

**Holiday Breakfast** - Saturday, December 13 from 9am-11am  
Senior Center, 2500 Charles Ave.  
Purchase tickets at front desk or at [www.pinolerec.com](http://www.pinolerec.com).  
\$10 Residents and \$12 Non-Residents



## Glow Pinole

Deck the halls this holiday season by decorating your Pinole home or business. You may choose to register for one category, listed below which will then be featured on an interactive holiday map for community members to view, vote, & enjoy!

### RESIDENT

Holiday Showstopper  
Best Themed Display  
Glow and Go

### BUSINESS

Glow Getter Award  
Winter Wonderland Window  
Dazzling Display Award

Vote online at [www.pinolerec.com](http://www.pinolerec.com)

**Register by 12/14/2025 Voting Dates: 12/15/2025-12/26/2025**

## 2026 Membership Renewal

It's that time of year for membership renewal here at the Pinole Senior Center! Starting **Monday, November 17**, stop by anytime between **8am-4pm** to renew your membership and submit your application. We can't wait to welcome you back for another great year!

## Travel Presentation

Ready for a long-distance adventure? A travel presentation to explore future trips will be held on

**Wednesday, November 12 at 1pm** in the **Arts & Crafts Room**

### 2026 Long - Distance Trips

**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



## Medicare Annual Enrollment Presentation and Counseling

It's time to review your Medicare coverage for next year! HICAP will discuss the options for 2026 and how to potentially save money or get better coverage. Presented by Contra Costa Health Insurance Counseling and Advocacy Program, come see what's in store for next year and learn what your options are with a presentation on **Wednesday, November 5** at **1:30pm**, followed by counseling appointments at **2:45pm** and **3:30pm** at the Senior Center.

To make an appointment, please call (925) 655 - 1393 or visit [cchicap.org](http://cchicap.org).

### 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: 12pm–1pm**

 **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?**

**Features hands-on session with helpful tips and expert advice:**

- **November 6, 13, 20 - Workshop 6: Safe & Ready: Home Safety and Emergency Preparedness**

 Sign up for a workshop online at: [www.pinole.gov/pinole-accessible-living-program/](http://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](#) 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](http://www.pinole.gov)

**US Postage Paid**

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**TIME VALUE - DO NOT DELAY**

**Dated Material - Please deliver before November 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, November 10, from 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. **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.

**The distribution scheduled for Tuesday, November 11 is cancelled in observance of Veterans Day. Next distribution: Tuesday, November 25, 10am-11am**

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](mailto:mjamison@pinole.gov)

