



ANTIOCH SENIOR CITIZENS CLUB

415 Second Street | Antioch | California | 94509

NOVEMBER | DECEMBER 2019 EDITION

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

ANTIOCH SENIOR CENTER
PRESENTS

NOV
15

THANKS GIVING

• *Celebration* •

\$15 EACH | SIGN UP BY 11/11

5 TO 8PM | DINNER | SHOW | BAND

REGISTER AT THE ASC FRONT DESK

FAMILY & FRIENDS WELCOME!

ASCC 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: November 5, 2019 | December 10, 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
9:30-11:30am	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



California Phones
Keeping you connected.

"How to Use Your Smartphone Course"

Learn to operate the basic functions of your phone & more!

I-Phone Class
Monday, November 25th
Android Class
Tuesday, November 26th
9:15-11:15 am

CLASSIFIEDS

Wheelchairs, Walkers,
& 1 motorized wheelchair
available for donation!



Interested?



Call 925.778.1158
to find out more.



Like us on
Facebook

Antioch Senior Center

November Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
4	5	6	7	8	9
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Club Board Meeting 12:30~1:30pm HICAP 1:00~4:00pm	Trinkets & Treasures 8:00~11:00am Movie Mania 12:15~2:30pm	50 / 50 Raffle 9:00~11:00am Bingo 1:00~3:00pm		
11	12	13	14	15	16
Closed 	Care Manager 9:00~11:30am	Alzheimer's Support Group 1:30~3:00pm Day Trip Charles Schultz Museum & Snoopy	Bingo 1:00~3:00pm	Thanksgiving Dinner & Show 4:30pm~7:30pm	
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 12:15~2:30pm	Bingo 1:00~3:00pm		
25	26	27	28	29	30
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm I-Phone Class 9:15-11:15am	Care Manager 9:00~11:30am Android Phone Class 9:15-11:15am	Alzheimer's Support Group 1:30~3:00pm	ASCC Closed	ASCC Closed	
					

December Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
	Care Manager 9:00~11:30am HICAP 1:00~4:00pm Day Trip Apple Hill Christmas	Trinkets & Treasures 8:00~11:00am Movie Mania 12:15~2:30pm	50 / 50 Raffle 9:00~11:00am Bingo 1:00~3:00pm		
9	10	11	12	13	14
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	Care Manager 9:00~11:30am Club Elections 9:00am~2:00pm	Holiday Happenings 9:00 to 11:30am Alzheimer's Support Group 1:30~3:00pm	Bingo 1:00~3:00pm		
16	17	18	19	20	21
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 12:15~2:30pm	Bingo 1:00~3:00pm		
23	24	25	26	27	28
Legal Services 9:00am~12:00pm Bingo 1:00~3:00pm	ASCC Closed	ASCC Closed	No Bingo		
30	31				
Bingo 1:00~3:00pm	Care Manager 9:00~11:30am				



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

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


Rivertown Belles Events
 November - Crocker Museum
 December - Holiday Tea

Thursday, November 14th, Meet at ASC by 9:30 am to carpool/ BART to Pleasant Hill Station, take a "Blue Bus" to Sacramento (about \$5 RT) and get FREE tickets to the Crocker Museum!

Thursday, December 12th, annual Holiday Tea is from 11:30 am to 1:00 pm in the ASC painting classroom. \$10/members; \$15/non-members. For more information see Bonnie at the ASC front desk M/W/F after 11:30 am or the event book in the lunchroom. Renew your Red Hat membership at the Tea and receive a FREE red hat! Sign up sheets will be on the table in the lunchroom soon! To be added to our mailing list, e-mail prudence21@juno.com.

Check out our RIVERTOWN BELLES Facebook page.

**Show your ASCC pride by wearing our gear!**

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)



Personalize your order for \$8 with your first &/or last names!

Ask the front desk for an order form

**Visit the Snack Shack!**

Get assorted snacks; chips, ice cream, cookies, nuts, etc.

during our open hours on:

Wednesday & Friday; 9:00-11:15am

Monday & Thursday; 9:00-11:15am
and during Bingo; 12:30-2:30pm

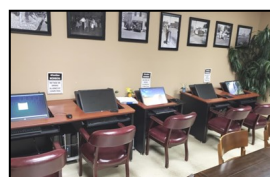

"Beyond Antioch"
Public Transit Information

"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 & contact information at the front desk or contact Michael directly by email 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.

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 to 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
November 6th Bohemian Rhapsody	PG-13	The story of the legendary British rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid.
November 20th Aladdin	PG	A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.
December 4th Daddy's Home 2	PG-13	Father and stepfather Dusty and Brad join forces to make Christmastime perfect for the children. Their newfound partnership soon gets put to the test when Dusty's old-school, macho dad and Brad's gentle father arrive to turn the holiday upside down.
December 18th Nutcracker and the Four Realms	PG	Young Clara needs a magical, one-of-a-kind key to unlock a box that contains a priceless gift. A golden thread leads her to the coveted key, but it soon disappears into a strange and mysterious parallel world. In that world, she meets a soldier named Phillip, a group of mice and the regents who preside over three realms. Clara and Phillip must now enter a fourth realm to retrieve the key and restore harmony to the unstable land.



Community Members, Supporters, Advocates:

Days are cool and crisp. It must mean that the Holidays are upon us! We have so much engaging activities for the months of November and December - you do not want to miss them. From our Senior Resource and Alzheimer's Informational Fair on 11/1 to our annual Holidays dinners on 11/15 and 12/11 - the Antioch Senior Center will be the place to be! With the input and suggestions of our seniors the Antioch Senior Center has received some TLC. We had the facility painted, new doors installed, and will be remodeling the kitchens this winter. It is just one of the many ways that in the City of Antioch ...*opportunity grows here!* I hope to see you down at the Center where it is always FUN after 50!

Forever young,
Monserrat Cabral, Recreation Specialist

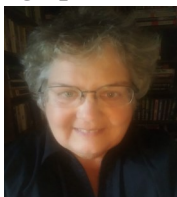


VOTE Our annual Club elections are here! Positions open for terms starting in January 2020 are: President, 1st Vice-President, Recording Secretary, and Membership Chair. If you are interested one of these positions please read the duties of the position at the ASC front desk or ask a current Board member. If you choose to run for an office, complete a nomination form, which is available at the ASC front desk, by November 8th. To be considered, both the nominator and candidate must have been a member in good standing for one-year, and both need to sign and date the form. Put the completed nomination in an envelope for the Nominating Committee and ask the front desk to put the envelope in the Correspondence Secretary's mail box. The nominating committee will review the candidates and post the slate of candidates in November and the elections will be held December 10, 2019.

Welcome ASCC Members:

The Holiday Season is here and we start with our Thanksgiving Dinner and Show on November 15th; all are welcome, so make sure to bring your friends & family to enjoy the festivities! Also during November, the Club's annual election period continues. Talk with a board member about helping the Club's leadership by filling a board position. The elections will be held at our December meeting and the terms start in January 2020. December 11th is the date for the Holiday Happenings, plus the week before Christmas will be full of various Holiday events. Happy Holidays to you all and thanks for supporting our Club!

Bridget Woodcoff,
Acting President





Holiday Happenings

Wednesday, December 11th
9:00 to 11:30am | Multi-Use Room

Live Band, Ornament Decorating, Santa, Sugar Scrub Crafts, Refreshments, and much more!



In Collaboration with East County Senior Coalition





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 *****

- ⇒ **Arizona Spring Training**, March 8~12, 2020 featuring two baseball games, Sedona, and a tour of the Phoenix area. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 6 Meals.
- ⇒ **Sedona & The Grand Canyon**, May 17~21, 2020 features the Grand Canyon RR, a tour of the Grand Canyon National Park. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 10 meals.
- ⇒ **Chicagoland Excitement**, June 14~20, 2020 features Millennium Park, Museum of Science and Industry, and many others. Tour pricing includes RT Airfare, deluxe Motorcoach transportation, a Professional Tour Director, various local tours/events, and 9 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.



Register Early

Trips with low enrollment
will be cancelled.

**Don't wait
until it's too late!**

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, but walkers maybe OK.

Level 4 STRENUOUS - More than 4 blocks of walking with many stairs and uneven terrain.



ASCC Trips Office is open

Monday through Friday; 9:15 ~ 11:30am
Call (925) 779-2821 or (925) 754-2231

Additional trip information, flyers & registration forms are available at the Trips Office.

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 our return to Antioch.



No Casino trips November & December due to Holidays.

Apple Hill for the Holidays!

■ December 3rd
Leave 8:00am & Return ~ 6:00pm
\$120 per person

Trip Level 2
Mild



Apple Hill represents over 50 local family farms dedicated to supporting agriculture in the community. Founded in 1964 and includes unique fruit & veggie farms, wineries, B&Bs, flower gardens, and more. We will visit this year during



their Holiday season, and still enjoy our snack upon arrival, a loop tour of the farms, then a chicken lunch and shopping and browsing time in the boutiques!



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.

Single Travelers

The Antioch Senior Center Club isn't able to arrange for matching up roommates, but if you would like to travel at the lower double occupancy room rates, we encourage you to look at the guaranteed roommate program offered on some of our longer trips, in order to participate in tours at an affordable price.

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



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PERMIT # 248
Non-Profit



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.....	RHONDA FLANAGAN
FRONT DESK STAFF	PEGGY HUTCHISON
OFFICE ASSISTANT	DIANE ROBINSON
OFFICE ASSISTANT	TIFFANY LIMU
FACILITY STAFF	JEFF EVANS

2019 Club Board of Directors

PRESIDENT (ACTING).....	BRIDGET WOODCOFF
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



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