



RIVERTOWN REPORT



Antioch Senior Center | Jan-Feb 2025



Time to Renew Your Membership!

It's that time of year again—time to renew your membership and continue enjoying all the great things we offer! Check your membership status at our Front Desk .

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

Holiday Closures:

New Year's Day- Wednesday, January 1
MLK Jr's Birthday - Monday, January 20
Lincoln's Birthday - Wednesday, February 12
President's Day - Monday, February 17



Front Desk: (925) 779-7074



Email: seniors@antiochca.gov



ANTIOCHCA.GOV/SENIOR

STAY CONNECTED

What is happening in the New Year ?

NEW
Men's Friendship Circle at the Senior Center!

February 12th & 26th from 12pm-1pm

Rivercity Uke Jam

New Session starting February 19 | 1 PM

Register today!

\$27 Resident Rate

\$37 Non- Resident Rate

*6 week session

AARP SENIOR TAX AID

Feb- April 2024

By appointment only

Upcoming Workshops & More

**Community Safety by CC
County Office of the Sheriff**

Tuesday January 14 at 10am

**Vision Screening provide by
Lions Center for the Visually
Impaired**

Tuesday January 21 from 9:30am-12:30pm

Supervisor Message

Wishing you a fantastic start to the 2025 year! I can't wait to see all the new members and the exciting programs, activities, and events that will be happening. The Antioch Friends of Seniors has a new board and is ready to bring fresh ideas and support to the center. The renovation of a new roof is in progress and will be completed by the end of the year.



We are also working on a new podcast to discuss everything from living better after 50 to important resources and engaging senior topics. It is going to be an incredible year filled with exciting developments. I love working for this senior center and it brings me so much joy to be able to provide a great place for you all to enjoy. Here's to the best year yet!

Employee Highlight- Mary Villa Jr.

Mary Villa Jr was born and raised in Oakland, CA and has always been passionate about serving her community.

Mary found her true calling at the Antioch Senior Center, which she calls her "happy place. She began volunteering in 2017 and quickly became involved in planning trips for seniors. Her first trip was to an Oakland A's game, and one of her favorite outings was a winery tour in St. Helena.

Fun fact: Mary has had the opportunity to meet several famous personalities, including Usher, Janet Jackson, Patti LaBelle, Mary J. Blige, and many more! During her free time, Mary enjoys writing, traveling to places like New York, Mexico, Jamaica, and the Bahamas, and working as a real estate agent.



**Today is on your
Health Plan**

**ANTIOCH
CALIFORNIA**
OPPORTUNITY LIVES HERE

Grouper works with
your health plan to
pay you to enjoy
Social Activities



PROUD TO BE INCLUDED IN:

Grouper

OnePass

Renew Active

UnitedHealthcare

**New Partnership Gets You Paid to
Spend Time With Friends!**

Grouper connects you with social fitness benefits in your health plan. Eligible participants 65+ with qualifying plans can receive a check in the mail, recognizing your passion as beneficial to health. Check eligibility by calling (883) 445-2400, and let tonight be on your health plan.

WEEKLY ACTIVITIES

We are pleased to offer a variety of activities for our senior center members. All activities are on a drop-in basis, so you can join us whenever it fits in your schedule. ****Must be an Antioch Senior member to participate******

MONDAY

- Inner Work of Age 9:30am-10:30am
- Badminton 8:00am-10:00am
- Drop-In Tech Support 9:00am-11:00am
- Cane-Do 9:30am-10:30am
- Intro to Kani Ka Pila 9:00am-10:00am
- Kani Ka Pila 10:00am-12:30pm
- Beginner Exercise ***M/W/Fri*** 10:30-11:15am
- Painting Club ***M/W*** 12:00pm-3:00pm
- Pickleball 1:00pm-3:00pm

TUESDAY

- Beginning Sewing 9:30am-11:30am
- Mindfulness Class 9:30am-10:00am
- Knitting & Crocheting 12:00pm-3:00pm
- Cribbage 12:00pm-2:00pm
- Women's Friendship Circle: 12:00pm-1:00pm
(2nd & 4th Tuesday of every month)
- Spanish for Beginners 1:00pm-2:00pm

WEDNESDAY

- Ukulele 10:00am-11:30am
- Pickleball 1:00pm-3:00pm

THURSDAY

- Rivertown Band 9:30am-11:00am
- Hula Dance 8:30am-10:30am
- Ballet Folklorico 10:00am-11:00am
- Line Dancing 10:00am-11:00am
- Bingo 1:00pm-3:00pm

FRIDAY

- Piano Class 9:15am-10:15pm
- Arts & Crafts 9:30am-10:30am
- Movie Friday 12:15pm movie starts
- Guitar Class 1:00pm-3:00pm



EVENTS & TRIPS

UPCOMING EVENTS & DRESS UP DAYS

Dress Up Day January 20- Winter Wonderland

Join us on this day by wearing all white!

Event January 29- Chinese New Year

Celebrate the vibrant traditions and rich culture of Chinese New Year with us!

Event February 14- Cupid's Bash

Join us for a delightful celebration of love, friendship, and joy!

Event February 20- Black History Month

Join us as we honor Black History Month!



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****

SACRAMENTO KINGS GAME



FEBRUARY 24

Antioch Discount Rate: \$266

Rate: \$292

Depart Time: 9AM

Trip Level: 2

COLUSA CASINO TRIP



FEBRUARY 8TH

Antioch Discount Rate: \$65

Rate: \$75

Depart Time: 9AM

Trip Level: 1

MAYA MOVIE THEATRE



FEBRUARY 14TH

Senior Discount Rate: \$5

Pay at Theatre

Trip Level: 1

***NO TRANSPORTATION
meet at Maya Theatre***

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.



SENIOR CENTER

CHERISHED MOMENTS



SERVICES & RESOURCES

HEALTH

- 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 **Appointment Only!**

LEGAL

- General Legal Advice | 2nd Monday of every month
- Will Services | 3rd Monday of every month

RSVP: Call (925) 609-7900 or email info@ccsls.org.

COST: Free **Appointment Only!**

COUNSELING

- Senior Peer Counseling:

Please contact our front desk at 925-779-7074 for more information and to schedule a one on one appointment with a counselor.

- Women's Friendship Circle:

2nd & 4th Tuesday of every month at 12pm

The Friendship Circle is be a comfortable place for Senior women to gather and discuss challenges and accomplishments as we age.



FOOD BANK – For Seniors 50 +

WHEN: 2nd & 4th Wednesday of every month

TIME: 9:00am-10:00am. Arrive early to ensure a spot in line!

**** Distribution is on a first come first serve basis****

HOW TO REGISTER

- Applications available at Antioch Senior Center front desk.

CASE MANAGEMENT

- Case Management with Meals On Wheels: **DATE:** Mon-Fri | **Phone:** 925-482-8995 **COST:** Free | **DROP IN**

DRIVER SAFETY

- AARP Driver Safety Course: A 2-day driver safety class.

DATE: Thursday, January 16th & 23rd ***must attend both***

TIME: 9:30AM-2:30PM with a 30 minute lunch break

RSVP: (925) 779-7074

COST: \$20 AARP Members / \$25 Non-Members

****If you would like lunch from Cafe Costa these dates please call ahead for a reservation. **There will be no walk ins allowed****

FINANCIAL ASSISTANCE

- Open to anyone 50+ who may need financial assistance in order to attend Senior Center classes, programs and events.

APPLY: Online at

<https://www.antiochca.gov/fc/recreation/adult-scholarship-app.pdf> or visit the Antioch Senior Center.

TRANSPORTATION

- Tri Delta Transit's Paratransit transportation includes two programs. ADA Paratransit transportation and Senior (65+) Paratransit transportation.

CALL: 925-754-6622 for more information!

CAFE COSTA

Café Costa offers nutritionally balanced meals daily. Café Costa promotes social interaction and companionship among seniors. There are no income restrictions.



HOW TO RESERVE

- Registration & reservation 1-day prior
- Please call before 11:15am 1-day prior
- Vegetarian and salad option is available with a request.
- Call 925-779-7072; Please leave a detailed message if there is no answer.

MONTHLY MENUS

- Menus are available at the Senior Center Nutrition Desk and Online.

SENIOR HIGHLIGHT

Merle Wilson

In August, Merle will celebrate a milestone that many only dream of: his *100th birthday*. Born and raised in a close-knit neighborhood on the South Side of Chicago, Merle shared his early years with his twin sister. Merle attended both high school and college in his local area, immersing himself in hands-on learning at a technical school, where he studied woodshop, autoshop, and print setting. Over the years, Merle worked for the U.S. Post Office, the Treasury Department, Sears, and even served as a guard at a state prison. He also spent time selling insurance.

One of the most fascinating moments of Merle's life occurred when he first encountered a transistor radio. Growing up, he was captivated this new technology. Merle was always eager to have the latest version as soon as it was released.

Another unforgettable experience in Merle's life was purchasing his first home in Joliet, Illinois, a small city about 40 minutes outside of Chicago. The move was a big one, and it felt as though he had crossed into another world. The change from the bustling, fast-paced life of Chicago to the quieter, slower pace of Joliet left a lasting impression on him.

Merle has always had a wide range of interests and hobbies. Woodworking has been a passion of his for many years, and he also enjoys reading. He used to bowl seven days a week, even twice on Sundays!

Merle started coming to the center in 2012, and over the years, he has enjoyed both the activities and the strong fellowship it offers. He spent many years volunteering in the kitchen, helping with meals, and also served on the Senior Center Board for two years, where he made valuable contributions to the center. The relationships he's built at the center are what make it so special to him.



We are grateful to have Merle as part of our Senior Center family.

SENIOR CENTER

SUMMER MEMORIES

