

CITY OF PINOLE

SENIOR CENTER

September 2026

Newsletter



**The Senior Center will be closed on
Monday, September 7, 2026 in
observance of Labor Day. We will
reopen on Tuesday, September 8, 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. Soup will no longer be available on Friday's.
9. 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. The Senior Center is expanding service offerings with new classes and programs for our community to enjoy. Please see page 6 for an update on what will be offered at the Senior Center.
2. All classes will be cancelled on Monday, September 7 as the center will be closed in observance of the Labor Day holiday.
3. Beginners Bridge on Friday's in the Arts & Crafts Room will start at 1pm.
4. There will be no Zumba (evening class) on Wednesday, September 30.



Senior Center September Activity Schedule Monday - Friday (8am-4pm)

Date	Location	Activity	Time	Member Fees
Monday	Main Hall	Beginner Line Dancing	9am-10am	\$20 \$25 (Monthly)
Monday	Arts & Crafts Room	Slow Stitch	9:30am-11:30am	\$1 \$2
Monday	Card Room	Vocal Classes	10am-12pm	\$1 \$2
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 Lobby	Knitting Group	9:30am-11:30am	\$1 \$2
Tuesday	Arts & Crafts Room	Watercolor	9:45am-11:45am	\$12 \$15
Tuesday	Main Hall	Sculpting Senior Training	10am-11am	\$3 \$4
Tuesday	Arts & Crafts Room	Pinochle	12:30-4pm	\$1 \$2
Tuesday	Card Room	Cribbage	1pm-2pm	\$1 \$2
Tuesday	Main Hall	Balance	1:30pm-2:30pm	\$2.50 \$3.50
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	Main Hall	R.I.S.E.	10:30am-11:30am	\$2.50 \$3.50
Wednesday	Card Room	Let's Chat	10:30am-12pm	\$1 \$2
Wednesday	Arts & Crafts Room	Mah Jongg	12:30pm-4pm	\$1 \$2
Wednesday	Main Hall	Karaoke (4th Wednesday)	2pm-4pm	\$1 \$2
Wednesday	Pool Room	Billiards	8am-4pm	\$1.50 \$3
Thursday	Main Hall	Zumba Gold	8:30am-9:30am	\$3 \$4
Thursday	Arts & Crafts Room	Quilting	9:30am-12:30pm	\$5 \$7
Thursday	Main Lobby	Fiber Arts Group	9:30am-11:30am	\$1 \$2
Thursday	Main Hall	Sculpting Seniors Training	10am-11am	\$3 \$4
Thursday	Arts & Crafts Room	Bridge	1pm-4pm	\$1 \$2
Thursday	Main Lobby	Ukulele	2pm-4pm	\$1 \$2
Thursday	Pool Room	Billiards	8am-4pm	\$1.50 \$3
Friday	Arts & Crafts Room	Guitar	8:30am-10am	\$1 \$2
Friday	Main Hall	Yoga & More	9am-10am	\$2.50 \$3.50
Friday	Arts & Crafts Room	Advance Guitar	10am-12pm	\$1 \$2
Friday	Card Room	Book Club (4th Friday)	10:15am-11:45am	\$1 \$2
Friday	Main Hall	Floor Class	10:30am-11:30am	\$2.50 \$3.50
Friday	Arts & Crafts Room	Arts & Crafts Workshop	12pm-2pm	\$5 \$7
Friday	Card Room	Beginners Bridge	1pm-4pm	\$1 \$2
Friday	Main Hall	Strength Training	1:30pm-2:30pm	\$2.50 \$3.50
Friday	Pool Room	Billiards	8am-4pm	\$1.50 \$3



September 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 Open Faced Turkey Sandwich Mashed Potatoes and Gravy Salad & Dessert	02 Ham & Cheese Quiche Wedge Baked Potato Salad & Dessert	03 BBQ Chicken Legs Macaroni Salad Fresh Fruit Soup & Dessert	04 Quart of Frozen Split Pea with Ham Soup Blueberry Pancakes Sausage Link(2)
08 Grilled Salmon Sticky Rice Vegetables Salad and Dessert	09 BBQ Beef Sandwich Pesto Pasta Salad Soup & Dessert	10 Italian Link Sausage Soft Polenta Vegetables Salad & Dessert	11 Quart of Frozen Vegetable Beef Soup Chicken and Bean Burrito
15 Basa Fish Filet Veracruz Couscous Vegetables Salad & Dessert	16 Chicken Dijon Fresh Herbed Linguini Vegetables Salad & Dessert	17 Pork Chop Bread Stuffing Vegetables Salad & Dessert	18 Quart of Frozen Cajun Black Bean Soup Shrimp Caesar Salad
22 Hamburger Steak Onion & Mushroom Gravy Mashed Potatoes Salad & Dessert	23 Tuna Noodle Casserole Vegetables Salad & Dessert	24 Chicken Salad Stuffed Tomato Rosemary Focaccia Soup & Dessert	25 Quart of Frozen Chicken Noodle Soup Egg Salad Sandwich on Croissant
29 Chicken Cordon Bleu Rice Pilaf Vegetables Salad & Dessert	30 Turkey Tamale Casserole Spicy Black Beans Salad & Dessert		*The lunch menu is subject to change at any time without notice.

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.

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
September Book: Little Fires Everywhere
Author: Celeste Ng
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 9:30am-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.

new!

R.I.S.E. Exercise Class

R.I.S.E. (Resist, Impact, Strength, Energize) is a bone-building exercise class designed to help support strength, balance, and overall bone health. The class incorporates resistance and weight-bearing exercises that, when performed regularly and consistently, can improve bone density and help maintain strong, healthy bones. Join us and instructor Jacqueline Corl-Seidel on **Wednesdays** from **10:30am-11:30am** in the **Main Hall** for an energizing workout designed to help you build strength and R.I.S.E. to the occasion!

Halloween Bash Luncheon

Get ready for a spooktacular afternoon at our Halloween Bash Luncheon! Join us on **Friday, October 30**, from **12pm-2pm** for a festive luncheon featuring delicious baby back ribs, coleslaw, baked beans, a dinner roll and dessert, along with live music from Seasoned Soul to keep the celebration going. Come dressed in the Halloween spirit and enjoy an afternoon of great food, music, and fun with friends at the Senior Center! Tickets go on sale **Tuesday, September 8** for members and **Wednesday, September 9** for non-members.



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



Spirit Week

Get ready for a fun-filled week of spirit, creativity, and friendly competition at the Senior Center! Join us **Monday, September 21** through **Friday, September 25** as we celebrate Spirit Week with a different theme each day. Show off your style, get creative, and join in on the fun!

- **Monday, September 21 – Pajama Day:** Come cozy and comfortable in your favorite pajamas!
- **Tuesday, September 22 – Wild West:** Saddle up and dress like a cowboy, cowgirl, or your favorite Wild West character!
- **Wednesday, September 23 – Sports Gameday:** Wear your favorite team's gear and join us in the Main Hall from **1:30pm-3:30pm** for fun, small games, and friendly competition!
- **Thursday, September 24 – Retro Day:** Take a trip down memory lane and dress in your favorite retro style!
- **Friday, September 25 – Twin Day:** Find a friend and coordinate your outfits for Twin Day!

Grocery Outlet Donation

The Pinole Senior Center would like to extend our heartfelt thanks to Grocery Outlet in Pinole, specifically Sajjad Ahmad and his team for their incredibly gracious and generous donation to our Senior Center. Your kindness and support make a meaningful difference in our community and help us continue providing valuable programs, services, and resources to our seniors. We are truly grateful for your generosity and commitment to supporting the Pinole Senior Center and the community we serve!

**THANK
YOU!**

Aloha Hula Group Thank You

A huge mahalo to the Aloha Hula Senior Group for helping make our Hawaiian Summer Luau such a memorable celebration! Your wonderful performance was truly one of the highlights of the event, and your energy and enthusiasm had everyone up and dancing. Thank you for bringing so much joy, spirit, and fun to the afternoon—we are so grateful to have shared the celebration with you!





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, September 7** and **Wednesday, September 30**.



Home Match

Home Match reshapes today's housing dynamics. By connecting people with a spare room or ADU to those looking for an affordable space to live, we help both parties find the ideal fit. Shared spaces evolve into lively communities, and the cost of living is more reasonable for all involved. This is the way to stay. With a streamlined and simplified process, Home Match combats loneliness, fosters connections and creates a financially impactful and fulfilling lifestyle. Through our program we list and prepare rooms to rent, screen participants thoroughly, make personal introductions, facilitate lease agreements, and provide ongoing support. For more information, please email HomeMatchContraCosta@frontporch.net or visit their website at HomeMatchFP.org.

Holiday Craft Fair & Vendor Registration

Discover the perfect unique gift this holiday season at Pinole's Holiday Craft Fair! Shop art, jewelry, artisanal goods, and more curated by local vendors. The Holiday Craft Fair will be held on **Saturday, November 14** in the **Main Hall** of the Senior Center from **10am-3pm**. If you are interested in being a vendor, registration is now open. Registration can be completed in person at the Senior Center front desk or at www.pinolerec.com.

Vendor Fees: Senior Center Members \$40 | General Public \$50

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



2027 Long - Distance Trips

North Carolina & the Outer Banks

Departs - May 13, 2027 - (8 Days)

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



Cape Cod & the Islands

Departs - June 12, 2027 - (7 Days)

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

Nashville, Smoky Mountains & Bluegrass

Departs - September 12, 2027 - (8 Days)

\$4624.00 - PP DBL - SS - \$ 1300.00

Jewelry Sale

Join us at the Senior Center for a special Jewelry Sale taking place **September 14** through **September 18** each day from **8am-2pm**. Browse a wide selection of unique and affordable pieces, including necklaces, bracelets, earrings, and more. All jewelry has been generously donated by members of the public, making this a wonderful opportunity to support the community while finding something special. Stop by, take your time exploring, and don't miss this exciting opportunity to discover beautiful treasures right here in the Senior Center!



PINOLE SENIOR CENTER

2500 Charles Avenue
Pinole, CA 94564
(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 September 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, September 14, 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 are asked to line 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
- Participants may not save spots in line
- The Senior Center Card room is 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, September 8** and **Tuesday, September 22 at 10am -11am**

To participate, complete an application at the senior center front desk or on the day of food pick-up. ID and proof of address is required.