



ANTIOCH SENIOR CITIZENS CLUB

MARCH/APRIL 2019 EDITION

BE ACTIVE, INVOLVED & ENGAGED - JOIN US!

VOLUNTEERS

THE HEART AND SOUL OF OUR CENTER

Please join us in honoring those who have selflessly sacrificed time and energy to serve our senior community.

Volunteer Appreciation Luncheon

Wednesday April 10, 2019

10:00 am—2:00pm

Volunteers are the engine that keep the ASC going!

Please welcome Monserrat Cabral as the new Recreation Specialist at the Antioch Senior Center. Monserrat Cabral has over ten years of experience in developing, administering, and managing social service programs.

Before joining us, she was working at the JFCS East Bay; where she wrote and interpreted contracts & grants and translated goals into measurable outcomes and ensured compliance. She was previously serving as the Director of Youth and Family Services for the Jewish Renaissance Foundation in New Jersey.

Monserrat is excited to be part of ASC family and looks forward to working with city staff and the Senior population to provide programs and activities that will keep the community active as it ages. Ms. Cabral believes that by keeping active, both mentally and physically, one is able to stay stronger which supports independent living. Monserrat received a Master's in English and Public Administration from Rutgers University and is thrilled to create a welcoming and joyful safe space down by the river.



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)
2:30-4:00 pm	Sewing/Quilting (Arts & Crafts)

TUESDAY

8:30-11:30am	Cards (Dining Hall)
8:30am-3:30pm	Billiards (Dining Hall)
9:00-11:30am	Social Quilting (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	Social 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-11:30am	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)
10:00-11:30am	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)
12:00-2:00pm	Jewelry (Craft Room)
12:30-4:00pm	Poker (Dining Hall)
1:30-3:00pm	Reader's Theater (Conference)

Come shop at the ASC! Trinket Treasures First Wednesday of the Month

Our vendor tables are full of crafts and other goods made by senior and community members.

Date	Time	Location
Mar. 6th	8:00-11:00am	Riverview Rm
Apr. 3rd	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.***

ATTENTION MEMBERS

Show your ASCC pride by wearing our gear with pride!

Jackets \$50

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



John Doe

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

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



John Doe

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

Ask the front desk for a Jacket Order Form



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1			1	2
					2020 Census Bureau Job Search Meeting 10-11am	
3	4	5	6	7	8	9
	BINGO 1:00-3:00pm	Mardi Gras Celebration Care Manager 9:00-11:30am CLUB BOARD MEETING 12:30-2:00pm HICAP 1-4pm	Trinkets & Treasures 8:00-11:00am Movie Mania 12:15-2:30pm	50/50 Raffle 11:00am Spanish Peer Counseling 12:00-3:00 pm BINGO 1:00-3:00pm	A Matter of Balance Program – First Class 12:30—2:30pm	
10	11	12	13	14	15	16
	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	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm	St. Patrick's Day Celebration	
17	18	19	20	21	22	23
	Free Wills Attorney 9:00am-12:30pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am HICAP 1:00-4:00pm	Movie Mania 12:15pm-2:30pm Carmel & Monterrey Trip	Spanish Peer Counseling BINGO 1:00-3:00pm		
24	25	26	27	28	29	30
	Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am Cache Creek Casino Trip	Contra Loma Outdoor Field Trip 9:30am-2:00pm Alzheimer's Support Group	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	April Fools day Celebration BINGO 1-3PM	Care Manager 9:00-11:30am CLUB BOARD MEETING 12:30-2:00pm HICAP 1-4pm	Trinkets & Treasures 8:00-11:00am Movie Mania 12:15-2:30pm	50/50 Raffle 11:00am Spanish Peer Counseling 12:00-3:00pm		
7	8	9	10	11	12	13
	March Madness Game Day Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am	Volunteer Appreciation Luncheon 10:00am-2:00pm Alzheimer's Support Group 1:30-3:30pm	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00 pm		
14	15	16	17	18	19	20
	Legal Services 9:00am-12:00pm Free Wills Attorney 9:00am-12:30pm BINGO 1:00-3:00pm	AARP Driver Safety Course 9:30am—2:30pm Care Manager 9:00-11:30am HICAP 1:00-4:00pm	Movie Mania 12:15-2:30pm Spring Bonnet Making 9:00-11:00am	AARP Driver's Safety Course 9:30am-2:30pm Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm	Spring Bonnet Parade	
21	22	23	24	25	26	27
	Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am Black Oak Casino Trip	Alzheimer's Support Group 1:30-3:30pm	Spanish Peer Counseling 12:00-3:00pm BINGO 1:00-3:00pm		
28	29	30				
	BINGO 1:00-3:00pm	Care Manager 9:00-11:30am				4

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

Attention: Our services are provided by professionals who volunteer and require an appointment. These popular services are often booked several months in advance. Please 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: 2nd & 4th 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: 3rd 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: 1st & 3rd 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: 2nd & 4th 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. 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.**

INTRO TO SEWING/ QUILTING

Mondays @ 2:30pm—4:00

March: 3/4, 3/11, 3/18, 3/25

April: 4/1, 4/8, 4/15, 4/22, 4/29



Interested in learning about Fabric Arts?
Do you want to learn how to use a sewing machine?

Class: Fabric Arts

Where: NRCC

Room: Arts & Crafts Rm

Day: Mondays

Time: 2:30

Instructor: Christy Hernandez

Please see the front desk to inquire about our sewing/quilting class. You will learn the nuances of needlework and become much better at fabric making. Our new instructor Christy Hernandez is a certified instructor trained by Viking and Singer at Delta Vacuum & Sewing in Antioch. She has taught several sewing classes in all areas of fabric arts and currently teaches at Antioch Library.

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 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

Tuesday March 5th at noon, our group will be supporting a local business across the street from the Senior Center. Red Hat Members are being treated by our club to Hot Chocolate & Beignets (French donuts) to celebrate Mardi Gras. Anything else you'd like to order from Solid Rock's tempting menu, you'll have to pay for. Members can bring friends for \$5 each. Please sign up at the front desk so we know how many to order, and please arrive by 12:15. As Queen, I hope to have beads for all of you. Colors are purple, green, gold, and red hats!

Future Events: Old Sacramento trip in April or May. Round trip on the bus on a Tuesday, and we'll pay for our own lunches on the Delta King.

Bouquets to Art has moved to June 4-9, 2019! We will be attending this on Thursday, June 6th. Sign up sheets will be at the front desk about a month before the event. Find us at Rivertown Belles on Facebook!



AARP Driver Safety Course

Tues April 16th & Thurs April 18th
9:30am-2:30pm
Riverview Room



Save the Date!
CHP Driver Safety Class
Saturday May 4, 2019
10am—12pm



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

The poster is framed by a grey film strip border. In the top left corner is an orange 'ADMIT ONE' movie ticket with stars. In the top right is a black and white clapperboard with the number '3' and fields for PROD., DIRECTOR, SCENE, CAMERA, and SOUND. On the left side is a red and white striped popcorn bucket labeled 'POP CORN'. On the right side is a red and white striped soda cup with a blue straw labeled 'SODA'. In the bottom left is a black movie camera. In the bottom right is a red director's chair with a yellow star on the back. The main title 'MOVIE MANIA' is in large, bold, black letters.

MOVIE MANIA

Please come and enjoy a movie with us!
Complimentary popcorn and drinks .
12:15-2:30pm.

All movies are staff approved
Upcoming Movies & Date:

March 6—Lincoln
March 20—The Greatest Showman
April 3—Masterminds
April 17—Avengers Infinity War





To the Members & Staff of the Antioch Senior Citizen's Club:

I am proud to represent the club as the newly elected president of the Antioch Senior Citizens Club (ASCC).

My name is Shirley Evans. I have been involved with the center since 1989. I received my teaching credential in 1997 working with Adults with Disabilities. I have always enjoyed working with seniors since a very young age. Now that I am a senior myself, that has not changed.

I am excited to work with the Board of Directors, staff, volunteers and of course the many members that makes our center a great place to be

In late January, the Board of the ASCC had a workshop and we set several goals for 2019. We are excited to work together as a team to make the center a place you are proud of and where you want to spend your time.

Unfortunately, we have decided that in the best interest of the club not to renew our contract with the food bank. This means we will not have a food pantry program at the center. However, there are several locations throughout the city where you can go if you are in need of this service. Stop at the front desk and ask for a list of locations of other food banks in the area.

Thank You

**Board of Directors
Monthly Meetings
1st Tuesday of the month
(except Holidays, when meeting moves to
following week)**

Several committees have been formed and a program packed full of exciting activities have been planned for 2019. If you have not visited the center in a while, pop in and see what we have planned. There is something for you. Hope to see you at the center. After all, don't forget "Fun after Fifty!!"

Upcoming Meeting Dates: Tuesday, March 5, 2019 ||| Tuesday, April 2, 2019

Your Club President,
Shirley Evans

Activities for the Senior Community 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

Knit/Crochet Group
Every third Saturday 12:30-4:30

Mystery Book Club
Every fourth Monday 12-1

ESL Conversation Group
Wednesdays 11-1

NOTICE FROM MEMBERSHIP OFFICE

- Price of postage is up to 55 cents. If you come to the center at least once a week, consider changing your delivery of our newsletter to "pick-up" or "e-mail".
- It is time to renew your membership, come to the front desk for more information.
- It is expensive to mail the newsletters. We have sweatshirts, hoodies, jackets & t-shirts for sale. Price ranges from \$25 to \$50 with senior center logo printed on the front of each item. You can add your name for \$8 dollars extra.
- Name tags and lanyards are available for \$1.00 each.

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.



Field Trip Explorers Group

What is more relaxing than a day at the park near the water?
A day at the park, hiking and fishing in the reservoir!

Please join us on Wednesday, March 27th, 2019 as we tour Contra Loma Regional Park and enjoy a calm and peaceful day in the outdoors.

Space is limited to 50 participants! If you want to fish, you will have to pay \$15.00 for a license in advance. To acquire a license, Register at the front desk of the ASC as soon as possible.

Certified Fishing Instructors
and Naturalists from East Bay Regional Parks
will lead this adventure.

\$15 Fishing License Fee

When: Wednesday, March 27th, 2019

**Where: Contra Loma Regional Park
1200 Frederickson Ln, Antioch, CA 94509**

Time: 9:00 am - 2:00 pm

Please Register at the Front Desk



Antioch Senior Center • 415 W 2nd St. Antioch CA 94509 • Phone: 925.778.1158

© 2011, Gurmeet Manku

DRIVEN BY**THE ROAD AHEAD**

Take the AARP Driver Safety Classroom Course!

Learn proven safety strategies to maintain your confidence behind the wheel.

**DATE(S)****APRIL 16 (TUE) APRIL 18 (THUR)****TIME****9:30AM TO 2:30PM (30 MIN. BREAK FOR LUNCH)****LOCATION**

**ANTIOCH SENIOR CENTER
415 WEST SECOND STREET
ANTIOCH, CA 95207**

COST: \$15 FOR AARP MEMBERS; \$20 NON MEMB.

TO REGISTER**CALL 925-778-1158**

**THIS CLASS MAY QUALIFY YOU TO RECEIVE A
REDUCTION IN YOUR INSURANCE COSTS. THIS IS
A 8 HOUR CLASS, 4 HOURS EACH DAY.**

Plus, you could get a great discount on your car insurance.*

For additional local information or to volunteer, call TOLL-FREE at
1-888-227-7669 (1-888-AARP-NOW) or visit **www.aarp.org/drive**



TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. (Consult your agent for details)

D 17174(312)

SAVE THE DATE!



Contra Loma Reg. Park Field Trip

Fishing ~ Nature Trails ~ Hiking Trails

Wednesday March 27, 2019

9am-2pm

1200 Fredrickson Ln, Antioch Ca 94509

Bus Provided ~ Free Lunch Provided

\$15 fee for fishing

No cost for all other activities

Wear comfortable clothing



MANAGING CONCERNS ABOUT FALLS

IN PARTNERSHIP WITH:



Do you have concerns about falling? A great opportunity to overcome your fear of injury is coming to the Antioch Senior Center. Sign up at the front desk for the new class.

The "A Matter of Balance" program is an award winning program that is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

The workshops are facilitated by two trained coaches and are interactive. Classes are offered once a week for eight weeks and each class is two hours long.

Classes help participants learn to promote exercise to increase strength and balance and will allow them perform activities that were once restricted because of concerns of falling.

Class Start Date: March 8th

Where: ASC

Room: TBA

Day: Fridays (8-week session)

Time: 12:30—2:30pm

**COMING
MARCH 8TH!**

UPCOMING SPRING SOCIAL EVENTS

March 5th	Mardi Gras Celebration
March 15th	St. Patrick's Day "Wearing of the Green" with Irish festivities throughout the day
April 1st	April Fools Day—Wear your clothes inside out, mismatched or backwards
April 8th	March Madness Day—Celebrating the finale of the NCAA D1 Collegiate Basketball tournament
April 10	Volunteer Appreciation Luncheon @ 10:00am—2:00 pm. Support those who give life to the center
April 17th	Spring Bonnet creation day. Bring a hat and decorate it here. 9-11am. Sign up at front desk
April 19th	Spring Bonnet Parade @ 10:30am with games to follow



ST PATRICK'S DAY CELEBRATION

March 15, 2019

Come dressed in your best festive

"GREEN"



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
Friday	12—2 pm	Craft Rm.
Wed,	9:30am– noon	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	1:30-3:00pm	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**

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



Sewing/Quilting Class

Come join us for quilting, crocheting, knitting, and fun. It's a great way to share your hobby and make new friends. Monday class is taught by an instructor. On Tuesday, feel free to help yourself to any materials for those who are already experienced in fabric arts.

All skill levels welcome! Please bring your own supplies!

Day	Time	Location
Monday	2:30 - 4:00pm	Arts & Crafts Rm
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	10:30-11:00am	Riverview 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.



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.



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



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in the comfort
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The 4TH ANNUAL BUNNY HOP 5K



ANTIOCH ROTARY CLUB

Saturday, April 20, 2019
9:00am

Scenic Dow
Wetlands

SPONSORS:



www.antiochbunnyhop5k.com

NO WIPES IN THE PIPES

Only toilet paper down the toilet

A PUBLIC SERVICE MESSAGE FROM THESE LOCAL AGENCIES



PROTECT THE ENVIRONMENT



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 ST VICE PRESIDENT	TERRY REUS
2 ND VICE PRESIDENT	BRIDGET WOODCOFF
RECORDING SECRETARY	SANDI REED
MEMBERSHIP SECRETARY	DOROTHY SMITH
CORRESPONDENCE SECRETARY	LINDA LORENTZEN
FINANCIAL SECRETARY	SUN ONOBAJO
PARLIAMENTARIAN	JUDY NORSEEN

RECREATION STAFF

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