

CITY OF PINOLE

# SENIOR CENTER

## April 2026

# Newsletter



**Join us at the Senior Center on  
Friday, April 24 from 12pm-2pm for  
our annual Spring Fling!  
See page 6 for more information.  
Tickets are on sale at the front desk.**

**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.

## Programming Updates

1. The **Wednesday, Silver Sneakers EnerChi** from **10:30am-11:30am** remains on hold.
2. 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.
3. Please note that on **Friday, April 24**, the kitchen will be closed and there will be no lunch program due to a city event.
4. The **Watercolor** class on **Tuesday, April 21** has been cancelled due to instructor availability. The class will start up again on **Tuesday, April 28**.



# April 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 Bacon, Swiss, and Veggie Quiche Wedge Baked Potato Soup & Dessert	02 Herb Baked Chicken Wild Rice Vegetables Soup & Dessert	03 Quart of Frozen Corn Chowder with Bacon Soup <hr/> Egg Salad Sandwich
07 Sloppy Joe Wedge Potatoes Vegetables Soup & Dessert	08 Pork Chop Herb Stuffing Vegetables Soup & Dessert	09 Ground Turkey Enchilada Casserole Black Beans Soup & Dessert	10 Quart of Frozen Split Pea Soup <hr/> Chili Dog
14 Grilled Tuna and Cheese Sandwich Green Salad Soup & Dessert	15 Open Face Hot Roast Beef Mashed Potatoes Vegetables Soup & Dessert	16 Chicken Fettuccine with Fresh Herbs Vegetables Soup & Dessert	17 Quart of Frozen Potato Bacon Soup <hr/> French Toast Link Sausage
21 Rigatoni Bolognese Vegetables Soup & Dessert	22 Sweet & Sour Chicken White Rice Vegetables Soup & Dessert	23 Ham, Cheese and Broccoli Casserole Vegetables Soup & Dessert	24 <b>Kitchen Closed Due to City Event</b>
28 Chicken Salad Sandwich on Croissant Carrot Raisin Salad Soup & Dessert	29 Pasta Primavera Vegetables Soup & Dessert	30 Pork Loin Soft Polenta Vegetables Soup & Dessert	

*\*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 April 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  
April 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. Projects vary each month.

## 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 your 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](mailto: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.**



## Membership Renewal

Spring is here! Have you renewed your Senior Center membership for **2026**?

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

All participants are required to complete the **2026 Senior Center Membership Form** to gain access to all the memberships perks and prices.

Please remember to present your membership card at the front desk to receive member-only rates and benefits.

Don't miss out—renew today and stay connected this season!

## 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](mailto: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 Prices:**  
**Members: \$25**  
**Non-Members: \$27**



## 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 **Wednesday, April 29** and **Thursday, April 30.**



## Collection Display Case

Join us in decorating the display case with your cherished collection. If you're interested in showcasing your collection for 2026, please reach out to **Kay Johnson** at [kjon68@hotmail.com](mailto:kjon68@hotmail.com). Each display will be featured for one month.



## 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**

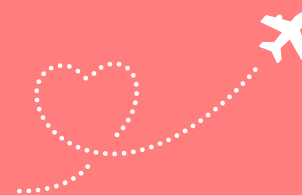
**Departs - June 19, 2026 (7 Days)**

\$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](http://www.pinole.gov)

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Pinole, CA

Permit #112

Pre-Sorted Mail

TIME VALUE - DO NOT DELAY

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

