

# SENIOR CENTER

## May 2026

# Newsletter



**The Senior Center will be closed on Monday, May 25, 2026 in observance of Memorial Day. We will reopen on Tuesday, May 26, 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 Wednesday, Silver Sneakers EnerChi from 10:30am-11:30am has been cancelled until further notice.
2. The Monday, Yoga on a Mat from 2:30pm-3:30pm class has been cancelled. Yoga & More is now scheduled from 2:30pm-3:30pm on Monday's.
3. The Watercolor class will be held on Tuesday, May 5 and Tuesday, May 12. Following these two sessions, the class will be temporarily be put on hold until Tuesday, August 4 due to instructor availability.
4. The Arts & Crafts Workshop on Fridays will now take place in the Arts & Crafts Room, while the Bridge class on Fridays will take place in the Card Room.



# May 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
			01 Quart of Frozen Chicken Noodle Soup <hr/> Meatloaf Sandwich
05 Chicken Fajita Spanish Rice Salsa Salad and Dessert	06 Pulled Pork Mac & Cheese Vegetables Salad & Dessert	07 Ginger Chicken Salad Soup & Dessert	08 Quart of Frozen Creamy Cauliflower Bacon Soup <hr/> Blueberry Pancakes Bacon
12 Tilapia Piccata Baked Potato Vegetables Salad & Dessert	13 Turkey Tetrazzini Vegetables Salad & Dessert	14 Rotisserie Chicken over Polenta Vegetables Salad & Dessert	15 Quart of Frozen Vegetable Orzo Soup <hr/> Grilled Cheese and Tomato
19 Chili Dog Cheese and Onions French Fries Salad & Dessert	20 Salmon Filet Garlic Mashed Potatoes Vegetables Salad & Dessert	21 Rigatoni with Sausage Ragu Vegetables Salad & Dessert	22 Quart of Frozen Mushroom Barley Soup <hr/> Calzone
26 Grilled Chicken Skewers Rice Pilaf Vegetables Salad & Dessert	27 Ground Turkey Stuffed Bell Peppers Vegetables Salad & Dessert	28 Meatloaf Mashed Potatoes Vegetables Salad & Dessert	29 Quart of Frozen Tomato Basil Artichoke Soup <hr/> Ham and Cheese Roll-up

*\*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 May 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  
May Book: Audition  
Author: Katie Kitamura  
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.

## **Community Service Day**

Join us for Community Service Day on **Saturday, May 16** from **9am-11am** for a day dedicated to making a positive impact and strengthening our Pinole community! We invite community members of all ages to come together and participate in a variety of volunteer-led projects taking place across the city. This is a great opportunity to give back, connect with others, and take pride in helping improve our shared spaces.



Volunteer registration is open at [www.pinolerec.com](http://www.pinolerec.com).  
Event will start at the Youth Center located at 635 Tennent Avenue



## **Spring Fling Appreciation**

We would like to extend our sincere appreciation to Lino Amaral of State Farm for generously donating and providing exceptional mocktails for our Spring Fling event.

The contribution added a special touch to the celebration and was enjoyed by all in attendance.

We are grateful for Lino's continued support and partnership, and we thank both him and the State Farm team for their contributions to our community.

*Thank  
You*

## **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](http://www.pinolerec.com). Tickets can also be purchased the day of the event.



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



## **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.

## **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**



## 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](mailto:mjamison@pinole.gov) for more details.



### 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 \$60 / Non-Residents \$65 (access to all classes)

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

There is no class on **Monday, May 25.**



## 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!

## 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 Monday-Friday between 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, Monday-Friday **8am-4pm**, to schedule a good time to drop off your donated items or you may email [mjamison@pinole.gov](mailto:mjamison@pinole.gov).

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

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TIME VALUE - DO NOT DELAY

Dated Material - Please deliver before May 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, May 11, 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, May 12 and Tuesday, May 26 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)

