

CITY OF PINOLE

SENIOR CENTER

July 2026

Newsletter



The Senior Center will be closed on Friday, July 3, 2026 in observance of Independence Day. We will reopen on Monday, July 6, 2026.

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-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.

Lunch Note

The monthly lunch menu is subject to change at any time without prior notice.
Thank you for your understanding and flexibility.

Programming Updates

1. Please see **page 6** for an update on all classes instructed by Janice Byer, including **Silver Sneakers Classic** on **Tuesday's** and **Thursday's** from **10am-11am**.
2. The evening Zumba class from **6:30pm-7:30pm** will be cancelled on **Monday, July 27** and **Wednesday, July 29**.
3. The **Floor Class** and **Strength Training** class will be cancelled on **Friday, July 31** due to a Senior Center event.
4. The **Mah Jongg** class on **Wednesday's** from **12:30pm-4pm** will now take place in the **Arts & Crafts Room**.



July 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
*The lunch menu is subject to change at any time without prior notice.	01 Salmon Baked Potato Vegetables Salad & Dessert	02 BBQ Chicken Potato Salad Carrot Sticks Soup & Dessert	03 Kitchen closed for Independence Day
07 Traditional Joe's Scramble (egg, ground beef, mushroom, spinach, onion) Home Fries Salad & Dessert	08 Chef's Salad (ham, turkey, egg and tomato) Cup of Soup Dessert	09 Shredded Chicken Quesadilla Spanish Rice Salsa Salad & Dessert	10 Quart of Frozen Chicken Noodle Soup Shrimp Fried Rice
14 Tilapia over Garlic Noodles Vegetables Salad & Dessert	15 Stuffed Chicken Thigh Vegetables Salad & Dessert	16 Turkey Tetrazzini Vegetables Salad & Dessert	17 Quart of Frozen Vegetable Beef Soup BLT on Toast
21 Tuna Sliders Cole Slaw Cup of Soup Dessert	22 Meatloaf Mashed Potatoes Vegetables Salad & Dessert	23 Summer Vegetable Lasagna with Italian Sausage Ragu Salad & Dessert	24 Quart of Frozen Vegetable Orzo Soup Turkey Wrap
28 Chicken Pot Pie Fresh Dinner Roll Salad & Dessert	29 Beef Ravioli Pomodoro Vegetables Salad & Dessert	30 Sweet & Sour Pork over White Rice Vegetables Salad & Dessert	31 Quart of Frozen Cauliflower Bacon Soup Blueberry Pancakes & Eggs

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 July 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	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	Arts & Crafts 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	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

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
July Book: Mad Honey
Author: Jodi Pocult et al
Card Room - 10:15am-11:45am
\$1 Members | \$2 Non-Members

Line Dancing

Beginners - Mondays at 9am
Improvers - Mondays at 10:15am
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 have a range of Arts & Crafts
projects 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 9:30 AM - 12:30 PM
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.

Cancelled Classes

The **Silver Sneakers Classic** classes on **Tuesdays** and **Thursdays** from **10am-11am** will be cancelled until further notice. At the end of **July**, our instructor Janice Byer will be concluding her time instructing here at the Senior Center. We would like to extend our heartfelt appreciation to Janice for her many years of dedicated service and the meaningful impact she has made on our senior community. Her warmth, commitment, and contributions have made her a truly special part of the center, and she will be greatly missed. Her last day will be **Thursday, July 30**. We are currently looking for a new instructor for these classes.

Thank you for your understanding.

Medicare and Medi-Cal Presentation

Join Clarice Sayle, Sales & Outreach Manager with Contra Costa Health Plan, on **Tuesday, July 21** 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.



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 are on sale at the Front Desk.

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



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.



Gift Shop Jewelry Donation

We will be accepting jewelry donations 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 **Monday-Friday** between **9:30am-12:30pm**.

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 email mjamison@pinole.gov.





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, July 27** and **Wednesday, July 29**.

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 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**



2027 Long - Distance Trips

North Carolina & the Outer Banks

Departs - May 13, 2027 - (8 Days)

\$3999.00 - PP DBL - SS - \$1150.00



Cape Code & the Islands

Departs - June 12, 2027 - (7 Days)

\$3699.00 - PP DBL - SS - \$ 900.00

There will be a travel presentation for the **2027** tours held on **Wednesday, August 26** in the **Arts & Crafts Room** starting at **1pm** presented by Premier World Discovery.

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

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(510) 724-9800
www.pinole.gov

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Permit #112

Pre-Sorted Mail

TIME VALUE - DO NOT DELAY

Dated Material - Please deliver before July 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, July 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

All Senior Food Program recipients will be lining up outside of Pinole Senior Center for the distribution.

To ensure that the environment is safe and equitable for all participants we would like to remind everyone:

- Participants may line up starting at 9am, no earlier
- Participants may not save spots in line
- There is a waiting room available for those who cannot stand for long periods of time

There are enough allotments available for all current members in the Senior Food Program. Whether you are first or last in line, you will receive the same amount of food! Bread is on a first come first serve basis and preferences are not guaranteed.

Next distribution: **Tuesday, July 14** and **Tuesday, July 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.