



ANTIOCH SENIOR CITIZENS CLUB

415 Second Street | Antioch | California | 94509

JULY | AUGUST 2019 EDITION

BE ACTIVE, INVOLVED & ENGAGED - JOIN US!

Saturday August 10th

11am-4pm

ASCC Dining Room &
Multi-Use Room



Antioch Senior Center Club Fundraiser
Bring your friends & family
All are Welcome!

Ice Cream Social

\$1.00 SCOOP
\$3.00 SUNDAES
\$4.00 ROOT BEER FLOATS
\$5.00 BANANA SPLITS



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

The center has been sizzling with Activities and special events. A huge Thank you to everyone involved for your dedication and hard work shared with the club. I am pleased to announce we have added several new events at the center. One of them is a game room. The game room is opened Tuesdays. Stop in and play a leisure game of cards, checkers, chess, assortment of board games, or work a jigsaw puzzle. Let's have some fun and keep our minds active while doing so. The upcoming ice cream social fits right in for the clubs next fundraiser. Please come join us Saturday August 10th. Bring family and friends and enjoy Root Beer Floats, Banana splits, Hot fudge Sundaes or a scoop or two of your favorite ice cream. Nothing taste better than a cool treat on a hot afternoon. Hope to see you there. Let's continue to work together to keep our club a safe place. A place to make new friends, socialize, attend an assortment of activities designed to help keep our minds and bodies fit.

After all, we are Fun After Fifty.

*Thank
you*
Your Club President,
Shirley Evans



2019 ASCC BOARD OF DIRECTORS

PRESIDENT.....	SHIRLEY EVANS
1 ST VICE PRESIDENT.....	VACANT
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: July 2, 2019 | August 6, 2019 | September 3, 2019

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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



LIVE MUSIC!

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

The Misfits
The New Spare Change Band



CLASSIFIEDS

Mo-



torized Wheelchair



Like us on
Facebook

Antioch Senior Center

July Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Club Board Mtng 12:00~2:00pm HICAP 1:00~4:00pm	Trinkets & Treasures 8:00~11:00am JULY 3rd BBQ 10:00-1:00pm	HOLIDAY CENTER CLOSED		
8	9	10	11	12	13
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 Movie Mania 12:15-2:30pm	Bingo 1:00~3:00pm		
15	16	17	18	19	20
Free Wills Attorney 9:00am~12:30pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am HICAP 1:00~4:00pm	Day Trip San Francisco Movie Mania 12:15-2:30pm	Bingo 1:00~3:00pm		
22	23	24	25	26	27
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Casino Trip	Alzheimer's Support Group 1:30-3:00pm	Bingo 1:00~3:00pm		
29	30	31			
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am	Movie Mania 12:15-2:30pm			

August Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
			50 / 50 Raffle 9:00~11:00am Bingo 1:00~3:00pm		
5	6	7	8	9	10
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Club Board Mtng 12:00~2:00pm HICAP 1:00~4:00pm	Trinkets & Treasures 8:00~11:00am Alzheimer's Support Group 1:30-3:00pm Movie Mania 12:15-2:30pm	Bingo 1:00~3:00pm		Ice Cream Social 11:00am~4:00pm
12	13	14	15	16	17
Bingo 1:00~3:00pm		Day Trip Sausalito	Bingo 1:00~3:00pm		
19	20	21	22	23	24
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 Movie Mania 12:15-2:30pm	Bingo 1:00~3:00pm		
26	27	28	29	30	31
Bingo 1:00~3:00pm	Casino Trip		Bingo 1:00~3:00pm		

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

Free Wills (Attorney Matthew Hart)

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

Free Legal Services (30 minute appt.)

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

Care Manager (by appointment only!)

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

Tuesdays | 9:00-11:30am | Conference Room

Health Insurance Counseling & Advisory Program (HICAP)

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

**Rivertown Belles Events****Let's Do Lunch!**

On Thursday, July 18th, meet in the lobby at the ASC at 11am (no need to sign up)



We'll carpool over to Mac's Old House. They are a cash-only restaurant and they do have an ATM. Lunch runs about \$10/person & we'll return in time for Bingo.

Members from the ASC Painting Class, and Prudence, will be exhibiting at "Art in the Park", a FREE event, on July 18th & August 15th, in Pittsburg at 5th & Railroad from 5-8 pm.

Brought to you by the Antioch Chapter of the Red Hat Society & we invite you to join us. Dues are \$15/year and many of our events are open to all members of the Senior Center.

For more information see Bonnie at the ASC front desk M|W|F after 11:30am. 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

**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 or Crew Neck

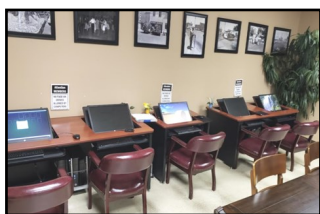
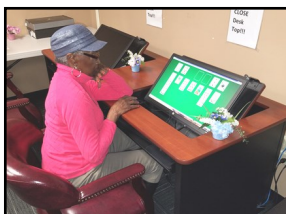
\$30

(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

**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.

<u>Day</u>	<u>Time</u>	<u>Location</u>
Mon - Fri	8am - 4pm	Media Room Dining Hall



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



Date & Movie	Rating	About
July 10th The Ballad of Buster Scruggs	R For Violence	Six tales of life and violence in the Old West, following a singing gunslinger, a bank robber, a traveling impresario, an elderly prospector, a wagon train, and a perverse pair of bounty hunters.
July 17th The Pianist	R For Violence	A Polish Jewish musician struggles to survive the destruction of the Warsaw ghetto of World War II.
July 31st Draft Day	PG-13	At the NFL Draft, General Manager Sonny Weaver has the opportunity to rebuild his team when he trades for the number one pick. He must decide what he's willing to sacrifice on a life-changing day for a few hundred young men with NFL dreams.
August 7th Same Kind of Different as Me	PG-13	International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.
August 28th The Upside	PG-13	A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.



Community Members, Supporters, Advocates:

After months of hard work and dedication, we are pleased to announce the launch of the Antioch Senior Center's page on the city's website. The new site launch is available and the URL is <https://www.antiochca.gov/recreation/senior-center/>. Our goal with this new interactive website is to provide our visitors an easier way to learn about the Antioch Senior Center, local Senior services and resources, and also to allow the visitor to browse information based on their own choice.

Amongst the new features the site contains integrated social media button for Facebook to foster improved communication with the community. We will be constantly updating our content with helpful information, events, articles, news, and newsletters. We hope you find the new page easy to access information and that it establishes itself as a source of information for those who visit the site. For any questions, suggestions, feedback or comments, please email mcabral@ci.antioch.ca.us

Forever young,

Monserrat Cabral, Recreation Specialist

Upcoming Summer Social Events

July 3rd ; 10:00 - 1:00pm	Independence Day BBQ
July 4th	ASC CLOSED FOR HOLIDAY
August 10th; 11:00am ~ 4:00pm	Ice Cream Social Fundraiser



**2nd Annual
3rd of July BBQ**

**Wednesday July 3rd
10:00am—1:00pm**

MNO Grant Dining Hall & MUR

Pork Ribs, Chicken, Salad, Corn, & dessert

\$6.00 per plate

Sign up & PAY at ASC Desk

Live Band | Raffles

Prizes | Game Room






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

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



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

- ⇒ ***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.
- ⇒ ***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



Register Early

Trips with low enrollment
will be cancelled.

SINGLE TRAVELERS

The Antioch Senior Center Club can't arrange for matching up roommates, so if you would like to travel at the lower double occupancy room rates, we encourage you to look at the Guaranteed roommate program to participate in tours and cruises at an affordable price, which is offered for



ASCC Trips Office is open

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

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

All That's New in San Francisco

With Craig Smith

San Francisco, CA ■ **July 17**

Leave 8:430m - Return

5:30pm

\$125 per person

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: New Developments in China Basin / the new Venus Sculpture / Salesforce Rooftop Park / the leaning Millennium Tower / New Chase Center for the Warriors 2019 going up. Dogpatch Saloon and learn how it got its name / 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**



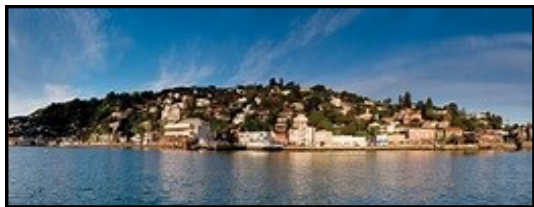
Trip Level 4
Strenuous

"A Day in Sausalito"

Sausalito, CA ■ **August 14th**

Leave 8:45am - Return 3:30pm

\$95 per person



town quickly had ferries, which led to railroads and a transportation hub. The sleepy town made its mark again as a "Bootleggers" haven during Prohibition & during World War II the town grew as 93 Liberty ships & tankers were being built in Richardson's Bay. This town with striking beauty and cheap rents became home to artists, writers, musicians, and actors. Today, it's marinas host an array of pleasure craft from every corner of the globe and it's streets are richly lined with galleries & shops that boast the town's rich cultural history. After your free time visiting your area of interest your group will board

This "elite" town has gone through many changes; from the Miwok Indians, the first settlers, then the

Trip Level 2
Mild



~ Price is \$35 per person

~ On the 4th Tuesday of the month

Please book your seat by the Thursday before the trip.

Dates:

July 23, 2019

August 27, 2019

Casino:

Jackson Rancheria

Cache Creek

Delta King & Hornblower River Cruise

Sacramento, CA ■ **September 19**

Leave 9:45am - Return 5:00pm

\$120 per person

Trip Level 2
Mild

Experience the era of Mark Twain and steamboats on the Sacramento River. Enjoy a hosted lunch on the docked Delta King Riverboat then board the Hornblower yacht for a one hour narrated historic Sacramento River cruise. Return to Old Town and board your motorcoach for our return to Anti-



Trip Cancellation Policy

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

Reno & Virginia City, Nevada

with an Overnight stay

■ **September 22~23rd**

Leave 8:30am June 30th

Return 7:30pm on July 1st

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

The optional Dinner show is \$50

Trip Level 3
Moderate
ADA Compliant

- ~ 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.



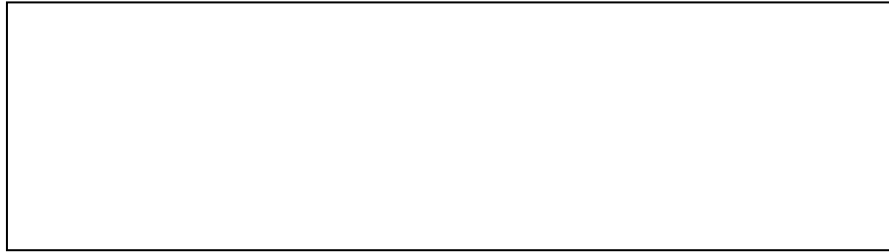
Antioch Senior Center
415 West 2nd Street
Antioch, CA 94509



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ANTIOCH SENIOR CENTER

CLUB DIRECTORY

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

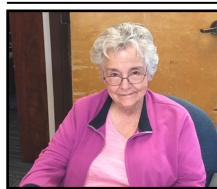
GENERAL OFFICE	FAX: (925) 779-2822	(925) 778 -1158
CoCo CAFÉ (NUTRITION PROGRAM)	CALL BEFORE 11:00AM	(925) 757-7325
TRIPS OFFICE	CALL BEFORE 11:30AM	(925) 779-2821
MEMBERSHIP OFFICE	CALL BEFORE 11:30AM	(925) 779-2824

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 ASSISTANT.....	DIANE ROBINSON
FACILITY STAFF.....	JEFF EVANS



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