



RIVERTOWN REPORT



Antioch Senior Center | May-June 2025



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

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

Holiday Hours- Center Closed
Monday, May 26-Memorial Day
Thursday, June 19th- Juneteenth



Front Desk: (925) 779-7074



Email: seniors@antiochca.gov



ANTIOCHCA.GOV/SENIOR

STAY CONNECTED

Supervisor Message

We are thrilled to announce that our membership has grown to over 1,000 members! It's wonderful to see our seniors actively participating in our daily programs and events, enjoying all that our center has to offer. As we improve our facility, we want to inform you that roof renovations are set to begin in June.



During this time, the center will be closed, but many programs will be relocated to the Antioch Community Center, ensuring continuity in your activities. Additionally, starting July 1st, we will be introducing a modest membership fee of \$20. However, seniors are free to join until this date, so please encourage friends to join before the fee takes effect. Thank you for being part of our growing community. I am committed to providing quality programs and resources and look forward to a fantastic summer together!

Employee Highlight- Melvin Morales

Melvin was born and raised in Antioch. He went to all the local schools, from Mission Elementary to Park Middle School and finally graduating from Antioch High in 2020.



When he's not working at the Senior Center, Melvin is all about staying active. Soccer is his go-to sport, and he loves playing whenever he gets the chance.

Melvin has a passion for graphic design. He even started his own clothing brand about a year ago, and it's been growing ever since.

But it doesn't stop there. Melvin is an avid traveler and has already visited five different countries — Spain, Germany, Italy, Mexico, and France. He's also a fan of unwinding with a good TV show or going to the gym!

We are so happy to have you as part of the team!

A Message from Antioch Friends of Seniors (FRIENDS)

The mission of the Antioch Friends of Seniors is to promote the general well-being of older persons and to enhance important services to the members of the Antioch Senior Center. As a member of the Antioch Senior Center, you are also a member of the newly formed Antioch Friends of Seniors 501(c) 3 nonprofit corporation.

Our main fundraiser is BINGO so please join the fun and help support your nonprofit. FRIENDS will be supporting many special events during the year and working to help reduce the cost of Senior outings during this summer.

If you have any questions or suggestions for FRIENDS, please contact any of the Board members or use the suggestion boxes at the Center. Kind Regards and have a safe and wonderful summer. **-Pat Jeremy, President-**

What is New?

Loaves & Fishes- Free Meals!
Meals distributed every
Wednesday | 10:30am-11:30am

Location: Outside Antioch
Senior Center

**The Impact of Alzheimer's and
Dementia in Our Community**
June 4 | 10am-11am

Presented by: Alzheimer's
Association

Upcoming Workshops & More

Coffee & Conversation



Save the date | June 16th | 10am
• Engage with local senior agencies

NEW
**Men's Friendship Circle at the
Senior Center!**

2nd & 4th Tuesday | 12pm-1pm

Join us as we share our
accomplishments!

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
- Drop-In Tech Support 9:00am-11:00am
- Cane-Do 9:30am-10:30am
- Beginner Ukulele 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

- Pump It Up Reading Class 9:00am-10:00am
(1st & 3rd Tuesday of every month)
- Beginning Sewing 9:30am-11:30am
- Mindfulness Class 9:30am-10:30am
- 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
- Men's Friendship Circle 12:00pm-1:00pm
(2nd & 4th Wednesday of every month)
- Pickleball 1:00pm-3:00pm

THURSDAY

- Rivertown Band 9:30am-11:00am
- Hula Dance 8:00am-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
- Guitar Class 10:30am-11:30am
- Movie Friday 12:15pm movie starts



EVENTS & TRIPS

UPCOMING EVENTS & DRESS UP DAYS

Event May 5- Cinco De Mayo

It's fiesta time! Join us for refreshments, live entertainment & more.



Event May 12- Mothers Day Celebration

Join us as we celebrate all of the mother figures in our life!

Event May 30- Senior Prom

An elegant evening of dancing, music, and memories!

Event June 13- Fathers Day Celebration

Join us as we celebrate all of the father figures in our life!



Event June 20- Senior Summer BBQ

Join us for a fun-filled summer BBQ with delicious food, music, and more!



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****

RIVER FOX TRAIN



JUNE 6

Antioch Resident Rate: \$118

Non-Resident Rate: \$129

Trip Level: 2

GRATON CASINO



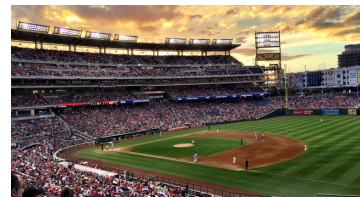
JUNE 28

Antioch Resident Rate: \$65

Non-Resident Rate: \$75

Trip Level: 1

SF GIANTS VS NY METS



JULY 27

Antioch Resident Rate: \$117

Non-Resident Rate: \$129

Trip Level: 2

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: 10am-12pm **Appointment Only!**

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

- Friendship Circles- **Drop- In no appointment required!**
 - Women's Circle- 2nd & 4th Tuesday at 12pm
 - Men's Friendship Circle 2nd & 4th Wednesday at 12pm

DRIVER SAFETY

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

DATE: Thursday, July 10th & 17th ***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!



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.
 - Proof of Antioch residency is required to register.

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
- **MUST** 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.
- Ages 50-60 Mandatory \$6 | Ages 60+ \$3 Donation

MONTHLY MENUS

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

SENIOR HIGHLIGHT

Georgia Baker

This month, we are excited to highlight one of our beloved members, Georgia, who has a passion for helping others. Georgia was born on May 19, 1941 in Visalia, California. She spent about 9 months in Visalia and then her family moved to Martinez, Ca.

From a young age, Georgia was drawn to working with people. She started babysitting at the age of 12, and later worked in a restaurant. Her passion was always working with children, so she continued to do that for most of her life.

Georgia has one daughter named Dianne Leham, three grandchildren, and five great-grandchildren. She has always focused on taking care of her family. Eventually, she moved to Colorado with her husband Joseph. They were married for 16 years and lived in Colorado for over 20 years from 1998 to 2019.

Georgia worked at Walmart and as a CNA during her time in Colorado. She loved Colorado weather because of all of the snow. Later, Georgia's husband passed away and she decided to move back to California to be with family.

In 2019 she moved back to California and her daughter introduced her to the center in 2020. Georgia says that if her daughter had not introduced her to the center she would be stuck at home using her phone 24/7. She is glad her daughter found the Senior Center because she was able to continue her passion for helping others. Georgia is an Antioch Senior Center volunteer who helps with many different tasks like the food bank, nutrition desk, and anywhere else that help is needed.

During her free time, Georgia enjoys knitting and crocheting. She also loves arts & crafts!




Thank you for being part of the center! We appreciate all you do, Georgia!

SENIOR CENTER

CREATING MEMORIES



 Front Desk: (925) 779-7074

 [ANTIOCHCA.GOV/SENIOR](https://antiochca.gov/senior)

 Email: seniors@antiochca.gov