

SENIOR CENTER

June 2026

Newsletter



The Senior Center will be closed on Friday, June 19, 2026 in observance of Juneteenth. We will reopen on Monday, June 22, 2026.

LUNCH PROGRAM

Enjoy in-person dining in the Main Hall, offered Tuesday through Friday from 12pm-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 **Watercolor** class that is held on **Tuesday's** from **9:45am-11:45am** in the **Arts & Crafts Room** has been put on a temporary hold until **Tuesday, August 4** due to instructor availability.
2. The **Silver Sneakers Classic** class on **Thursday, June 4** will be cancelled due to instructor availability.
3. The **Arts & Crafts Workshop** on **Friday's** will now take place in the **Arts & Crafts Room**, while the **Bridge** class on **Friday's** will take place in the **Card Room**.



June 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 |
|--|---|---|---|
| 02 Beef Enchilada Spanish Rice Salsa Salad & Dessert | 03 Quiche Wedge Baked Potato Salad & Dessert | 04 Basa Filet with Tomato and Artichoke Soft Polenta Salad & Dessert | 05 Quart of Frozen Carrot Ginger Soup <hr/> Yakisoba Beef Noodle Bowl |
| 09 Tuna Noodle Casserole Vegetables Salad and Dessert | 10 Herbed Baked Chicken Garlic Mashed Potatoes Vegetables Salad & Dessert | 11 Sliced Ham Whipped Sweet Potatoes Vegetables Salad & Dessert | 12 Quart of Frozen Cajun Black Bean Soup <hr/> Egg Salad Sandwich |
| 16 Pork Chop Baked Potato Vegetables Salad & Dessert | 17 Chicken Veracruz Wild Rice Vegetables Salad & Dessert | 18 Sliced Turkey Bread Stuffing Vegetables Salad & Dessert | 19 Kitchen Closed for Juneteenth |
| 23 Shrimp Louie Cup of Soup Dessert | 24 Beef Stroganoff Vegetables Salad & Dessert | 25 Turkey Sloppy Joe Onion Rings Salad & Dessert | 26 Quart of Frozen Split Pea with Bacon Soup <hr/> Chicken and Rice Burrito |
| 30 Spaghetti with Beef Ragu Vegetables Salad & 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 June 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 |

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|---------|--------------------|-------------------------|----------------|-----------------|
| 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 | 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 |

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|-----------|--------------------|-------------|-------------|-----------------|
| 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 |

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|----------|--------------------|-------------------------|----------------|-----------------|
| 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 |

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|--------|--------------------|------------------------|-----------------|-----------------|
| 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 | Card Room | Beginners Bridge | 2pm-4pm | \$1 \$2 |
| Friday | Card Room | Book Club (4th Friday) | 10:15am-11:45am | \$1 \$2 |
| Friday | Arts & Crafts Room | Arts & Crafts Workshop | 12pm-2pm | \$5 \$7 |
| Friday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |

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
June Book: Hamnet
Author: Maggie O'Farrell
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.

Pride and Juneteenth Celebration

Celebrate **Pride** and **Juneteenth** with the City of Pinole on **Sunday, June 14** from **12pm-2pm** at **Fernandez Park** (595 Tennent Avenue). Join a meaningful and vibrant family-friendly event celebrating love, diversity, and belonging with performances, fun and engaging activities, and live music. Come and enjoy various delicious food trucks along with local vendors and community organizations sharing resources and information. Create a welcoming space for all ages to come together, commemorate, and celebrate!

We are now accepting vendors to table at our event. If you are interested in tabling, please complete the event vendor application at www.pinole.gov/vendor.



Medicare and Medi-Cal Presentation

Join Clarice Sayle, Sales & Outreach Manager with Contra Costa Health Plan, on **Tuesday, June 16** from **12pm-1pm** in the **Main Hall** for an easy-to-follow presentation on Medicare, Medi-Cal, and Care Plus. Learn about available benefits, how coverage works, common questions seniors face, and local resources available in Contra Costa County. Attendees will have the opportunity to ask questions and participate in an open discussion.



Car Show Pancake Breakfast

On **Sunday, June 28** from **7am-10 am**, kick off the Pinole Car Show with a delicious pancake breakfast at the Senior Center. Our breakfast includes pancakes, sausage, bacon, scrambled eggs, orange juice, and coffee!

Purchase your tickets in advance www.pinolerec.com. Tickets can also be purchased the day of the event.

Prices Per Ticket: Resident - \$10 | Non-Resident - \$12



CHP Age Well Drive Smart Presentation

Join the California Highway Patrol's "Age Well/Drive Smart" presentation on **Wednesday, July 22** from **1:30pm-4pm** 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 new classes include:

Tuesdays from **3pm-4pm**

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

Fridays from **3pm-4pm**



Hawaiian Summer Luau

Join us on **Friday, July 31** from **12pm-2pm** for a vibrant Hawaiian Summer Luau in the Main Hall! Celebrate the spirit of the islands with lively music, tropical flavors, and a fun, welcoming atmosphere for to connect with the community.

Enjoy a delicious island-inspired menu featuring kalua pork, Hawaiian macaroni salad, mango sticky rice, and deviled eggs with special nonalcoholic mocktails sponsored by **Lino Amaral** of State Farm.

Tickets go on sale **Monday, June 8** for members and **Tuesday, June 9** for non-members.

Prices: Members - \$25 | Non-Members - \$27



Volunteers Needed

We are looking for volunteers to help with the lunch program in the following areas:

Food Prep (**9am-1pm**)

Dishwasher (**9am-1pm**)

Ticket Check-in (**12pm-1pm**)



Stop by the Front Desk for a volunteer application to get started.



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 is no class on **Monday, June 22** and **Tuesday, June 30**.



2026 Long - Distance Trips

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

Here are the destinations for the **2027** travel trips!

Be on the lookout—trip dates will be announced soon:

Albuquerque Balloon Fiesta & Santa Fe; Cape Cod & the Islands; Nashville, Smoky Mountains & Bluegrass; North Carolina & the Outer Banks; and a New Orleans Holiday.

City Hall Volunteer Opportunity

We are currently seeking volunteers to assist at City Hall during regular business hours. This opportunity will require multiple individuals to help cover shifts between 8am and 4:30pm, Monday through Thursday, excluding the lunch closure from 12pm-1pm. Volunteers will play an important role in supporting staff and providing a welcoming presence to visitors. If you are interested in contributing your time and making a positive impact in our community, please email mjamison@pinole.gov for more details.

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 June 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, June 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, June 9 and Tuesday, June 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

