

SENIOR CENTER

March 2026

Newsletter



The Senior Center will be closed on Friday, March 27 in observance of Cesar Chavez Day. The center will reopen on Monday, March 30.

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.

Programming Updates

1. Please note that two of Janice's classes have returned to the Senior Center:
 - **Tuesday - Silver Sneakers Classic** from **10am-11am**
 - **Thursday - Silver Sneakers Classic** from **10am-11am**
2. The **Wednesday, Silver Sneakers EnerChi** from **10:30am-11:30am** remains on hold.
3. Due to instructor availability, Jacqueline's classes will not be offered from **Monday, March 16** through **Friday, March 27**. This includes:
 - **Mondays**
 - **Stretch for Yoga** from **11:45am-12:45pm**
 - **Balance** from **1pm-2pm**
 - **Tuesdays**
 - **Balance** from **1:30pm-2:30pm**
 - **Fridays**
 - **Floor Class** from **10:30am-11:30am**
 - **Strength Training** from **1:30pm-2:30pm**
4. The **Monday, Yoga on a Mat** from **2:30pm-3:30pm** class has been temporarily removed from the schedule, with **Yoga & More** now scheduled during that time.



March Lunch Menu

Lunch Service is from 12pm-1pm 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
03 Swai Filet Lemon Dill Rice Vegetables Soup & Dessert	04 Tuna Noodle Casserole Vegetables Soup & Dessert	05 Chicken Pot Pie Vegetables Soup & Dessert	06 Quart of Frozen Vegetable Beef Soup <hr/> Grilled Ham and Cheese
10 Chicken Taquitos Refried Beans Vegetables Soup and Dessert	11 Spaghetti with Italian Sausage Link Vegetables Soup & Dessert	12 Stuffed Bell Pepper Vegetables Soup & Dessert	13 Quart of Frozen Creamy Broccoli Soup <hr/> Turkey and Roasted Red Pepper Roll-Up
17 Shepherd's Pie Vegetables Soup & Dessert	18 Breaded Pollock Roasted Garlic Mashed Potatoes Vegetables Soup & Dessert	19 Teriyaki Chicken Thigh White Rice Vegetables Soup & Dessert	20 Quart of Frozen Creole Chicken Soup <hr/> Yakisoba Noodle Stir-Fry
24 Chicken Parmesan Soft Polenta Vegetables Soup & Dessert	25 Beef & Bean Burrito Spanish Rice Salsa Soup & Dessert	26 Open Faced Hot Turkey Mashed Potatoes Vegetables Soup & Dessert	27 Kitchen Closed Due to Cesar Chavez Day
31 Roasted Cornish Game Hen Corn Bread Stuffing Vegetables Soup & Dessert			Lunch Prices Members \$8.00 Non-Members \$10.00 Friday Meals \$5.00

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.

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

Stop by the Front Desk to purchase your lunch tickets.



Senior Center March 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	11:45am-12:45pm	\$2.50 \$3.50
Monday	Main Hall	Balance	1pm-2pm	\$2.50 \$3.50
Monday	Main Hall	Yoga & More	2:30pm-3:30pm	\$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	10am-11am	\$2.50 \$3.50
Tuesday	Main Hall	Balance	1:30pm-2:30pm	\$2.50 \$3.50
Tuesday	Arts & Crafts Room	Watercolor	9:45am-11:45am	\$12 \$15
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	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	Book Club (4th Friday)	10:15am-11:45am	\$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 Friday of the month
March Book: Culpability
Author: Bruce Holsinger
Card Room - 10:15am-11:45am
\$1 Members | \$2 Non-Members

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

Arts & Crafts Group

Fridays from 12pm-2pm
\$5 Members | \$7 Non-Members
Participants will have the opportunity to explore a range of Arts & Crafts, including jewelry making, upcycling, and repairs. Each month, the projects will vary.

Zumba Gold

Tuesdays & Thursdays from 8:30am-9:30am
\$3 Members | \$4 Non-Members
Zumba Gold is designed to increase your fitness in a dance inspired workout.

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 have updated benefits for **2026**, so please verify eligibility with your provider. Please note that Senior Center staff cannot help you get in contact with your insurance provider. If your provider has issued you a new code or if you are transitioning to a different insurance program, please stop by the Senior Center front desk so a staff member can verify your eligibility before participating in the approved exercise classes.

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

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, 2026**.



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!

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.

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 new classes include:

Tuesdays from **3pm-4pm**

Wednesdays and **Thursdays** from **1:30pm-4pm**

Fridays from **3pm-4pm**



Spring Fling

Join us for a lively Spring Fling in the **Main Hall** on **Friday, April 24**, from **12pm-2pm!** Celebrate the season with great music, delicious food, and refreshing drinks in a fun and welcoming atmosphere. Come enjoy the festivities, and let's welcome spring together with an afternoon full of fun and community spirit.

Ticket Sales

Members: \$25 - Monday, March 2
Non-Members: \$27 - Tuesday, March 3



Zumba Classes (Evening)



Mondays 6:30pm-7:30pm - **Turbo Kick**

Tuesdays & Wednesdays 6:30pm-7:30pm - **Zumba**

Thursdays 6:30pm-7:30pm - **Zumba Toning**

Monthly Fee: Residents \$65 / Non-Residents \$70 (access to all classes)

Drop-In Rates: Residents \$9 / Non-Residents \$10

There will be no class on **Monday, March 9** and **Wednesday, March 11.**

Spring Egg Hunt

Come enjoy an egg-citing event filled with children's egg hunts, activities, food vendors, and even see Floppy the Bunny! This event will take place on **Saturday, March 21** at **Fernandez Park** from **10am-12pm.** Three separate egg hunts will be organized by age group as outlined below:

*Ages 0-3 at 10:30am

*Ages 4-6 at 11am

*Ages 7-12 at 11:30am



For questions or inclusive egg hunt options, please email recreation@pinole.gov.



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



Gift Shop Jewelry Donation

We will be accepting jewelry donations at the **Gift Shop** in preparation for an upcoming jewelry sale. If you have any gently used or new jewelry you would like to donate, please feel free to drop it off during Gift Shop hours from **9:30am-12:30pm.** More details, including the date of the jewelry sale, will be included in future announcements so please be on the lookout for upcoming communication.

If you cannot make it during the Gift Shop hours of operation, stop by the front desk during the Senior Center hours of operation, **8am-4pm**, to drop off your donated items.

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 March 1, 2026

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, March 9, 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, March 10 and Tuesday, March 24 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

