

# Antioch Senior Citizen's Club Newsletter

Call Today! (925) 778-1158

Check us out online at [www.antiochseniorcenter.com](http://www.antiochseniorcenter.com)

## Summer Issue: July / August 2014



## Ice Cream Social

Annual Ice Cream Social Fundraiser

**Saturday, August 23<sup>rd</sup>, 2014**

**11:00 am – 1:30 pm**

Location: The Antioch Senior Center



### **I scream, you scream, we all scream for Ice Cream!**

The Ice Cream social is coming soon! Featuring live music and dance performances. Family and friends are welcome to join the Ice Cream Social. No advanced tickets required, so come down and enjoy delicious Ice Cream treats while supporting YOUR Antioch Senior Center. Featuring Hot Fudge Sundaes, Root Beer Floats, Ice Cream Cones, and the house favorite Banana Splits. \*Sugar Free Ice Cream available upon request.\* Ice cream prices range from \$1.50 to \$5.00 depending on your order. All proceeds and tips benefit the Antioch Senior Citizen's Club.



### 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

- Piano By: Lois Johnson (1<sup>st</sup> Mon. Only)
- Music By: The Misfits (2<sup>nd</sup> & 3<sup>rd</sup> Mon. Only)
- Music By: The Barriskills (4<sup>th</sup> Mon. Only)

#### Tuesday

- Music By: The Delta Drifters Band

#### Wednesday

- Music By: The Spare Change Band

#### Thursday

- County Music Day

#### Friday

- Music By: The Misfits

### Upcoming Events

- *ASC Closed Early at 1pm on July 3rd, 2014*
- *ASC CLOSED July 4th, 2014 for holiday*
- *Special Windows 8.1 Computer Class July 25, 2014*
  - *Ice Cream Social August 23<sup>rd</sup>, 2014*
  - *90 + Party September 2014*



## Senior Services

### WEEKLY ACTIVITIES

#### MONDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
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 – 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 (R/D)

#### WEDNESDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
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	Open Walking (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 – 3:30	Adv. Computer Class (R/D)

#### FRIDAY

8:15 – 9:15	Adv. Exercise Class (R/R)
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 – 3:00	Tap 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

### Senior Nutrition - Co Co Cafe

Hot nutritious lunches served Monday – Friday at 11:30 am. (60 years & Older).

All meals served at the ASC Nutrition site are low –sodium and low-fat. Call (925) 757-7325 for meal reservations, must call before 11:15 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 meal can be given to other seniors in need of a meal.

**Call (925) 778-1158 to schedule an appt. Many of our services are fully booked for several months in advance. Please keep that in mind when scheduling an appointment and sign up early.**

**Alzheimer’s Support Group** – A support group for family members and caretakers. Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month, 1:30-3:00pm.

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

**Free Legal Services** - 45 minute appts. 2<sup>nd</sup> Friday & 4<sup>th</sup> Tuesday of each month 9:00-12:15pm.

**Free Wills** –Attorney Matthew Hart 3<sup>rd</sup> Monday of each month 9:00-12:30pm.

**Health Insurance Counseling & Advisory Program** -1<sup>st</sup> Thursday & 3<sup>rd</sup> Tuesday. 1:00-4:00pm. Call (925) 602-4168 to schedule appts.

**Peer Counseling** – Counselor, Diana Gatlin. Wednesdays 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 appts. available Friday, 10:00am -12:00pm.

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

## JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Board of Directors Meeting 12:30pm</b> Chinese Cultural Program Public Transit Training* Care Manager*	2  * Peer Counseling*	3  CENTER CLOSED AT 1:00pm  Bingo	4 <b>SENIOR CENTER CLOSED</b>   <b>Independence Day</b>	5
6	7  Bingo	8  Public Transit Training* 10-11:30am  Care Manager/ Notary*	9  * Peer Counseling*  Alzheimer's Support Meeting 1:30-3pm	10  Bingo	11 Trinket Treasures 9-11am Potluck 5:00pm Movie Day Free Legal Services* Spanish Resource Specialist*	12
13	14  Bingo	15  Public Transit Training* 10-11:30am  *Care Manager/ Notary*	16  Peer Counseling*	17  Bingo	18  Spanish Resource Specialist*	19
20	21  Free Will Services* Free Blood Screening 10-11am  Bingo	22 <b>Graton Casino Trip</b> Free Legal Services* Care Manager/* Notary Public Transit Training* 10-11:30am H.I.C.A.P	23  Peer Counseling*  Alzheimer's Support Meeting 1:30-3pm	24  Bingo	25  Spanish Resource Specialist*	26
27	28  Bingo	29 Care Manager/ Notary* Free Legal Services* Public Transit Training* 10-11:30am	30  Peer Counseling*	31  Bingo		

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

## AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Board of Directors Meeting 12:30pm Chinese Cultural Program Public Transit Training* Care Manager*	Peer Counseling*	H.I.C.A.P  Bingo	1 Trinket Treasures 9-11am Spanish Resource Specialist*  Potluck 5:00pm	2
3	4  Bingo	5  Public Transit Training* Care Manager*	6  Peer Counseling* Alzheimer's Support Meeting	7  Father's Day Recognition 10:00am  Bingo	8  Movie Day  Free Legal Services*  Spanish Resource Specialist*	9
10	11  Bingo	12  Care Manager Public Transit Training* 10-11:30am	13  Peer Counseling*	14  Bingo	15  Spanish Resource Specialist*	16
17	18  Free Will Services* Free Blood Screening 10-11am  Bingo	19  Care Manager Public Transit Training* 10-11:30am H.I.C.A.P* <b>Filoli Gardens Trip</b>	20  Peer Counseling* Alzheimer's Support Meeting	21  Bingo	22  Spanish Resource Specialist*	23
24  31	25  Bingo	26  <b>Thunder Valley Casino Trip</b>	27	28  Bingo	29	30

# ❖ 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
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\*No Tue Class: June 25<sup>th</sup> & July 2<sup>nd</sup> – 30<sup>th</sup>

**Classes will resume August 2014**



## 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 21<sup>st</sup> – March 18<sup>th</sup>

**Session II:** March 25<sup>th</sup> – May 20<sup>th</sup>

~Summer Break~

**Session III:** October 21<sup>st</sup> – December 16<sup>th</sup>

### 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

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

## \*New\* 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
*No Tue Class: June 24 <sup>th</sup> & July 1 – 29 <sup>th</sup>		
*No Thur Class: June 26 <sup>th</sup> & July 3 – 31 <sup>st</sup>		
<b>Classes will resume August 2014</b>		



## 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
*No Thur Class in July, Classes will resume Aug 2014		

## 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

## 2014 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	Sept. 18 <sup>th</sup> & 19 <sup>th</sup>	Thursday & Friday	9:30 am - 2:30 pm	R / R
Refresher Course	Nov. 13 <sup>th</sup>	Thursday	9:30 am - 2:30 pm	R / R

## Antioch Reader's Theatre

Remember Jack Benny, Our Miss Brooks or Baby Snooks on the radio every week? Radio is fun again! This good time group of seniors gets together to read aloud old time radio shows. It's all scripted, no memorizing of lines, no sets or costumes, no dues, come as you are in your true dedication to the "Theatah" and nostalgia for old time radio. **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 TRIP FLASHBACKS

### ITALY SURVIVED

ASC visited the ancient ruins of Rome and they all still stand. Alberto our tour guide took us all over the key sites of Italy; from Rome itself to the island of Venice; from Tuscany to Pompeii and the isle of Capri.

Great food was served, all fresh and best tasting. The Pizza and Salami were very tasty.

We saw many great sites, ate good food and tasty drinks, as well as met wonderful people along the way. ITALY AMORE

### CANCELLED TRIPS

We have had to cancel a couple of trips recently and some would have gone if people would have signed up earlier.

For all 1 day trips we need 2 weeks' notice for restaurants; theater and overnight trips need 1 month. Big extended tours need up to 6 months for deposits / registration.

## SPECIAL TRIP PRESENTATION FOR:

### England, Ireland & Scotland

Wednesday,  
SEPTEMBER 17<sup>th</sup>, 2014

at 1:00 pm

**Drawings, snacks and  
beverages served**

Meet the Trafalgar representative and hear all about this tour of the British Isles.

This 2015 tour is scheduled for  
September 12<sup>th</sup> -22<sup>nd</sup> 2015



**Be the first to tour  
the New 49er  
Levi's Stadium**

**Date: Oct. TBD Cost: \$82**

See the suite tower, premium club aka (millionaire row)

The 50 yard line patio, visiting team and cheerleader locker rooms. Stops are also made at the 49er team store and time for the 49er museum by Sony. No host lunch will be available at Applebee's.

If interested, please get on the wait list at the office.



### 2014 Casino Trips

Price: \$35 Per Person

Please see the trips office for slot and match play rewards

**Dates:            Casino:**

JULY	22	Graton (Changed Location)
AUG	26	Thunder Valley
SEPT	23	Red Hawk
OCT	28	Jackson Rancheria
NOV	18	Red Hawk

### 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

## THE SECOND HALF OF 2014 IS A LIVE WITH UNIQUE TRIPS

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 be too late.



### TUESDAY AUGUST 19-FIOLI GARDENS & SUNSET MAGAZINE GARDENS-

**\$98** Depart 8:45am Return approx. 4:15pm.



### TUESDAY SEPTEMBER 16-APPLE HILL DEPART 8:30AM- RETURN APPROX. 6 PM

**\$87** One of the favorites, get your orders ready for all things apple, tour includes fried chicken lunch and tour of apple hill area.



### SATURDAY OCTOBER 11-FLEET WEEK AIR SHOW ON BOARD THE SF BELLE

**\$146.50 Per Person.** Trip Includes buffet lunch & Champagne. Depart TBD Return approx TBD. Blue angels are back and will fly directly over location on the bay.



### TUESDAY NOVEMBER 18-CRAIG SMITH "ON THE ROOF TOP" GARDEN TOUR

**\$94 Per Person.** Depart/return to be determined, conservatory of flowers & lunch at Pompei's grotto. This tour will include many of the gardens placed on some of S.F. famous buildings with unbelievable views. Craig smiths knowledge of the city will make this day exceptional, this trip will fill early.

## FUTURE EXTENDED TRIPS FOR 2015

Give your special someone a Valentine's Day gift! 8 day Western Caribbean Cruise with a special additional tour of the Nasa Space Center in Houston.

### Valentine's Day Cruise Feb. 7<sup>th</sup> - 15<sup>th</sup>, 2015

**FROM \$2,395 TO \$2,875 DBL. BASED ON CABIN SELECTION**

Cruise port stops include Roatan Island, Belize & Cozumel

Overnight stay in Houston, all transfers to the airport and air fare.

All meals on the Emerald Princess & complimentary bottle of wine.

Admission & behind the scenes look at the Nasa Space Center & tram tour.

All taxes including port taxes. Come to trips office for more details.

**FINAL PAYMENT DUE SEPTEMBER 15, 2014**



# TRIPS & TOURS

## SPECIAL PRESENTATION FOR BRITAIN SCOTLAND & IRELAND



**DATE: SEPT 17, 2014 TIME: 1:00 PM**

**LOCATION: AT ANTIOCH SENIOR CENTER**

**CHECK OUT TRIP PRICES-DRAWINGS FOR DAY TRIPS SNACKS  
IRELAND, SCOTLAND AND BRITAIN SEPTEMBER 12<sup>th</sup> – 22<sup>nd</sup>, 2015.**

**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 Britain and Ireland. You will experience windswept vistas and 40 shades of green.

Attend the presentation meeting and receive \$100 per person discount with deposit. Additional discounts for active military and veterans as well as past Trafalgar travelers.



### **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!**

# ❖ Monthly Events

## July Events

### **Trinket Treasures: Thursday, July 3<sup>rd</sup>, 2014**

\*Date moved due to holiday on July 4th

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



### **Potluck:**

#### **Friday July 11<sup>th</sup>, 2014**

\*Date moved due to holiday on July 4th

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:

Cheryl Misquez at 925-550-7930



### **Friday Movie: Friday, July 11<sup>th</sup>, 2014**

Featuring: **21 Jump Street**

Rated: R 109 Min.

Former high school foes turned rookie cop partners can't catch a break - until they're assigned to pose as students and bust a drug ring inside their old alma mater. Living like teenagers again, they slip back into their adolescent selves and risk the case - and their friendship - with hysterically disastrous results! Jonah Hill, Channing Tatum and Ice Cube star in this outrageously hilarious action-comedy!

**Movie starts at 12:15 PM sharp! Popcorn and drinks will be provided!**



## August Events

### **Trinket Treasures: Friday August 1st, 2014**

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



### **Potluck:**

#### **Friday August 1st, 2014**

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:

Cheryl Misquez at 925-550-7930



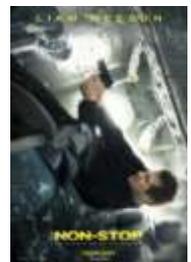
### **Friday Movie: Friday, August 8<sup>th</sup>, 2014**

Featuring: **Non-Stop**

Rated: PG-13 106 Min.

An air marshal springs into action during a transatlantic flight after receiving a series of text messages that put his fellow passengers at risk unless the airline transfers \$150 million into an off-shore account

**Movie starts at 12:15 PM sharp! Popcorn and drinks will be provided!**



# ❖ Club News

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## **\*Special 1- Day Computer Class\* Learn to Use Windows 8.1**

Date: Friday July 25, 2014

Time: 1:00p.m. - 4:00p.m.



A great class for people familiar with computers but new to using windows 8.1 software. If you have a laptop with windows 8.1 software, bring your laptop and charger to class so you can learn how to use and navigate your computer. Even if you don't have 8.1 software, feel free to come down to watch, learn and listen to information on the new computer technology. Bring paper and pen to take notes. Sure to be a great learning experience for those interested in the latest technology trends.

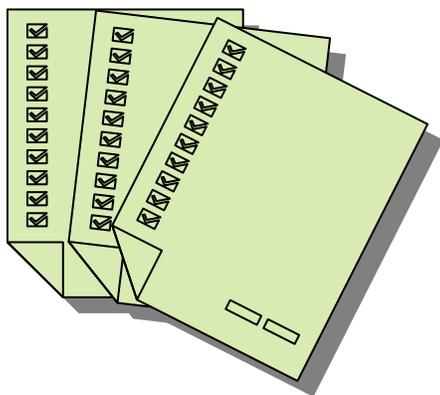
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## **Congratulations ASC Painting Class!**



Congratulations to ASC painting class participants who submitted their paintings in the Contra Costa County Fair this summer. Our own instructor Easy Gonzalez won Best in Show as well as 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place prizes for his paintings and ceramic/recycled art pieces. Class participant Prudence Capelle also won 2<sup>nd</sup> & 3<sup>rd</sup> place prizes for her paintings! Congratulations and great job representing the Antioch Senior Center!

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## **REMINDER: New NAPIS Forms Are Here!**

July is around the corner so that means all participants need to fill out a new NAPIS form for the Contra Costa County CoCo Café Senior Nutrition program. This new 2014-2015 form is required for all meal participants. Please come in during office hours to fill out the new NAPIS form. Volunteers are available to assist you with filling out the form. Thank you to all participants for your cooperation.

## Recipe: Warm Spinach & Artichoke Dip

Summer parties are not known for healthy snack food, but lots of healthy foods can make the perfect snack. This easy dip is a winner for both taste and nutrition. The base of the creamy dip is artichokes, which provide fiber, vitamin C, folate and magnesium. Serve with whole grain crackers.

### Ingredients

- 3 tsp olive oil, divided
- 1 cup chopped onion (medium)
- 2 cloves garlic, minced
- 1/8 tsp crushed red pepper flakes
- 6 cups spinach, stems trimmed, washed & dried
- 1 (14 oz.) can artichoke hearts, drained & rinsed
- 3/4 cup 1% low-fat cottage cheese
- 2 Tbsp low-fat mayonnaise
- 2 tsp Dijon mustard
- 1/4 tsp salt & black pepper to taste
- 1/2 cup grated Parmesan cheese

1. Preheat oven to 400 degrees. Coat a 4-cup baking dish with cooking spray.
2. Heat 2 tsp oil in a large skillet over medium-high heat. Add onion; cook, stirring often, until softened and just starting to turn golden. 2 to 4 minutes. Add spinach (with just the water clinging to the leaves after washing) and garlic; cook, stirring until spinach has wilted, 1-2 minutes. Remove from heat.
3. Place artichokes, cottage cheese, mayonnaise, mustard, salt and black pepper in a food processor; process until smooth. Add spinach mixture and parmesan; pulse just until blended. Scrape artichoke mixture into prepared baking dish. (The dip will keep, covered, in the refrigerator for up to 2 days.)
4. Bake, uncovered, until heated through, 25-35 minutes. Drizzle remaining 1 tsp oil over top. Serve hot.

## Circulation problems? Get the flow going again.

Four warning signs you could be at risk:

- Cramping pain or fatigue in the legs when you move
- Numbness or tingling in legs or feet
- Coldness or color changes in legs, feet or toes
- Wounds on feet that won't heal

Peripheral Arterial Disease (PAD) can be limiting and often goes undiagnosed. PAD happens when arteries leading to your legs, feet and arms narrow, causing blood flow to slow. PAD doubles your chance for a heart attack or stroke.

Screening is the first step. A simple screening could save your life. An Ankle-brachial Index (ABI)

test is a quick, painless and accurate test by measuring blood flow to the limbs to see if you have a problem.

Sutter Delta offers Free ABI Screenings on the third Thursday of the month.

**To schedule your FREE ABI screening appointment or  
Learn more about PAD Call (925) 779-3508 or send an  
email to [ABIScreening@sutterhealth.org](mailto:ABIScreening@sutterhealth.org)**

### When:

Third Thursday of the Month  
8 a.m. to 12 noon

### Where:

Sutter Delta Medical Center  
3901 Lone Tree Way, Antioch  
(In the community clinic building)



# ❖ Club News

## Hello again to all of you!

Can't believe that half a year has already went by and my term is half over. We still have a lot to do and get accomplished. The 32<sup>nd</sup> Annual Senior Picnic was a great success and I would like to thank all of you who helped with set-up, clean-up, decorations and serving meals to participants. We couldn't do it without you! A special thanks to Gina and Lurna for all of your hard work.

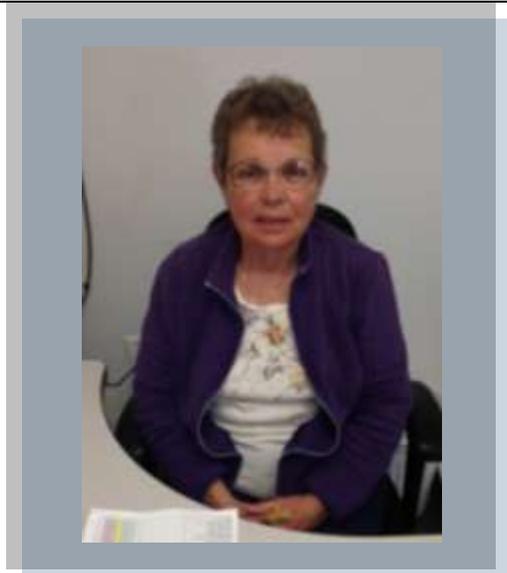
I want to say congratulations to Cheryl and Jim for stepping up and taking over as the new Chairperson for the monthly ASC potluck. A big thank you to

June Chandler for all of her years as a chairperson. If you haven't been to a potluck, come on down the first Friday of every month at 5:00 P.M. for food, fun and bingo.

**REMINDER TO ALL MEMBERS: PLEASE BE RESPECTFUL TO OTHERS!** Remember to treat people the way you want to be treated. Greet new members and make them feel welcome. We are actively looking for volunteers in the kitchen and bread room. Please see the front desk if you are willing and available even if you can only commit to one or two days a week. Every little bit counts!

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

**Board of Directors Monthly Meetings**  
Upcoming Meeting Dates: 12:30 – 2:00 pm  
July 1<sup>st</sup>, 2014      August 5<sup>th</sup>, 2014



## WE NEED VOLUNTEERS!

### Calling All Future Volunteers

The Antioch Senior Center is looking for new volunteers! Volunteers are what keep our boat afloat. We are looking for people for the following services;

- Bread Room
- Kitchen

Men and women welcome! Volunteers must be able to lift 15-25lbs. Inquire at the front desk.

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★ STAR Certified  
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## Print Club Ad

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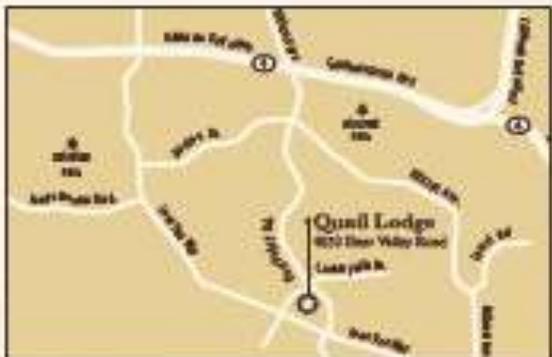


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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

	1	Breaded Cod Fish w/Lemon Slice Clam Chowder Mixed Vegetables	2	Stuffed Pepper Vegetarian Lentil Soup Spring Bean Medley Delmonico Potatoes 100% WW Bread w/Marg. Watermelon	3	4th of July Celebration Southern Style BBQ Chicken Orange-Pineapple Juice Corn on Cob w/Marg. Baked Beans Tossed Salad w/Blue Cheese Dressing Apple Pie (Applesauce)	4	 HOLIDAY 4TH OF JULY
7	8	Oven Breaded Chicken Sandwich Mushroom Barley Soup Potato Wedges Marinated Greek Salad Lettuce, Pickles Mayonnaise Bun Butterscotch Pudding * (Orange)	9	Cold Plate Jack's Mock Crab Salad Potato Leek Soup Pickled Beets & Onions Tropical Fruit Cup French Bread Lettuce, Tomato & Onion * Cantaloupe	10	Meat Ravioli w/Marinara Sauce & Parmesan Cheese California Blend 4-Bean Salad 100% WW Bread w/Marg. Pineapple Chunks	11	Garlic Ginger Roasted Breast of Chicken Cream of Tomato Basil Soup * Broccoli Yams 100% WW Bread w/Marg. Ice Cream (Fresh Fruit)

14	15	Sweet & Sour Pork Polynesian Vegetables Steamed Rice Cabbage Salad w/Poppy Seed Dressing & Crisp Noodles Tropical Fruit	16	Ye Old Pub Cheese Burger Mixed Vegetables * Potato Nuggets Lettuce, Tomato & Onion Mustard, Catsup, Mayonnaise & Relish Bun Sherbet (Fresh Fruit)	17	Cold Plate Turkey Sandwich Pumpkin Celery Soup Cucumber Salad * Potato Salad Lettuce & Tomato Mustard, Mayonnaise 100% WW Bread X2 Mixed Fruit	18	Roast Beef w/Gravy Baked Potato w/Marg. Spring Bean Medley Mixed Green Salad w/Ranch Dressing Dinner Roll w/Margarine Lemon Gelatin w/Whip Cream (Dietetic Lemon Gelatin)
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21	22	Cold Plate Cobb Salad Orange Juice Minestrone Soup Blue Cheese Dressing 100% WW Bread w/Marg. Lemon Cake (Pears)	23	Virginia Style Baked Ham w/Pineapple/Raisin Sauce * Glazed Sweet Potatoes California Blend 100% WW Bread w/Marg. Mixed Fruit	24	Home Style Lasagna Italian Vegetables Mixed Green Salad w/Italian Dressing * Tropical Fruit	25	Jamaica Me Crazy BBQ Rib Patty Apple Juice Spinach Sauté Jamaican Peas & Rice Roll w/Margarine Mixed Melon Salad
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28	29	Oven Roasted Chicken Corn Chowder Mashed Potatoes Tender Green Beans 100% WW Bread w/Marg. Citrus Fruit	30	Beer Batter Fish & Chips Coleslaw * Colelaw Capri Vegetables Dinner Roll w/Margarine Tartar Sauce/Vinegar Brownie (Fresh Fruit)	31	COLD PLATE: Waldorf Chicken Salad on Mixed Greens Hearty Vegetable Soup Marinated Greek Salad Pickled Beets & Onions 100% WW Bread w/Marg. Watermelon
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**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON JULY 3 AND JULY 25  
 5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!**

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**[www.antiochseniorcenter.com](http://www.antiochseniorcenter.com)**

**CLUB DIRECTORY**

**Business Hours 9am-3pm**

<b>GENERAL OFFICE</b>	9:00 AM- 3:00PM	(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

**ANTIOCH SENIOR CITIZEN'S CLUB OFFICERS**

PRESIDENT	LINDA FREDRICKSON
1 <sup>ST</sup> VICE PRESIDENT	JOHN FREDRICKSON
2 <sup>ND</sup> VICE PRESIDENT	JOE GARCIA
TREASURER	LYNNE FRANKLIN
RECORDING SECRETARY	MAY ZECH
FINANCIAL/MEMBERSHIP	JUDY SILVA
CORRESPONDENCE	JEFF EVANS
PARLIAMENTARIAN	JUDY NORSEEN