



Antioch Senior Citizen's Club

Call Today! (925) 778-1158

Check us out online at www.antiochseniorcenter.com

March/April 2015 Edition

You're Invited VOLUNTEERS Our Greatest Natural Resource!

The Antioch Senior Citizen's Club will be honoring those who volunteered and filled out a volunteer card in 2014. Please join us to celebrate all of the hard work and dedication that our volunteers give every year.

Volunteer Recognition Ceremony

Wednesday, April 15, 2015
10:00 am – 11:30 am

Light refreshments will be served.

If you are a volunteer who turned in your 2014 Volunteer card, we hope to see you there!

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: The Haz Benz?

Thursday

- Music By: Cavortin'

Friday

- Music By: The Misfits

Upcoming Events

- March 17th
St. Patrick's Day Celebration
- April 3rd
Easter Celebration
- April 15th
Volunteer Recognition
- May 15th
Senior Picnic
- ASC CLOSED Monday, May 25th 2015 for Memorial 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



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 15th	Annual Senior Picnic
June 19th	Father’s Day Appreciation

MONTHLY ACTIVITIES

Trinket Treasures:

A fun activity for all to shop vendor tables full of crafts and other goods made by senior members and community vendors. Interested in being a vendor? Sign-up to feature your items at our monthly Trinket Treasure’s event. Vendor tables \$10.00 each. Vendor applications available at the ASC Front Desk.

Date	Time	Loc
March 6 th	9:00 am – 11:00 am	D/H
April 3 rd	9:00 am – 11:00 am	D/H

Potluck:

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! For questions please contact the Antioch Senior Center at (925) 778-1158.

Date	Time	Loc
March 6 th	5:00 pm – 7:30 pm	D/H
April 3 rd	5:00 pm – 7:30 pm	D/H

Movie Mania: 2nd Friday of the Month

Enjoy a FREE movie and popcorn with friends at the Antioch Senior Center. Featured films vary every month from comedies, romance, action, and classics. Call the ASC front desk for monthly movie title and additional information.

Date	Time	Loc
March 13 th	12:15 pm – 2:30 pm	R/R
April 10 th	12:15 pm – 2:30 pm	R/R

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

March 2015

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

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

April 2015

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

❖ 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.

❖ Club News



St. Patrick's Day Celebration



Tuesday, March 17th, 2015
10:00 A.M. – 11:30 A.M.

Wear your green and white to celebrate St. Patrick's Day in style.

CoCo Café will be serving delicious Corned Beef and Cabbage St. Patrick's Day meal with all the fixings.



Reserve your meal with the nutrition desk by Monday March 16th before 11:00 am! Call (925) 757-7325.

2nd Annual Easter Bonnet Parade

Hop on down to ASC for a fun Easter Celebration!

Friday, April 3rd, 2015
10:00 A.M. – 11:30 A.M.

Bring your Easter bonnet and participate in the fun bunny hop parade.

Bonnets can be made from a variety of materials and accessories such as basic straw and boater style hats, plastic eggs, candy, bunny ears, old boxes and any other fun goodies you can find.

There will be prizes for funniest, fanciest, and most creative Easter bonnets.

Reserve your CoCo Café meal with the nutrition desk. Call (925) 757-7325.

NEW Computer Lab & Library!



The Antioch Senior Center is pleased to announce the new computer lab. Thanks to an anonymous donation to the Antioch Senior Citizen Club five brand new computers were purchased for members to enjoy. In addition, user friendly desks and comfy chairs allow all participants to explore surfing the web with WIFI access, playing games and staying connected in the social media world. All computers are available for members during open hours unless a schedule class or seminar is in session. Printing access is available for a minimal fee.



MARCH MADNESS 50/50 Raffle

March 5th, 12th, 19th, 26th

Purchase 1 of the 52 cards in a deck for a chance to win half of the profit.

Raffle tickets will be \$2 each
There will be a new raffle drawing each week on Thursday.

This is a fundraiser for the Antioch Senior Citizen's Club and a fun way to test your luck in March.



❖ Club News

Hello to All!

I can't believe we're all ready going into the 3rd month. The new board is really getting their feet wet and looking straight ahead for new ideas and projects. As most of you have seen, the computer/library room is in full operation, but I need some help from volunteers to help go through the books and move them into the new room. Anyone interested please let me know.



As most of you have seen when you look around we have a lot of new members coming to the center for the classes and for lunch so please go up and welcome them to our center family.

Remember we need the room at lunch so everyone can sit at a table, do not leave your purses or bags in the seats next to you, please put them on the floor under the table or on your lap, also **DO NOT MOVE MATS!** Its first come, first serve whether you've been sitting in the same place for a long time, if a mat is there already, leave it alone.

To all the new members **WELCOME** to all and if you have a problem or any questions please feel free to ask anyone for help if they can't help they will get someone who will.

Sincerely,
Linda Fredrickson (A.K.A. TROUBLE)
ASC Club President

Board of Directors Monthly Meetings

Upcoming Meeting Dates:

March 3rd, 2015

April 7th, 2015

Time: 12:30 – 2:00 pm

Location: ASC Computer/Library Room

Transit Training

Michael D'Augelli, transit advisor, will be offering public/mass transit options in upcoming issues of this newsletter. Information on inexpensive trips using BART and other transit options will be printed in the newsletter. You may also call the Senior Center front desk at 925-778-1158 and leave a message for Mr. D'Augelli, who will get back to you as soon as possible.

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:

- **Activities Leader**
- **ASC Front Desk**
- **Bingo**
- **Bread Table**
- **Welcome Greeter**
- **Instructional Classes**
- **Librarian**
- **Nutrition Program**

❖ What's In Your Community



PLEASE COME TO BUNCO....THE NEXT DATES ARE
TUESDAY March 3rd and again on 31st, 2015
AT THE ANTIOCH HISTORICAL MUSEUM
1500 West Fourth Street Antioch, CA 94509
6:00 P.M. DOORS OPEN / 7:00 P.M. GAMES BEGIN
50 - 50 RAFFLE AND \$15.00 TO PLAY

If your last name begins with M-Z - PLEASE BRING A DESSERT
If your last name begins with A-L - PLEASE BRING AN APPETIZER
- All Welcome - Hope to see you there!!!!!!
GOOD FUN.....GOOD FOOD.....GOOD FRIENDS!



www.educatingseniors.org

Preserve Your Independence – Protect Your Assets

Did You Know?

- Seniors who live alone are at highest risk of financial abuse
- 90% of abusers are family members and caretakers
- Elder financial abuse costs an estimated \$2.9 billion a year

Attend a FREE Workshop

Learn about Common Financial Scams and Warning Signs.
Discover how proper Estate Planning can help protect you!
Refreshments Provided.

**RSVP to Attend this
FREE Workshop**

**Date: Wednesday,
March 11, 2015**

Time: 10:00am-11:00am

Place: Antioch Senior Center

**Speaker: Gabriela Odell, Esq.
Volunteer Attorney for
Contra Costa Senior Legal
Services**

The Trusts & Estates Section of the
State Bar of California

**To RSVP sign up at ASC front
desk. (925) 778-1158**

Starting April 1st Ukulele Lessons Featuring Don "Ho" Morrison



Don is currently a Guitar Teacher at Music&More and is excited to bring his teaching expertise to the seniors at the Antioch Senior Center. You will learn to play the most popular instrument for seniors to come along in decades.

**Lessons every Wednesday 10am - 10:45am
Only \$8.00 per lesson, group lessons
Don't have a Ukulele, no problem
Music & More has made a special
purchase and will sell Ukulele's to Seniors
who sign up for lessons for \$25.00. Price
includes a nylon carry case for your Ukulele.**

**Music & More is located across the street
from the Senior Center. 416 W 2nd St. 925-778-6206**

❖ Community Resources

December 2014
www.211database.org

East Contra Costa County Resource Guide



Abuse

CHILDREN
 Children's Protective Services... 1-877-881-1116

ADULTS
 Adult Protective Services... 1-877-839-4347
 Human Trafficking Prevention... 1-800-670-7273
 (Community Violence Solutions)
 Ombudsman of CCC... 925-685-2070
 (For patients in long-term care facilities)

FAMILIES
 STAND! For Families Free of Violence
 ... 1-888-215-5555

AIDS/HIV

AIDS Info... 1-800-448-0440
 Contra Costa AIDS Line... 1-800-287-0200

Alcohol & Drug Abuse

Al-Anon... 925-932-6770
 Alcohol & Other Drugs ACCESS... 1-800-846-1652
 Alcoholics Anonymous... 925-939-4155
 DUI Programs... 925-932-8100
 (Alcohol & Drug Abuse Council of CCC)
 Narcotics Anonymous... 925-685-4357
 Pueblos del Sol DUI Prgm(BI-Bett)... 925-240-7213

DETOX TREATMENT CENTERS

BAART—California Detox Pgm... 925-522-0124
 East County Wollam House... 925-427-1384
 Pueblos del Sol (Men)... 925-676-2580
 The Center for Recovery... 925-674-4100
 Thunder Road Adolescent Treatment Center
 ... 510-653-5040

TREATMENT / COUNSELING

Power Program... 925-778-3750
 REACH Project—Antioch... 925-754-3673
 Oakley... 925-679-2504
 Ujima East... 925-427-9100

SMOKING CESSATION

California Smokers Helpline... 1-800-662-8887
 Tobacco Helpline... 1-800-844-2439

Animals

Antioch Animal Services... 925-779-6989
 ARF-Animal Rescue Foundation... 1-800-567-1273
 Contra Costa Humane Society... 925-279-2247

Child Care/Crisis Child Care

CC Child Care Council... 925-778-5437
 Head Start Programs/Child Care Services
 (CCC Community Services Bureau)... 925-427-8852

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5)... 925-685-8052
 Dahlstrom House (Ages 6-12)... 925-685-3695

Death & Dying

Grief Counseling... 1-800-837-1818
 (Contra Costa Crisis Center)
 Hospice of the East Bay... 925-887-5678

Dental Care

Berkeley Free Clinic... 1-800-625-4642
 Contra Costa Health Services Dental Clinics
 Bay Point Children's Dental... 925-427-8302
 Pittsburg... 925-431-2501
 Denti-Cal/Medi-Cal Dental Pgm... 1-800-322-6384
 La Clinica Pittsburg Dental Clinic... 925-431-1251
 University California San Francisco

Dental School... 415-476-1891
 University of the Pacific Dental Clinic
 San Francisco... 415-929-6501
 Union City... 510-489-5200

Disability Services

Area Board 5 Developmental Disabilities
 ... 510-286-0439
 California Children's Services... 925-957-2680
 CA Dept. of Rehabilitation... 925-754-7700
 Contra Costa ARC... 925-370-1818
 Developmental Disabilities Council... 925-313-6836
 Futures Explored... 925-825-0263
 Rubicon Legal Services... 510-232-6611
 Independent Living Resource... 925-363-7293
Adult with Disabilities Services
 (Mt. Diablo Adult Ed.)... 925-685-7340
 Regional Center of the East Bay... 925-691-2300
 Social Security... 1-800-772-1213
 We Care Children's Center... 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
 ... 925-942-3368
 Contra Costa County Library... 1-800-984-4636
 Contra Costa County Office of Education
 ... 925-942-3388
 Opportunity Junction... 925-776-1133
 Project Second Chance... 925-754-8317
 (Contra Costa Library)

ESL/GED/ADULT EDUCATION

Antioch Adult Education... 925-779-7490
 Liberty Adult Education... 925-634-2565
 Pittsburg Adult Education... 925-473-4460

Emergency Services

American Red Cross... 1-866-272-2237
 California Poison Control System... 1-800-222-1222
 CCC Office Emergency Services... 925-646-4461
 Emergency Broadcast System... KCBST740AM
 Hazardous Materials Incident Response
 ... 925-335-3232
 Health Emergency Hotline... 1-800-959-9911

Employment/Job Training

CalJOBS - Internet... www.caljobs.ca.gov
 Child Care Job Bank... 925-676-5442
 (Child Care Council)
 Experience Unlimited... 925-602-0166
 EASTBAY Works, America's Job Center of CA
 Antioch... 925-706-4830
 EASTBAY Works, America's Job Center of CA
 Brentwood... 925-634-2195
 Opportunity Junction... 925-776-1133
 SparkPoint... 925-252-2300
 (Bay Point Family Service Center)
 Unemployment Insurance, CA... 1-800-300-5616
 Internet... www.edd.ca.gov/Unemployment

Evictions/Rent Assist/Foreclosures

EVICTIION NOTICE ASSISTANCE
 Pacific Community Services... 925-439-1056

EVICTIION COURT SUMMONS ASSISTANCE
 Bay Area Legal Aid... 925-219-3325

FORECLOSURE ASSISTANCE
 Concord Family Service Center... 925-825-3099
 (Catholic Charities of East Bay)
 Foreclosure Assistance - HUD... 415-489-6400

Housing & Economic Rights Advocates

... 510-271-8443
 Money Management Int'l... 1-866-336-0624
 National Foreclosure Hotline... 1-888-995-4673
 Pacific Community Services... 925-439-1056

RENTAL ASSISTANCE

Concord Family Services Center... 925-825-3099
 (Catholic Charities of the East Bay)
 Season of Sharing... 925-521-5065
 Shelter, Inc... 925-335-0698

Financial Assistance

CalWORKs (families)... 1-877-505-4630
 General Assistance (Individuals)... 1-877-505-4630
 Money Management Int'l... 1-866-336-0624

Food

CalFresh (Food Stamps)... 1-877-505-4630
 EBT Card Services... 1-877-328-9677
 Food Bank of Contra Costa & Solano
 Groceries, pantries, meals... 925-676-7543
 Food Pantries/Soup Kitchens... 211
 Loaves & Fishes Dining Rooms... 925-687-6760
 WIC Program - Brentwood... 925-513-6880
 WIC Program - Pittsburg... 925-431-2460

Gay, Lesbian, Bisexual, Transgender

Gay & Lesbian National Hotline... 1-888-843-4564
 Local LGBTQ Resources... www.EastbayPride.com
 Rainbow Community Center... 925-692-0090

Health Care

Advice Nurse... 1-877-661-6230
 Contra Costa Health Services Health Centers
 Antioch, Bay Point, Brentwood... 1-800-495-8885

COMMUNITY CLINICS

La Clinica Oakley... 925-776-8240
 La Clinica Pittsburg... 925-431-1251
 Mobile Health Clinic(John Muir)... 925-363-7588
 Planned Parenthood - Antioch, Pittsburg
 ... 1-800-230-7526
 RotaCare Clinic - Pittsburg... 925-439-2009
 Sutter Delta Urgent Care Clinic... 925-779-3676

HOSPITALS

Contra Costa Regional Medical Center
 ... 925-370-5000
 Kaiser Medical Center... 925-813-6500
 Sutter Delta Medical Center... 925-779-7200

Health Insurance

Covered California... 1-888-975-1142
 ... www.coveredca.com
 Child Health & Disability Prevention (CHDP)
 ... 925-313-6150
 HICAP... 1-800-510-2020
 (Health Insurance Counseling & Advocacy)
 Kaiser Child Health Plan... 1-800-464-4000
 Medi-Cal... 1-800-709-8348
 Patient Financial Counseling... 1-800-771-4270
 (Information on County health insurance programs)

Homeless

Bay Area Rescue Mission
 Men's Shelter... 510-215-4868
 Women & Family Shelter... 510-215-4860
 Berkeley Shelter Bed Hotline... 1-866-960-2132
 Brookside Shelter (Richmond), Concord Shelter
 (singles only)... 1-800-799-6599
 Calli House-Richmond (Youth, 14-21) 1-800-610-9400

❖ 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.

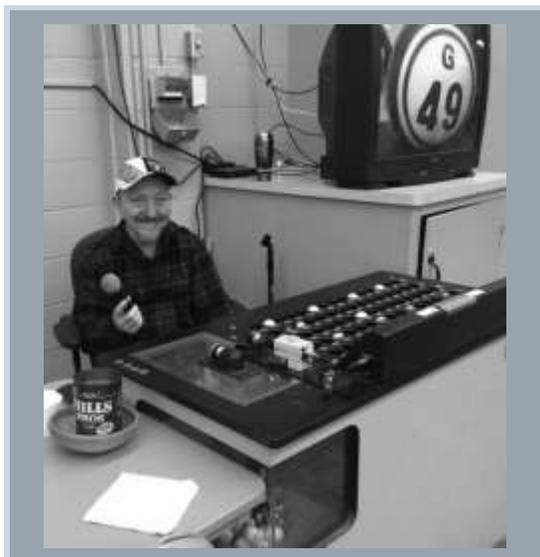
Day	Time	Loc
Monday - Friday	8:00 am - 3:30 pm	D/H



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 / Exercise

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'ENA 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	\$4 /Class

Intermediate Class

Day	Time	Loc	Fee
Tuesday	10:30 - 11:30 am	R / D	\$4 /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

Yoga for Seniors

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

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

❖ Fitness

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



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

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

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

Outdoor Walking Group:

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. Water, comfortable clothing, and walking shoes recommended. Upcoming Dates: March 5th, April 2nd, May 7th, & June 4th

Day	Time	Loc
1 st Thursday of Month	8:30 am - 9:30 am	ASC

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

2 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 1 "THE BOYS ARE BACK" a hosted lunch and Finocchios style show with "HOLATTA TYMES" **Cost \$103 pp**; Depart 11am return 4:30pm

JUNE 5 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. **Cost \$96 pp**

JULY 15 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. **Cost \$106**; Depart 8:45am return 6pm

AUG 13 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. **Cost \$91**; Depart 8:30am return 4:30pm

SEPT 16 THE SANTA CRUZ follies a dynamic singing and dancing review along this famous beach resort. A delicious local hosted lunch is included. **Cost \$107**; Depart 8:45 return 5:45pm

OCT 7 APPLE HILL Take your orders for everything apple now for this trip to Placerville area, Chicken lunch included. **Cost \$86**

NOV 27 ROARING CAMP CHRISTMAS TRAIN RIDE A 1hr 15 min steam Train ride to view the Holiday Tree Walk. Lunch includes a Dixiana Sandwich Platter. **Cost \$95**; Departs 8:15 am returns 4:30pm.

***NOV Yosemite Trip Cancelled Due to Hotel Closure.**

DEC 16 CHRISTMAS AT BEACH BLANKET BABYLON **Cost \$135**

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

DEC – NO TRIP PLANNED

Casino:

Cache Creek

Graton Casino

Jackson Ranch.

Thunder Valley

Cache Creek

Graton Casino

Jackson Ranch.

Thunder Valley

Cache Creek

Graton Casino

Jackson Ranch.

**SANTA NEEDS HAY
FOR THE DEER**

TRIPS OFFICE HOURS

MONDAY – FRIDAY

9:00 AM - 11:30AM

Call (925) 754-2231

For additional
Trips information

TRIPS & TOURS



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 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.



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

TRIPS & TOURS

2015-16 FUTURE TRIPS EVENT

COME WITH US ON A CRUISE TO THE TRIPS IN THE FUTURE
SEE WHAT IS PLANNED FOR THE REST OF 2015
AND GIVE US YOUR IDEAS FOR FUTURE TRIPS IN 2016

WEDNESDAY APRIL 22 AT 1PM
THE JOURNEY BEGINS

DAY TRIPS, CRUISES, NATIONAL TOURS, FOREIGN TRAVEL
YOU TELL US WHERE YOU WANT TO GO

THE MEETING WILL HAVE DRINKS, SNACKS & DRAWINGS

TRIPS SOME OF YOU MISSED

LAST YEAR WE TOURED ITALY FROM ROME, VENICE CRETE AND POMPEII
VISTED THE CAPITAL IN D.C. THE AMISH IN UPSTATE AND GETTSYBURG THIS
YEAR WE CRUISED THE WESTERN CARIBBEAN & NASA TOO AND WE ARE
HEADING TO THE BRITISH ISLES WITH SCOTLAND & IRELAND
IN THE DAYS WE CRUISED THE BRIDGES FROM THE GATE TO BAY BRIDGE
THE GARDENS ON THE S.F. ROOFTOPS AND FLEET WEEK UP CLOSE AND
MUCH MORE, WHATS IN STORE FOR THIS YEAR; COME AND SEE!



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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Cannot be combined with any other offer.

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or

Cell: (925) 783-3455

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 Community Since
 2007

Monday

Tuesday

Wednesday

Thursday

Friday



2

3

4

5

6

- Apricot Chicken
- Tomato Basil Soup
- California Blend
- Xams
- 100% VV Bread w/Marg.
- Pineapple Chunks

- Veal Parmesan a la Romano & Parmesan Cheese
- Italian Vegetables
- Tossed Salad
- w/Italian Dressing
- Rotini w/Marinara Sauce
- Tropical Fruit

- Thin Ham Slices
- Split Pea Soup
- Carrot Baisin Salad
- Pineapple Coleslaw
- Lettuce & Tomato
- Mustard & Mayonnaise
- 100% VV Bread #2
- Banana

- Turkey a la King
- Orange Pineapple Juice
- Tender Green Beans
- Sliced Beets
- Biscuit w/Marg.
- Strawberry Gelatin
- w/Mixed Fruit
- (Dietetic Strawberry Gelatin w/Mixed Fruit)

- Lincoln's Log Cabin
- Hearty Beef Stew
- Winter Vegetable Blend
- Mixed Green Salad
- w/1000 Island Dressing
- Dinner Roll w/Margarine
- Ice Cream
- (Applesauce)

9

10

11

12

13

- Salsburg Steak
- w/Onion Gravy
- Stewed Tomatoes
- Steamed Rice
- Spinach Salad
- w/Catalina Dressing
- Peaches

- Tuna Salad on Lettuce Leaf
- w/Tomato Slice
- Chicken & Rice Soup
- 4-Bean Salad
- Pickled Beet & Onion Salad
- 100% VV Bread #2
- Citrus Fruit

- Baked Chicken Tabritan
- Orange Pineapple Juice
- Polynesian Vegetables
- Mixed Cabbage Salad
- w/Poppysseed Dressing
- Spicy Asian Noodles
- Pears

- BBQ Pork Rib Party
- Capri Vegetables
- Scalloped Potatoes
- Roll w/Margarine
- Chocolate Pudding
- (Mixed Fruit)
- Lite Lemon Chicken Breast
- Hearty Vegetable Soup
- Garlic Mashed Potatoes
- Spinach
- 100% VV Bread w/Marg.
- Orange Gelatin
- w/Fruit Cocktail
- (Dietetic Orange Gelatin w/Fruit Cocktail)

16

17

18

19

20

- Breaded Chicken Sandwich
- Mushroom Barley Soup
- Potato Nuggets
- Carrots
- Lettuce, Pickles
- Mayonnaise
- Bun
- Mixed Fruit

- Delicious Corned Beef and Cabbage
- Potatoes O'Brien
- Mixed Vegetables
- Rye Bread w/Margarine
- Mustard
- Leprechaun Cake
- (Fresh Fruit)

- Turkey Sandwich
- Pumpkin Celery Soup
- 4-Bean Salad
- Potato Salad
- Lettuce & Tomato
- Mustard, Mayonnaise
- 100% VV Bread #2
- Tropical Fruit

- Meat Ravioli w/Marinara Sauce & Parmesan Cheese
- Broccoli
- Tossed Salad
- w/Ranch Dressing
- Lemon Gelatin w/Toppings (Peaches)

- Beer Battered Fish & Chips
- Creamy Coleslaw
- Capri Vegetables
- Dinner Roll w/Margarine
- Tartar Sauce/Winegar
- Sherbet
- (Fresh Fruit)

23

24

25

26

27

- Sweet & Sour Pork
- Grape Juice
- Oriental Vegetables
- Mixed Green Salad
- w/Poppysseed Dressing
- Steamed Rice
- Citrus Fruit

- Chicken Fajita
- Mexicali Corn
- Pinto Beans
- Flour Tortilla
- Salsa
- Mandarin Oranges

- Home Style Lasagna
- California Blend
- Steamed Collard Greens
- 100% VV Bread w/Marg.
- Peaches

- Jack's Mock Crab Salad
- Potato Leek Soup
- Carrot Baisin Salad
- Tropical Fruit Cup
- French Bread
- Lettuce, Tomato & Onion
- Brownie
- (Fresh Fruit)

- Texas Style BBQ Beef
- Broccoli
- Mixed Green Salad
- w/Blue Cheese Dressing
- Bun
- Cinnamon Apples

30

31

- Tempting Tamale Pie
- w/Corn Bread Topping
- Mixed Vegetables
- Black Beans
- Mixed Green Salad
- w/Ranch Dressing
- Tropical Fruit

- Breaded Cod Fish
- w/Lemon Slice
- Clam Chowder
- Spain Bean Medley
- Coleslaw
- Fluffy Rice Pilaf
- Tartar Sauce
- Vanilla Pudding
- (Chilled Pears)



- = Vitamin C
 - = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAR. 17 and MAR. 20
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GENERAL OFFICE	Ph: (925) 778-1158	Fax: (925)779-2822
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

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