

CITY OF PINOLE

SENIOR CENTER

December 2025

Newsletter



It's that time of year!
Renew your membership for 2026.
Visit us at the front desk Monday
thru Friday between 8am-4pm.

2500 Charles Avenue, Pinole, CA 94564
(510) 724 - 9800 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

1. The center will be closed for the holiday break from **Wednesday, December 24**, through **Sunday, January 4**. The center will reopen on **Monday, January 5**.
2. Please note that on **Monday, December 22** and **Tuesday, December 23**, the center will be open from **8am-4pm**.
3. All **Main Hall** exercise classes on **Wednesday, December 10**, will be **cancelled** due to a city event.

Holiday Quiche Sale

Starting **Monday, December 1**, order your holiday quiche at the front desk, just in time for the holiday season. There will be a maximum **30** quiche's sold, so make sure to order yours early!

Prices:

Member: \$15

Non-Member: \$17

The last day to place your order will be **Wednesday, December 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.



December Lunch Menu

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

Tuesday Hot Meal	Wednesday Hot Meal	Thursday Hot Meal	Friday A La Carte
02 Beef Stew Green Salad Dessert	03 Seasoned Fish Filet Wild Rice Vegetables Soup & Dessert	04 Red Pepper Pesto Pasta with Italian Sausage Vegetables Soup & Dessert	05 Quart of Frozen Vegetable Orzo Soup French Toast with Sausage Link
09 Sausage Rigatoni Bake Vegetable Soup & Dessert	10 TO-GO ~Bag Lunch~ Tuna Sandwich Potato Salad Fresh Fruit and Cookies	11 Pork Roast Bread Stuffing Vegetables Soup & Dessert	12 Quart of Frozen Chicken Noodle Soup Grilled Bacon and Cheese Sandwich
16 Chicken Enchilada Casserole Vegetables Soup & Dessert	17 Meatloaf Baked Potato Vegetables Soup & Dessert	18 Baked Herb Chicken over Soft Polenta Vegetables Soup & Dessert	19 Quart of Frozen Split Pea with Ham Soup Hot Dog
23 Grilled Turkey & Cheese Sandwich Tater Tots Soup & Dessert	24 Center Closed	25  Center Closed	26 Center Closed
30 Center Closed	31  Center Closed	01  Center Closed	02 Center Closed

Items on this menu may contain food allergens

Stop by the Front Desk to purchase your lunch tickets.

**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.**

Lunch Prices
Members \$8.00 Non-Members \$10.00
Friday Meals \$5.00



Senior Center December 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	Zumba Gold	8:30am-9:30am	\$3 \$4
Tuesday	Main Hall	Silver Sneakers Classic	10-am-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	Zumba Gold	8:30am-9:30am	\$3 \$4
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
January Book: American Ramble
There is no December book

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.



Eligibility for Renew Active/Silver Sneakers/Silver & Fit/One Pass

Insurance providers are updating benefits for 2026, so please verify eligibility with your provider before the beginning of the new year. **Please note** that Senior Center staff cannot help you get in contact with your insurance provider. If you are presented with a new code from your provider, please give this code to one of our Senior Center staff members, and they will process your new code, and give you a new eligibility card and number. Again, please be sure to check in with your provider before the new year so that you will have an easier time with this transition and be eligible at the start of the new year for these programs.

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

Kaiser Permanente Medicare Advantage Presentation

Kaiser Permanente will be holding a Medicare Advantage presentation on **December 3** in the **Main Hall** from **12pm-1pm**. Learn about how Kaiser Permanente Medicare Advantage plans combine hospital, medical, and prescription drug coverage into one convenient plan. Their members enjoy access to Kaiser's integrated healthcare system, preventive services, and a wide range of wellness resources designed to support healthier living.

Republic Services Presentation

Learn to properly sort your waste! Republic Services, the City's waste hauler, is hosting a free in-person workshop in the Main Hall on **Thursday, December 11** from **12-1pm**. Properly sorting waste protects the environment because it reduces contaminants in our recycling and compost streams and reduces the amount of the waste that goes to our landfills. Proper waste sorting also reduces the need to create more waste. We hope to see you there.

Older Driver Safety Awareness Presentation

The Pinole Police Department is holding a presentation on **Friday, December 5** from **12pm-1pm** in the **Main Hall** during Older Driver Safety Awareness Week. This presentation will focus on helping seniors stay safe and confident behind the wheel. They will cover topics such as recognizing age-related changes that can affect driving, understanding updated traffic laws, resources for refresher courses, and guidance on when it may be time to adjust driving habits or explore alternative transportation options.

Pinole Public Library Presentation

The Pinole Public Library will be hosting an outreach session in the **Arts and Crafts Room** on **Wednesday, December 17** from **1:30pm-4pm**. Come join the fun starting with a lively presentation highlighting everything the library has to offer, followed by the chance to sign up for your very own library card. The event will conclude with a sparkling book-bedazzling activity!

AARP Tax-Aide

AARP will be offering free tax services by appointment only at the **Pinole Youth Center**, located at **635 Tennent Ave**. Appointments will be available on **Tuesdays** and **Thursdays** from **February 3, 2026**, through **April 9, 2026**, at **9am, 10:30am, 12pm, and 1:30pm**. To schedule an appointment, call **(510) 730 - 2736** beginning **January 15, 2026**. Please note that no appointments will be available on **February 17, February 19, March 17, or March 19**.

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.
\$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

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

Membership Renewal

It's that time of year again—renew your membership at the Senior Center!

Visit the front desk between **8am-4pm** to submit your application.

Everyone must complete the **"2026 Senior Center Membership Form."**

Reminder: You will need to present your membership card at front desk to enjoy member-only rates and benefits.

Be sure to enroll today!

Turkey Raffle Appreciation

Congratulations to all of our **20** turkey raffle winners! The Community Services Department would like to give a special thank you to the office of Contra Costa Supervisor, **Federal D. Glover**, for their amazing donation of all of the turkeys. We truly appreciate their continued support of our community and programs.

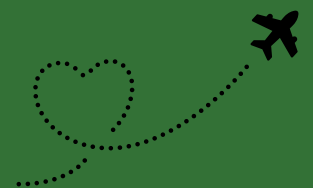
2026 Long - Distance Trips



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

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 December 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, December 8, 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.

Next distribution: Tuesday, December 9 and Tuesday, December 23 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

