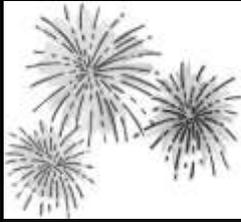


Antioch Senior Citizen's Club Newsletter

Call Today! (925) 778-1158

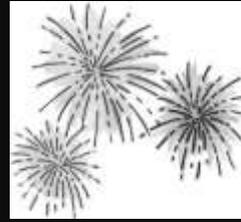
Check us out online at www.antiochseniorcenter.com

January / February 2015



2015!

HAPPY NEW YEAR!



Membership Drive

It's that time of year again to sign up for your 2015 Antioch Senior Citizen's Club Membership. Membership is open to any active senior that is 50 years of age or older. 2015 is sure to be a fun and exciting year of activities, events, classes, newsletters, trips, and more.

*Please note: a new form must be filled out each year

The 2015 Membership dues are \$15 Per Person.
Membership is free to those who are 90 and older.

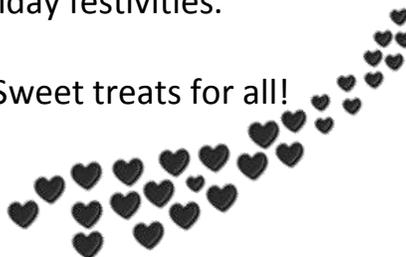
All members will receive a complimentary 2015 pocket calendar when they sign up. Please stop by the staff office to have your picture taken for the new membership cards.

The Antioch Senior Center Has Been Caught By The Love Bug!

Join us for a Lovely Valentine's Celebration
Friday, February 13, 2015
10:00 – 11:15 am

Wear your Valentine's Day colors; red, pink and white to spread the love and share in the holiday festivities.

Featuring: Activities, Music, and Sweet treats for all!



Live Music

Monday – Friday!

10:00-11:30a.m.

Come dance and enjoy live bands in the MNO Grant Dining Hall 10:00-11:30am.

Monday

- Music By: The Misfits

Tuesday

- Music By: The Delta Drifters Band

Wednesday

- Music By: Ted Easton

Thursday

- Cavortin' Music

Friday

- Music By: The Misfits

Upcoming Events

- ASC CLOSED Thursday, & Friday January 1st & 2nd for New Year's
- Membership Meeting: Board of Director's Inauguration Jan 14th
- ASC CLOSED Monday, January 19th, 2015 for Martin Luther King Jr's Birthday
- ASC CLOSED Thursday February 12th 2015 for Lincoln's Birthday
- ASC CLOSED Monday February 16th 2015 for President's Day



WEEKLY ACTIVITIES

MONDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
8:30 – 9:30	Open Walking (R/D)
8:30 – 3:30	Billiards (D/H)
9:30 – 10:30	Int. Exercise Class (R/R)
10:30 – 11:00	Beg. Exercise Class (R/R)
12:00 – 2:00	Tap Class (R/D)
12:00 – 3:00	Painting Class (R/R)
1:00 – 3:00	Bingo (D/H)

TUESDAY

8:30 – 9:30	Open Walking (R/D)
8:30 – 12:00	Cards (D/H)
8:30 – 3:30	Billiards (D/H)
9:00 – 10:00	Yoga for Seniors (R/D)
9:00 – 11:30	Quilting Class (R/R)
9:15 – 10:15	Beg. Hula (R/D)
10:30 – 11:30	Int. Hula (R/D)
12:00 – 1:00	Arthritis Exercise Class (R/D)
1:00 – 3:00	Knitting (D/H)
1:00 – 4:00	Beg. Computer Class (R/D)
1:00 – 4:00	Duplicate Bridge (R/R)
1:00 – 4:00	Poker (D/H)

WEDNESDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
8:30 – 9:30	Open Walking (R/D)
8:30 – 3:30	Billiards (D/H)
9:30 – 10:30	Int. Exercise Class (R/R)
9:30 – 12:00	Arts & Crafts (R/D)
10:30 – 11:00	Beg. Exercise Class (R/R)
12:00 – 2:00	Tap Class (R/R)
12:30 – 2:00	Creative Writing (R/D)
12:30 – 3:00	Tea Dance (R/D)
12:30 – 2:30	Arts & Crafts (R/D)

THURSDAY

8:30 – 9:30	Walking Group (R/D)
8:30 – 12:00	Cards (D/H)
8:30 – 3:30	Billiards (D/H)
9:30 – 10:15	Arthritis Exercise Class (R/D)
10:00 – 11:00	Cane Do Class (R/D)
10:30 – 11:00	Tone Up With Weights (R/D)
12:30 – 1:30	“Just For Fun” Dance (R/D)
1:00 – 3:00	Bingo (D/H)
1:00 – 4:00	Adv. Computer Class (R/D)

FRIDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
8:30 – 9:30	Open Walking (R/D)
8:30 – 3:30	Billiards (D/H)
9:30 – 10:30	Int. Exercise Class (R/R)
10:30 – 11:00	Beg. Exercise Class (R/R)
1:00 – 3:30	Poker (D/H)
1:30 – 3:00	Reader’s Theatre (R/D)

*D/H = Dining Hall R/D = Recreation Dept. R/R = Riverview Room

What are some of the benefits of coming to the Antioch Senior Center according to fellow senior members...

Makes me feel alive.

Interaction with other people my own age.

Getting to travel with a friend and not having to plan it.

Social connections.

I feel rewarded, having comradely.

A friendly, family oriented and safe environment.

I love the music and how it makes me feel.

A great way to find a spouse or a boyfriend/girlfriend

Gives me a reason to get out of bed in the morning, gives me a purpose.

Relate with others who have the same medical issues.

Sign up to be an Antioch Senior Center Member!

New

**Walking Group
Starts January 8th**



Get Up & Go with the Director!

Join our Parks and Recreation Director and take your walk outside. We'll stroll through downtown, meet new friends and connect with nature. Find out what's happening at City Hall too! Get Up and Go with the Director happens on the first Thursday of the month during the regular walking time 8:30 -9:30 am. Water, comfortable clothing, and walking shoes recommended.

Day	Time	Loc
Thursday	8:30 am - 9:30 am	ASC

Upcoming Dates:

January 8th, February 5th, March 5th, & April 2nd

What Does the * mean? Due to a large volume of participants, those with the* are available by appointment only.

JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Center Closed	2 Senior Center Closed	3
4	5 Bingo Caller-Bill	6 Chinese Cultural Program Public Transit Training* Care Manager*	7 * Peer Counseling	8 Bingo Caller-Jim	9 Trinket Treasures 9-11am Spanish Resource Specialist* Potluck 5pm	10
11	12 Free Legal Services* Bingo Caller-Bill	13 Board of Directors Meeting 12:30pm Public Transit Training* 10-11:30am *Care Manager/ Notary*	14 Board of Directors Inauguration 9:30am * Peer Counseling Alzheimer's Support Meeting 1:30-3pm	15 Bingo Caller-John	16 Spanish Resource Specialist* Movie Day	17
18	19 Senior Center Closed	20 Public Transit Training* 10-11:30am *Care Manager/ Notary*	21 * Peer Counseling Blood Pressure Screening	22 Bingo Caller-Charlie	23 Spanish Resource Specialist*	24
25	26 Free Legal Services* Bingo Caller-Bill	27 Public Transit Training* 10-11:30am *Care Manager/ Notary*	28 * Peer Counseling Alzheimer's Support Meeting 1:30-3pm	29 Bingo Caller-Cheryl	30	31

What Does the * mean? Due to a large volume of participants, those with the* are available by appointment only.

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bingo Caller-Bill	3 Board of Directors Meeting 12:30pm Chinese Cultural Program Public Transit Training* Care Manager*	4 * Peer Counseling	5 Taxes Bingo Caller-John	6 Trinket Treasures Spanish Resource Specialist* Potluck 5pm	7
8	9 *Free Legal Services Bingo Caller-Bill	10 Public Transit Training* 10-11:30am *Care Manager/ Notary*	11 * Peer Counseling Alzheimer's Support Group	12 Senior Center Closed	13 Valentine's Day Party Movie Day Spanish Resource Specialist*	14
15	16 Senior Center Closed	17 Public Transit Training* 10-11:30am *Care Manager/ Notary*	18 * Peer Counseling	19 Taxes Bingo Caller-Jim	20 Spanish Resource Specialist*	21
22	23 *Free Legal Services Bingo Caller-Bill	24 Public Transit Training* *Care Manager/ Notary*	25 Alzheimer's Support Group	26 Taxes Bingo Caller-Charlie	27	28
28	29 Bingo Caller-Bill	30 Public Transit Training* 10-11:30am *Care Manager/ Notary*	31			

❖ Senior Services

Senior Nutrition - Co Co Cafe

Hot nutritious lunches served Monday – Friday at 11:30 a.m. (60 years & Older). Participants must be checked in by 11:15 a.m. sharp. All meals served at the ASC Nutrition site are low –sodium and low-fat. Call (925) 757-7325 for meal reservations, must call before 11:00 a.m. the business day prior. Suggested donation is \$2.00 for 60+. A mandatory \$5.00 fee is charged for participants under 60. Please phone in cancellations so that meals can be given to other seniors in need of a meal on the waiting list. Excessive cancellations may result in limited reservation privileges.

Attention: Many of our services are provided by experienced volunteers. The services have limited availability and are often booked several months in advance. Please keep that in mind when scheduling an appointment and sign up early. Thank you for your cooperation.

Alzheimer’s Support Group -2nd & 4th Wednesday of each month 1:30-3:00pm. The center hosts a wonderful support group for family members and caretakers.

Blood Pressure Screening - 3rd Monday of each month 10:00-11:00am.

Care Manager/Notary Service – Provides referrals for almost any “Senior” subject. Tuesday’s 9:00-11:30am. (By Appt Only). Notary Services available upon request for **\$10.00**.

Free Legal Services - 30 minute appts. 2nd Friday & 4th Monday of each month 9:00–12:00 pm \$15 Refundable Deposit required to hold appt. Eligible participants must be 60 years of age or older.

Free Wills –Attorney Matthew Hart 3rd Monday of each month 9:00-12:30pm. Eligible participants can not currently own a home or have an existing will or trust fund. Participants must be 60 years of age or older.

Health Insurance Counseling & Advisory Program -1st Thursday & 3rd Tuesday.1:00-4:00pm. Call (925) 602-4168 to schedule an appointment.

Peer Counseling – Counselor, Diana Gatlin. Wednesday’s 8:30am - 1:30pm.

Public Transit Training – Individual consultation with transit trainer Michael Daugelli. Tuesdays, 10:00 - 11:30am.

Spanish Resource Specialist - (Especialista de Recursos) – 30 minute appointments available Thursday & Friday from 10:00am -12:00pm.

❖ Community Resources:



Upcoming Field Trip to Big Break Visitor Center at the Delta

Tuesday, February 24, 2015

8:30 am-11:00 am (Will Return to ASC in time for the Co Co Café Lunch Program)

Transportation provided. Sign up at the ASC Front Desk Starting January 20th, 2015.



Come join us as we explore Big Break, the newest Park District visitor center! The visitor center includes temporary displays about the Delta and is staffed by Park District naturalists who can give information about the park and specific activities in the area including wetland walks and adjoining trails. Big Break Regional Shoreline offers picnic and meadow areas, a small shaded amphitheater, boat and kayak launch facilities, and a fishing pier. It also includes the Delta Discovery Experience with covered, outdoor use areas for interpretive and educational exhibits and programs highlighting the Delta, its ecosystems, and wildlife. A 1,200 square foot interactive map of the Delta allows visitors to see how water flows through the region. Sure to be a fun and educational trip for all.

Plan for the Future We Want to Hear From You!

Help us shape the future of public transit in your community. Join us for a community workshop to share your ideas on how Tri Delta Transit can better serve riders by improving service within Eastern Contra Costa County.

How can you participate?

- Come to a community transit workshop
- Free 24-Hour Bus Pass for Participants!
- Win a 31-Day Pass in the workshop raffle

Community Workshop

Sat. Jan. 10, 2015
11:30 am – 1:30 pm
Antioch Community Center
Community Hall
4703 Lone Tree Way
Antioch, CA 94531

For more information, please visit:
www.trideltatransit.com



“My Golden Years Start With GO!”

Staying Independent & Active
with Tri Delta Transit's fixed route bus



Tuesday, January 27th
(presentation)
9:30 - 10:30am
Antioch Senior Center

Thursday, January 29th
(FREE field trip to tour
Tri Delta Transit's facility)
8:20 - 10am (bus departs 2nd/E at 8:29am)
Antioch Senior Center

Affordable. Safe. Reliable. Convenient.

Tri Delta Transit helps seniors keep an active and independent lifestyle by providing transportation throughout the community. Join us on Tuesday, January 27th for a brief presentation on riding the fixed route bus and learn how easy it is to take transit. Then join us on Thursday, January 29th for a FREE field trip on Route 387 to tour Tri Delta Transit's facility.

Free Raffle • Door Prizes • Great Fun!

❖ Club News

Hello to All!

Happy New Year!



I can't believe it's already 2015. I am looking forward to another term as President. Welcome to all of the new Board Members and a big thank you to all of the Board Members who served a term in 2014. A special thank you to May Zech who has been the ASC club secretary for many years and will be greatly missed. I am very excited for all the changes taking place in the new computer/library room. We hope to have the computers up and running early in the new year for everyone to enjoy.

Just a few house rules that I want to remind everyone as we start the new year, please make sure that you do your best to clean up around you, be courteous to each other and make sure you are welcoming to any new members that attend! Remember seating in the MNO Grant Dining Hall is on a first come first served basis, so please do not remove someone's mat if it has already been placed.

Sincerely,
Linda Fredrickson (AKA Mama Bear)
ASC Club President

Please Note:

As of January 2015, the 2015 Senior Citizen's Club Membership will no longer include a 15% discount for City of Antioch Recreation Classes. The 2015 ASC membership will still include all of the Antioch Senior Center classes, programs, and special events.
Thank you for your cooperation!

2015 Senior Citizen's Club Board of Directors Inauguration

Join us in welcoming our new 2015 Board of Directors in the inauguration ceremony

Wed. January 14, 2015

9:30 – 10:00 am

President:

Linda Fredrickson

1st Vice President:

John Fredrickson

2nd Vice President:

Cleo Butler

Corresponding Secretary:

Michael Kearnes

Membership:

Dorothy Smith

Treasurer:

Jeff Evans

Secretary:

Sandi Reed

Board of Directors Monthly Meetings

Upcoming Meeting Dates:

January 13th, 2015

February 3rd, 2015

Time: 12:30 – 2:00 pm

Location: ASC Computer/Library Room

❖ Upcoming Events

Free AARP Tax Preparation Services Coming Soon!

Do you need help getting your taxes filed?

AARP offers a *Free* tax service for senior citizens located at the Antioch Senior Center.

Appointments can be made starting **Monday, January 12th, 2015.**

To schedule an appointment call the Antioch Senior Center front desk at (925) 778-1158. 9:00 a.m. – Noon.

Appointments will be held on Thursdays only

Appointment times 8:30 a.m. – 2:30 p.m.

February 5th – April 9th 2015*.

*No appointments on Thur. Feb. 12th due to Lincoln's Birthday holiday closure.

Please Note: Appointment priority goes to seniors 60 plus that are low to moderate income tax payers.

Tax payers who anticipate itemizing deductions must bring 2013-2014 & 2014-2015 Property Tax Bill as per requirement from the Franchise Tax Board of CA this year.

Please bring to you scheduled appointment:

- Last year's tax return
- Photo ID (For you & spouse if filing jointly)
- Your spouse (If filing jointly)
- W-2 forms for all jobs held for filing year
- All 1099 or 1098 Forms
- Cost Data (basis) if you sold stock
- Landowner's address and phone number if you are a renter
- A voided check for direct deposit



Mark your calendar for these upcoming events in 2015!

- March 17th** St. Patrick's Day
- April 3rd** Easter Celebration
- April 15th** Volunteer Recognition
- May 8th** Mother's Day Appreciation
- May** Date TBD – Senior Picnic
- June 19th** Father's Day Appreciation

Make a New Year's Resolution Volunteer in 2015!

Thanks to many dedicated volunteers, the Antioch Senior Citizen's Club offers vital services, programs and events to seniors in Antioch and surrounding communities. Whether you are looking to volunteer for a one-time special event or to volunteer year-round, the Antioch Senior Citizen's Club would like to welcome you to the ASC volunteer program. Seeking volunteers with an upbeat attitude to help establish a fun and welcoming environment at the Antioch Senior Center. Men and women welcome! Inquire at the front desk.

Open volunteer positions:

- **ASC Front Desk**
- **Nutrition Program**
- **Instructional Classes**

❖ Monthly Events January/February 2015

January Events

Trinket Treasures:

Friday, January 9th

Location: MNO Grant Dining Hall

Time: 9:00am-11:00am

Sign-up to feature your items at our monthly Trinket Treasure's event.

Tables \$10.00 each

Applications available at the Front Desk,
To become a vendor Call 925-778-1158

***date change due to facility closure on 1/2/15**



Potluck:

Friday, January 9th

Time: 5:00pm

Location: Mno Grant Dining Hall

To participate, please bring a dish to feed six people and your eating utensils. After all the eating is done, everyone plays Bingo! Join us for an evening of food, friends, & fun!

Questions contact:

Antioch Senior Center at (925) 778-1158

***date change due to facility closure on 1/2/15**

Friday Movie:

Friday, January 16th

***date change due to facility closure on 1/2/15**

And So it Goes

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

Rated: PG 1 Hour 34 Min.

Movie starts at 12:15 PM sharp!

Popcorn and drinks provided.



February Events

Holiday Trinket Treasures:

Wednesday, February 6th

Location: Riverview Room

Time: 8:30am-11:30am

Sign-up to feature your items at our monthly Trinket Treasure's event.

Tables \$10.00 each

Applications available at the Front Desk,
To become a vendor Call 925-778-1158



Potluck:

Friday, February 6th

Time: 5:00pm

Location: Mno Grant Dining Hall

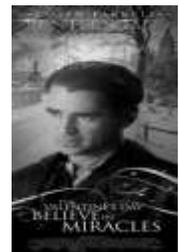
To participate, please bring a dish to feed six people and your eating utensils. After all the eating is done, everyone plays Bingo! Join us for an evening of food, friends, & fun!

Questions contact:

Antioch Senior Center at (925) 778-1158

Friday Movie:

Friday, February 13th



Winter's Tale

A burglar falls for an heiress as she dies in his arms.

When he learns that he has the gift of reincarnation, he sets out to save her.

Rated: PG 1 Hour 50 Min.

Movie starts at 12:15 PM sharp!

Popcorn and drinks provided.

❖ Arts & Crafts

Arts & Crafts Class

Come create an assortment of general crafts. Sharing and learning with craft projects that range from bead work, knitting, jewelry making, etc. Craft projects themed around upcoming holidays and fun themes.

No Class Fee.

Day	Time	Loc
Wednesday	9:30 am - 12:00 pm	R / D
Wednesday	12:30 pm - 3:00 pm	R / D



Knitting Class

A great way to enjoy knitting and crocheting with fellow ASC members. Share your hobby while enjoying friendly conversations. No experience needed. Open to beginners and advanced knitters. Please bring your own supplies. **No Class Fee.**

Day	Time	Loc
Tuesday	1:00 - 3:00 pm	D / H



Painting Class

Open to artist and aspiring artist alike get together to bring out the artist in all of us. Participants create paintings using Acrylic, Oil and Water Colors. Many paintings have been entered and placed at the Antioch Fair. Please bring your own supplies. **No Class Fee.**

Day	Time	Loc
Monday	12:00 - 3:00 pm	R / R

Quilting Class

Come join us for 2.5 hours of quilting, crocheting, knitting, and fun. A great way to share your hobby and make new friends. Good for all skill levels. Please bring your own supplies. **No Class Fee.**

Day	Time	Loc
Tuesday	9:00 - 11:30 am	R / R

❖ Cards & Games

Bingo

Come join us for retro bingo on slider cards. (No Dobbers needed). This is a great activity for fun and socialization. Doors open at 12:30pm. \$1.00 per Bingo card (2 card minimum). 10 game variety played each day. Raffle prizes awarded during break time. Featuring Power Ball and Surprise Pots. Power Ball jackpot increases \$5 each week the power ball is not won. This is a fundraiser for the Antioch Senior Citizen's Club that is open to the public so grab a friend and come to enjoy.

Day	Time	Loc	Fee
Monday	1:00 - 3:00 pm	D/H	\$1 /Card
Thursday	1:00 - 3:00 pm	D/H	\$1 /Card

Billiards

A friendly group that gathers to play Pool. Featuring 3 pool tables and a variety of game options. Open to both men & women and all skill levels, everyone is here to play and have a good time. Participant dues are \$2 per month or \$20 per year.

Day	Time	Loc
Monday - Friday	8:00 am - 3:30 pm	D/H



Duplicate Bridge

Calling all experienced Bridge players, come play Bridge in a fun and inviting atmosphere. Participants must know how to play, however open to all experience levels.

Day	Time	Loc	Fee
Tuesday	1:00 - 4:00 pm	R/R	\$2 / Day



Poker

Play a variety of poker games including Texas Hold'em, Wild Games, etc. Each game is dealer's choice. The first 9 players make up the poker table. Player fee is \$6.00 (\$0.60 is donated to the Antioch Senior Citizen's Club and \$5.40 is left to play with).

Day	Time	Loc
Tuesday	1:00 - 4:00 pm	D/ H
Friday	1:00 - 3:30 pm	D/ H

❖ Dance

Hula

Learn to swing and sway the Hawaiian way. Hula provides good exercise while having fun and learning about Hawaiian culture. Hula is about telling a story. Instructor KA'EN has been teaching hula for over 40 years to all ages in Hawaii and here in the states.

Session I: January 20th – March 17th

Session II: March 24th – May 5th

~Summer Break~

Session III: October 20st – December 15th

Beginning Class

Day	Time	Loc	Fee
Tuesday	9:15 - 10:15 am	R / D	\$3 /Class

Intermediate Class

Day	Time	Loc	Fee
Tuesday	10:30 - 11:30 am	R / D	\$3 /Class

"Just For Fun" Dance Club

The Just For Fun club gets together to come up with fun dance skits to perform at the center. All are welcome to join in the fun.

No Class Fee.

Day	Time	Loc
Thursday	12:30 - 1:30 am	R / D



Tea Dance

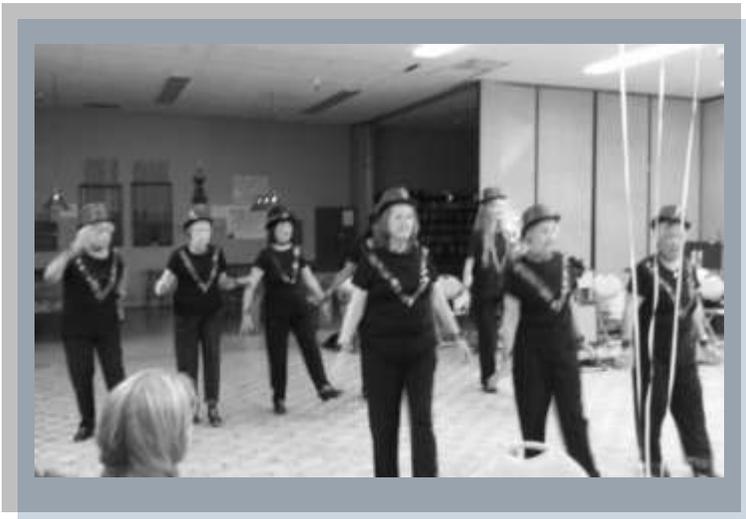
Learn and dance the Rumba, Cha Cha, Waltz, Tango, and Fox Trot. Great exercise and a fun way to learn and practice dance moves new and old. No Partner required. **No Class Fee.**

Day	Time	Loc
Wednesday	12:30 - 3:00 pm	R / D

Tap Class: Antioch Senior Flappers

The Antioch Senior Flappers started in 1996. Eight ladies showed up the first day, not knowing a shuffle from a flap. Here we are sixteen years later performing all over the county (even on a cruise). Our tappers will come and go, but the Antioch Senior Flappers will keep tapping. New members welcome. No experience necessary, just a passion to learn and have fun! **No Class Fee.**

Day	Time	Loc
Monday	12:00 - 2:00 pm	R / D
Wednesday	12:00 - 2:00 pm	R / R





Exercise Class

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support. This low-impact exercise routine can benefit your health by stretching and strengthening your muscles, reducing stress, preventing injury and even helping to lower your blood pressure.

No Class Fee.

Beginning Exercise

Day	Time	Loc
Mon, Wed & Fri	10:30 - 11:00 am	R / R

Intermediate Exercise

Day	Time	Loc
Mon, Wed & Fri	9:30 - 10:30 am	R / R

Advanced Exercise

Day	Time	Loc
Mon, Wed & Fri	8:15 - 9:15 am	R / R

Yoga for Seniors *No Yoga Class in January

This is a gentle class which focuses especially on breathing, stretching, and yoga postures. Postures are limited to sitting and standing, no floor work. Each class ends with a 10 minute guided relaxation. Please bring a mat.

Day	Time	Loc	Fee
Tuesday	9:00 - 10:00 am	R / D	\$5 /Class

*** Classes will resume in February 2015**

Arthritis Exercise Class

The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. Exercises are suitable for all ages, mobility limitations, and fitness levels with any form of arthritis. Instructor: Shirley Evans. **No Class Fee.**

Benefits Include:

*Increased range of motion, strength and flexibility

*Better joint functionality and sleep

*More energy

Day	Time	Loc
Tuesday	12:00 - 1:00 pm	R / D
Thursday	9:15 - 10:15 am	R / D



Weights:

"Tone Up With Shirley"

Simple weight exercises designed to help seniors with balance, stretching, and posture while improving self esteem. It's never too late to start. **No Class Fee.**

Day	Time	Loc
Thursday	10:30 - 11am	R / D

Open Walking

Come enjoy walking with friends to upbeat music. Rain or shine in the indoor facility, walking can be fun in a safe environment. One of the most effective forms of physical activity and can lead to improved heart health. Good for all fitness levels.

No Class Fee.

Day	Time	Loc
Monday - Friday	8:30 - 9:30 am	R / D

❖ Personal Growth

2015 AARP Smart Driver Course

The course is designed for drivers age 50 and older to help; Update driving skills and knowledge of the rules and hazards of the road, Learn about normal age-related physical changes and how to adjust your driving to compensate, Reduce chances of receiving a traffic violation, getting into an accident, or becoming injured. Many auto insurance companies provide a multi-year discount to course graduates! (Check you're your insurance provider). Sign-up is available in person one month prior to the class date. Spaces Limited. A current driver's license and cash/check payment required for sign up.

Class Fee \$15 for AARP Members/\$20 for Non - AARP Members.

Course Name	Date	Day	Time	Loc
Beginner's Course	April 16 th & 17 th	Thur. & Fri	9:30 am - 2:30 pm	R / R
Refresher Course	June 25 th	Thursday	9:30 am - 2:30 pm	R / R
Beginner's Course	Sept 17 th & 18 th	Thur. & Fri	9:30 am - 2:30 pm	R / R
Refresher Course	Nov. 19 th	Thursday	9:30 am - 2:30 pm	R / R

Antioch Reader's Theatre

Join us as we senior read aloud parts from scripts of plays, radio/TV shows, movies and short stories or many eras. No memorizing, special talents, fees, or pressure. Just a small group enjoying the experience of reliving our favorites and discovering new ones, both comedies and more gripping "Theataah". Just come to the Antioch Reader Theatre at the Center every Friday at 1:30pm. **No Class Fee.**

Day	Time	Loc
Friday	1:30 - 3:00 pm	R / D

"Share Your Words" Creative Writing

Do you like to write? If you have written anything at all, and you would like to share, join us in the "Green Room". We listen to poetry, memoirs, essays, short fiction, long fiction, novel excerpts, and rants, whatever. We encourage one another in our writing. Carol Emerson facilitates the group. **No Class Fee.**

Day	Time	Loc
Wednesday	12:30 - 2:00pm	R / D

Cane -Do Self Defense Class

Easy exercise with a cane or walking stick. Learn self defense, become empowered. Never walk in fear again. It's fun and easy with no difficult moves. Learn how to use the cane before you have to use the cane. **No Class Fee.**

Day	Time	Loc
Thursday	10:00 - 11:00 am	R / D

Computer Class

Computer classes designed for beginners who may have little or no computer experience and want to learn more. Sign-up required. Spaces Limited. **No Class Fee.**

Beginning Class

Day	Time	Loc
Tuesday	1:00 - 4:00 pm	R / D

Advanced Class

Day	Time	Loc
Thursday	1:00 - 4:00 pm	R / D



TRIPS & TOURS

TRIP DIFFICULTY RATING SYSTEM

1
TO
2

EASY - Up to 2 blocks of walking on even terrain and a few stairs.

MILD - Between 2-4 blocks of even walking. Standing approximately 30 min.

DAY TRIPS SURVEY RESULTS IN THE PLANNING PHASE

SO HERE IS WHAT WE ARE WORKING ON FOR 2015 DATES, TIMES AND FEES AS WELL AS AVAILABLE TOURS WILL BE FINALIZED AND POSTED AT THE TRIPS OFFICE AND ON LINE AT WWW.ANTIOCHSENIORCENTER.COM . TOUR OFFERINGS MAY NEED TO BE ALTERED BASED ON AVAILABILITY.

MAY "THE BOYS ARE BACK" a hosted lunch and Finocchios style show with "HOLATTA TYMES"

JUNE A TOUR TO HEALDSBURG to visit THE RUSSIAN RIVER ROSE COMPANY. Over 650 varieties of roses will be featured, from ancient to highly hybridized roses. Organic tea and cookies will be served and Italian lunch at GIORGIOS RESTURANT.

JULY tour starts with a ferry ride across the bay to AMERICAS FIRST UNDERWATER WORLD AQUARIUM AT PIER 39. This 400 foot moving sidewalk gives views reserved only for divers. Lunch to be included prior to return ferry ride.

AUG SACRED PLACES WITH CRAIG SMITH a tour of some of the most beautiful, largest and rich in history churches in SAN FRANCISCO. Lunch included at POMPEIS GROTTTO.

SEPT THE SANTA CRUZ follies a dynamic singing and dancing review along this famous beach resort. A delicious local hosted lunch is included.

OCT A SPECIAL OVERNIGHT TRIP TO **YOSEMITE** starts with a stop and guided tour of THE SHINZEN JAPANESE GARDENS. Then check in to the hotel for the night. An early rise will set the stage for a 2 HOUR TRAM RIDE ON THE VALLEY FLOOR. Lunch is included and will be at THE FAMOUS AHWAHNEE HOTEL. A comfort stop is included on the way home.

NOV A POSSIBLE ROARING CAMP CHRISTMAS TRAIN RIDE

DEC LOOKING AT CHRISTMAS AT BEACH BLANKET BABYLON



Casino Trips for 2015

Price: Still \$35 Per Person

Please see the trips office for slot and match play rewards

Dates:

JAN 27

FEB 24

MAR 24

APR. 21

MAY 26

JUNE 23

JULY 28

AUG 25

SEPT 22

OCT 27

NOV 17

Casino:

Cache Creek

Graton Casino

Jackson Ranch.

Thunder Valley

Cache Creek

Graton Casino

Jackson Ranch.

Thunder Valley

Cache Creek

Graton Casino

Jackson Ranch.

DEC – NO TRIP PLANNED

**SANTA NEEDS HAY
FOR THE DEER**

TRIPS OFFICE HOURS

**MONDAY – FRIDAY
9:00 AM - 11:30AM**

**Call (925) 754-2231
for additional
trips information**



TRIP DIFFICULTY RATING SYSTEM

MODERATE - Up to 4 blocks of walking. Not appropriate for wheelchairs, walkers may be OK.

STRENUOUS - More than 4 blocks of walking with many stairs and uneven terrain

2015 IS ON ITS WAY AND WE LISTENED TO NEW IDEAS, SEE WHAT WE HAVE

Sign up early for these trips most have a 2 week deadline to see if it will go. Any over-night trips or theater tours have a 1 Month Deadline. We hate to have to cancel because someone waited to sign up too late.



FRIDAY JANUARY 16, 2015-BRIDGE TO BRIDGE BAY CRUISE W/LUNCH @ FISHERMANS GROTTO #9 DEPART 1PM RETURN APPROX. 6:45 PM

\$104 Per Person This 90 min. tour with headset narration, will give you a unique view of the new Bay Bridge and all spots of San Francisco's waterfront to the Golden Gate Bridge. The tour starts with lunch and ends with the opportunity to view the new Bay Bridge lights.



THURSDAY FEBRUARY 26, 2015-THE SAUSALITO MARINE MAMMAL CENTER DEPART 8:30AM RETURN APPROX. 5PM

\$98 Per Person. This docent lead tour will lead you thru a state of the art animal care and research center whose focus is to rescue and rehabilitate sick and injured marine mammals. You will see exhibits as well as some of the rehabilitated animal patients. Lunch will be at Sausalito's Seahorse Supper Club.



FRIDAY MARCH 20, 2015 CRAIG SMITH LEAD PRESIDIO TOUR DEPART 8:30AM RETURN APPROX. 4:15PM \$104

Craig Smith has lead us on many a exciting and educational tour in and around S.F. and this tour is no exception as he will inform us of the history and culture of the bastion of service of over 218 years. From the Officers Club to the new Lucas Arts Park and Sculptures of S.F. Lunch at Café Presidio will charge you up for the rest of the tour including Immigration Point, Inspiration Point and Fort Point.



WEDNESDAY APRIL 15, 2015 MUMMIES TO TUMMIES TOUR DEPARTS 10:45 AM RETURN APPROX. 5PM

\$99 This most exotic tour starts off with a step back into time, a time and place with the long time traditional hand washing ceremony prior to the belly-dancing entertainment which will highlight our 5 course lunch. We are now ready to tour the Rosicrucian Egyptian Museum housed in the only Egyptian-style building in the world to house Egyptian, Assyrian and Babylonian artifacts. The tour includes thousand of rare and original pieces of history as well as replica tombs, human and animal mummies and 5000 year old tablets.

ARIZONA SPRING TRAINING & PHOENIX TOUR MARCH 22-26, 2015

5 DAYS 4 NIGHTS \$1,499 Per Person Dbl - \$1,799 Single Occupancy

Tour includes transfers to/from Antioch, Round Trip Air Fare, Deluxe Motorcoach, 4 Nights Accommodations North Phoenix, City Tour of Phoenix, Arizona State Capital, Historic Mining Town of Globe and Frank Lloyd Wright-Taliesin West guide tour. 2 Ball games at least one of you favorite teams. **OPENINGS STILL AVAILABLE FOR THIS PHOENIX TOUR.**

TRIPS & TOURS



**ENGLAND, SCOTLAND & IRELAND
SEPTEMBER 12-22, 2015
\$4,145 Per Person Dbl Occupancy - \$685 Single Supplement**

Trip Details: 2 nights Dublin, 2 nights in Glasgow, overnights in Harrogate, Waterford and Cardiff in Wales.

Tour will include boat, ferry and motor coach travel. Immerse yourself in romantic poets and Edwardian, Georgian and Medieval history as you explore the highlands, lakes and castles of Scotland, England and Ireland. You will experience windswept vistas and 40 shades of green.

Tour also includes air fare, shuttle to/from Antioch, gratuities and most meals. Additional discounts for active military and veterans as well as past Trafalgar travelers.

SPACE STILL AVAILABLE AT PRESS TIME



Senior trips program needs your support!

Please continue to support the trips program. Recently we have had to cancel some trips due to lack of timely registrations many times late registrations would have been enough.

If you are interested in a trip, whether a day trip, casino trip or one of the larger extended trips please sign-up early. Single day trips need confirmations that we are going 2 weeks in advance for restaurants and buses. Trips with overnight stays or theater productions need 1 month advance notice. Extended trips require 6 months with deposits to hold our allocations. The trips program is a major supporter of the Antioch Senior program and offers special opportunities for many. Help us make every day special here at ASC.

TRIPS DRESS CODE

Did you know that when we go on day trips we have a dress code?

The Dress Code is "Nice Casual"

Please No Tank Tops (Without over shirt) No Beach Style Flip Flops. (Nice Sandals O.K.) No Short Shorts.

Reminder: On trips we represent the Antioch Senior Center.

Let's make them proud of us at all times. Thank you!

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- * Orange Juice
- * Mexicali Corn
- * Green Salad
- * w/1000 Island Dressing
- * Flour Tortilla
- * Salsa
- * Apricots

5 NEW YEAR CELEBRATION! 6 7 8 9

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| <ul style="list-style-type: none"> Alaskan Salmon Patty w/Dill Sauce * Broccoli Fluffy Rice Pilaf Lemon Meringue Pie (Fresh Fruit) | <ul style="list-style-type: none"> * Veal Parmesan a la Romano & Parmesan Cheese * Spinach * Mixed Green Salad w/Ranch Dressing * Rotini w/Marinara Sauce * Chilled Pears | <ul style="list-style-type: none"> * Turkey a la King * Orange Juice * Peas w/Red Pepper * Stewed Tomatoes * Biscuit * Tangerine | <p>COLD PLATE</p> <ul style="list-style-type: none"> * Tuna Salad on Lettuce Leaf w/Tomato Slice * Corn Chowder * 4 Bean Salad w/Carrot * Pickled Beet & Onion Salad * 100% WW Bread X2 * Citrus Fruit | <ul style="list-style-type: none"> * Texas Style BBQ Beef * Chicken Noodle Soup * Winter Vegetable Blend * Potato Wedges * Bun * Banana |
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| <ul style="list-style-type: none"> Salisbury Steak w/Onion Gravy Grape Juice * Stewed Tomatoes * Mashed Potatoes * Spinach Salad w/Catalina Dressing * 100% WW Bread w/Marg. Pears | <ul style="list-style-type: none"> * Breast of Chicken Marsala * Minestrone Soup * Italian Vegetables * Tossed Green Salad w/Italian Dressing * Herbed Rice * Citrus Fruit | <ul style="list-style-type: none"> * Tempting Tamale Pie w/Corn Bread Topping * Sliced Carrots * Black Beans * Mixed Green Salad w/Ranch Dressing * Tropical Fruit | <p>BQ Pork Rib Patty</p> <ul style="list-style-type: none"> * Capri Vegetables * Potato Salad * Roll w/Margarine * Orange Gelatin * w/Mandarin Oranges * (Dietetic Orange Gelatin w/Mandarin Oranges) | <p>MARTIN LUTHER KING JR. CELEBRATION</p> <ul style="list-style-type: none"> * Southern Style * Oven Fried Chicken * Collard Greens w/Onions * Glazed Yams * Corn Bread w/Marg. * Georgia Peach Cobbler (Georgia Peaches) |
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19 20 21 22 23

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| <p>MARTIN LUTHER KING JR. HOLIDAY!</p>  <ul style="list-style-type: none"> * Sweet & Sour Pork * Mixed Green Salad w/Ranch Dressing * Carrots in Lite Sauce * Asian Vegetable Mix * Steamed Rice * 100% WW Bread * Tangerine | <p>COLD PLATE</p> <ul style="list-style-type: none"> * Cobb Salad * Savory Bean Soup * 100% WW Bread w/Marg. * Blue Cheese Dressing * Citrus Fruit | <ul style="list-style-type: none"> * Ye Old Pub Cheese Burger * Potato Wedges * Spring Bean Medley * Lettuce, Tomato & Onion Mustard, Catsup * Mayonnaise & Relish Bun * Mixed Fruit | <ul style="list-style-type: none"> * Breaded Cod Fish w/Lemon Slice * Clam Chowder * Mixed Vegetables * Coleslaw * Fluffy Rice Pilaf * Tartar Sauce * Vanilla Pudding (Fresh Fruit) |
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| <ul style="list-style-type: none"> Joe's Orange Chicken Breast Vegetable Soup * Red Potatoes * Green Beans * 100% WW Bread w/Marg. * Mixed Fruit | <ul style="list-style-type: none"> * Vegetarian Lasagna * California Blend * Tossed Salad w/Blue Cheese Dressing * 100% WW Bread * Fresh Fruit | <p>COLD PLATE</p> <ul style="list-style-type: none"> * Meatballs w/Mushroom Gravy * Spinach * Steamed Rice * Carrot-Raisin Salad * Peaches | <p>COLD PLATE</p> <ul style="list-style-type: none"> * Jack's Mock Crab Salad * Potato Leek Soup * Pickled Beets & Onions * Tropical Fruit Cup * French Bread * Lettuce, Tomato & Onion Iced Lemon Cake (Applesauce) | <ul style="list-style-type: none"> * Lincoln's Log Cabin * Hearty Beef Stew * Broccoli * Mixed Green Salad * w/1000 Island Dressing * Biscuit w/Marg. * Cherry Gelatin * w/Mixed Fruit * (Dietetic Cherry Gelatin w/Mixed Fruit) |
|--|--|--|---|---|

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GENERAL OFFICE	8:00 AM- 3:30PM	(925) 778-1158
CO CO CAFÉ (Sr. Nutrition)	Call before 11:00 am	(925)757-7325
SENIOR CLUB TRIPS	Call before 11:30 am	(925) 754-2231
MEMBERSHIP OFFICE	Call before 11:30 am	(925) 779-2824

SENIOR RESOURCES

AN ELDERLY WISH FOUNDATION	(925)978-1883
THE BEDFORD CENTER(Sr. Day Care)	(925)778-4171
BROWN BAG...(THURSDAY ONLY)	(925)778-1884
DIAL-A-RIDE	(925)754-3060
H.I.C.A.P	(925)602-4160
LEGAL ASSISTANCE FOR THE ELDERLY	(925)706-4852
MEALS ON WHEELS	(866)669-6697
SENIOR HOUSING	(925)957-8005

RECREATION STAFF

DIRECTOR	GINA LOMBARDI-GRAVERT
PROGRAM COORDINATOR	LAURNA BLOXSOM
CONTACT STAFF AT	PH: (925)778-1158 / FAX: (925)779-2822

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