



ANTIOCH SENIOR CITIZENS CLUB

415 Second Street | Antioch | California | 94509

MAY/JUNE 2019 EDITION

BE ACTIVE, INVOLVED & ENGAGED - JOIN US!

The City of Antioch & The Antioch Senior Citizen's Club Present Senior Picnic 2019

When: May 24, 2019

Where: Nick Rodriguez Community Center
213 F. Street Antioch, CA 94509

Time: 10:00am—2:00pm

**You Are Cordially Invited To The
37th Annual Senior Picnic**

Lunch will be served at 11:30 A.M.

Followed by Music and Dancing.

We hope to see you there!

Please R.S.V.P. by: 5/10/19

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



Where does the time go? It is true, the older we get the faster the time seems to slip by. If you want something to do to help pass the time, let me suggest you come check out the variety of classes and events the Antioch Senior Center has to offer. A new Snack Shack has opened with snacks and drinks available for purchase to Antioch Senior Citizen's Club members and their guests.

Additionally, a Sunshine committee is underway, headed by Gussie Rowe. If you know someone who is sick, in the hospital, or just in need of a message of love, contact Gussie or the information desk.

Also new, an information desk to help members keep informed of activities and upcoming events. I hope everyone is getting out & enjoying this time of year as much as I am.

Thank you

Your Club President,
Shirley Evans



2019 ASCC BOARD OF DIRECTORS

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

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: May 7, 2019 | June 4, 2019 | July 2, 2019

WEEKLY ACTIVITIES

MONDAY

TIME	CLASS	LOCATION
8:15-9:15am	<i>Adv. Exercise Class</i>	Riverview Room
8:30am-3:30pm	<i>Billiards</i>	MNO Grant Dining Hall
9:00-11:30am	<i>Social Sewing</i>	Craft Room - NRCC Side
9:30-10:30am	<i>Int. Exercise Class</i>	Multiuse Room - NRCC Side
9:30-10:30am	<i>Chair Yoga</i>	Fitness Room - NRCC Side
10:30-11:15am	<i>Beg. Exercise Class</i>	Multiuse Room - NRCC Side
12:00-3:00pm	<i>Painting Class</i>	Paint/Music Rm - NRCC Side
1:00-3:00pm	<i>Bingo</i>	MNO Grant Dining Hall

TUESDAY

8:30-11:30am	<i>Cards</i>	MNO Grant Dining Hall
8:30am-3:30pm	<i>Billiards</i>	MNO Grant Dining Hall
9:00-11:30am	<i>Social Quilting</i>	Riverview Room
9:00-11:00am	<i>Arts & Crafts</i>	Craft Room - NRCC Side
9:30-10:30am	<i>Spanish</i>	Conference Room - NRCC Side
10:00-11:00am	<i>Hula Dance</i>	Fitness Room - NRCC Side
10:00-11:00am	<i>Tai-Chi</i>	Multiuse Room - NRCC Side
1:00-3:00pm	<i>Social Knitting</i>	Craft Room - NRCC Side
12:30-4:00pm	<i>Poker</i>	MNO Grant Dining Hall

WEDNESDAY

8:15-9:15am	<i>Adv. Exercise Class</i>	Riverview Room
8:30am-3:30pm	<i>Billiards</i>	MNO Grant Dining Hall
9:00-11:30am	<i>Arts & Crafts</i>	Craft Room - NRCC Side
9:30-10:30am	<i>Int. Exercise Class</i>	Multiuse Room - NRCC Side
10:00am-11:30am	<i>Ukulele Class</i>	Paint/Music Rm - NRCC Side
10:30-11:15am	<i>Beg. Exercise Class</i>	Multiuse Room - NRCC Side
11:30am-3:00pm	<i>Painting Class</i>	Paint/Music Rm - NRCC Side

THURSDAY

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

FRIDAY

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



NEW!

CHAIR YOGA

Mondays

9:30-10:00AM



SPANISH

Tuesdays

9:30-10:00AM

Call 925.778.1158
to find out more.



Like us on
Facebook

Antioch Senior Center

May Menu for Coco Café

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Please call 925.757.7325 a day prior to reserve your order.

MAY 2019		C.C. CAFÉ		MAY 2019
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 = Item is higher in sod * = Vitamin C _ = Vitamin A () = Dessert of Choice All meals served w/low fat milk.	 	COLD PLATE Roast Beef & Cheese Sandwich * Hearty Vegetable Soup <u>Carrot Raisin Salad</u> * Potato Salad Lettuce & Tomato Mustard & Mayonnaise Whole Wheat Bread x 2 Chocolate Pudding (Mixed Fruit)	Beer Battered Fish and Chips <u>Mixed Vegetables</u> * Pineapple Coleslaw Tartar Sauce, Vinegar Seasonal Fresh Fruit	CINCO DE MAYO NEW ITEM! Turkey Enchilada Bake Mexicali Corn Tossed Salad w/Ranch Dressin * Tropical Fruit 
6	7	8	9	10
Swiss Beef Patty Mushroom Barley Soup * <u>California Vegetables</u> * Mashed Potatoes Whole Grain Roll w/Butter Seasonal Fresh Fruit	COLD PLATE Chicken Fiesta Salad (Black Beans, Corn, Cheese, Salsa, Onions, Mixed Green) * Pork Posole Soup Ranch Dressing Roll w/Butter * Citrus Fruit	NEW ITEM! Turkey Burger <u>Capri Vegetables</u> * Garlic Fries Lettuce, Tomato & Onion Catsup, Mustard & Mayo Bun * Cantaloupe	Cheese Tortellini w/Pesto and Parmesan Cheese Sliced Carrots * <u>Broccoli Florets</u> Cherry Gelatin w/Pears (Diet Cherry Gelatin w/Pears) 	MOTHER'S DAY CELEBRATION Krabby Cake * Cheesy Scalloped Potatoes * <u>Steamed Spinach</u> Mixed Green Salad w/Honey Mustard Dressing Tartar Sauce Strawberry Cake (Applesauce)
13	14	15	16	17
Chicken Marsala over Buttered Noodles Grape Juice * Stewed Tomatoes <u>Italian Vegetables</u> Fruit Cocktail	Stuffed Pepper Lentil Soup * Broccoli & Cauliflower Fluffy Rice Pilaf Sherbet (Banana)	Fish Taco w/Flour Tortilla Clam Chowder Refried Beans * Cilantro Coleslaw Salsa Seasonal Fresh Fruit	Veal Parmesan w/Parmesan Cheese <u>Capri Vegetables</u> Penne w/Marinara Sauce Tossed Salad w/Champagne Vinaigrette * Mandarin Oranges	COLD PLATE Asian Chicken Salad (* Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles) Bok Choy Soup 4 Bean Salad Hawaiian Roll w/Butter * <u>Watermelon</u>
20	21	22	23	24
Sweet & Sour Meatballs over Brown Rice * <u>Steamed Spinach</u> <u>Peas and Carrots</u> Sliced Pears	COLD PLATE Tuna Salad Sandwich w/Lettuce, Tomato & Onion Tomato Basil Soup Pickled Beets & Onions Marinated Cucumber Salad French Bread * Tropical Fruit	BBQ Chicken Thigh * Mashed Potatoes <u>Mixed Vegetables</u> Tossed Salad w/Blue Cheese Dressing Orange Gelatin w/Mandarins (Diet Orange Gelatin w/Mandarins)	Turkey Divan w/ <u>Broccoli</u> <u>Sliced Carrots</u> Mixed Green Salad w/Balsamic Vinaigrette Wild Rice Seasonal Fresh Fruit	ANTIOCH ANNUAL PICNIC  All American Hot Dog w/Cheese & Onions Baked Beans * <u>California Vegetables</u> Catsup, Mustard, Relish Bun Ice Cream (Fresh Apple)
27	28	29	30	31
MEMORIAL DAY HOLIDAY 	Spaghetti & Meatballs w/Parmesan Cheese Italian Green Beans Tossed Salad w/Creamy Italian Dressing * Citrus Fruit	COLD PLATE  Ham & Swiss on Rye Bread <u>Split Pea Soup</u> <u>Carrot & Celery Sticks</u> * Creamy Coleslaw Lettuce & Tomato Mustard, Mayonnaise * <u>Watermelon</u>	Potato Crusted Fish Chicken Noodle Soup * <u>Steamed Spinach</u> Rice Pilaf Tartar Sauce Vanilla Pudding (Fresh Fruit)	Cheese & Green Chili Tamale w/Enchilada Sauce <u>Capri Vegetables</u> Pinto Beans Mixed Green Salad w/1000 Island Dressing * Mandarin Oranges
DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAY 3, 10, 14, 24 AND 29. 4 DAILY ALTERNATIVE ENTRÉE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Trinkets & Treasures 8:00-11:00am Movie Mania 12:15-2:30pm	50/50 Raffle 11:00am BINGO 1:00-3:00PM	2020 Census Bureau Job Search Meeting 10-11am Cinco de Mayo Celebration	CHP Driver Safety Course 10:00am-12:00pm
6	7	8	9	10	11
BINGO 1:00-3:00pm	Care Manager 9:00-11:30am CLUB BOARD MEETING 12:30-2:00pm HICAP 1-4pm	Alzheimer's Support Group 1:30-3:00pm	TRIPS PRESENTATION 10:00-11:30AM BINGO 1:00-3:00pm	Mother's Day Celebration All Day	
13	14	15	16	17	18
Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am	Movie Mania 12:15-2:30pm	BINGO 1:00-3:00pm		
20	21	22	23	24	25
Free Wills Attorney 9:00am-12:30pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am HICAP 1:00-4:00pm	Alzheimer's Support Group 1:30-3:00pm	BINGO 1:00-3:00pm	SENIOR PICNIC 2019 10:00am- 2:00pm	
27	28	29	30	31	
Legal Services 9:00am-12:00pm BINGO 1:00-3:00pm	California phones (DDTP) I-phone 9:15- 11:30am Care Manager 9:00-11:30am	California Phones (DDTP) Android 9:15-11:30am Movie Mania 12:15-2:30pm	BINGO 1:00-3:00pm		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
BINGO 1:00-3:00pm	Care Manager 9:00-11:30am CLUB BOARD 12:30-2:00pm HICAP 1-4pm	Trinkets & Treasures 8:00-11:00am Movie Mania 12:15-2:30pm	50/50 Raffle 11:00am BINGO 1:00-3:00PM		
10	11	12	13	14	15
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 Day Trip - Beach Train to Santa Cruz	Father's Day Celebration	
17	18	19	20	21	22
Free Wills Services 9:00-12:30pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am HICAP 1:00-4:00pm	Movie Mania 12:15-2:30pm	BINGO 1:00-3:00pm	FIRST DAY OF SUMMER	
24	25	26	27	28	29
Legal Services 9:00-12:00pm BINGO 1:00-3:00pm	Care Manager 9:00-11:30am	Alzheimer's Support Group 1:30-3:30pm	BINGO 1:00-3:00pm		

Save the Dates!

CHP Driver Safety Class
Saturday May 4
10am-12pm



AARP Driver Safety Course
Thursday June 13th
9:30am-2:30pm



Contra Loma Reg. Park Field Trip

Fishing ~ Nature Trails ~ Hiking Trails

Contra Loma's 780 acres include an 80-acre reservoir for year-round fishing and a lifeguarded swim lagoon for summertime swimming. Enjoy these attractions along with year-round hiking, biking, and nature study at this Contra Costa County oasis.

NEW DATE TBA

9am-2pm

1200 Fredrickson Ln, Antioch, CA
Bus Provided ~ Free Lunch Provided
\$15 fee for fishing
No cost for all other activities
Wear comfortable clothing



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



<u>Lunch Hour</u>		<u>Fees are as follows:</u>	
Check in Time:	No later than 11:15am	60+	Suggested donation \$3.00
Lunch Time:	11:30am sharp	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 at the ASCC front desk or call 925-778-1158 to schedule an appointment.

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 Room

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 Room

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.

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.

Notary Services/Servicios de Notario

Require a document to be notarized?

Call ASC office for an appt.

Requerir que un documento sea certificado ante notario?

Llama la oficina para una cita.

**"Beyond Antioch" Public Transit Information**

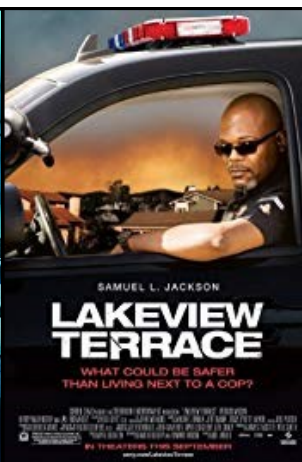
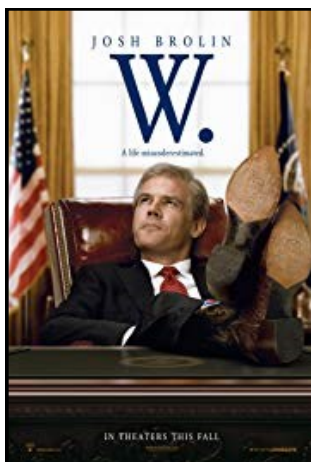
"Beyond Antioch" is a service provided by our volunteer Michael D'Augelli. For information about public transportation and how to travel across the entire Bay Area, please leave your name and contact information at the front desk, or call (925) 778-1158, or contact Michael directly at beyondantioch@aol.com. 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.



Please come and enjoy a movie with us!
Complimentary popcorn and drinks!
12:15PM - 2:30PM. Upcoming movies and dates:



Date & Movie Title	Rating	About
May 1st - W. (2008)	PG-13 Run Time: 2h 9m	A chronicle of the life and Presidency of George W. Bush. Director: Oliver Stone Stars: Josh Brolin, Elizabeth Banks, Ioan Gruffudd
May 15th - Wrinkle In Time (2018)	PG-13 Run Time: 1h 49m	After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him. Director: Ava DuVernay Stars: Storm Reid, Oprah Winfrey, Reese Witherspoon
May 29th - Lakeview Terrace (2008)	PG-13 Run Time: 1h 50m	Based on a true story, a troubled and racist African-American L.A.P.D. Officer will stop at nothing to force out a friendly Interracial couple who just moved in next door to him. Director: Neil LaBute Stars: Samuel L. Jackson, Patrick Wilson, Kerry Washington
June 5th - Uncle Drew (2018)	PG-13 Run Time: 1h 43m	An anti-ageist comedy about a man's dream to win the Rucker Classic street ball tournament in Harlem. Director: Charles Stone III Stars: Kyrie Irving, Lil Rel Howery, Shaquille O'Neal
June 19th - The Soloist (2009)	PG-13 Run Time: 1h 57m	A newspaper journalist discovers a homeless musical genius and tries to improve his situation. Director: Joe Wright Stars: Jamie Foxx, Robert Downey Jr., Catherine Keener





Community Members, Supporters, Advocated:

Spring is here and there many changes at the Antioch Senior Center. We have added programming to stay healthy and fit. Join us for Chair Yoga on Mondays at 9:30am. This is a fun way to keep active, while maintaining a good balance between the mind and body. Changes are being made to make our home away from home safe, welcoming, and beautiful.

For the months of May & June we have BBQs, Father's Day & Mother's Day Celebration, the Senior Picnic as well as healthy and nutritious meals 5 days a week! Every Tuesday, in the parking lot we have the Mobile Farmers Market bringing fresh California-grown fruits and vegetables to Downtown Antioch! All of the produce is affordably priced, and there is a 50% discount to customers who participate in the CalFresh (SNAP), WIC, SSI/SSDI, and Medi-Cal Programs.

Come down to the Antioch Senior Center to sign up for classes or just to visit with friends! And remember to stay young all you need is water, exercise and the right attitude. Here at the Antioch Senior Center it is always fun after 50!

Forever young,

Monserrat Cabral, Recreation Specialist

What's Next for the Rivertown Belles



We had a lovely time for Mardi Gras at the Solid Rock in early March. Hot chocolate, beignets, and good company was enjoyed by all of us.



The Rivertown Belles invite you to put on your Red Hat & join us for Bouquets to Art at the DeYoung in SF which starts June 4th. Meet in the lobby at the Center by 9:30 am and we'll carpool to BART to SF. We'll take the BART & #31 bus and stop at 6th & Balboa for a no host lunch at the

Cinderella Cafe and then take the bus right to the museum in to Golden Gate Park. We'll return between 3-5 pm. Cost is \$30 for Red Hat members; \$35 for non-members. You may deduct \$20 if you're a Museum member; deduct \$10 if you have a Clipper card. Sign up at the Front Desk by June 3rd! We are still working on the Old Sacramento trip. There's a bus from the Pleasant Hill BART that makes 4 trips a day for \$5 round trip. So we would only need to pay for Crocker Museum and our lunches on the Delta King.

Brought to you by the Antioch Chapter of the Red Hat Society & we invite you to join us. Many of our events are open to all members of the Senior Center. (additional charge may apply). See Bonnie at the ASC front desk M|W|F after 11:30 or for more information or to be added to our mailing list e-mail prudence21@juno.com. Check out the RIVERTOWN BELLES Facebook page; and remember to put on your red & purple and join us for food, fun, and merriment!

Attention Members !!!

Show your ASCC pride
by wearing our gear with pride!

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 your order

with your first, last or both names!

Ask the front desk for a Jacket Order Form



Upcoming Spring & Summer Social Events

May 3rd	Cinco de Mayo Celebration
May 7th; all day field trip	Senior Rally Day in Sacramento - Sign up for the bus & free lunch
May 9th; 10:00 - 11:00am	Trips Presentation of 2020 Mayflower Land Tours
May 10th	ASCC Mothers Day Celebration
May 18th; 4:00 - 8:00pm	Summer Kick-off with Live Band, a BBQ Dinner and Raffle.
May 24th	Senior Picnic
June 14th	Fathers Day Celebration



Summer Kick-off Party!

Join us for a BBQ Dinner with your friends & listen to a Live Band
Saturday May 18th from 4:00 ~ 8:00pm

\$15 per person | Sign up to select your choice of entrée!

Dinner includes your choice of a hamburger, hot dog or hot link.

Sides will be potato salad, beans, ice cream treat, and a soda or lemonade.





Arts & Crafts

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

Resource fees will be discussed in class!

Day	Time	Location
Tuesday	9:00am - 11:00am	Craft Room
Wednesday	9:00am - 11:30am	Craft Room

Jewelry Making

Day	Time	Location
Thursday	9:00am - 11:30am	Craft Room

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	12:00pm - 3:00pm	Craft Room
Wednesday	11:30am - 3:00pm	Craft Room



Live Music 9:45 ~ 11:15am

Monday | Wednesday | Thursday | Friday

The Misfits

The New Spare Change Band

The Delta Drifters



Trinket Treasures

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

Date	Time	Location
1st Wednesday	8:00-11:00am	Dining Hall

Are you interested in being a vendor? Applications are available at the ASC Front Desk. Vendor tables are \$10.00

Come shop at the ASC!

Reader's Theater

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.

Day	Time	Location
Friday	1:30-3:00pm	NRCC Conference

Theater Goers Group

2nd & 4th Fridays of the month
12:30 - 1:20pm

Live Theater lovers and those who want to go on fun outings, meet together on Fridays for local plays, matinees & events.



Social Sewing

Come join us for quilting, crocheting, knitting, and fun. All skill levels are welcome!

Day	Time	Location
Monday	9:00 - 11:30am	Craft Room

Social Quilting

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

Social Knitting

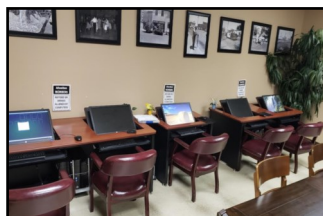
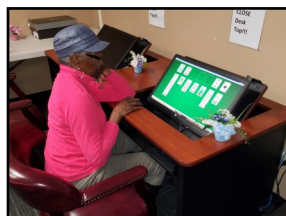
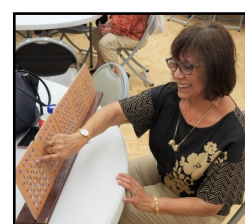
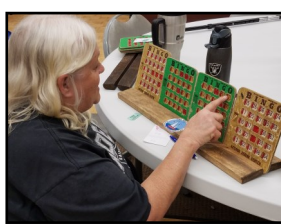
Our class is a great way to enjoy your time with other fellow ASC members. Share your hobby, while enjoying friendly conversations with good people. No experience needed! Please bring your own supplies!

Day	Time	Location
Tuesday	1:00 - 3:00pm	Craft Room

Bingo

Join us for BINGO every Monday and Thursday. This is a great activity for fun and socialization. Doors open at 12:30 pm. Each Bingo card is \$1.00 (2 card min). 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. (No Dabbers needed)

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



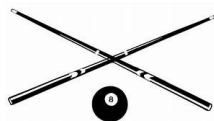
Media Room | Library

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 Room Dining Hall

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.



Billiards | Library



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

Cards

Meet with friends
Tuesdays &
Thursdays

12:30-4:00pm in
the 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 table. Player fee is \$6.00.

Day	Time	Location
Tuesday	12:30 - 4:00pm	Dining Hall
Friday	2:30 - 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 while enjoying rhythmic music. The various dance styles include salsa, reggae, and even Zumba. These exercises create energy and endurance under the direction of our enthusiastic instructor.



Day	Time	Location
Thursday	9:30-10:00am	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 - 11:30am	Paint/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 and More. Instructor: Don "Ho" Morrison. Class Fee: \$8 Per Session

Day	Time	Location
Wednesday	10:00 - 11:30am	Paint/Music Rm



Hulu 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 Room

Exercise Classes

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.

Beginning

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

Intermediate

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

Advanced

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



Chair Yoga **NEW!**

Day	Time	Location
Monday	9:30 - 10:00am	NRCC Fitness Rm



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 balance, flexibility, 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



Greece! Featuring Athens, Mykonos and Santorini

October 18 ~ 26, 2020



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



Join us for a Mayflower Trips presentation

May 9th at 10:00am in the Riverview room.

Travel Center Tours & Mayflower Tours will be available to take your deposit & answer your questions. Pick-up a new flyer and hold your seat now for the Mayflower 2020 tours featuring Charleston, Savannah, and Jekyll Island in April, the Western Canada Explorer in July, Greece in October, and a San Antonio Riverwalk Christmas.

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

- ⇒ **Nashville & Memphis.** May 10-16, 2019 enjoy a two cities music tour featuring the South's music and food. Includes round trip from Antioch, airfare, hotels, and 8 meals.
- ⇒ **CA Mission 250th Anniversary.** May 27-June 1, 2019 visit 10 California Missions. Tour pricing includes deluxe Motorcoach transportation roundtrip from the Antioch Senior Center, a Professional Tour Director, various local tours/events, and 8 meals.
- ⇒ **Journey Around Lake Michigan.** July 13 ~ 21, 2019 featuring shipwrecks, sand dunes, and two nights at the Grand Hotel. Tour pricing includes Antioch pickup, roundtrip airfare from Oakland, a Professional Tour Director, various local tours/events and 13 meals.
- ⇒ **Yellowstone, Grand Tetons, & Mt. Rushmore.** July 27-August 4, 2019 visit Custer SP, Crazy Horse Memorial, Deadwood, SD, Jackson Town Square, & a Covered Wagon Cookout. Tour pricing includes roundtrip airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 10 meals.
- ⇒ **The Canadian Rockies & Glacier National Park.** September 8-4, 2019 visit National Parks and take a Gondola ride in Sulphur Mountain! Tour pricing includes roundtrip airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 10 meals.
- ⇒ **Alaskan Adventure Cruise.** September 3-10, 2019 cruise aboard the Crystal Symphony. Tour includes round trip Antioch to Vancouver, B.C., all meals, ship activities, and beverages including fine wines, champagne, beer, premium spirits & specialty coffees, pre-paid gratuities on-board the ship & baggage handling for one suitcase.
- ⇒ **New England and Cape Cod Autumn Foliage.** October 8 ~15, 2019 featuring Martha's Vineyard and the Washington Cog Railway, a Professional Tour Director and various local tours/events for 8 days and 13 meals.
- ⇒ **October 6th is sold out, so we have a 2nd Trip is leaving on October 8th and has the same itinerary!**
- ⇒ **Palm Springs, Death Valley, Joshua Tree & Las Vegas.** November 3-7, 2019 features Death Valley NP, Joshua Tree NP, Las Vegas and Palm Springs. Tour includes roundtrip airfare and various side trips. Tour pricing includes Motorcoach transportation, a Professional Tour Director, various local tours/events, and 5 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.
- ⇒ **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.

ASC Trips Office is open:

Monday through Friday from 9:00 to 11:30am

Call (925) 779-2821 or (925) 754-2231

Additional trip information, flyers & registration forms
are available at the Trips Office or at
www.antiochseniorcenter.com

“Beach Train” & Santa Cruz Boardwalk

Monterey, CA ■ **June 13th**

Leave 8:45am - Return 6:15pm

\$145 per person

Trip Level 2
Mild



Your day begins in the Santa Cruz mountains as you board “Roaring Camps” Beach Train. Travel through Henry Cowell Redwoods and arrive at the Santa Cruz Boardwalk.

Decide on your own no-host

lunch at the Boardwalk and then board your Motorcoach for the return to Antioch.

Upcoming Day Trips...Come for the fun!

- ♦ **August 14th** - ‘A Day in Sausalito’
- ♦ **September** - Delta Queen River Cruise
- ♦ **October 16th** - Winchester Mystery House
- ♦ **Nov 13th** - “Snoopy” ~ Charles Schultz Museum

**Mini Vacation with an Overnight stay
Reno & Virginia City, Nevada**

■ **June 30—July 1, 2019**

Leave 8:30am June 30th

Return 7:30pm on July 1st

\$220 ea. double occupancy | \$250 per person single

The optional Dinner show is \$45

- ~ Overnight at the Eldorado Hotel & Casino
- ~ Breakfast Buffet Coupon at Eldorado Hotel & Casino
- ~ Docent tour of Virginia City
- ~ Trolley Ticket in Virginia City
- ~ Ticket to be used on your own, the trolley ride is about 20 minutes.
- ~ Driver Gratuity & Baggage Handling included.



Trip Level 3
Moderate
ADA Compliant

All trips & tours are subject to availability and changes. The ASC Club assumes no liability for passengers and their possessions, or if you miss the bus!

**Casino Trips**

~ Price: \$35 per person

~ On the 4th Tuesday of the month

Book early to reserve your seat! *Must book and pay by the Thursday before the trip.*

Dates:**Casino:**

May: an overnight trip to Chukchansi Gold Resort.

June: an overnigher to Reno/Virginia City.

July 23, 2019

Jackson Rancheria

August 27, 2019

Cache Creek

Please see the flyers or the Trips Office for slot play & match play rewards.

All That's New in San Francisco**With Craig Smith**

San Francisco, CA ■ **July 17**

Leave 8:430m - Return 5:30pm

\$125 per person

Trip Level 3
Moderate

Join your tour guide, Craig Smith, on his new San Francisco and Treasure Island tour. Craig's knowledge and “inside” information makes this tour fun as well as factual. Get the “scoop” on the new sights of the City.



Trip Highlights include: the new Venus Sculpture / New Developments in China Basin / View Salesforce Rooftop Park / Check out the leaning Millennium Tower /



See the New Chase Center for the Warriors 2019 going up / See the Dogpatch Saloon and learn how it got its name / View the new UCSF Medical School / See the new developments located on Treasure Island. Your group will enjoy a 4-course lunch at the Treasure Island Job Corps.

***** Since we'll be doing lots of strenuous walking on this trip, it may not be appropriate for walkers/canes.**

Our Trips Dress Code is “Nice Casual”

No tank tops, beach style flip flops or short shorts. Always remember to wear layers as the weather changes frequently. And carry a water bottle!

How far in advance should I sign up for a trip? As soon as possible, so we can make the travel arrangements.

Sign up early and select your favorite bus seat - No seats are assigned until paid!

Day trips need at least 3-weeks advance signups for the restaurants and buses.

Trips with overnight stays or theater productions need at least a month or longer advance notice.

Extended trips require 6-months, *with deposits*, to hold your room.

Casino day trips need at least a week before (by the 3rd Thursday of the month)

Please see each event's flyer for specific registration due dates!

Visit the ASC Trips Office for flyers & pricing for upcoming Trips including:

TRIP DIFFICULTY RATING SYSTEM

- ⇒ **Level 1 EASY** - Up to 2-blocks of walking on even terrain and 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 for wheelchairs; walkers maybe OK.
- ⇒ **Level 4 STRENUOUS** - More than 4 blocks of walking with many stairs and uneven terrain.

**Don't want the hassle of driving & parking?
Tired of confusing travel arrangements?**

You have come to the right place! Traveling with the Trips Club couldn't be easier...Just sign-up, pay & go!

Trip Cancellation Policy

One day trips:

- ◆ No refunds after tickets, etc. have been purchased, usually 2-weeks prior to departure.
- ◆ A \$25 administrative fee will be charged.

Overnight trips:

- ◆ No refunds after hotels, etc. have been purchased, usually a month prior to departure.
- ◆ A \$25 administrative fee will be charged.
- ◆ Cancellation insurance and premiums are not refundable.

Mini Vacation with Overnight stays

Yosemite NP & Chukchansi Gold Casino

■ **May 19 - 21, 2019**

Leave 10:00am May 19th | Return 4:30pm on May 21st

\$465 ea. double occ. | \$570 per person single.

Optional Tram Ride is \$50

Trip Level 3
Moderate

Enjoy Yosemite National Park with two nights' at Chukchansi Gold Resort & Casino. On day one we will travel to Modesto stopping at Black Bear Diner for a hosted lunch. After lunch it's off to The Chukchansi Casino to check-in for your two-night stay. Day two we will enter Yosemite National Park where we'll have the option to either enjoy the park on your own or sign up for a 2 hour tram ride tour of the Valley Floor. (additional charge for tram) We'll have a

hosted lunch in the Dining Room of the famed (formerly) Ahwahnee Hotel with time to browse the lobby and gift shop after your lunch.

Tonight, you will have a free evening at Chukchansi. On day three we will check out and proceed to the Coarsegold Historical Museum for a visit, and museum docents will be on hand to answer your questions. Before we head home there is a stop for a hosted buffet lunch at Hilmar Cheese Co.



SINGLE TRAVELERS

The Antioch Senior Center Club can not arrange for matching up singles to other singles, so if you would like to travel at the lower double occupancy room rates, we encourage you to look at the Guaranteed room-mate program to participate in tours and cruises at an affordable price, which is offered for some of our longer tours and cruises.

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



POSTMASTER:
Please Deliver ASAP
Time-Dated Material



US Postage Paid:
Antioch, CA 94509
PERMIT # 248
Non - Profit



**Live Music, Activities, Classes,
 CoCo Café for lunch, plus Trips!**

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	NICHOLE ELLYSON
FRONT DESK STAFF.....	PEGGY HUTCHISON
OFFICE ASSISATANT	DIANE ROBINSON
FACILTY STAFF	JEFF EVANS



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