CITY OF PINOLE

SENIOR CENTER

November 2026 Newsletter



In observance of Veterans Day, the Senior Center will be closed on Wednesday, November 11. The center will reopen on Thursday, November 12.

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 must be made in advance and are subject to availability.
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. The Watercolor and Pinochle classes scheduled for **Tuesday, November 3**, in the Card Room will not be held due to Election Day.

2. The **Bridge** class on **Monday, November 9** will be held in the **Card Room** as there will be the **CHP Age Well Drive Smart** presentation in the **Arts & Crafts Room.**

3. The Senior Center will be closed on **Wednesday, November 11** in observance of Veterans Day.

4. The Senior Center will be closed on **Thursday, November 26** and **Friday, November 27** due to the Thanksgiving holiday. The center will reopen on **Monday, November 30.**

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

Classes marked with an * could be covered by select insurance programs.

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	Arts & Cratfs Room	Bridge	1pm-4pm	$1 | $2
Monday	Main Hall	Yoga & More *	2:30pm-3:30pm	$2.50 | $3.50
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	Card Room	Mah Jongg	12:30pm-4pm	$1 | $2
Wednesday	Arts & Crafts Room	Sewing 101	12:30pm-2:30pm	$6 | $8
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	Card Room	Arts & Crafts Workshop	12pm-2pm	$5 | $7
Friday	Arts & Crafts 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

November Lunch Menu

Lunch Service is from 12pm-1pm in the Main Hall

Tuesday Hot Meal	Wednesday Hot Meal	Thursday Hot Meal	Friday A La Carte
03 Chicken Taquito Spanish Rice Salsa Soup and Dessert	04 Beef Lasagna Vegetables Soup & Dessert	05 Herb Roasted Chicken Potatoes and Gravy Vegetables Soup & Dessert	06 Quart of Frozen Tomato Basil Artichoke Soup --- Chef's Salad
10 Beef Stroganoff Vegetables Salad & Dessert	11 **Kitchen closed for Veterans Day** 	12 Sliced Ham Whipped Sweet Potatoes Vegetables Soup & Dessert	13 Quart of Frozen Vegetable Soup --- Chicken Fried Rice
17 Swai Fish Filet Garlic Noodles Vegetables Soup & Dessert	18 Pulled Pork Puerto Rican Rice Vegetables Soup & Dessert	19 Chicken Cacciatore over Polenta Vegetables Soup & Dessert	20 Quart of Frozen Beef Barley Soup --- Calzone
24 Rigatoni with Pesto and Fresh Mozzarella Vegetables Soup & Dessert	25 Hot Turkey Mashed Potatoes and Gravy Vegetables Soup & Dessert	26 **Kitchen closed for Thanksgiving** 	27 **Kitchen closed for Thanksgiving break** 

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
November Book: The Correspondent
Author: Virginia Evans
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.

Holiday Pie Sale

Get ready for Thanksgiving with a delicious holiday pie from the Pinole Senior Center! We are offering a limited number of pumpkin and pecan pies for you and your family to enjoy this holiday season. The sale starts on **Monday, November 2** for members and **Tuesday, November 3** for non-members. Quantities are limited, so be sure to stop by the front desk and place your order before they sell out! The price for members is $15 and for non-members it is $17. The pie pick up date will be **Wednesday, November 25.**





HICAP Medicare Presentation

It's time to review your Medicare coverage for next year! HICAP will discuss the options for 2027 and how to potentially save money or get better coverage. Presented by Contra Costa Health Insurance Counseling and Advocacy Program, come see what's in store for next year and learn what your options are with a presentation on **Wednesday, November 4** at **1:30pm** in the **Main Hall**, followed by counseling appointments at 2:45pm and 3:30pm.
To make an appointment, please call (925) 655 - 1393 or visit cchicap.org.



CHP Age Well Drive Smart Presentation

Join the California Highway Patrol's "Age Well/Drive Smart" presentation on **Monday, November 9** 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.





Veterans Day Event

Enjoy the City of Pinole's annual Veterans Day Event on **Tuesday, November 11** at **Fernandez Park** (595 Tennet Ave.) from **11am-12pm.** Come be a part of the celebration with a featured Flag Retirement Ceremony performed by Pinole Troop 82, veteran and community speeches, entertainment, and veteran resources and information. If you are a veteran, or know a veteran who would be interested in speaking at this event, please reach out to mjamison@pinole.gov for more information.



Holiday Craft Fair

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**. Vendor spaces are currently sold out, but we encourage anyone interested in participating to sign up for our vendor wait list in case additional space becomes available. Join the wait list in person at the Senior Center front desk or at www.pinolerec.com.

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





2027 Membership

It's that time of year for membership renewal here at the Senior Center! Starting **Monday, November 16**, stop by the front desk between **8am–4pm** to renew your membership for the upcoming year. Be sure to take advantage of the current $30 membership price before the end of the year, as membership fees will be increasing in **January 2027!** Don't miss your chance to save and continue enjoying everything the Senior Center has to offer!

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 Zumba classes)
Drop-In Rates: Residents $9 / Non-Residents $10
There is no class on **Wednesday, November 11, November 25,** and **November 26.**

Community Events

Tree Lighting - Saturday, December 5 from 3pm-6:30pm
Community Corner, Located at the corner of San Pablo Ave. and Tennent Ave.

Holiday Breakfast - Saturday, December 12 from 9am-11am
Senior Center, 2500 Charles Ave.
Purchase tickets at front desk or at www.pinolerec.com.
$10 Residents and $12 Non-Residents



Glow Pinole

Deck the halls this holiday season by decorating your Pinole home. You may choose to register for one category, listed below which will then be featured on an interactive holiday map for community members to view, vote, & enjoy!

RESIDENT
Best Holiday Theme
Best Use of Lights
Most Creative Display

Vote online at **www.pinolerec.com**
Register by 12/13/2026 Voting Dates: 12/14/2026-12/28/2026

Senior Center Code of Conduct

The Pinole Senior Center has recently updated its Code of Conduct to help ensure a safe, welcoming, respectful, and enjoyable environment for all members, visitors, volunteers, instructors, and staff. The Code of Conduct outlines important expectations and guidelines that help promote courtesy, respect, and consideration for everyone who participates in our programs, classes, activities, and services. A copy of the updated Code of Conduct is available at the front desk and has also been posted in various locations throughout the Senior Center for everyone to review. We encourage all members and guests to take a few moments to familiarize themselves with the updated guidelines and to be mindful of them while visiting the Center. By working together and treating one another with kindness and respect, we can continue to make the Senior Center a positive and welcoming place for everyone in our community.

2027 Long - Distance Trips

North Carolina & the Outer Banks
Departs - May 13, 2027 - (8 Days)
$3,999.00 - PP DBL - SS - $1150.00



Cape Cod & the Islands
Departs - June 12, 2027 - (7 Days)
$3,699.00 - PP DBL - SS - $ 900.00

Nashville, Smoky Mountains & Bluegrass
Departs - September 12, 2027 - (8 Days)
$4,624.00 - PP DBL - SS - $ 1,300.00

PINOLE SENIOR CENTER

2500 Charles Avenue
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(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 November 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, November 9, 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, November 10** and **Tuesday, November 24 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.