



# ANTIOCH SENIOR CITIZENS CLUB

JANUARY/FEBRUARY 2019 EDITION

BE ACTIVE, INVOLVED & ENGAGED - JOIN US!

## *Valentine's Day Dinner by Candlelight*

February 14, 2019 @ 5:00pm  
Spaghetti Dinner w/ drinks  
included

Cost: **\$15** per person  
Members can bring a +1  
Payments must be made by 2/11/19  
RSVP by 2/11/19



## ASC CLOSED:

New Years Day  
Tuesday January 1, 2019

MLK Birthday  
Monday January 21, 2019

Lincoln's Birthday  
Tuesday February 12, 2019

Presidents' Day  
Monday February 18, 2019

## UPCOMING EVENTS

Trips Presentation 10am-noon

January 17 (Riverview Rm)

Trips Presentation 1-3pm

January 24 (Riverview Rm)

Black History Art & Artifact Exhibit  
12pm-5pm—February 2nd-9th (MUR)

Valentines Day Dinner 5pm

February 14th

 **RUAH** | COMMUNITY  
OUTREACH

PRESENTS

**THE 8TH ANNUAL BLACK HISTORY  
ART & ARTIFACTS EXHIBIT  
FEBRUARY 2-9, 2019 | 12PM-5PM**

LOCATION

**NICK RODRIGUEZ COMMUNITY CENTER  
213 F ST, ANTIOCH, CA 94509**

**OPENING RECEPTION  
FEBRUARY 2, 2019  
2PM-5PM**

**EXHIBIT DATES  
FEBRUARY 4-9, 2019  
12PM-5PM**

The 8th Annual Black History Exhibit provides a historical time-line of the African American experience. It highlights historical events, features art, artifacts and literature that reflect the Black experience from Africa to the present.



# 2 WEEKLY ACTIVITIES

## MONDAY

8:15-9:15am	Adv. Exercise Class (Riverview)
8:30am-3:30pm	Billiards (Dining Hall)
9:30-10:30am	Int. Exercise Class (Multipurpose)
10:30-11:15am	Beg. Exercise Class (Multipurpose)
12:00-3:00pm	Painting Class (Craft/Art/Music)
1:00-3:00pm	Bingo (Dining Hall)

## TUESDAY

8:30-11:30am	Cards (Dining Hall)
8:30am-3:30pm	Billiards (Dining Hall)
9:00-11:30am	Quilting Class (Riverview)
9:00-11:00am	Arts & Crafts (Craft Room)
10:00-11:00am	Hula Dance (Fitness Rm)
10:00-10:45am	Spanish (Conference)
10:00-11:00am	Tai-Chi (Multipurpose)
1:00-3:00pm	Knitting (Craft Room)
12:30-4:00pm	Poker (Dining Hall)

## WEDNESDAY

8:15-9:15am	Adv. Exercise Class (Riverview)
8:30am-3:30pm	Billiards (Dining Hall)
9:00-11:30pm	Arts & Crafts (Craft Room)
9:30-10:30am	Int. Exercise Class (Multipurpose)
10:00am-11:15am	Ukulele Class (Craft/Art/Music)
10:30-11:15am	Beg. Exercise Class (Multipurpose)
11:30am-3:00pm	Painting Class (Craft/Art/Music)

## THURSDAY

8:30-11:30am	Cards (Dining Hall)
8:30am-3:30pm	Billiards (Dining Hall)
9:30-10:00am	Dance Aerobic (Riverview)
10:00-11:00am	Cane Do Class (Multipurpose)
10:00-11:00am	Line Dance (Art/Music)
1:00-3:00pm	Bingo (Dining Hall)

## FRIDAY

8:15-9:15am	Adv. Exercise Class (Riverview)
8:30-3:30pm	Billiards (Dining Hall)
9:30-10:30am	Int. Exercise Class (Multipurpose)
10:30-11:15am	Beg. Exercise Class (Multipurpose)
12:30-4:00pm	Poker (Dining Hall)
1:00-3:00pm	Reader's Theater (Conference)
12:00-2:00pm	Jewelry (Craft Room)

Antioch Senior Center  
will be  
**CLOSED**

Monday, January 21, 2019  
in Observance of  
Dr. Martin Luther King Day

### ATTENTION MEMBERS

Show your ASCC pride by wearing our gear with pride!



John Doe



John Doe

Jackets \$50  
(Add \$6 for 2-3XL; Add \$14 for 4-6XL)

Zip Up Sweat Shirt "Hoodie" \$40  
(Add \$9 for 3-6XL)

Sweat Shirt Crew Neck \$30  
(Add \$6 for 3-6XL)

—Add \$8 dollars to personalize any order with your name.—

Ask the front desk for a Jacket Order Form

### Trinket Treasures First Wednesday of the Month

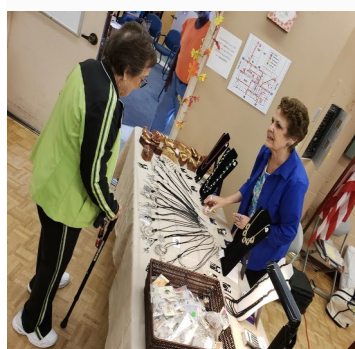
Come shop at the ASC! Our vendor tables are full of crafts and other goods made by both senior and community members. **\*\*Space is limited**

Date	Time	Location
Jan 9th	8:00-11:00am	Riverview Rm
Feb 6th	8:00-11:00am	Riverview Rm

**\*\*Are you interested in being a vendor?**

Applications are available at the ASC Front Desk.

Vendor tables are \$10.00. **\*\***





# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Movie Mania 12:15-2:30pm	BINGO 1:00-3:00PM		
6	7	8	9	10	11	12
	BINGO 1:00-3:00pm	Care Manager 9:00-11:30am  CLUB BOARD MEETING 12:30-2:00pm	Trinkets & Treasures 8:00-11:00am  Movie Mania 12:15-2:30pm  Alzheimer's Support Group 1:30-3:30pm	50/50 Raffle 11:00am  BINGO 1:00-3:00pm		
13	14	15	16	17	18	19
	Legal Services 9:00am-12:00pm  BINGO 1:00-3:00pm	Care Manager 9:00-11:30am  HICAP 1:00-4:00pm	Food Bank Cal Fresh Talk 10:00am	Trips Presentation 10:00am-12:00pm  Spanish Peer Counseling 12:00-3:00pm  BINGO 1:00-3:00pm		
20	21	22	23	24	25	26
	Dr. MLK Jr. Birthday 	Care Manager 9:00-11:30am	Movie Mania 12:15pm-12:30pm  Alzheimer's Assoc. Meeting 10:00am	Trips Presentation Alamo Travel 1:00-3:00pm  BINGO 1-3pm		
27	28	29	30			
	Legal Services 9:00-12:00pm  BINGO 1:00-3:00pm	Care Manager 9:00-11:30am	Movie Mania 12:15-2:30pm	Spanish Peer Counseling 12:00-3:00pm  BINGO 1:00-3:00pm		3



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	BINGO 1:00-3:00pm	Care Manager 9:00-11:30am CLUB BOARD MEETING 12:30-2:00pm HICAP 1:00-4:00pm	Trinkets & Treasures 8:00-11:00am Movie Mania 12:15-2:30pm	50/50 Raffle 11:00am Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		
10	11	12	13	14	15	16
	Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm		Alzheimer's Support Group 1:30-3:00pm	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		
17	18	19	20	21	22	23
		Care Manager 9:00-11:30am HICAP 1:00-4:00pm	Movie Mania 12:15-2:30pm Alzheimer's Assoc Meeting 10:00am	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		
24	25	26	27	28		
	Legal Services (9:00-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am	Alzheimer's Support Group 1:30-3:00pm	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		4

## Senior Nutrition:

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

### Lunch Fee is as follows:

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

Attention: Many of our services are provided by professionals and require an appointment. These popular services are often booked several months in advance. We recommend you sign up early (center front desk or 925-778-1158).

### Free Legal Services (30 minute appointments.)

Free legal services for seniors 60 and older! Appointments must be made in advance. No exceptions

When: 2<sup>nd</sup> & 4<sup>th</sup> Mondays Time: 9:00am-12:00pm  
Where: Conference Rm.

### Free Wills (Attorney Matthew Hart)

Participants cannot own a home nor have an existing will or trust and must be 60 or older. No exceptions.

When: 3<sup>rd</sup> Monday Time: 9:00am-12:30pm  
Where: Conference Rm.

### Care Manager/(By appt. only!)

Referrals provided for almost any senior subjects including gerontology, social work, counseling, and other Senior Citizens services. A Care Manager also offers free consultation regarding mortgage default, credit, tenant/landlord disputes, emergency food.

When: Tuesdays Time: 9:00-11:30am  
Where: Conference Rm.

### Spanish Peer Counseling/ Asesoramiento en Espanol

Spanish services -(Servicios en espanol)  
Emotional, and social help for seniors. 30 minute appt. (Ayuda emocional y social para jente mayor. Appt. de 30 minutos).

When: Thursdays Time: Noon-3:00pm  
Where: Conference Rm.

### Health Insurance Counseling & Advisory Program

HICAP provides free and unbiased information and counseling about MediCare and MediCal.

When: 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
Time: 1:00-4:00pm  
Where: Conference Rm.  
Call (925) 602-4168 to schedule an appointment.

### Alzheimer's Support Group

Support specialist discuss relevant information regarding the latest research and methodologies are discussed within this support group.

When: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays  
Time: 1:30-3:00pm  
Where: Conference Rm. Nick Rodriguez

### Notary Services/Servicios de Notario

Require a document to be notarized?

Call Olga Ramirez for an appt.

Requerir que un documento sea certificado ante notario?

Llama a Olga Ramirez para una cita.

(925) 437-8473



## "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, please leave your name and contact information at the front desk, or call (925) 778-1158, or contact Michael directly at [beyondantioch@aol.com](mailto: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 and you assume all responsibility in assessing suitability, safety and trip routes.\*\***

*~Popular~*  
**INTRO TO SPANISH**  
**Tuesdays**



**January 1/8, 1/15, 1/22, 1/29**  
**February 2/5, 2/12, 2/19, 2/26**



Interested in learning basic Spanish?  
 Do you want to be bi-lingual?

Class Information: SPANISH

Where : NRCC

Room: Conference Room

Day: Tuesday

Time: 10:00-10:45am

Instructor: Maria Bustamante

Please see the front desk to inquire about our Intro to Spanish class. You will learn elementary level vocabulary and useable conversational words at a relaxed pace with a supportive instructor. You will become more confident when speaking Spanish and understand the language much better.

## Red Hat News



We are the Antioch Chapter of the Red Hat Society and we invite you to join us. Please see Bonnie at the ASC front desk: Mon, Wed, or Fri, or e-mail [Prudence21@juno.com](mailto:Prudence21@juno.com) for information. We are pleased to announce we have started a Facebook page under the name RIVERTOWN BELLES. Always remember, put on your red & purple and join the Rivertown Belles for food, fun, and merriment!

### What's Next for the Red Hatters

Happy New Year! We invite you to celebrate the Year of the Boar/Pig with us, and we'll be lunching at the New Oriental Buffet at 2656 Somersville Road on Thursday, February 7th. Put on your red & purple to join us.

You do NOT have to be a member of the Red Hats to attend [but you do have to pay for your own all-you-can-eat lunch - \$8.95 for 62 and over with ID]. We'll meet at the Antioch Senior Center Lobby 11:00 am and carpool to the restaurant, or you can meet us there by 11:30. No sign up required. Just show up!

Visit our 'Rivertown Belles' page on Facebook.  
 Upcoming Events: Old Sacramento trip in April. Bouquets to Art has moved to June 4-9, 2019!



## CONGRATULATIONS TO THE NEWLY ELECTED BOARD MEMBERS!

President: Shirley Evans

2nd Vice President: Bridget Woodcoff

Corresponding Secretary: Linda Lorentzen

Financial Secretary: Sun Onobajo

## LIVE MUSIC!!

*Mon/Wed/Thurs/Fri*  
*9:45-11:15 am*



The Misfits

The New Spare Change Band

The Delta Drifters Band



**Like us on Facebook:**  
**Antioch Senior Center**



# MOVIE MANIA !!



Join us on the 1<sup>st</sup>, 3<sup>rd</sup>, and at times the 5<sup>th</sup> Wednesday of every month and enjoy complimentary popcorn and drinks alongside a captivating movie. 12:15-2:30pm.

All movies are staff approved

- Whiskey Tango Foxtrot—**January 2nd**
- Ghost in the Shell—**January 9th**
- The Greatest Showman—**January 23rd**
- Draft Day—**January 30th**
- Lincoln — **February 6th**
- Black Panther—**February 20th**







## To the Members of the Antioch Senior Citizens Club and Its Staff,

Thank you for allowing me to represent you this past year. It has been an honor. Please support your newly elected Board. We rely on our volunteer support group.

Remember, this is a social club. We provide many free classes and social services for our members to enjoy. Our bread line is a service we work hard to bring you. Please treat all volunteers with kindness and courtesy as they sacrifice time to organize groceries for you. Be respectful and thoughtful of others.

Please try to be considerate so we can be the Club we ALL want. Let's start 2019 right!

*Thank You*

### Board of Directors Monthly Meetings

1<sup>st</sup> Tuesday of the month

(except Holidays, when meeting moves to following week)

Upcoming Dates: Tuesday, January 8, 2018 ||| Tuesday, February 5, 2018

Your Club President,  
Judy Norseen

### Antioch Library

501 West 18th Street • 925-757-9224

Library Hours: Monday and Tuesday 12-8 • Wednesday and Thursday 11-6

• Saturday 12-5 • Closed: Friday and Sunday

### Opportunities and Activities for the Aging Community at Antioch Library

#### Friends of the Antioch Library Book Sale

Wednesday, December 5 ~ 10-12 Preview for members only

Wednesday 12/5 ~ 12-6pm Open to the public

Thursday, December 6 ~ 11am-6pm Open to the public

Saturday, December 8 ~ 12-5pm Open to the public

### Educational Opportunities at the Antioch Library

#### Project Second Chance

Project Second Chance at the Antioch Public Library helps adults improve basic reading and writing skills. Seeking help? You'll be placed with a tutor who meets you on your schedule. If you want to tutor, the program is always looking for patient, literacy-loving people who can attend a 14-hour training over three days.

For more information on getting help or volunteering as a tutor, call Leslie at the Antioch Public Library: (925) 754-8317.





# *Valentine's Day Dinner by Candlelight*

*Special Guest: Strolling Strings*

*February 14, 2019 @ 5:00pm  
Spaghetti Dinner w/ drinks included*

*Cost: \$15 per person*

*Members can bring a +1*


*Payments must be made by 2/11/19*

*RSVP by 2/11/19*





Interested in becoming a member? Forgot to renew your membership? Moved to a new residence in the last year? Membership forms are available for you to fill out. Contact the Antioch Senior Center or visit the front desk or membership office. Call (925) 778-1158 (925) 779-2824 for any questions.

	<b>2018 Membership Application</b> 1/1/2018 - 12/31/2018 <b>The Antioch Senior Citizen's Club</b> 415 West 2 <sup>nd</sup> Street Antioch, CA 94509 Phone: (925) 778-1158 Fax: (925) 779-2822 www.antiochseniorcenter.com	<b>OFFICE USE ONLY</b> Paid: \$ _____ Date: _____ <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Entered Into Comp <input type="checkbox"/> Card		
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <input type="checkbox"/> NEW  <input type="checkbox"/> RENEW         </div> <div style="width: 30%; text-align: center;"> <b>ASC MEMBERSHIP</b>          Must be at least 50 years old.       </div> <div style="width: 30%;"> <input type="checkbox"/> LIFE TIME (awarded category)  <input type="checkbox"/> 90+ MEMBERSHIP <small>already 90+ years old or will turn 90 in 2018</small> </div> </div> <div style="text-align: center; margin-top: 10px;"> <input type="checkbox"/> \$20.       </div> <div style="text-align: right; border: 1px solid black; padding: 5px; width: 100px; float: right;">         STAFF INITIALS       </div> <div style="clear: both;"></div> <p style="text-align: center; font-size: small;">Please Note: All Items With An ( * ) Must Be Filled in For Membership Form To Be Processed</p>				
<b>Applicant Information</b>				
Full Name: <b>First Name*</b> _____ <b>Last Name*</b> _____ <small>(Please Print)</small>		<b>M.I.</b> _____ <b>Date of Birth*</b> ____/____/____		
<b>Street Address:*</b> _____		<b>Apartment/Unit #*</b> _____ <b>City/State*</b> _____ <b>ZIP Code*</b> _____		
<b>Primary Phone:*</b> _____ <small>( ) ( ) ( )</small>	<b>Secondary Phone:</b> _____ <small>( ) ( ) ( )</small>	<b>Gender:*</b> <input type="checkbox"/> Male <input type="checkbox"/> Female <b>Is Spouse a Member?</b> If yes: Spouse Name: _____		
<b>Newsletter Delivery Method: *</b> <input type="checkbox"/> Mail <input type="checkbox"/> Pick-Up <input type="checkbox"/> E-Mail Email: _____ @ _____				
<table border="0" style="width: 100%;"> <tr> <td style="width: 30%; vertical-align: top;"> <b>Ethnicity *</b>          (Check One):  <input type="checkbox"/> NOT Hispanic / Latino          OR  <input type="checkbox"/> Hispanic / Latino       </td> <td style="width: 70%; vertical-align: top;"> <b>Race (ALSO Check ONE):*</b>  <input type="checkbox"/> White  <input type="checkbox"/> Black/African American  <input type="checkbox"/> Asian (Chinese, Japanese, Filipino, Korean, Vietnamese, Asian Indian, Laotian, Cambodian, Guamanian, Other Asian)  <input type="checkbox"/> American Indian /Alaskan Native  <input type="checkbox"/> Native Hawaiian/Pacific Islander  <input type="checkbox"/> American Indian/White  <input type="checkbox"/> Asian / White  <input type="checkbox"/> Black/White  <input type="checkbox"/> American Indian/Black  <input type="checkbox"/> Other Mixed Race       </td> </tr> </table>			<b>Ethnicity *</b> (Check One): <input type="checkbox"/> NOT Hispanic / Latino OR <input type="checkbox"/> Hispanic / Latino	<b>Race (ALSO Check ONE):*</b> <input type="checkbox"/> White <input type="checkbox"/> Black/African American <input type="checkbox"/> Asian (Chinese, Japanese, Filipino, Korean, Vietnamese, Asian Indian, Laotian, Cambodian, Guamanian, Other Asian) <input type="checkbox"/> American Indian /Alaskan Native <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> American Indian/White <input type="checkbox"/> Asian / White <input type="checkbox"/> Black/White <input type="checkbox"/> American Indian/Black <input type="checkbox"/> Other Mixed Race
<b>Ethnicity *</b> (Check One): <input type="checkbox"/> NOT Hispanic / Latino OR <input type="checkbox"/> Hispanic / Latino	<b>Race (ALSO Check ONE):*</b> <input type="checkbox"/> White <input type="checkbox"/> Black/African American <input type="checkbox"/> Asian (Chinese, Japanese, Filipino, Korean, Vietnamese, Asian Indian, Laotian, Cambodian, Guamanian, Other Asian) <input type="checkbox"/> American Indian /Alaskan Native <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> American Indian/White <input type="checkbox"/> Asian / White <input type="checkbox"/> Black/White <input type="checkbox"/> American Indian/Black <input type="checkbox"/> Other Mixed Race			
<b>Emergency Contact*</b>				
<b>1<sup>st</sup> Contact Name:*</b> _____		<b>Relationship:*</b> _____		
<b>Primary Phone:*</b> _____		<b>Secondary Phone*:</b> _____		
<b>2<sup>nd</sup> Contact Name:*</b> _____		<b>Relationship:*</b> _____		
<b>Primary Phone:*</b> _____		<b>Secondary Phone*:</b> _____		
<b>Medical Information (Information is confidential and will only be used in case of emergency)</b>				
<b>Medical Insurance:*</b> <input type="checkbox"/> Kaiser <input type="checkbox"/> Other		<b>Primary Medications:</b> _____		
<b>Severe Allergies:</b> _____		<b>Chronic Conditions:</b> _____		
<b>Chronic Conditions:</b> <input type="checkbox"/> Heart <input type="checkbox"/> Diabetes <input type="checkbox"/> Seizures <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Arthritis <input type="checkbox"/> Other: _____				
<p><b>Please read and sign the back of the membership application*</b></p>				



# SAVE THE DATE!

## Martin Luther King, Jr. Day of Service



"Everybody can be great...because anybody can serve." — Martin Luther King, Jr.

**Monday, January 21, 2019  
9:00am–Noon**

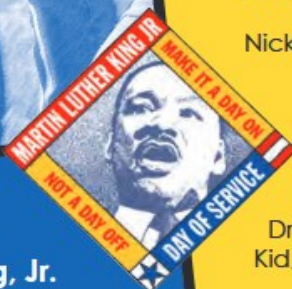
*Bring work gloves; other tools provided!*

Uplift Antioch and join your friends & family for a day of service. Three volunteer opportunities to choose from:

**1 | Graffiti Removal & Mural Preparation**  
Sunset Drive & A Street  
Register in advance: #5959

**2 | Dead Tree Removal & Landscape Improvements**  
Nick Rodriguez Community Center/  
Antioch Senior Center  
3rd & F Streets  
Register in advance: #5960

**3 | Litter Pick-Up**  
Prewett Community Park  
Drop-in, no registration required  
Kid, Family & Youth Group Friendly



**East Bay**   
Regional Park District

Black Diamond Mines Nature  
Trek & Five Senses Walk  
Date: March 6, 2019  
Time: 9am–2pm

## COMING SOON! Quilting & Sewing

*Class Information: How to use  
a sewing machine*

*Where: ASC*

*Room: TBA*

*Day: Mondays*

*Time: 12:30pm*

*Instructor: Christy Hernandez*

*Start: January 14, 2019*





# HILLENDALE HOME CARE

**Caring and  
Professional Help  
in the comfort  
of your home**

Services Include:

- Bathing and Dressing
- Meal Preparation
- Exercise & Companionship
- Shopping & Errands
- Light Housekeeping
- Transportation



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**NO  
WIPES IN  
THE PIPES**

Only toilet paper down the toilet

**A PUBLIC SERVICE MESSAGE FROM THESE LOCAL AGENCIES**

**PROTECT THE ENVIRONMENT**

## Arts & Crafts Class

### Jewelry Making

An assortment of activities and crafts will be available for you to enjoy. Join our lively group each Tuesday & Wednesday.

Resource fees will be discussed in class!

Day	Time	Location
Tues. & Wed.	9:00-11:00am	Craft Rm.



## Reader's Theater & Theater Goers Group

Join a fun group of fellow seniors reading old radio and TV scripts. We add some sound effects if you want a lot of ham! There are always laughs and good conversations. Live Theater lovers and those who want to go on fun outings, meet together on Fridays for local plays, matinees & events.

Day	Time	Location
Friday	1:00-2:30pm	NRCC Conference

**Theater Goers Group**—2nd & 4th Fridays of the month  
12:30-1:20pm

## Computer Class

Computer classes designed for beginners who may have little or no computer experience and want to learn more. Sign-up required. Space is limited to the first ten signed up. **NO CLASS FEE**

Day	Time	Location
Not Available	Not Available	Not Available



## Painting Class

Get together to bring out the artist you never knew you were. Learn to use Acrylic, Oil, and Watercolor paint. Please bring your own supplies!

Day	Time	Location
Monday	12:00 - 3:00pm	Arts/Music
Wednesday	11:30 - 3:00pm	Arts/Music



## Quilting Class

Come join us for 2 hours of quilting, crocheting, knitting, and fun. It's a great way to share your hobby and make new friends.

All skill levels welcome! Please bring your own supplies!

Day	Time	Location
Tuesday	9:00 - 11:30am	Riverview

## Knitting Class

Our class is a great way to enjoy your time with other fellow ASC members. Share your hobby, while enjoying friendly conversations with good people.

No experience needed! Please bring your own supplies!

Day	Time	Location
Tuesday	1:00 - 3:00pm	Craft Rm.



## Bingo

Join us for BINGO every Monday and Thursday. (No Dabbers needed). This is a great activity for fun and socialization. Doors open at 12:30 pm. Each Bingo card is \$1.00 (2 card minimum). 10 game varieties are played each day. We feature "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 Citizens Club that is open to the public, so grab a friend and come enjoy. Raffle prizes are awarded during break time.

(1st Thursday of the month during Bingo Hot Dogs will be for sale for \$1)

Day	Time	Location	Fee
Monday	1:00 - 3:00pm	Dining Hall	\$1 /Card
Thursday	1:00 - 3:00pm	Dining Hall	\$1 /Card



## Media Room/Library

From our private collection. Our library is so grand it had to be separated into two locations, both of which are at the Antioch Senior Center of course. One section is in our media room while the second is located near the billiard table. We also have computers available to use for browsing.

Day	Time	Location
Mon - Fri	8am - 4pm	Media Rm./Billiards

## Billiards

Come join a friendly group that gathers to play billiards at the ASC. We feature 3 pool tables. Open to both men & women of all skill levels.

Participant dues are \$2.00 per month or \$20.00 per year, on top of the yearly club membership.

Day	Time	Location
Mon - Fri	8:00am - 3:30pm	Dining Hall

## 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	Location
Tuesday	12:30 - 4:00pm	Dining Hall
Friday	12:30 - 4:00pm	Dining Hall







## Dance Aerobic

Are you ready to Dance Dance Dance? Want to work up a little sweat? Come join our dance aerobic class where participants develop arm and shoulder mobility range. Strengthen muscles in the biceps, triceps and latissimus dorsi while enjoying rhythmic music. The various dance styles include salsa, reggae, samba, merengue, and even zumba. These exercises create energy & endurance under the direction of our enthusiastic instructor.

Day	Time	Location
Thursday	9:30-10:00am	Riverview Rm

## Hawaiian Dance

Our Senior Center has an active Hawaiian Dance class. **Are you** interested in a unique cultural dance? Join us every Tuesday and you will be taught the island movements of the body. No experience needed! Class Fee: Donation Based!

Day	Time	Location
Tuesday	10:00 - 11:00am	Fitness Rm.



## Line Dancing

Join our Antioch Senior Center active Line Dancing class. Enjoy dancing? Want to try something different? Learn how to line dance with friends. All are welcome to join in the fun. Great for beginners who want to learn something new or advanced participants looking to join a group for fun. No partner required!

Day	Time	Location
Thursday	10:00 - 11:00am	Arts/Music Rm.

## Ukulele Class: Antioch Strummers

Join our Antioch Senior Center active Ukulele class. Learn to play the Ukulele. This class is offered by the downtown music store just across the street: Music & More. Instructor: Don "Ho" Morrison. Class Fee: \$8 Per Session

Day	Time	Location
Wednesday	10:00 - 11:15am	Arts/Music Rm.





## 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.

(Sign up for lunch first!)

## Beginning Exercise

Day	Time	Location
Mon, Wed, & Fri	10:30 - 11:15am	Multi-purpose

## Intermediate Exercise

Day	Time	Location
Mon, Wed, & Fri	9:30 - 10:30am	Multi-purpose

## Advanced Exercise

Day	Time	Location
Mon, Wed, & Fri	8:15 - 9:15am	Riverview



## Tai-Chi

The Antioch Senior Center has partnered with Flowing Motion to provide our senior members with an easy to learn, low impact exercise class that increases flexibility, balance, range of motion, vitality, relaxation, mental focus, strength, and overall well being through the practice of Tai Chi. Each student can learn at his/her own pace in a relaxed, noncompetitive atmosphere.

Class Fee: Donation Based

Day	Time	Location
Tuesday	10:00 - 11:00am	Multi-purpose

## Cane-Do Self Defense Class

Easy exercise with a cane! Learn self defense, become empowered, and 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.

Class Fee: Donation Based

Day	Time	Location
Thursday	10:00 - 11:00am	Multi-purpose







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

**POSTMASTER:**  
Please Deliver ASAP

**US POSTAGE PAID:**  
**ANTIOCH, CA 94509**  
**PERMIT # 248**



Or Current Resident



## ANTIOCH SENIOR CITIZENS CLUB

### CLUB DIRECTORY

**Business Hours Monday – Friday 8:00am-4:00pm**

GENERAL OFFICE	Fax: (925)779-2822	(925)778-1158
CO CO CAFÉ (Sr. Nutrition)	Call before 11:00am	(925)757-7325
SENIOR CLUB TRIPS	Call before 11:30am	(925)754-2231
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

### ANTIOCH SENIOR CITIZENS CLUB OFFICERS

PRESIDENT	SHIRLEY EVANS
1 <sup>ST</sup> VICE PRESIDENT	TERRY REUS
2 <sup>ND</sup> VICE PRESIDENT	BRIDGET WOODCOFF
RECORDING SECRETARY	SANDI REED
MEMBERSHIP SECRETARY	DOROTHY SMITH
CORRESPONDENCE SECRETARY	LINDA LORENTZEN
FINANCIAL SECRETARY	SUN ONOBAJO

### RECREATION STAFF

RECREATION COORDINATOR	SAVOY FRAINE
CC CAFÉ KITCHEN MANAGER	NICHOLE ELLYSON
FRONT DESK STAFF	PEGGY HUTCHISON
OFFICE ASSISTANT	DIANE ROBINSON
FACILITY STAFF	JEFF EVANS