Upcoming Trips

Register in-person only, from 9am-1pm, Monday-Friday. Cash or Check accepted. First come, first serve. For more information contact Front Desk or availability.

October

10/5– Vasco Cave Regional Preserve Cost: FREE Time: 9am-1pm 10/22—Hard Rock Casino Come along to the Hard Rock Casino with

us! \$25 Free Slot Play included! Cost: \$45 Time: 9am-5pm

November

11/27–49ers Football Game

Head down to Levi Stadium to see the Bay Area's favorite football team! Cost: \$100 Time: 11am-7pm

December

12/7 SF Premium Outlets - Livermore

Need some holiday shopping done? Check out the Livermore Outlets. Cost: \$15 Time: 9am-4pm



Upcoming Events

Pre-Registration Required. Contact Front Desk for more info.

Halloween Costume Party

Date: 10/31 Time: 10am-12pm

Get in the spooky season, dress up and compete to be the best dressed. Check out a Magic Show with Chris Throoper!

Share a meal with your beloved friends here at the

Time: 10am-12pm

Ready Set, GO-bble Luncheon

Antioch Senior Center.

Holiday Happenings

Date: 12/15

Date: 11/17 Time: 10am-12pm







415 W. 2ND STREET OPEN MONDAY-FRIDAY 8AM-4PM

Holiday Closures—Activities and Programs will be cancelled on:

- Veteran's Day: Friday, November 11
- Thanksgiving Holiday: Thursday, November 24 & Friday, November 25
- **Christmas Holiday: Friday, December** 23 & Monday, December 26

Pg. 2 -Weekly Activities

Pg. 3 -Workshops & Resources

Pg. 4 Upcoming Trips & Events

In the coming weeks and months, you will see the Center make a minor transformation with new tables & chairs, new pool tables, new Bingo equipment, and other new amenities. We are also in the process of hiring a new Recreation Supervisor who will oversee all programs and activities here.

ANTIOCH CALIFORNIA

Join us to celebrate the holiday season with the East County Senior Coalition. Enjoy a jolly good time with friends! Black Diamond Ballet: Nutcracker @ The El Campanil Date: 12/18 Time: 6:30pm-9:30pm Cost: \$10



January

Horse Experience

January 17 from 12pm-3pm Cost: \$10 Take a trip to a local horse ranch to learn about horse, groom, feed and even doing some horseback riding!

Monterey Bay Aquarium

January 25 from 7am-6pm Cost \$75 Join us for a trip down to Monterey Bay Aquarium for a 2-3 hour walking tour of all the amazing ocean habitats and their creatures.

February

Save the Dates for the Winter & Spring Trips!

Golden State Warriors Vs. Mavericks

Mary Villa Jr., Trips & Office Assistant

Judy Jones, Office Assistant

Irina Sergian, Facility Attendant

Required. Transportation not included.

February 4th from 5pm-11pm Cost: \$200 If you're a Golden State Warriors fan, you will want to come along with us to one of their games!

Watch the timeless holiday ballet with us! Registration

Delta Bowl

February 21 from 12pm-3pm Cost: \$10 Enjoy a game of bowling, pizza and drinks with the good company and at your local bowling alley!

And more!! Wine Tasting in Napa, Hearst Castle, Cache Creek Casino, Fishing at Contra Loma, Call the Front Desk for more info!

All Activities and Trip details are subject to change

Antioch Senior Center Staff:

Brad Helfenberger, Director o	of Parks & Recreation

Hilda Pacheco, Recreation Programs Coordinator

Rhonda Flanagan, Nutrition Programs Coordinator

Richard Naputi, Maintenance

Alejandra Mayorga, Program Assistant

ANTIOCH CALIFORNIA

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All Activities and Trip details are subject to change



Hello Antioch Senior Center! I'm very excited to present the inaugural edition of our new Antioch Senior Center newsletter, the "Rivertown Report!" This first edition will cover the final quarter of 2022 and beginning in 2023, we plan to release it bi-monthly.

The Antioch Senior Center is on the eve of a renaissance. Our staff have been working tirelessly to not only continue all of the programs you know and love, but also to introduce new and exciting programming as well. The new field trip program is being operated by City staff, and we hope to bring you to a wide variety of destinations at a price that anyone can afford.



We are proud to have a Senior Center that is accessible to everyone, no matter what your physical ability is and no matter your ability to pay for programs. We do not charge a membership fee and most of our classes and programs are free or with a suggested donation. For field trips and the few programs we do charge for, we have a scholarship program available.

I thank you for your patronage and partnership!

Brad Helfenberger, Parks and Recreation Director

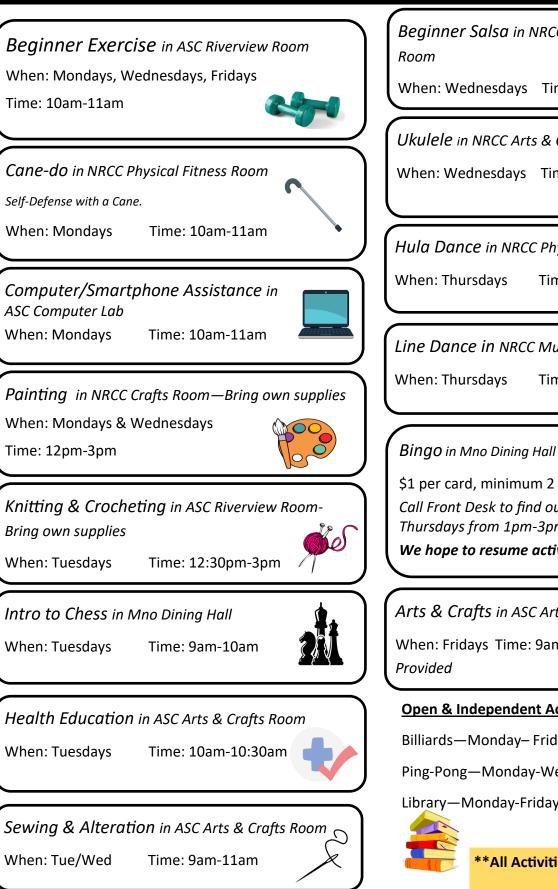
Coffee & Conversation—Friends of Antioch Senior Meetings

October 17, November 21 & December 19, 3rd Mondays of the month.

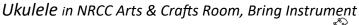
From 10am-11am in the MNO Dining Hall. Be part of the conversation!

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Free Weekly Activities



Beginner Salsa in NRCC Multi-Purpose When: Wednesdays Time: 9am-10am



When: Wednesdays Time: 10am-11am

Hula Dance in NRCC Physical Fitness Room When: Thursdays Time: 8:30am-10am

Line Dance in NRCC Multi-Purpose Room

When: Thursdays Time: 10am-11am





\$1 per card, minimum 2 card purchase

Call Front Desk to find out schedule! Normally

Thursdays from 1pm-3pm.

We hope to resume activity as soon as possible.

Arts & Crafts in ASC Arts & Crafts Room

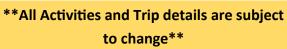
When: Fridays Time: 9am-10am — Supplies

Open & Independent Activities 8am-4pm

Billiards—Monday–Friday

Ping-Pong—Monday-Wednesday, Friday

Library—Monday-Friday



Workshops—Call Front Desk for more information

October

10/6-10/7—AARP Driver Safety 2-Day Course

Cost: \$20/AARP Member, \$25/Non-AARP Member

Time: 9:30am-2:30pm

10/19 - Affordable Housing Workshop

FREE Time: 10am-11am

10/26—AARP Educational Workshop with TreVista

FREE Topic: Depression Time: 9:30am-10:30am



Trinkets & Treasure—Every 1st Monday of the Month, unless a holiday. 9am-11am Buy your favorite trinkets or treasure to take home or aift!

Fee-Based Classes Registration is Required for the following classes:

Musicise in ASC Riverview Room *No class 11/29 When: Tuesdays Time: 10:15am-11:15am Cost: \$36/Residents for all classes thru 9/13-12/20 Build a foundation to aerobics and improve in mobility.

Tai Chi at Prosserville Park—1300 W. 7th Street When: Mondays & Wednesdays Time: 10am-11am Cost: \$72/Residents for all classes thru 9/19-12/18 Practice slow meditative and flowing Chinese movements.

Water Aerobics at Antioch Water Park—4701 Lone Tree Way

When: Saturdays Time: 10am-11am

Cost: \$32 for all classes thru 10/1-10/22

The ultimate in low impact aerobics.

Fee-assistance is available! See ASC Front Desk for more information on Scholarships to cover class costs or to pay and register.

All Activities and Trip details are subject to change



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November

11/8—Medicare Enrollment Talk with HICAP

FREE Time: 9:00am- 10:00am

1 on 1 consultation from 11am-2pm

December

12/8-12/9 AARP Driver Safety 2-Day Course

Cost: \$20/AARP Member, \$25/Non-AARP Member

Time: 9:30am-2:30pm

Services & Resources

Appointment Only:

HICAP: (925) 655-1393, 3rd Tuesday of Every Month

Legal Assistance, Call Front Desk for Appt.:

General Legal Advice — 9am-12pm, 2nd Monday of Every Month

Will Services—10am-12pm, 3rd Monday of Every Month

Senior Peer Counseling, Call Front Desk for Appt. :

Various Mondays, 9am-11am

Case Manager—Senior Assistance

Mondays from 9am-11am, MNO Dining Hall

Transportation:

Discounted Tri-Delta Bus Tickets:

\$20 per booklet of 10 tickets

Nutrition:

Café Costa—Lunch Program

Registration & reservation 1-day prior for daily lunch required. Call Rhonda at (925) 757-7325 to get started. Lunch menus available at Front Desk.







CONTRA COSTA

HEALTH SERVICES

