

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!



Ready Set, GO-bble Luncheon

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

Share a meal with your beloved friends here at the Antioch Senior Center.



Holiday Happenings

Date: 12/15 Time: 10am-12pm

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
Watch the timeless holiday ballet with us! Registration Required. Transportation not included.

Save the Dates for the Winter & Spring Trips!

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

Golden State Warriors Vs. Mavericks

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!

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 of Parks & Recreation

Mary Villa Jr., Trips & Office Assistant

Hilda Pacheco, Recreation Programs Coordinator

Judy Jones, Office Assistant

Rhonda Flanagan, Nutrition Programs Coordinator

Irina Sergian, Facility Attendant

Richard Naputi, Maintenance

Alejandra Mayorga, Program Assistant

ANTIOCH
CALIFORNIA

FRONT DESK:(925) 779-7074
ANTIOCHCA.GOV/SENIOR

****All Activities and Trip details are subject to change****

Antioch Senior Center



REPORT

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

OCTOBER 2022-DECEMBER 2022

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.

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.

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!

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

Contents

ANTIOCH
CALIFORNIA

FRONT DESK:(925) 779-7074
ANTIOCHCA.GOV/SENIOR

Free Weekly Activities

Beginner Exercise in ASC Riverview Room

When: Mondays, Wednesdays, Fridays
Time: 10am-11am



Cane-do in NRCC Physical Fitness Room

Self-Defense with a Cane.

When: Mondays Time: 10am-11am



Computer/Smartphone Assistance in ASC Computer Lab

When: Mondays Time: 10am-11am



Painting in NRCC Crafts Room—Bring own supplies

When: Mondays & Wednesdays
Time: 12pm-3pm



Knitting & Crocheting in ASC Riverview Room- Bring own supplies

When: Tuesdays Time: 12:30pm-3pm



Intro to Chess in Mno Dining Hall

When: Tuesdays Time: 9am-10am



Health Education in ASC Arts & Crafts Room

When: Tuesdays Time: 10am-10:30am



Sewing & Alteration in ASC Arts & Crafts Room

When: Tue/Wed Time: 9am-11am



Beginner Salsa in NRCC Multi-Purpose Room

When: Wednesdays Time: 9am-10am



Ukulele in NRCC Arts & Crafts Room, Bring Instrument

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



Bingo in Mno Dining Hall

\$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
Provided



Open & Independent Activities 8am-4pm

Billiards—Monday– Friday

Ping-Pong—Monday-Wednesday, Friday

Library—Monday-Friday



****All Activities and Trip details are subject to change****

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



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

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

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****

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.

