



# RIVERTOWN REPORT



March- April

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**Save the Date: Coffee & Conversation**

March 18th & April 15th

10:00 AM-11:00 AM in MNO Dining Hall

*Be Part of the Conversation!*

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

PRST STD  
U.S POSTAGE PAID  
MAILED FROM ZIPCODE 94509  
PERMIT No. 14

Open Mondays-Fridays  
8:00am - 4:00pm



Front Desk: (925) 779-7074



**ANTIOCH**  
CALIFORNIA



[ANTIOCHCA.GOV/SENIOR](http://ANTIOCHCA.GOV/SENIOR)

Email: [seniors@antiochca.gov](mailto:seniors@antiochca.gov)

## Coordinator Corner:

As we enter a new month I am excited to share some exciting updates and upcoming events that will add a special touch to our community. Mark your calendars for the Senior Center Fashion Show on March 27th. Join us for an afternoon of glamour and style; pre registration is required to participate! Register at the Senior Center Front Desk! \*Space is limited\*

Whether it's engaging in one of our weekly activities, dancing to our live band or sharing laughter over a cup of coffee, there's something for everyone to enjoy. I encourage each of you to take full advantage of the diverse range of programs and resources available to you. Don't forget to check out our new Spanish Class and Women's Friendship Circle other Tuesday!

Thank you for being a special part of our senior center community. Your presence and participation make our center a special place to be. Let's welcome Spring with open minds, ready to create memories and lasting friendships. - **Frida Ortiz, Recreation Coordinator** -

## New Classes

- **Spanish Class- Every other Tuesday 1:00PM-2:00PM**

Check with our Front Desk for class dates!

- **Badminton- Mondays- 8:00AM-10:00AM**

Enhance reflexes, coordination & balance

- **Pickleball- Wednesdays 1:00PM-3:00PM**

Play solo or in pairs!

- **Beginner Pool- TIME UPDATE 9am-11am**

Starting March 12th

- **Pier Counseling- Women's Friendship Circle- Every other Tuesday 1:00-PM-2:00PM**

Check with our Front Desk for class dates!

## Upcoming Workshops

- **Kaiser- Stroke Workshop**

Tuesday, March 12 from 9:30am-10:30am

- **Kaiser Permanente- Seminar**

Wednesday, March 13 from 12pm-3pm

## INTERESTED IN JOINING A SUBCOMMITTEE?

Our subcommittees play a crucial role in the success of the Antioch Senior Center by focusing on specific areas of interest.

As a subcommittee member, you will have a chance to:

- Influence decision- making
- Collaborate with individuals who share your passion
- Contribute to the development of new programs

### Available Subcommittees:

- Trips
- Events & Fundraising
- Programs
- Bingo



### TRINKETS & TREASURES

WHEN: Every 1st Monday of the Month

TIME: 9:00am-10:00am





# Weekly Activities

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Activity	Days	Time	Room	Notes
Inner Work of Age	Mondays	9:30am-10:30am	ASC Arts & Crafts	Drop-In
Badminton	Mondays	8:00am-10:00am	NRCC Multi- Use	Drop- In
Cane-do	Mondays	9:30am-10:30am	NRCC Phys. Fitness	Drop-In
Case Management with Meals on Wheels	Every Other Monday	9:00am-11:00am	MNO Grant Dinning Hall	Drop-in
Kani Ka Pila	Mondays	10:00am-11:30am	ASC Riverview	Drop-In
Beginner Exercise	Mon/Wed/Fri	10:30am-11:15am	NRCC Multi-Use	No Activity 3rd Monday of Month
Painting Club	Mon/Wed	12:00pm-3:00pm	NRCC Arts & Crafts	Drop-In
Board Games	Tues/Thurs	8:00am-2:00pm	NRCC Conference Room	Drop-In
Beginner Sewing	Tuesdays	9:30am-11:30am	ASC Arts & Crafts	Drop-In
Beginner Pool	Tuesdays	9:00am-11:00am	MNO Grant Dining Hall	Drop-In
Mindfulness	Tuesdays	9:30am-10:00am	Riverview Room	Drop-In
Knitting & Crocheting	Tuesdays	12:00pm-3:00pm	ASC Riverview	Drop-In
Cribbage	Tuesdays	12:00pm-2:00pm	Game Room	Drop-In
Spanish Class for Beginners	Every other Tuesday	1:00pm-2:00pm	NRCC Meeting Room	Drop In
Women's Friendship Circle	Every other Tuesday	1:00pm-2:00pm	Green Room	Drop In
Beginner Salsa	Wednesdays	10:00am-11:00am	ASC Riverview	Drop-In
Ukulele	Wednesday	10:00am-11:30am	NRCC Arts & Crafts	Drop-In
Pickleball	Wednesdays	1:00pm-3:00pm	NRCC	Drop-In
Hula Dance	Thursdays	8:30am-10:30am	NRCC Phys. Fitness	Drop-In
Rivertown Band	Thursdays	9:30am-11:00am	MNO Grant Dining Hall	Drop-In
Line Dancing	Thursdays	10:00am-11:00am	NRCC Multi-Use	Drop-In
Bingo	Thursdays	1:00pm-3:00pm	MNO Grant Dinning Hall	Drop-In
Walking Class *Sponsored by Meals on Wheels Diablo Region*	Fridays	9:00am-10:00am	NRCC Multi-Use	Drop-In
Piano Class	Fridays	9:15am-10:15am	ASC Riverview Room	Drop-In
Arts & Crafts	Fridays	9:30am-10:30am	ASC Arts & Crafts	Drop-In
Movie Friday	Fridays	12:15pm	ASC Computer Lab	Movie Duration between 1hr 45 min- 2hr

Monday-Friday | 8:00am-4:00pm | Billiards      Corn Hole      Ping-Pong      Puzzles & More!



# Services & Resources

## Appointment Only:

### HICAP, Health Insurance Counseling & Advocacy Program:

DATE: Every 3rd Tuesday of the month | 1:00AM-3:00PM  
RSVP: Call (925) 655-1393 to make an appointment.  
COST: Free

### Legal Assistance:

General Legal Advice | 9:00AM-12:00PM  
Will Services | 10:00AM-12:00PM  
RSVP: Call (925) 779-7074 for appointment  
COST: Free



### Senior Peer Counseling:

Counseling will be cancelled from 2/26-3/31 and will resume in April. Please contact our front desk at 925-779-7074 for more information.

### Women's Friendship Circle:

Every other Tuesday- Check with front desk for dates!  
The Antioch Senior Center presents the Friendship Circle will be a comfortable place for Senior women to gather and discuss challenges and accomplishments as we age.

## Drop-in:

### Case Management with Meals On Wheels:

DATE: Mon-Fri | Phone: 925-482-8995  
COST: Free | NRCC



## AARP Partnered Workshops:

### AARP Driver Safety Course:

A 2-day driver safety class. Must attend both days to receive certification for auto insurance discount.  
SAVE THE DATE: Thursday July 11 & 25 | 9:30AM-2:30PM  
RSVP: (925) 779-7074  
COST: \$20 AARP Members / \$25 Non-Members

## Mobile Farmers Market

Mobile Farmers Market Truck

- **No market March 18th-March 22nd**
- Tuesdays | 11:00am-2:00pm
- Parked in front of Antioch Senior Center

## Transportation:

### Discounted Tri-Delta Bus Tickets:

COST: \$20 per booklet of 10 tickets  
Purchase at Front Desk  
CASH OR CHECK ONLY!



## Food Bank - Senior Food Program

Register for the Food Bank program! Seniors 55+ receive free groceries.

**WHEN:** Every 2nd & 4th Wednesday  
Distribution Time: 9:00am-10:00am

**RSVP:** Applications available at the Senior Center.

*Volunteer opportunities available!*



Registration & reservation **1-day prior before 11:15am** for daily lunch is required. Vegetarian and salad option is available with a request.

**WHEN:** Lunch is served at 11:15am daily at the Senior Center.

**RSVP:** Call the Nutrition Desk at (925) 779-7072 to get started and to make reservation.

*Menus are available at the Senior Center Nutrition Desk and online.*



Front Desk: (925) 779-7074



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Email: seniors@antiochca.gov



## TRAVEL TO NEW AND FAMILIAR PLACES

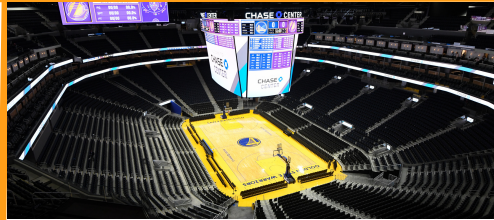
Whether you're an avid explorer or a first-time adventurer, our trips cater to everyone's interest! Fees include transportation. Registration is **REQUIRED!** Visit the Antioch Senior Center or call 925-779-7074

*\*All activities and trips are subject to change\**



### Delta Bowl

**Date:** Thursday, March 7  
**Antioch Discount Rate:** \$15  
**Rate:** \$25  
**Time:** 10:00am  
**Trip Level:** 2



### Warriors Game

**Date:** Wednesday, March 20  
**Antioch Discount Rate:** \$218  
**Rate:** \$240  
**Time:** 5:00pm  
**Trip Level:** 2



### Castello De Amorosa

**Date:** Wednesday, April 10  
**Antioch Discount Rate:** \$242  
**Rate:** \$266  
**Time:** 9:00am  
**Trip Level:** 2



### Hard Rock Casino

**Date:** Saturday, April 13  
**Antioch Discount Rate:** \$55  
**Rate:** \$65  
**Time:** 9:00am  
**Trip Level:** 1

## Trip Levels

**Level 1:** At a leisure pace, this trip involves minimal physical activity, such as light walking (up to a few walks) and short period of standing. This level is wheelchair, cane and walker accessible

**Level 2:** This trip may require some periods of standing and walking along stairs, inclines, uneven surfaces. This level is wheelchair, cane and walker accessible.

**Level 3:** This trip may require substantial periods of walking and standing. This can include uneven terrain or stairs. This level would be more difficult for wheelchairs, canes or walkers.

## UPCOMING EVENTS

### Dress Up Days &

Come to the Senior Center and show your spirit on the following dates:

- **March 15- St Patrick's Day**

Join us for a St. Patrick's Day Celebration!



- **March 27- Senior Center Fashion Show**

Meet us at the Runway! "Spring into Style" fashion show is here! **\*\*Pre-Register to participate\*\***



- **April 3- Hop Into Spring**

Spring is here! Hop on over to the Antioch Senior Center for our spring celebration!

- **April 16- Crazy Sock Day**

Show your crazy socks this day!



### Senior Center Fashion Show

Meet us at the Runway!

**Date:** March 27, 2024

**Time:** 1PM

#### EVENT HIGHLIGHTS

- Runway
- Photo Opportunities
- Refreshments



**\*\* PRE- REGISTRATION REQUIRED \*\***

☎ For More Info- 925-779-7074



# SENIOR HIGHLIGHT

## SPOTLIGHT ON DONALD

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Here is a little glimpse into the story of Donald Strausheim. Donald was born on October 28, 1934 in Greenly, Colorado. In 1938 Donald and his family moved to Laguna Beach, California, where he then spent most of his life. From a young age Donald knew he had a passion for art. He began to draw at the age of 6 and oil painting at 8 years old. Donald joined the Army and was stationed in Southern California. During his time in service Donald was a Staff Sargent and became sniper qualified. For many years, he worked as a Prototype Machinist making parts for submarines. In 2007 he moved from Laguna Ca to Antioch to live with his sister.



His journey at the Antioch Senior Center began in 2018. Prior to coming to Antioch, Donald attended the Laguna, California senior center. In Laguna, Donald volunteered with the lunch program. The first thing he did when he arrived to Antioch was find out where his local senior center was. His sister drove him to the Antioch Senior Center and since that day he has not missed a day. What Donald loves the most about visiting the center everyday is getting to socialize with friends, meeting new people and being a part of the painting club.





# SENIOR CENTER

## HIGHLIGHTS





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## HIGHLIGHTS

