



ANTIOCH SENIOR CITIZENS CLUB

415 Second Street | Antioch | California | 94509

JANUARY | FEBRUARY 2020 EDITION

BE ACTIVE, BE INVOLVED, BE ENGAGED - JOIN US!

ANTIOCH
CALIFORNIA
OPPORTUNITY LIVES HERE

VALENTINE'S DAY DINNER

Friday, February 14th
5:00pm

\$15.00 per person

Bring your family & friends
RSVP by 2/11/20



www.antiochca.gov/recreation/senior-center/



Driver Safety Course

Day 1
Tuesday, February 4th
Day 2
Friday, February 7th
9:30am start time

To celebrate Dr. Martin Luther King, Jr King's work, please volunteer in a way that gives back to the community. Join friends & family for a day of Service planting succulents, perennials & annuals. Nick Rodriguez Community Center & Antioch Senior Center. If interested please contact Monserrat Cabral, mcabral@ci.antioch.ca.us

Office of Assembly Member Jim Frazier Rep Sean Kearns in partnership with Contractors State License Board will host the Scam Stopper Workshop on January 16, 2020 from 10am to 12pm.



Tax Aide & Preparation begins Thursday, February 6th and ends on April 9th

By appointment only.

AARP Foundation offers free tax-filing assistance. It is for anyone, with special attention to older, low-income taxpayers.

ASCC Board of Directors Monthly Meetings | Time: 12:30–2:00pm

1st Tuesday of the month in the Riverview room
(except Holidays, when meeting moves to following week)

Upcoming Meeting Dates: January 7, 2020 | February 4, 2020

Antioch Senior Center • www.antiochca.gov • (925) 778-1158



Please come and enjoy a movie with us!
Complimentary popcorn and drinks!
12:15 - 2:30pm on the 2nd & 4th Wednesday
Upcoming movies and dates:



Date & Movie	Rating	About
January 8th Angry Birds 2	PG	Flightless birds lead a mostly happy existence, except for Red (Jason Sudeikis), who just can't get past the daily annoyances of life. His temperament leads him to anger management class, where he meets fellow misfits Chuck (Josh Gad) and Bomb. Red becomes even more agitated when his feathered brethren welcome green pigs to their island paradise.
January 22th Lion King	PG	Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother - and former heir to the throne - has plans of his own. After the murder of his father, the young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.
February 5th Brian Banks	PG-13	A football player's dreams to play in the NFL are halted when he is wrongly convicted and sent to prison. Years later, he fights to clear his name within an unjust system.
February 19th The Peanut Butter Falcon	PG-13	After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

Community Members, Supporters, Advocates:



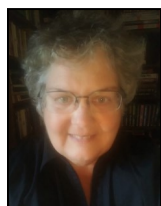
Everyday I am inspired by how amazing Antioch is and the opportunities we have to connect with each other and strengthen our community by caring for aging adults. We have a busy winter season ahead! Join us for Martin Luther King, Jr. Day and give back to the community through service; come out to the Valentine's Dinner and eat and dance with loved ones. Watch for new programs, partnerships and fun projects for the aging community in the coming months. Visit our website for news and updates www.antiochca.gov/recreation/senior-center and follow us on Facebook! Most importantly, I hope to see you down at the Center where it is always FUN after 50!

Forever young,
Monserrat Cabral, Recreation Specialist

Welcome ASCC Members:

Our new Club Board of Directors will take office at the January 7th Board meeting. With many events planned for the new year, we need help in all areas; planning and decorating for our events is just one, so please volunteer and help—it's YOUR Club!

There are so many ways to help with our goals for the Center; bring your skills learned at your careers and teach others, offer your friendship to someone new to you, be kind to all, and please avoid spreading stories.



We all can do our part and make our center a place of welcome for ALL of us. Volunteer and be active!

Support your Club, the Center staff, and the Board to help make this a safe and welcoming place away from home!

Bridget Woodcoff, 2019 Acting President



Spaulding Decon & Collector Care
Present:

Hoarding



Understanding Clutter & How to Reclaim Your Home

WEDNESDAY, JANUARY 29, 2020 AT 9:30AM
ANTIOCH SENIOR CENTER





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JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
			50 / 50 Raffle 9:00~11:00am Bingo 1:00~3:00pm		
6	7	8	9	10	11
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Club Board Meeting 12:30~1:30pm HICAP 1:00~4:00pm	Trinkets & Treasures 8:00~11:00am Movie Mania 12:15~2:30pm Alzheimer's Support Group 1:30~3:00pm	Bingo 1:00~3:00pm		
13	14	15	16	17	18
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am	Day Trip Charles Schultz Museum & Snoopy	Scam Stopper Workshop 10am-Noon Bingo 1:00~3:00pm		
20	21	22	23	24	25
CLOSED—MLK DAY  Service Project at ASC	Care Manager 9:00~11:30am HICAP 1:00~4:00pm	Alzheimer's Support Group 1:30~3:00pm Movie Mania 12:15~2:30pm	I-Phone Class 9:15-11:15am Bingo 1:00~3:00pm	Android phone Class 9:15-11:15am	
27	28	29	30	31	
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am	Hoarding Workshop 9:30am	2020 Day Trips Presentation 1:00pm Bingo 1:00~3:00pm		

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4	5	6	7	8
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am AARP Driver Safety 9:30am Club Board Meeting 12:30~1:30pm HICAP 1:00~4:00pm	Trinkets & Treasures 8:00~11:00am Movie Mania 12:15~2:30pm	50 / 50 Raffle 9:00~11:00am Bingo 1:00~3:00pm	AARP Driver Safety 9:30am	
10	11	12	13	14	15
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Day Trip SFMOMA Ferry Bldg Care Manager 9:00~11:30am	Alzheimer's Support Group 1:30~3:00pm	Bingo 1:00~3:00pm	Valentine's Day Dinner 5:00pm	
17	18	19	20	21	22
CLOSED 	Care Manager 9:00~11:30am HICAP 1:00~4:00pm	Movie Mania 12:15~2:30pm	Bingo 1:00~3:00pm		
24	25	26	27	28	29
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am	Alzheimer's Support Group 1:30~3:00pm	Bingo 1:00~3:00pm		

MONDAY

TIME	CLASS	LOCATION
8:15-9:15am	Adv. Exercise Class	Riverview Room
8:30am-3:30pm	Billiards	Mno Grant Dining Hall
9:00-11:00am	Arts & Crafts	Craft Room - NRCC Side
9:30-10:30am	Int. Exercise Class	Multiuse Room - NRCC Side
9:30-10:00am	Beginners Yoga	Fitness Room - NRCC Side
10:00-10:30am	Intermediate Yoga	Fitness Room - NRCC Side
10:30-11:15am	Beg. Exercise Class	Multiuse Room - NRCC Side
12:00-3:00pm	Painting Class	Paint/Music Room - NRCC Side
1:00-3:00pm	Bingo	Mno Grant Dining Hall

TUESDAY

8:30-11:30am	Cards	Mno Grant Dining Hall
8:30am-3:30pm	Billiards	Mno Grant Dining Hall
9:00-11:30am	Social Quilting	Riverview Room
9:30-10:35am	Spanish	Conference Room - NRCC Side
10:00-11:00am	Hula Dance	Fitness Room - NRCC Side
10:00-11:00am	Tai-Chi	Multiuse Room - NRCC Side
1:00-3:00pm	Social Knitting & Crocheting	Craft Room - NRCC Side
12:30-4:00pm	Poker	Mno Grant Dining Hall

WEDNESDAY

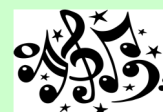
8:15-9:15am	Adv. Exercise Class	Riverview Room
8:30am-3:30pm	Billiards	Mno Grant Dining Hall
9:30-10:30am	Int. Exercise Class	Multiuse Room - NRCC Side
10:00-11:30am	Ukulele Class	Paint/Music Room - NRCC Side
10:30-11:15am	Beg. Exercise Class	Multiuse Room - NRCC Side
11:30am-3:00pm	Painting Class	Paint/Music Room - NRCC Side

THURSDAY

8:30-11:30am	Cards	Mno Grant Dining Hall
8:30am-3:30pm	Billiards	Mno Grant Dining Hall
9:30-11:30am	Jewelry	Craft Room - NRCC Side
9:30-10:00am	Dance Aerobic	Riverview Room
10:00-11:00am	Cane Do Class	Multiuse Room - NRCC Side
10:00-11:30am	Line Dance	Paint/Music Room - NRCC Side
1:00-3:00pm	Bingo	Mno Grant Dining Hall

FRIDAY

8:15-9:15am	Adv. Exercise Class	Riverview Room
8:30-3:30pm	Billiards	Mno Grant Dining Hall
9:30-10:30am	Int. Exercise Class	Multiuse Room - NRCC Side
10:30-11:15am	Beg. Exercise Class	Multiuse Room - NRCC Side
12:30-4:00pm	Poker	Mno Grant Dining Hall
1:30-3:00pm	Reader's Theater	Conference Room - NRCC Side



LIVE MUSIC!

Mon/Wed/Thurs/Fri

9:45-11:15 am

The Misfits

The New Spare Change Band

The Delta Drifters Band



California Phones

Keeping you connected.

"How to Use Your Smartphone Course"

Learn to operate the basic functions of your phone & more!

I-Phone Class

January 23rd

Android Phone Class

January 24th

Classes are from 9:15-11:15 am

CLASSIFIEDS



A blood pressure machine and cuff available for donation!

Interested?

Call 925.778.1158

to find out more.



Like us on Facebook

Antioch Senior Center

CoCo Café:

Co-Co Café serves nutritious lunches to all senior participants, Monday - Friday at 11:30am.
Please reserve lunch a day in advance, by calling (925) 757-7325 between 9:00 - 11:00am

Lunch Hour

Check in Time..... No later than 11:15am
Lunch Time..... 11:30am sharp

Fees are as follows:

60+ Suggested donation..... \$3.00
59 and under .. Mandatory cost \$5.00



Free Wills (Attorney Matthew Hart)

Participants can't own a home nor have an existing will or trust and must be 60 or older. No exceptions!
3rd Monday | 9:00am-12:30pm | Conference Room

Free Legal Services (30 minute appt.)

Free legal services for seniors 60 and older!
Appointments must be made in advance. No exceptions!
2nd & 4th Mondays | 9:00am-12:00pm | Conference Room

Care Manager (by appointment only!)

Referrals provided for senior subjects including gerontology, social work, counseling, and other Senior Citizens services. Also offers free consultation regarding mortgage default, credit, tenant/landlord disputes, emergency food.
Tuesdays | 9:00-11:30am | Conference Room

Health Insurance Counseling & Advisory Program (HICAP)

HICAP provides free and unbiased information and counseling about MediCare and MediCal.
1st & 3rd Tuesdays | 1:00-4:00pm | Conference Room
Call (925) 602-4168 to schedule an appointment.



Rivertown Belles Events

We had a lovely test run to Sacramento last month, and will be scheduling another event there next year.
Upcoming events: Celebrate the Year of the Rat with us; we'll be dining at the New Oriental Buffet on Tuesday, January 28th. You do NOT have to be a member of the Red Hats to attend. A no-host all-you-can-eat lunch is \$8.95 for 62 and over with ID. Meet at the ASC Lobby by 11:00am and carpool to the restaurant, or you can meet us there by 11:30am. No sign up required, just show up!
February 25th: Mardi Gras. Join us at noon across the street at the Solid Rock Cafe for hot chocolate & beignets - \$5/person.

Brought to you by the Antioch Chapter of the Red Hat Society and we invite you to join us. Many of our events are open to all members of the Senior Center. (additional charge may apply) Check out our RIVERTOWN BELLES Facebook page. To be added to our mailing list, e-mail prudence.21@juno.com. Please see Bonnie at the ASC front desk on Mon. Wed., or Fri. afternoons and check out the RIVERTOWN BELLES Facebook page. Remember to wear your red & purple and join us for food, fun, and merriment!



Show your ASCC pride by wearing our gear!

Jackets \$50 (add \$6 for 2-3XL; add \$14 for 4-6XL)
Vest \$40 (INCLUDES YOUR NAME) (add \$4 for 3-6XL)
Zip-Up Sweat Shirt "Hoodie" \$40 (add \$9 for 3-6XL)
Sweat Shirt or Crew Neck \$30 (add \$6 for 3-6XL)
Personalize your order for \$8 with your first &/or last names!
Ask the Snack Shack or front desk for an order form



Visit the Snack Shack!

Assorted snacks; chips, ice cream, cookies, & nuts are available during our open hours:



Wednesday & Friday;
9:00-11:15am

Monday & Thursday; 9:00-11:15am
and during Bingo; 12:30-2:30pm



"Beyond Antioch" Public Transit Information

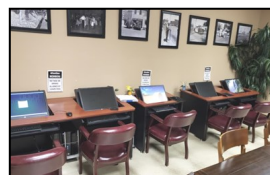
"Beyond Antioch" is a service provided by our volunteer Michael D'Augelli. For information about public transportation and how to travel across the entire Bay Area, leave your name & contact information at the front desk or contact Michael directly by email at beyondantioch@aol.com. Michael will be more than happy to get back to you as soon as possible.
Michael D'Augelli and the Antioch Senior Citizens Club are not responsible for your use of the information provided to you. You assume all responsibility in assessing suitability, safety and trip routes.

Media Room | Library

Our Club library has a wonderful selection of books to browse through or borrow and is located near the billiard tables.

We also have computers available in the media

room, magazines, as well as a television with cable. They are open when the Senior Center is open, Monday to Friday from 8am - 4pm.





Greece! Featuring Athens, Mykonos and Santorini
October 18 ~ 26, 2020

Step into history & discover a place where the mythical Greeks ruled the world. Visit the Acropolis & the Parthenon. Travel by high-speed ferries to the islands of Mykonos and Santorini & immerse yourself in the relaxed lifestyle during your free day on the islands.



*** Please see the individual flyers for pricing and more details ***

- ⇒ **Arizona Spring Training**, March 8~12, 2020 featuring two baseball games, Sedona, and a tour of the Phoenix area. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 6 Meals.
- ⇒ **Sedona & The Grand Canyon**, May 17~21, 2020 features the Grand Canyon RR, a tour of the Grand Canyon National Park. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 10 meals.
- ⇒ **Chicagoland Excitement**, June 14~20, 2020 features Millennium Park, Museum of Science and Industry, and many others. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 9 meals.
- ⇒ **Charleston, Savannah and Jekyll Island**. April 17~23, 2020 featuring two nights at the Jekyll Island Club Hotel. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 11 meals.
- ⇒ **Western Canada Explorer**. July 24~August 1, 2020 featuring Vancouver, Victoria and Whistler. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 15 meals.
- ⇒ **A Taste of New Mexico, with Santa Fe and Albuquerque Balloon Festival** October 9~14, 2020 featuring 2 nights in Albuquerque and 3 nights Santa Fe. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 7 meals.
- ⇒ **San Antonio Christmas on the Riverwalk**. November 30~December 4, 2020 featuring a Holiday cruise, Texas Hill country and The Alamo. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 8 meals.
- ⇒ **San Diego New Years** December 28, 2020 to January 1st, 2021. Highlights include City Tour of San Diego, Harbor Cruise of San Diego Bay, Tour of Coronado Island, Hotel del Coronado with Christmas Décor Galore, New Year's Eve Dinner and Party, and SeaWorld or San Diego Zoo with USS Midway Museum. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 6 meals.

Join us for a presentation on **January 30th at 1:00pm in the Riverview room**

Learn about our Mayflower Extended Tours plus our new ASCC Day Trips in 2020!

Mayflower Tours presents our 2020/21 vacation trips and Travel Center Tours presents our exciting new Day trips.

Pick-up a flyer and reserve your seat! Mayflower 2020 tours feature: Western Canada Explorer in July, Greece in October, and the San Antonio Riverwalk Christmas. Join us in April '21 on the Jewels of the Rhine river cruise from Switzerland to Amsterdam. Fall of '21 join us for a Culinary Italy from Sorrento to Rome tour. Hope to see you there for information & raffles!



Register Early

Trips with low enrollment
will be cancelled.

**Don't wait
until it's too late!**

Single Travelers

The Antioch Senior Center Club isn't able to arrange for matching up roommates. If you would like to participate in tours at the lower double occupancy rates, we encourage you to look at the guaranteed roommate program offered on our longer trips.



ASCC Trips Office is open

Monday through Friday from 10:00am ~ 12:30pm
Call (925) 779-2821 or (925) 754-2231

Additional trip information, flyers & registration forms are available at the Trips Office.

Who Doesn't Love Snoopy?

Santa Rosa, CA ■ **January 15, 2020**

Leave 8:45am & Return 4:30pm

\$110 per person

Trip Level 3
Not ADA
Compliant



A fun day for all ages! Join us for a tour at Charles Schultz Museum. View the largest collection of original Peanuts art work in the world at the Charles M. Schulz Museum.

Visitors can laugh at Schulz's original comic strips, learn about the art of cartooning and Schulz's role in its development. After your tour, enjoy a delicious hosted box lunch at the Warm Puppy Café at the Snoopy Ice Rink before our return to Antioch.



San Francisco Museum of Modern Art

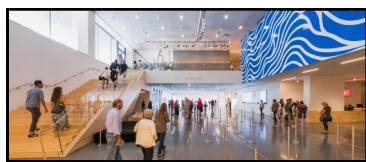
San Francisco, CA ■ **February 11, 2020**

Leave 9:00am - Return ~ 3:30pm

\$130 per person

Trip Level 2
Mild

Enjoy an unforgettable guided tour to one of the largest museums of modern and contemporary art in the United



States, and discover work by artists from around the world, including Frida Kahlo, Gerhard Richter, Andy Warhol, and Julie Mehretu. Stroll through the outdoor sculpture garden, experience the thirty-foot living wall, and take in incredible views — all right in the heart of the city. After your tour you will enjoy a delicious hosted box lunch within the museum at Café 5. Your final stop is the Ferry Building for some free time to browse and shop before heading home.



Trip Cancellation Policy

- ⇒ No refunds after tickets, hotels, etc. have been purchased.
- ⇒ A \$10 administrative fee will be charged.
- ⇒ Trip insurance premiums are not refundable.



Price is \$35 | On the 4th Tuesday of the month

Please book your seat by the Thursday before the trip!

January 28th Hard Rock Casino **(NEW!)**

February 25th Jackson Rancheria Casino

March 24th Black Oak Casino

TRIP DIFFICULTY RATING SYSTEM

Level 1 Easy - Up to 2-blocks of walking on even terrain with a few stairs.

Level 2 MILD - Between 2-4 blocks of even walking and approximately 30 min of standing.

Level 3 MODERATE - Up to 4+ blocks of walking. Not appropriate wheelchairs, but walkers maybe OK.

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

Walt Disney Family Museum & Fort Point

San Francisco, CA ■ **March 27, 2020**

Leave 9:00am - Return ~ 5:00pm

\$130 per person

Trip Level 2
Mild

Discover more about the life and legacy of Walt Disney. You'll experience state-of-the-art exhibits, which feature early movies,



drawings, cartoons, music, and a spectacular model of Disneyland.

Through this guided tour led by a certified museum Storyteller, you'll get an insider's look at

the magic and the man, Walt Disney. After your tour you will enjoy a delicious hosted lunch at the popular Presidio Café. Then you will be transported to Fort Point, the pride of the Pacific, to delight in its spectacular views of the Golden Gate. Fort Point has stood guard at the narrows of the Golden Gate for over 150 years.



2020 Upcoming Day Trips...Come for the fun!

- ◆ April Wine & Lilies in Calaveras County
- ◆ May 12th Sacramento Zoo
- ◆ June Vallejo Ferry to Pier 39 & Aquarium
- ◆ July Sacramento Underground Tour
- ◆ August A Day in Sausalito
- ◆ September..... Sacramento River Cruise at night
- ◆ October Apple Hill
- ◆ November Hilmar Cheese, Lavender Farm, Poinsettias
- ◆ December..... Holiday Lights in SF with Craig Smith

Antioch Senior Center
415 West 2nd Street
Antioch, CA 94509



POSTMASTER
Please Deliver ASAP
Time-Dated Material

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Antioch, CA 94509
PERMIT # 248
Non-Profit



or Current Resident



ANTIOCH SENIOR CENTER

Club Directory

Business Hours: Monday – Friday from 8:00am – 4:00pm

GENERAL OFFICE	FAX: (925) 779-2822	(925) 778 -1158
CoCo CAFÉ (NUTRITION PROGRAM)	CALL BEFORE 11:00AM	(925) 757-7325
TRIPS OFFICE	CALL BEFORE 11:30AM	(925) 779-2821
MEMBERSHIP OFFICE	CALL BEFORE 11:30AM	(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

RECREATION SPECIALIST.....	MONSERRAT CABRAL
RECREATION COORDINATOR	SAVOY FRAINE
CoCo CAFÉ KITCHEN MANAGER.....	RHONDA FLANAGAN
FRONT DESK STAFF	PEGGY HUTCHISON
OFFICE ASSISTANT	DIANE ROBINSON
OFFICE ASSISTANT	TIFFANY LIMU
FACILITY STAFF	JEFF EVANS

2020 Club Board of Directors

PRESIDENT	TO BE ANNOUNCED
1 ST VICE PRESIDENT	TO BE ANNOUNCED
2 ND VICE PRESIDENT	BRIDGET WOODCOFF
RECORDING SECRETARY	SANDI REED
MEMBERSHIP.....	DOROTHY SMITH
CORRESPONDENCE SECRETARY	LINDA LORENTZEN
FINANCIAL SECRETARY.....	SUN ONOBAJO
PARLIAMENTARIAN	TO BE ANNOUNCED

**Come to the Antioch Senior Center
and join us on our adventures!**