

ANTIOCH SENIOR CITIZENS CLUB

415 W 2nd Street, Antioch (925) 778-1158

Be active, involved & engaged.



STAY CONNECTED

March 11 marked the one-year anniversary of the official designation of the COVID-19 pandemic in the United States. The economic, social, and personal impact of the pandemic has been challenging to say the least. One year ago, our world changed forever as we confronted the greatest challenge of our generation. Although the Antioch Senior Center remains closed to the public until further notice per Contra Costa Health Services health orders, the Senior Center staff is working harder than ever to keep you informed, connected, and active until we can all be together again! We are currently offering outdoor classes for seniors and older adults, delivering meals, selling discounted bus tickets and a Friendly Caller Program for check-ins! We miss being together at the Antioch Senior Center, but know that the best way to stay safe and healthy is to follow the state and federal guidelines. Senior Center Staff members are available to assist and provide information over the phone. Call between the hours of 8am-12pm or leave a message at (925) 778-1158 or (925) 779-7076 and Senior Center staff will return your call.



Club News

Although the Antioch Senior Center is not yet open, there are other events happening. Two very important ones: AARP has been preparing tax forms and you can receive a Covid vaccine. Please call 833-829-2626 for an appointment. Once the Center reopens we'll have a lot of work to do! Most importantly, we'll have elections for positions on the Board of Directors and voting to update by-laws. The voting needs happen in person, so this must wait for the reopening of the Center. In the meantime, please think about nominating yourself or someone to serve on our board. With the vacancies of the 2nd Vice President and Treasurer, I am working on the newsletter and Norm is Interim Treasurer.

From the Rivertown Belles Facebook page:

A beautiful, well-versed 83 year-old lady, fully dressed every morning at 8 a.m. sharp, with her hair done in fashion and perfectly applied makeup, is moving to a retirement home. Her husband recently died, which motivated her move. After many hours of patiently waiting in the hall of the home, she smiled sweetly when told her room was ready. As she moved toward the elevator, she was given a details of her small room, including the curtains hanging from her window. "I love it," she said, with the enthusiasm of a 8-year-old girl who was just handed over a new pet. They replied, "Mrs. Jones; you haven't seen the room, just wait." She responded, "That doesn't matter. Happiness is something you decide over time. Whether or not I like my room doesn't depend on how the furniture is arranged, it depends on how I arrange my mind. I've already decided that I like it. It's a decision I make every morning when I wake up. I have the choice; I can spend the day in bed, going through the difficulty I have with my body parts that don't work, or get out of bed and be thankful for the parts that do work. Every day is a gift, and as long as my eyes open, I will focus on the new day and the happy memories I've stored just for this time in my life."

HAPPINESS is like a bank account: you withdraw from it, what you deposit. So my advice would be to deposit a lot of happiness into your memory account. Remember these five simple things: Free your heart from hate/discord, free your mind from worries, live Simply, give more, and take less.

Seniors who need food delivered directly to their homes, please contact us at 925-757-7325 to be added to one of the existing routes. If you or any other senior needs transportation assistance to and from grocery stores, doctor visits, rental/utility assistance or need companionship – please contact 925-778-1158. The Mobile Farmers' Market is back every Tuesday 11am-2pm at 3501 Lone Tree Way (across from Raley's).

Be well, and wishing to see you all again soon,
Prudence Capelle, President



RED HAT SOCIETY NEWS

Some great news: The DeYoung Museum will have its annual "Bouquets to Art Show" from June 8-13. To join us, visit the Rivertown Belles Facebook page for more information or to contact us.

-Prudence Capelle, "Queen" of the Rivertown Belles

ARTS

AGES 50 & UP

Painting with Friends

If you enjoy painting or being creative, you know of the benefits the creative process has therapeutically. Creativity helps improve our physical, mental and psychological wellbeing. When seniors are guided through the creative process, the benefits increase substantially. Must bring all painting materials needed.



Antioch Community Center Grand Plaza • Instructor: Easy Gonzales
Monday/Thursday

#8136	5/10-8/26*	10:00AM-3:00PM	Free
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*No class 5/31, 7/5

FITNESS

AGES 50 & UP

Water Aerobics

The ultimate in low impact aerobics. Classes accommodate all fitness levels with emphasis on cardio, muscle toning and fun. No swimming skills required. Class limited to 20 individuals to ensure proper social distancing.

Antioch Water Park • Instructor: Michele Dear
Tuesdays

#8135	5/11-6/29	11:30-12:30PM	\$40R/\$52NR
#8146	7/13-8/24	11:30-12:30PM	\$40R/\$52NR

AGES 50 & UP

Tai Chi

Ancient Chinese slow meditative and flowing movements with deep breathing designed to reduce stress, relieve pain, improve memory and balance while generating positive energy for all. No experience needed.

Prosserville Park • Instructor: Siobhan Stuart
Tuesday/Thursday

#8137	5/11-7/2	8:00AM-9:00AM	\$70R/\$82NR
#8145	7/13-8/26	8:00AM-9:00AM	\$70R/\$82NR

AGES 50 & UP

Gentle Yoga

Gentle Yoga addresses many of the specific challenges that we face as we age including sore joints, stress, muscle tension, flexibility, and balance. No previous experience necessary.

Marchetti Park • Instructor: Irina Sergian
Monday/Wednesday

#8138	6/7-8/25	10:00AM-11:00AM	\$100R/\$112NR
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AGES 50 & UP

Group Fitness

Group Fitness explores benefits such as improved blood circulation, lowered blood pressure, increased metabolism, and flexibility, and reducing body weight through moderate exercises and maintaining an active lifestyle.



Antioch Water Park Breezeway
Instructor: Michele Dear
Thursday

#8139	5/13-7/1	9:00AM-10:00AM	\$40R/\$52NR
#8143	7/15-8/26	9:00AM-10:00AM	\$40R/\$52NR

PERSONAL GROWTH

AGES 18 & UP

Alzheimer's Support Group

Before the pandemic, the Antioch Senior Center offered in-person support groups for caregivers, individuals living with Alzheimer's and others dealing with the disease. All support groups are now being held online and are facilitated by trained individuals. To register, please call 800-272-3900 or visit them online at www.alz.org/crf

Facilitator: Alzheimer's Association
10 Warning Signs of Alzheimer's

3:00PM-4:30PM	Every 2nd Thursday
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Understanding Alzheimer's & Dementia

1:00PM-2:30PM	Every 1st Monday
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Healthy Living for Your Brain & Body

1:00PM-2:30PM	Every 3rd Tuesday
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Dementia Conversations

1:00PM-2:30PM	Every 2nd Friday
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COVID-19 & Caregiving

10:00AM-11:30AM	Every 4th Wednesday
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Effective Communication Strategies

1:00PM-2:30PM	Every 1st Thursday
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IT'S EASY
TO
REGISTER!

Pre-registration is required for programs. (Registration is not accepted over the phone or fax.)

Visit activenet.active.com/antiochrecreation
(Online registration includes a convenience fee.)

Drop Box: If paying by check, you can drop your Registration Form at the Antioch Senior Center between the hours of 8:00-11:00am or 1:00-3:00pm.

Please register early and help us to prevent class cancellations.

Antioch Senior Center
415 W. 2nd Street
Antioch, CA 94509

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Please deliver ASAP
Time-Dated Material

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Antioch CA 94509
Permit #248
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Or Current Resident



ANTIOCH
CALIFORNIA
RECREATION DEPARTMENT

ANTIOCH SENIOR CITIZENS CLUB

SPRING 2021

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Be active, involved & engaged - Join us!

HELPFUL RESOURCES

- **Meal Delivery:** 925-727-5236
- **Dial-a-Ride:** 925-754-3060
- **Senior Legal Services:** 925-609-7900
- **Health Insurance Counseling and Advocacy Program (HICAP):** call 925-602-4163 to have counselors review Medicare supplemental coverage.
- **Front Door Library Service:** 925-427-8543
- **Well Connected:** A "senior center without walls". Call 1-877-797-7299.
- **Food Bank:** 925-676-7543
- **Area Agency on Aging:** 925-229-8434
- **Senior Housing:** 925-957-8005

