



# ANTIOCH SENIOR CITIZENS CLUB

415 Second Street | Antioch | California | 94509

SEPTEMBER | OCTOBER 2019 EDITION

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



## SAYONARA SUMMER!



**End of Summer Fundraiser & Party!**  
**Join us for a Pizza & listen to our Live Band**

**Saturday September 27th from 4:00 ~ 8:00pm**

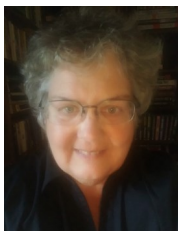
\$10 per person | Sign up in Advance | Select your choice of Pizza!  
Dinner includes your choice of Cheese or Combination Pizza,  
Chips, Ice Cream treat, and a Soda or Lemonade.

### *Welcome ASC Club Members:*

The fall is underway with the end of the year rushing at us! The Club is busy; this quarter's fundraiser, the Summer Sayonara dinner & band party is on September 27th.

October brings our Halloween daytime event on the 31st, so put on your costumes and come join us. Late October begins the Club's election period, so let a board member know if you can help with the Club's leadership. Let's all make new friends and participate in our great group of events and activities designed to help keep our minds and bodies fit. I'll see you at the Center!

*Bridget Woodcoff,*  
President



## ARTS & CRAFT FAIR



**FEATURING PAINTINGS, JEWELRY & ART  
HANDMADE BY SENIORS**

**SEPTEMBER 18, 2019**

**9:00am - 11:00am**



**Board of Directors | Monthly Meetings | Time: 12:30-2:00pm**

3rd Tuesday of the month in the Riverview room  
(except Holidays, when meeting moves to following week)

**Upcoming Meeting Dates:** September 17, 2019 | October 15th, 2019 | November 19, 2019

**Antioch Senior Center**

**www.antiochca.gov**

**(925) 778-1158**

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

8:30-11:30am	Cards	MNO Grant Dining Hall
8:30am-3:30pm	Billiards	MNO Grant Dining Hall
9:00-11:30am	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  
The Delta Drifters Band



## CLASSIFIEDS

Wheelchairs, Walkers, &  
1 motorized wheelchair  
for donation!


Interested?

Call 925.778.1158  
to find out more.




Antioch Senior Center

## September Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
	<b>Care Manager</b> 9:00~11:30am  <b>HICAP</b> 1:00~4:00pm	<b>Trinkets &amp; Treasures</b> 8:00~11:00am  <b>Movie Mania</b> 12:15-2:30pm	<b>Fall Prevention Workshop</b> 10:00~11:00am		
9	10	11	12	13	14
<b>Legal Services</b> 9:00am~12:00pm  <b>Bingo</b> 1:00~3:00pm	<b>Care Manager</b> 9:00~11:30am	<b>Alzheimer's Support Group</b> 1:30-3:00pm <b>Alcoholic Anonymous Informational Booth</b> 10:00-11:30am <b>AARP Driver Safety Course</b> 9:30am-2:00pm	<b>AARP Driver Safety Course</b> 9:30am-2:00pm  <b>Bingo</b> 1:00~3:00pm		
16	17	18	19	20	21
<b>Free Wills Attorney</b> 9:00am~12:30pm  <b>Bingo</b> 1:00~3:00pm	<b>Care Manager</b> 9:00~11:30am <b>HICAP</b> 1:00~4:00pm <b>Club Board Meeting</b> 12:30~1:30pm	<b>Arts &amp; Crafts Fair</b> 9:00-11:00am  <b>Movie Mania</b> 12:15-2:30pm	<b>Bingo</b> 1:00~3:00pm  <b>Day Trip</b> Delta Cruising		
23	24	25	26	27	28
<b>Legal Services</b> 9:00am~12:00pm <b>Bingo</b> 1:00~3:00pm	<b>Care Manager</b> 9:00~11:30am	<b>Alzheimer's Support Group</b> 1:30-3:00pm	<b>Bingo</b> 1:00~3:00pm		<b>Summer Sayonara Party &amp; Fundraiser</b> 4:00pm~8:00pm

## October Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	<b>Care Manager</b> 9:00~11:30am <b>Club Board Meeting</b> 12:30~1:30pm	<b>Trinkets &amp; Treasures</b> 8:00~11:00am	<b>50 / 50 Raffle</b> 9:00~11:00am  <b>Bingo</b> 1:00~3:00pm		
6	7	8	9	10	11
<b>Bingo</b> 1:00~3:00pm	<b>Care Manager</b> 9:00~11:30am  <b>HICAP</b> 1:00~4:00pm	<b>Alzheimer's Support Group</b> 1:30-3:00pm  <b>Movie Mania</b> 12:15-2:30pm	<b>Bingo</b> 1:00~3:00pm		
13	14	15	16	17	18
<b>Bingo</b> 1:00~3:00pm			<b>Bingo</b> 1:00~3:00pm <b>Day Trip</b> Winchester Mystery House		
20	21	22	23	24	25
<b>Free Wills Attorney</b> 9:00am~12:30pm <b>Bingo</b> 1:00~3:00pm	<b>Care Manager</b> 9:00~11:30am <b>HICAP</b> 1:00~4:00pm <b>Black Oak Casino</b>	<b>Alzheimer's Support Group</b> 1:30-3:00pm <b>Movie Mania</b> 12:15-2:30pm	<b>Bingo</b> 1:00~3:00pm  <b>Unity Day</b> WEAR ORANGE!		
27	28	29	30	31	
<b>Bingo</b> 1:00~3:00pm			<b>Bingo</b> 1:00~3:00pm	 <b>Halloween Party</b>	



**CoCo Café:**

Co-Co Café serves nutritious lunches to all senior participants, Monday - Friday at 11:30am.



<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.

3<sup>rd</sup> 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

2<sup>nd</sup> & 4<sup>th</sup> 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.

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays | 1:00-4:00pm | Conference Rm.

Call (925) 602-4168 to schedule an appointment.

**Rivertown Belles Events**

Let's Do Lunch!

September 3<sup>rd</sup> - Meet in the lobby at Noon and



we'll walk across the street to the Solid Rock Cafe for their Terrific Tuesday \$5.00 Special; 1-Meat, 1-Side, a dessert & Drink only! On September 6<sup>th</sup> it's First Fridays Art & Wine, 5:30-8:30 pm at the Pittsburg Marina. December 12<sup>th</sup> we'll have our annual Holiday Tea 11:30-1:00 at the ASC. 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](mailto: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 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

**"Beyond Antioch" Public Transit Information**

"Beyond Antioch" is a service provided by our volunteer Michael D'Augelli. For information about public transportation and how to travel across the entire Bay Area, leave your name and contact information at the front desk 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.

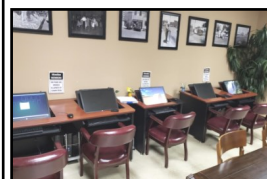
You assume all responsibility in assessing suitability, safety and trip routes.

**Media Room | Library**

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

We also have computers available

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





Please come and enjoy a movie with us!  
Complimentary popcorn and drinks!  
12:15 - 2:30pm on the 1st & 3rd Wednesday  
Upcoming movies and dates are:



Date & Movie	Rating	About
September 3rd <i>NIGHT SCHOOL</i> Comedy	PG-13	Teddy Walker is a successful salesman whose life takes an unexpected turn when a disastrous hilarious accident at his job causes him to become unemployed. Forced to attend night school to get his GED, Teddy soon finds himself dealing with a group of misfit students, his former high school nemesis and a feisty teacher who doesn't think he's too bright.
September 17th <i>THE WEEK OF</i> Comedy	TV-14	Two fathers with opposing personalities come together to celebrate the wedding of their children. They are forced to spend the longest week of their lives together, and the big day cannot come soon enough.
October 2nd <i>GRETA</i> Drama Mystery, Thriller	R	Having recently lost her mother, young Frances strikes up a seemingly harmless friendship with the lonely and kindly widow named Greta who enjoys her company. But when Greta's behavior becomes increasingly erratic and obsessive, Frances does whatever it takes to end the toxic relationship before things spirals out of control.
October 16th <i>US</i> Horror, Thriller, Suspense	R	A family's serene beach vacation turns to chaos when their doppelgängers appear and begin to terrorize them



## Community Members, Supporters, Advocates:

The end of summer brings the fall's colorful foliage and the start of an active year of senior programming! In Antioch, opportunity is everywhere. It's our community centers and parks. It's our services for caregivers and for seniors. It's the connection we share. In September, we are hosting the 1st Annual Arts & Crafts Fair, featuring over 30 booths of art created for and by the seniors in our community. October is not only National Bullying Prevention Month, it is also time to party! We will be having the annual Halloween Bash—costume contest and all!! I hope to see you at the Center at a yoga or Spanish class or even on the dance floor—as the Center is always the place to be in the mornings—

Forever young,  
Monserrat Cabral, Recreation Specialist

# HALLOWEEN PARTY

## THURS OCT 31

9AM-1PM

HOT LUNCH • COSTUME  
CONTEST • GAMES •  
PRIZES

JOIN US FOR SOME  
TRICKS  
AND  
TREATS



THE CITY OF ANTIOCH IN COLLABORATION WITH  
SOMERSVILLE TOWNE CENTER, PRESENTS

## SENIOR RESOURCE & ALZHEIMER'S INFORMATIONAL FAIR

CONNECTING THE COMMUNITY WITH  
INFORMATION TO SUPPORT SENIOR  
DAILY LIVING, HEALTH AND INTERESTS

NICK RODRIGUEZ COMMUNITY  
CENTER

FRIDAY NOVEMBER 1ST  
9:00AM-12:30PM





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

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



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

- ⇒ **New England and Cape Cod Autumn Foliage.** October 6~15, 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 Hill country and The Alamo. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 8 meals.

**Join us for a Mayflower Trips presentation**  
**October 30th at 10:30am in the Riverview room.**

Travel Center Tours & Mayflower Tours will be previewing our 2021 Extended vacation trips today and also will review our 2020 trips. They along with our Trip volunteers 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.



**Register Early**

Trips with low enrollment will be cancelled. **Don't wait until it's too late!**



**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 some of our longer tours and cruises.



## ASCC Trips Office is open

Monday through Friday from 9:00 ~ 11:30am  
Call (925)779-2821 or (925)754-2231

### Delta King & Hornblower River Cruise

Sacramento, CA ■ **September 19th**

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 Antioch.

### Halloween at the Winchester Mystery House

San Jose, CA ■ **October 16th**

Leave 9:00am - Return ~ 4:30pm  
\$130 per person

Trip Level 4  
Strenuous

Your morning will start with the very popular Mansion tour, which highlights the \$25,000 room, hayloft, Sarah's bedroom, séance room, morning room, grand ballroom, venetian dining room, and much more. The house is seasonally decorated inside and out with over 500 jack-o'-lanterns and pumpkins, plus haystacks, tombstones, cobwebs, for your enjoyment. This is a great haunt for those seeking to explore the unusual and sometimes unexplained phenomena that have occurred in this house built by a lady who believed that spirits directed her in its creation. Sarah Winchester lives on in legend as a grieving widow who continuously built onto her initially small, two-story farmhouse to appease the spirits of those killed by the guns manufactured by her husband's fire-arms company.



After your tour, you will be transported to The Old Spaghetti Factory for a delicious hosted lunch before we return to Antioch.



Price is \$35 each | On the 4th Tuesday of the month  
*Please book your seat by the Thursday before the trip.*

#### Dates:

September 22 & 23

October 22nd

November & December, no Casino trip due to Holidays

#### Casino:

Reno/Virginia City

Black Oak

### Who Doesn't Love Snoopy?

Santa Rosa, CA ■ **November 13th**

Leave 8:45am - Return 4:30pm  
\$110 per person

Trip Level 3  
Not ADA  
Compliant



A fun day for all ages! Join us for a tour at Charles Schultz Museum. View the largest collection of original Peanuts art work in the world at the Charles M. Schulz Museum. Visitors can laugh at Schulz's original comic strips, learn about the art of cartooning and Schulz's role in its development. After your tour, enjoy a delicious hosted box lunch at the Warm Puppy Café at the Snoopy Ice Rink before we return to Antioch.

#### 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 22nd ~ 23rd**

Leave 8:30am September 22nd

Return 7:30pm on September 23rd

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

The optional Dinner show is \$50

~ Overnight at the Eldorado Hotel & Casino

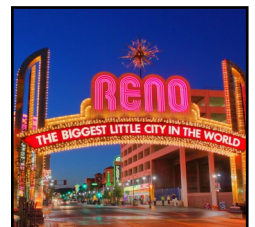
~ Breakfast Buffet Coupon at Eldorado Hotel & Casino

~ Docent tour of Virginia City

~ Trolley Ticket in Virginia City

~ Ticket to be used on your own, the trolley ride is about 20 minutes.

Trip Level 3  
Moderate  
ADA Compliant





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



**POSTMASTER:**  
Please Deliver ASAP  
Time-Dated Material



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Non-Profit



## 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.....	VACANT
FRONT OFFICE ASST.....	PEGGY HUTCHISON
FRONT OFFICE ASST.....	DIANE ROBINSON
FACILITY STAFF .....	JEFF EVANS

### 2019 Club Board of Directors

ACTING PRESIDENT .....	BRIDGET WOODCOFF
1 <sup>ST</sup> VICE PRESIDENT .....	VACANT
2 <sup>ND</sup> VICE PRESIDENT .....	BRIDGET WOODCOFF
RECORDING SECRETARY .....	SANDI REED
MEMBERSHIP.....	DOROTHY SMITH
CORRESPONDENCE SECRETARY .....	LINDA LORENTZEN
FINANCIAL SECRETARY.....	SUN ONOBAJO
PARLIAMENTARIAN .....	JUDY NORSEEN



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