

**OOPS!**

Our request in the October newsletter for donations for the Thanksgiving raffle misstated that items be **new only**. It should have read, **"NEW OR GENTLY USED."** We are still in need of items... please drop off your donations at the Senior Club office.  
**Thank you!**

## IN THIS ISSUE

- Membership Renewal..... 1, Back Cover
- Black & White Gala | New See's Candies.1
- From Your President .....2
- Club Info | Friday Dinner Event.....2
- Club Activities/Events Highlights .....3
- Birthdays & New Members.....4
- Activity List | Sunshine Report.....5
- Our Oldest Member .....5
- Club Activity Calendar .....6
- CC Café Menu.....7
- City-Sponsored Events.....8-11

## REMINDERS

- Birthday Lunch, 11/17, p.4
- Friday Dinner, 11/18, p.2
- Orientation, 11/1, p.4
- Business Mtg., 11/14, p.3
- New Activities, pp.3 & 4
- Sunday Breakfast, 11/20, p.3

**The Center Is Closed  
11/11, 11/24 & 11/25**

**Seniors on the**

# GO

*November 2016*

CONCORD SENIOR CITIZENS CLUB

2727 Parkside Cir • Concord, CA 94519

[http://cityofconcord.org/pdf/recreation/programs/senior\\_newsletter.pdf](http://cityofconcord.org/pdf/recreation/programs/senior_newsletter.pdf)

925-687-2585

## MEMBERSHIP RENEWALS

The end of the year is fast approaching, and on Dec. 1 we will begin renewing memberships. The amount for 2017 is still just \$14. Your renewal form is on the back page of this newsletter. Please mail it with a stamped, self-addressed envelope, and we will send you your new card. Or you can come by the office and renew in person.

***We look forward to you joining us again in 2017!***

## OCTOBER'S BLACK & WHITE ANNIVERSARY GALA

This was a very special event. We honored 21 couples on September 30. Instant photos were taken of the couples and each couple was given a framed picture to commemorate the evening. The tables had beautiful center pieces which were raffled off at the end of the evening. Our very own Strings Group serenaded us with lovely dinner music—a very special “Thank You” to Pat Price (leader), Judy Burmeister, Lu Carter, Carol Earley, Marsha Joy, Joanne Lagerstrom and Jeanine Sims for donating their time to entertain us. (By the way, if you play a string instrument, they would love for you to join them on Monday afternoons.)

The meal was excellent, thanks to Katy and Dickey's (meat was catered by them.) DJ Geri Foley provided dance music after dinner to finish out the night. If you missed this fun evening, our events committee wants you to know they have planned great holiday dinners for the next couple of months. Sign up early as tickets go fast!

Thinking about that little gift you want to give someone special? Need a stocking stuffer? Or just want to try something new yourself? Then check out our new selection of

## See's CANDIES



Mini Jingle Bells Assortment  
An irresistible treat.  
4oz. Box \$5.00



Polar Pals Box  
The ultimate stocking stuffer.  
4oz. Box \$5.00

**AVAILABLE NOVEMBER 10**  
When our supply of these special Christmas scene boxes is gone, we will not be able to reorder.

## See's Awesome Bars

Only \$1.75 Each

- ❖ Walnut Square Bars
- ❖ Peanut Brittle Bars
- ❖ Nut & Chew Bars
- ❖ Milk Chocolate with Toffee Nuggets Bar



**On Sale at the Senior Citizens Club Office**

A CONCORD SENIOR CITIZENS CLUB Fundraiser

*An evening of good food, good music, friendship, and dancing!*





**CLUB OFFICERS**

**President**  
Pat Everetts

**Vice President**  
Kelly Madge

**Chief Financial Officer**  
open

**Director of Operations**  
open

**Director of Marketing**  
Christine Kogut

**Director of Volunteers**  
Nancy Carey

**Secretary**  
Phyllis Kauffman



**Office Manager**  
Beverly Erwin

**Sunshine Reporter**  
Christine Kogut

**NEWSLETTER STAFF**

**Editor**  
Randy Rissler

**Distribution & Mailing**  
Ken Rishell  
Art Watkins

**CLUB OFFICE HOURS**

Mon-Wed 9am-4pm  
Thu 9am-12:30pm  
Fri 9am-3pm

**IMPORTANT NUMBERS**

**Senior Club**  
925-687-2585

**CC Café**  
925-825-1488

**Senior Center**  
925-671-3320



**FROM YOUR PRESIDENT**

*Recap of the Club Business Meeting held October 10, 2016*

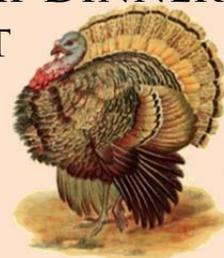
- The Club still needs a person for the office who has book-keeping experience, particularly with QuickBooks. We don't need an accountant, auditor, or CPA; we need someone who can function on a day-to-day basis—running reports, balancing petty cash, preparing data for expenses, etc. Please leave your name at the Club office and I will call you.
- Thanks to the 23 members who responded to the Breakfast survey. 15 said they attend—suggestions were to charge \$5 instead of \$4; do more advertising; church music is too loud. Eight said they don't attend—don't like the food; on a diet; don't like to get up early. We are still pursuing more options for advertising. If you have any suggestions, please put a note in the "IDEA BOX" in front of the Club office.
- The contract for the new bingo equipment was awarded and it should be installed soon. Thank you for your patience!
- Four new activities are being launched. Read more details in this newsletter.
- When we have dancing at our Friday night dinners, the hours will be extended to 7:30 pm.
- The Senior Club will be donating \$200 to the Food Bank.

*Pat E*

**Concord Sr. Club Woodcarvers**  
Official patches are for sale at the Club Office.  
**JUST \$3.00 EACH!**  
All proceeds go to the Concord Senior Citizens Club

**Got Stuff? Sell It Here!**  
**THE NEW CLUB MARKETPLACE**  
Rent your table for just \$10.  
Setup your tables. Take your money to the bank!  
(In 2 hours...we don't take any commissions!)  
November's Club Marketplace will be on Wednesdays, Nov. 2 & 16, 10:30am - 1:30pm.  
Watch for future dates in the newsletter.

**FRIDAY DINNER EVENT**



**TRADITIONAL THANKSGIVING DINNER**

**Turkey plus all the fixings.**

Alternate choice:

**Vegetarian stuffed acorn squash entrée.**

*Come join us for laughter and cheer. Share your tales of blessings from throughout the year.*

**NOVEMBER 18**

Doors open at 4:30  
Dinner served at 5:00.

**Members: \$12**

**Nonmembers: \$15**

Purchase tickets by Nov. 14 @ 4:00pm

Come early so you can check out our **GREAT RAFFLE PRIZES!**

You may participate in advance ticket sales for the Christmas dinner.

**Table Reservations:**

You must have 8 people to reserve a table, and you must give their names at that time. Some of our guests are disappointed when they arrive and can't find a place to sit.

*Please help everyone feel welcome!*



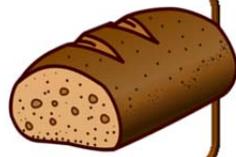
**Hospitality**

Mon, Tue, Fri • 9:00-10:15am • Wisteria Room  
25¢ coffee • free pastries • good company

**Bread Program**

**MONDAY & FRIDAY**

Club Members: 9:00–10:30am  
General Public: 10:00–10:30am



**\$3 Spaghetti Lunch** at 11:45am  
Followed by **BINGO** at 12:30 pm

Bingo pack \$5 (6 cards /10 games)  
Special games cost extra  
**Sunday, November 13**

**BOOK CLUB** MON. 11/21/16  
**The Girl on the Train** 1:15 PM

by Paula Hawkins  
The debut psychological thriller that will forever change the way you look at other people's lives.

**OPEN BUSINESS MEETING**

**Monday, Nov. 14, 12:45 pm**  
All Club Members are encouraged to attend.  
Board Members are present to

- Hear your comments • Field your questions
- Keep you informed about Club business

—refreshments served—

**CORNHOLE**

[ SOFT HORSESHOES ]

**1st & 3<sup>rd</sup> Thursdays, 12:30–3:30pm**

Get together for fun, exercise and a little competition. We'll have singles and doubles play depending on the number attending, and occasional tournaments. Cost is \$2.00. Come join the fun!



**Afternoon at the Movies**  
**Mon., Nov. 14 • 2pm • Wisteria Room**  
• **FREE** movie • **FREE** popcorn • **FREE** to bring refreshments



2001 movie, PG, 130min  
Starring:  
Clint Eastwood,  
Tommy Lee Jones,  
Donald Sutherland,  
James Garner

When a retired engineer is called upon to rescue a failing satellite, he insists that his equally old teammates accompany him into space.



**Adult Coloring & Puzzles**

**2nd & 4th Thursdays** □ **12:30 to 2:00pm**

Relax...let your creativity flow in artistic colors. Create one-of-a-kind signature pieces. All you need is a desire to sit quietly and let yourself make something beautiful. Benefits are relaxation, stress relief, mindful calm, creative expression. Even doctors are doing it! Due to the upcoming holidays and center closings, the schedule is Nov. 10, Dec. 8 & Dec. 22. Puzzles will also be included. Cost: just \$2.00.

**SUNDAY**



**Family Breakfast**

**Nov. 20 • 9:00–10:45am**  
**PANCAKES or BISCUITS & GRAVY**  
with eggs, ham, fruit, a fresh pastry, coffee, juice, and service with a smile.  
Sugarless syrup is available.

Adults & Children 12+ yrs.	\$4
Children age 3–11 yrs.	\$2
Children 2 and younger	FREE

**Trivial Pursuit**

**2nd & 4th Tuesdays, 12:15–2 pm**

Challenge your memory while getting to know fellow club members in a fun atmosphere. Because of the upcoming holidays and center closures, the schedule is Nov. 8, Nov. 22, and Dec. 13.  
Cost is just \$2.00 per session.

**November  
Birthday Lunch**

for our honored guests will be  
Thursday, Nov. 17 at 11:15am  
*Reservations must be made  
by 4pm on Monday, Nov. 14.*

You may have one guest  
join you at the birthday table.

If your guest is at least 60,  
we request a donation of \$2.

A guest under 60  
**MUST** pay \$5 for the lunch.

—If you are not a regular patron  
of CC Café, you must complete a  
NAPIS form and should come in  
by 11am—

**IF YOU ARE NOT ABLE  
TO HONOR YOUR  
RESERVATION, PLEASE  
CALL 925-687-2585 TO  
CANCEL!**

*Happy  
Birthday!*

Anand	Don	23
Anderson	Cynthia	7
Armstrong	Janet	5
Artale	Christina	24
Assenza	Angela	3
Bagneschi	Adrain	21
Beach	Dennis	13
Brady	Jim	14
Bratton	Frank	14
Broder	David	18
Broussard	Cynthia	22
Brown	Johnny	6
Burton	Linda	14
Carey	Ed	15
Casaglio	Joe	3
Casaglio	Ninfa	10
Chamberlain	Jeraldine	7
Chan	Tom	24
Channer	Barbara	12
Colburn	Christine	30
Collins	Barbara	7
Collins	Kellie	17
Colombana	Lexi	14
Connolly Iii	Robert	26
Constantinides	Bruce	6
Coon	Dorena	24
Di Carlo	Alma	22
Dimech	Angelo	15

Ensminger	Doloris	22
Erwin	Beverly	19
Fernandes	Don	21
Fernando	John	19
Figueroa	Ronald	7
Furco	Mary-Ann	8
Garcia-Bradley	Denise	22
Gareis	Donald	19
Giannini	Dolores	7
Gibian	Elsie	3
Gillis	Joseph	4
Gillis	Lynnette	9
Gomez	Victoria	17
Haydock	Anne	9
Johnson	Caren	25
Johnson	Jack	11
Johnson	Virginia	21
Kalmbach	Beverly	3
Kauffman	Phyllis	30
Kim	Tae Jin	7
Kingston	Cathi	2
Klein	James	27
Kohler	Judith	8
Lastra	Nancy	15
Leslie	Bess	14
Maurino	Joe	24
Miller	Clarke	17
Mitchell	Siglinde	16
Morgan	Suzanne	29
Munson	Violet	21
Nagy	Mike	22
Nolden	Vickie	15
Padilla	Wilfredo	21
Pearson	Laura	28
Phillips	Roger	21
Rishell	Patricia	22
Robb	Lisa	19
Rue	Douglas	5
Saary	Marta	13
Scheer	Judy	16
Schoettler	Joan	25
Schroyer	Lanette	22
Schultz	Diane	13
Simons	L. Jeanne	25
Spaulding	Katharina	23
St Denis	Patti	17
Styve	Donna	1
Sugarman	Donna	4
Sweet	George	5
Tellez	Oscar	24
Terry	Milo	4
Titus	Brenda	16
Tom	Paulette	10
Tsujimoto	Frances	13
Turman	William	24
Valenzuela	Catherine	29
Venturino	Norma	17
Walker	Edwin	9
Warbington	Jim	18
Watson	Pat	21

Whipple	Ida	3
Woosley	Pat	19
Yee	Janet	12
Young	Beverley	19

**Over 90**

Barriskill	Bob	20
Boyer	William	29
Chapman	John	7
Descalzo	Joseph	15
Fiacco	Michael	18
Floyd	Margaret	25
Gerencser	Betty	20
Greendale	Keith	7
Kolle	Lena	23
Little	Betsy	6
Maggio	Mario	23
Rodrigues	John	5
Spetz	Pierrette	21
Talcherkar	K	18
Thomas	Evelyn	26
Wright	Ross	26



- Joan Albort
- Bruce Ely
- Debbie Gomez
- Lena Kolle
- Lisa Laiolo-Bruce
- Milagros Reyes
- Astiti Schnibben
- Kuahg Tung
- Adrian Wagner

**NEW MEMBER ORIENTATION**

Tuesday, Nov. 1, 10am  
Register by 10am Monday, Oct. 31  
for a complimentary lunch in our CC Café  
by calling the Club office to reserve your  
lunch or to cancel your reservation.  
925-687-2585

*Please note that there will be no  
New Member Orientation  
in December or January.*

**CONCORD SENIOR CITIZENS CLUB ACTIVITY LIST**

ACTIVITY	DAY(S)	TIME	LEADER	PHONE
BINGO	Wed, 2nd Sun	12:30-3:30pm	Kelly Madge	864-1685
Book Club	4th Mon	1:15pm	Joan Schoettler	689.-8646
Breakfast	3rd Sun	9-10:45am	Punkey Hager	827-2648
Bridge	Tue	1pm	Eldonna Dayton	682-3778
Bunco	Mon	1-3pm	Nancy Lastra	372-4232
Canasta	Wed	12:15-4pm	Marina Chavez	674-8910
Coffee & Chatter	Mon	10-11am	Robert Nash	682-2641
Computer Club	2nd & 4th Wed	3-4pm	Harry Driskill	689-7924
Dance - Tea	Tue	1:30-3:30pm	Louise Cohen	685-7065
Thursday Line Dance	Thu 3rd Thu	10-11am 9-10am	Donna Jeffery	686-1196
Golf (Diablo Creek)*	Mon	9am	Al Tufo	798-4129
Hospitality	Mon, Tue, Fri	9-10:15am	Hostess	565-2011
Movie/Afternoon	2nd Mon	2pm	Maria Cardenas	681-2629
Pedro	Tues, Fri	12pm	Sheri Jelich	825-4457
Ping Pong	Fri 4th & 5th Mon	11:45am 12:45pm	Bob Hartmann	825-9031
Pinochle	Tue, Fri	9am	Betty Gazano	672-1180
Poker	Wed, Fri	9am	Gene Wallace	228-7074
Pool Room	Mon-Fri	9am-5pm	Laura Tow	980-3842
RummiKub/Mahjongg	Fri	12:30pm	Marion Larson	685-6803
Sing Along	Mon	12-1pm	Lavora Copley	691-5747
String Ensemble	Mon	1:30-3:30pm	Pat Price	676-2556
Softball (50+)*	Thu	8am-12pm	George Baldocchi	685-7705
Woodcarvers	Tue	12:30-3pm	Jack Borde	827-9716

ACTIVITIES HELD UNLESS CENTER IS CLOSED.

\*OFF-SITE (CALL FOR LOCATION)

**Sunshine  
Report****Condolences To**

Jeri Chamberlain  
in the passing of  
her husband Tandy

The Family of  
Delores Rogers  
in her passing

Lily Greendale  
in the passing of  
her husband Keith

**Get Well Soon**

June Katayama  
Christine Kogut  
Sandra Mercado  
Larry Myers  
Robert Tuck



On November 16  
we will be giving away

**SAFeway****GIFT CARDS**

as door prizes  
at BINGO..

You must be playing  
BINGO to be eligible  
for the drawings.

— NOTE —

We will be closed on  
November 23 but  
BINGO will be back  
on November 30.

**OUR OLDEST MEMBER**

We would like to honor a very special couple, Josephine and Ermino Trebino. Ermino has the distinction of being our oldest Club member, turning 106 in October. Josephine is a young 98. Ermino was born here, and they have lived in Concord all their married life—they celebrated their 80<sup>th</sup> anniversary on July 30. They have two daughters and one son, six grandchildren, nine great-grandchildren, and one great-great grandchild. The couple have been members of the Club for 14 years.

***Congratulations Josephine and Ermino!***

# CONCORD SENIOR CITIZENS CLUB DAILY ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Check Out Your NEW! Activities</b></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li><b>New Member Orientation-10am See p.4</b></li> <li>Pedro-12:30pm</li> <li>Woodcarvers-12:30-3:00pm</li> <li>Bridge-1:00pm</li> <li>Tea Dance-1:30-3:30pm</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>BINGO-12:30-3:30pm</li> <li>Canasta-12:15-4:00pm</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Softball 50+ - 8:00am-12:00pm</li> <li>Pool-9:00am-5:00pm</li> <li>Line Dance-10:00-11:00am</li> <li><b>Corn Hole-12:30-3:30pm NEW!</b></li> <li>Club Office closes @ 12:30pm</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>Ping Pong-11:45pm</li> <li>Pedro-12:30pm</li> <li>RummiKub &amp; Mahjongg-12:30pm</li> </ul>
<p><b>6</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Golf-Diablo Creek-9:00am</li> <li>Hospitality-9:00-10:15am</li> <li>Pool-9:00am-5:00pm</li> <li>Coffee &amp; Chatter-10:00-11:00am</li> <li>Sing Along-12:00-1:00pm</li> <li>Bunco-1:00pm</li> <li>String Ensemble-1:30-3:30pm</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li><b>Trivial Pursuit-12:15-2:00pm NEW!</b></li> <li>Pedro-12:30pm</li> <li>Woodcarvers-12:30-3:00pm</li> <li>Bridge-1:00pm</li> <li>Tea Dance-1:30-3:30pm</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>BINGO-12:30-3:30pm</li> <li>Canasta-12:15-4:00pm</li> <li>Computer Club-3:00-4:00pm</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Softball 50+ - 8:00am-12:00pm</li> <li>Pool-9:00am-5:00pm</li> <li>Line Dance-10:00-11:00am</li> <li><b>Adult Coloring/Puzzles-12:30-2:00pm NEW!</b></li> <li>Club Office closes @ 12:30pm</li> </ul>	<p><b>11</b></p> <p><b>Sorry WE'RE CLOSED</b></p> 
<p><b>13</b></p>  <p><b>SPAGETTI LUNCH</b> 11:45am, \$3</p> <p><b>BINGO</b> 12:30pm</p> <p>See p.3</p>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Golf-Diablo Creek-9:00am</li> <li>Hospitality-9:00-10:15am</li> <li>Pool-9:00am-5:00pm</li> <li>Coffee &amp; Chatter-10:00-11:00am</li> <li>Sing Along-12:00-1:00pm</li> <li><b>Open Business Meeting-12:45pm See p.3</b></li> <li>Bunco-1:00pm</li> <li>String Ensemble-1:30-3:30pm</li> <li>Afternoon at the Movies, 2:00pm. See p.3</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>Pedro-12:30pm</li> <li>Woodcarvers-12:30-3:00pm</li> <li>Bridge-1:00pm</li> <li>Tea Dance-1:30-3:30pm</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li><b>HOLIDAY BINGO-12:30-3:30pm</b></li> <li>Canasta-12:15-4:00pm</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Softball 50+ - 8:00am-12:00pm</li> <li>Pool-9:00am-5:00pm</li> <li>Line Dance-9:00-10:00am</li> <li><b>Corn Hole-12:30-3:30pm</b></li> <li><b>Birthday Lunch 11:15am See p.4</b></li> <li>Club Office closes @ 12:30pm</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Hospitality-9:00-10:15am</li> <li>Pool-9:00am-5:00pm</li> <li>Pinochle-9:00am</li> <li>Poker-9:00am</li> <li>Ping Pong-11:45pm</li> <li>Pedro-12:30pm</li> <li>RummiKub &amp; Mahjongg-12:30pm</li> <li><b>Friday Dinner Event See p.2</b></li> </ul> 
<p><b>20</b></p> <p><b>FAMILY BREAKFAST</b> 9:00-10:45am See p.3</p> 	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Golf-Diablo Creek-9:00am</li> <li>Hospitality-9:00-10:15am</li> <li>Pool-9:00am-5:00pm</li> <li>Coffee &amp; Chatter-10:00-11:00am</li> <li>Sing Along-12:00-1:00pm</li> <li>Bunco-1:00pm</li> <li>Book Club-1:15pm See p.3</li> <li>String Ensemble-1:30-3:30pm</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li><b>Trivial Pursuit-12:15-2:00pm</b></li> <li>Pedro-12:30pm</li> <li>Woodcarvers-12:30-3:00pm</li> <li>Bridge-1:00pm</li> <li>Tea Dance-1:30-3:30pm</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>Canasta-12:15-4:00pm</li> <li><b>NO BINGO TODAY!</b></li> <li>Computer Club-3:00-4:00pm</li> </ul>	<p><b>24</b></p> <p><b>25</b></p> <p><b>Happy Thanksgiving</b></p> <p><b>Sorry WE'RE CLOSED</b></p>	
<p><b>27</b></p>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Bread Program—see p.3</li> <li>Golf-Diablo Creek-9:00am</li> <li>Hospitality-9:00-10:15am</li> <li>Pool-9:00am-5:00pm</li> <li>Coffee &amp; Chatter-10:00-11:00am</li> <li>Sing Along-12:00-1:00pm</li> <li>Ping Pong-12:45pm</li> <li>Bunco-1:00pm</li> <li>String Ensemble-1:30-3:30pm</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Hospitality-9:00-10:15am</li> <li>Pinochle-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>Pedro-12:30pm</li> <li>Woodcarvers-12:30-3:00pm</li> <li>Bridge-1:00pm</li> <li>Tea Dance-1:30-3:30pm</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Poker-9:00am</li> <li>Pool-9:00am-5:00pm</li> <li>BINGO-12:30-3:30pm</li> <li>Canasta-12:15-4:00pm</li> </ul>		

**NOVEMBER 2016**

**C.C. CAFE**

**NOVEMBER 2016**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



1  
**COLD PLATE**  
\* Asian Chicken Salad (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)  
\* Bok Choy Soup  
\* 4-Bean Salad  
\* Hawaiian Roll w/Butter  
\* Banana

2  
Tuna Noodle Casserole  
Sliced Carrots  
Stewed Tomatoes  
Pineapple Chunks  


3  
Ye Old Pub Cheese Burger  
Split Pea Soup  
Potato Salad  
\* Spring Bean Medley  
Lettuce, Tomato & Onion Catsup, Mustard  
Mayonnaise & Relish  
Bun  
Seasonal Fresh Fruit

4  
Cheesy Red Veggie Lasagna w/Parmesan Cheese  
\* Broccoli Spears  
\* Tossed Salad w/Ranch Dressing  
Lime Gelatin w/ Whipped Topping (Diet Lime Gelatin)

7

8

9

10

11

Chicken Marsala  
Minestrone Soup  
\* Mashed Potatoes  
\* Carrots in Lite Sauce  
\* Citrus Fruit

Lincoln's Log Cabin  
Hearty Beef Stew  
\* Steamed Spinach  
Mixed Green Salad w/1000 Island Dressing  
Biscuit w/Butter  
Fresh Pear

Sweet & Sour Pork  
\* Cabbage Salad w/Poppy Seed Dressing & Crispy Noodles  
Green Peas  
Brown Rice  
Tapioca Pudding  
\* (Fresh Orange)

Breaded Cod Fish w/Lemon Slice  
Clam Chowder  
\* Capri Vegetables  
Potato Wedges  
Tartar Sauce  
Strawberry Gelatin w/Mixed Fruit  
(Diet Strawberry Gelatin w/Mixed Fruit)



**VETERAN'S DAY**

14

15

16

17

18

Spaghetti & Meatballs with Parmesan Cheese  
Italian Vegetables  
Mixed Green Salad w/Creamy Italian Dressing  
\* Fresh Tangerine

Mediterranean Chicken Taco  
Sliced Beets  
\* Red Potatoes  
Creamy Cucumber Salad  
Pita Bread  
\* Tropical Fruit  


**CONCORD HOLIDAY BINGO**  
Veal Bird w/Mushroom Gravy  
Cream of Spinach Soup  
Garlic Mashed Potatoes  
Vegetable Bean Medley  
Raspberry Gelatin w/Pears  
(Diet Raspberry Gelatin w/Pears)

**COLD PLATE**  
Cobb Salad  
Creamy Tomato Basil Soup  
Blue Cheese Dressing  
Carrot Raisin Salad  
Dinner Roll w/Butter  
\* Mandarin Oranges

Roast Beef w/Gravy  
\* Broccoli Spears  
\* Baked Potato w/Butter  
\* Spinach Salad w/Catalina Dressing  
Brownie  
(Applesauce)

21

22

23

24

25

Beer Batter Fish & Chips  
\* Green Beans  
\* Coleslaw Salad w/Poppy Seed Dressing  
Tartar Sauce, Vinegar  
Mixed Fruit

**THANKSGIVING DAY CELEBRATION!**  
Traditional Old Fashioned Turkey Dinner w/Gravy  
\* Mixed Vegetables  
Mashed Potatoes  
Stuffing  
Cranberry Sauce  
Sweet Potato Pie (Peaches)

BBQ Chicken Breast  
Corn Chowder  
\* California Blend  
\* Potato Salad  
Whole Wheat Roll w/Butter  
\* Tropical Fruit



28

29

30

**NEW!**  
\* Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese  
Sliced Carrots  
Tossed Salad w/Balsamic Vinaigrette  
\* Citrus Fruit

Pork Carnitas  
Salsa  
Pinto Beans  
Green Salad w/Ranch Dressing  
Whole Wheat Tortilla  
\* Fresh Orange

**COLD PLATE**  
Mock Crab Salad  
Potato Leek Soup  
4-Bean Salad w/Carrots  
\* Mandarin Oranges  
Lettuce, Tomato & Onion  
French Bread  
Sherbet (Banana)

\* = Vitamin C  
\_ = Vitamin A  
( ) = Dessert of Choice  
All meals served w/low fat milk.



**CONCORD CC CAFE PHONE 925-825-1488 10-11 A.M. MONDAY-FRIDAY. PLEASE CALL DAY BEFORE TO RESERVE OR CANCEL. 5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**



[www.cityofconcord.org](http://www.cityofconcord.org)

# Concord Senior Center

PARKS & RECREATION

## Trips & Destinations @ a glance

### NOVEMBER

**Level 3 – Golden Gate Fields.** Place your bet and have fun even if you don't win at all. We are off to the Races at the elegant Turf Club to try Lady Luck at Win, Place and Show. We will enjoy the Prime Rib Buffet Luncheon. Friday, Nov. 4, 10:30a.m.-5:00 p.m., Fee \$55, Course #101472. No refunds or cancellations.

**SOLD OUT**



**Level 1 - Diablo Ballet – A Swingin' Holiday.** Great opportunity to meet and greet the dancers in their costumes, and complimentary reception with coffee and delectable sweets after the performance. Saturday, Nov. 12, 12:00p.m.-4:00 p.m., Fee \$40, Course #102388. No refunds or cancellations.

**Escort Lynn Arnone**

**Level 2 – Gifts n Tyme Holiday Fair in Napa.** Kick off the holiday season with a nice trip to the Wine Country. Come be a part of Napa Holiday traditions. Saturday, Nov. 19, 10:00a.m.-5:00 p.m., Fee \$25, Course #101726. No refunds or cancellations.

**WAITLIST ONLY**

**Escort Nancy Sansom**

**Level 3 – Hillmar Cheese Co. & Poinsettia Farm.** Tuesday, November 29, 9:00a.m.-5:00 p.m., Fee \$41, Course #102035. No refunds or cancellations.

**Escort Mary Ann Sams**

### DECEMBER



**Level 3 – Academy of Sciences.** Thursday, December 8, 9:00a.m.-5:00 p.m., Fee \$70, Course #101472. This trip is a fee include package. No refunds or cancellations after November 23.

**WAITLIST ONLY**

**Escort May Rae Lehman**

**Level 2 – Red Hawk.** Friday, December 9, 9:00a.m.-6:00 p.m., Fee \$32, Course #101494. No refunds or cancellations after November 18. Transportation: Motorcoach

**Escort Kelly Madge**

**Level 2 – Mare Island Historic Park Holiday Tour.** Saturday, December 10, 9:00a.m.-3:15 p.m., Fee \$50, Course #101496. No refunds or cancellations after November 18.

**Escort Mary Rae Lehman**

**Level 1 – White Christmas Music of Irving Berlin.** Wednesday, December 14, 12:00p.m.-5:30p.m., Fee \$50, Course #101499. No refunds or cancellations after November 23.

**WAITLIST ONLY**

For more detailed information on trips and destinations, visit [www.cityofconcord.org/seniors](http://www.cityofconcord.org/seniors), click on trips and tours or visit us at the Reception Desk.

**Level 1 – Easy / Mild.** Up to 2 blocks of walking on even terrain and a few stairs.

**Level 2 – Moderate.** Up to 4 blocks of walking and some include and/or steps involved.

**Level 3 – Strenuous.** More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time.


[www.cityofconcord.org](http://www.cityofconcord.org)

# Concord Senior Center

PARKS & RECREATION

## Classes being offered



### COMPUTER CLASSES

**Generations on Line®. Internet 101.** Learn to use a tablet computer at our FREE and FRIENDLY Sip & Wipe Café®. What is Sip and Swipe Café®? It is a place where you can get free lesson on how to use a tablet. Come join the class on Friday, Nov. 4 at 9:00am. Register now! Course #101535. Limited to 12 registrants.

**Generations on Line®. Email basic.** Learn to use a tablet computer at our FREE and FRIENDLY Sip & Wipe Café®. What is Sip and Swipe Café®? It is a place where you can get free lessons on how to use a tablet. Come join the class on Friday, Nov. 18 at 9:00am. Register now! Course #101536. Limited to 12 registrants.

**Private Help with Your Tablet, Computer or Cell Phone.** Wanna get the most out of your electronic device? Sign up for a 1 on 1 assistance with your tech device: tablet, cell phone or computer. Call 671-3320 to schedule an appointment with our computer coaches.



### WORKSHOP

#### **Reverse Mortgages: Wealth Management Tool Retirement Planning**

If you are 62 or older, learn how a reverse mortgage can extend the life of your retirement assets. Thursday, November 17, 1:30a.m.-2:30p.m., Fee \$2, Course #101715.  
Instructor Jon Carlson

#### **Wills, Power of Attorney and Advanced Health Care Directives**

In this workshop, each student will receive a 'fill in the blanks' Will, Durable Power of Attorney and Advanced Care Directive Form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms. Monday, November 7-14, 1:30pm-3:30pm, Fee \$13, Course #101281

#### **Trusts and Estate Planning Made Simple**

Revocable Living Trusts avoid probate. But did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kinds you choose. Have your questions answered by an experienced attorney who will explain exactly how Trusts and Wills work in a way that is easy to understand. Monday, November 21-28, 1:30pm-3:30pm, Fee \$13, Course #102396

For more detailed information on classes and workshops, call (925) 671-3320 or visit [www.cityofconcord.org/seniors](http://www.cityofconcord.org/seniors)





www.cityofconcord.org

# Concord Senior Center

PARKS & RECREATION



## Holiday Gift & Craft Fair

Handmade Crafts, Clothing, Jewelry, Plants, and Delicious Baked Goods

**Friday, December 2, 2016**  
**9:30am - 2:30pm**

Concord Senior Center - 2727 Parkside Circle  
 (925) 671-3320 opt.1 [www.cityofconcord.org/senior](http://www.cityofconcord.org/senior)



Shop and enjoy entertainment at the Gift & Craft Fair. For vendor registration, visit [www.ConcordReg.org](http://www.ConcordReg.org), course #101381 for call (925) 671-3320 for more information.



### Holiday Program Helps Concord Seniors

Share the holiday spirit and take part in the Be a Santa to a Senior (BASTAS) service program. This program will positively impact our community by providing holiday cheer and gift giving to seniors who are least likely to receive a present and who are lonely and financially needy.

**Pick up an ornament tag, purchase gift wishes and return unwrapped gifts along with the ornament gift tag at the following locations November 13 - December 11**

- \*Min's Kitchen - 3505 Clayton Rd
- \*Minamoto - 4305 Clayton Rd -Ste A
- \*City of Concord Civic Center - 1950 Parkside Dr., Wing A
- \*Concord Police Department - 1350 Galindo St.
- \*The Old Spaghetti Factory - 1955 Mt. Diablo (November 25 - December 11)

For more information on the program contact Avis Connolly at (925)671-3419 or by email [avis.connolly@cityofconcord.org](mailto:avis.connolly@cityofconcord.org) or Tess Locsin at (925)280-9688.






**Diabetes Academy**

is Now in Session

**Latina Celebrity Chef Doreen Colondres** Comes to Concord Senior Center

Date: Saturday, November 12th

Time: 12-1pm

Location: Concord Senior Center  
 2727 Parkside Circle, Concord CA 94519

Refreshments will be served. There is no charge for the event, help us plan for food by reserving your spot!  
**RSVP mailbox 800-745-6686 extension 10126**

Join leading Latina celebrity chef and creator of "The Kitchen Doesn't Bite" brand, Doreen Colondres, and a Novo Nordisk Diabetes Educator for a healthy cooking demonstration and educational workshop.

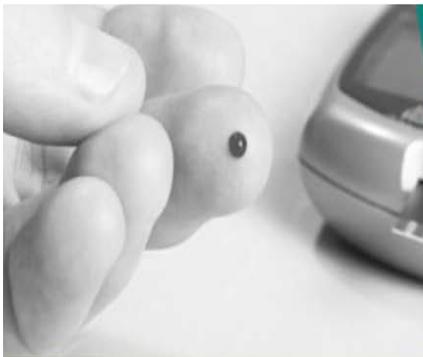
**Diabetes Educators will teach:**

**Diabetes 101 • Staying Healthy**

Chef Doreen Colondres will show how to make a low-carb, full-flavor dish and share favorite healthy recipes.

Diabetes Academy is offered by Novo Nordisk, a leading diabetes care company. For tools and resources to manage day-to-day care, visit [Cornerstones4Care.com](http://Cornerstones4Care.com).

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.  
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# FREE

## Health Screenings

Blood Glucose  
 Blood Pressure  
 Dental, Eye, Hearing, and more

## Diabetes HEALTH FAIR

### WHO

Individuals with diabetes, family members & friends

### WHEN

Saturday, Nov 12, 2016  
 10am -2pm

### WHERE

Concord Senior Center  
 2727 Parkside Cir  
 Concord, CA 94519

### Presentations by

Endocrinologist  
 Celebrity Chef  
 Tai Chi instructor

\*\*\*  
 Medication review  
 (Bring your medications/list)  
 Raffle Prizes

Brought to you by  
 Diablo Chapter: California Society of Health System Pharmacists

Contact email  
[dshp.diabetes@gmail.com](mailto:dshp.diabetes@gmail.com)



www.cityofconcord.org

# Concord Senior Center

PARKS & RECREATION

Contra Costa  
**SLS**  
SENIOR LEGAL  
SERVICES

## ADVANCE HEALTH CARE DIRECTIVE

A service from a trusted nonprofit

NEW CLINIC!

Please join us for preparation of your:

### FREE Advance Health Care Directive

Everyone, in particular seniors, should have an Advance Health Care Directive. It is the legally recognized document that insures your health care wishes are known and considered if you cannot speak for yourself. This important document also allows you to appoint a representative/agent to make health care decisions for you.

Contra Costa Senior Legal Services' attorneys will prepare an Advance Health Care Directive for you for FREE on:

### The Second Thursday of Every Month 9:15am-11:30am.

Please sign up at the Concord Senior Center reception desk or call (925) 6761-3320.

## Community Partners Clinic CCSLs, AIG and Concord Senior Center

40 YEARS  
CONTRA COSTA  
SENIOR LEGAL SERVICES

CCSLs has been providing  
free legal services to seniors  
for 40 years



## Need Help with your Medicare Plan Comparisons for Open Enrollment

### Medicare Plan Review

Do you have questions about your Medicare health or prescription drug plan for 2017? The Concord Senior Center, 2727 Parkside Circle, is hosting a Medical Plan Review, November 17, from 1 to 4 p.m. The workshop will answer your questions about Medicare health plan or prescription plan for 2017 and help with choosing the plan that is right for you. This is the time to understand your coverage. Learn about enrolling, the benefits and costs and selecting drug and supplemental coverage. This workshop is presented by Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP). The workshop is free. Materials are provided. Register at [www.ConcordReq.org](http://www.ConcordReq.org) course #101234 or for more information contact Program Coordinator Dario Sanchez at (925) 671-3017.

## Concord Senior Center — 50 & Better

# Health & Human Services

### Age Strong, Live Long Health Expo

February 24, 2017 9:00am - 2:00pm. Presentation, Health Screenings, and Resources on Programs for seniors.

### Care Manager - Adults 60+

Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30a.m. - 3:00p.m. and Thursday from 9:30a.m. - 11:30a.m.** For more information or to schedule an appointment contact the center.

### CC Café Hot Lunch Program

Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. - 11:30a.m. for more information and a menu.

### Senior Peer Individual Counseling - Adult

**55+** Contra Costa Health Services Senior Peer Counseling offers one-on-one, 45-minute counseling sessions every **Monday and Tuesday from 9:30a.m. - 11:30a.m.** Services are free and confidential. Call for an appointment.

### Vision Support Group

Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1:00p.m.** No registration necessary.

**HICAP - Health Insurance Counseling and Advocacy Program.** Call (925) 602-4168 for an appointment. Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **1st, 2nd, 3rd and 4th Friday of each month from 1:00p.m. - 3:00p.m. and 1st & 2nd Tuesday from 12:30p.m. - 2:30p.m.**

### Notary Services - Adults 50+

Services are provided free of charge from **10:00a.m. - 11:00a.m. every Wednesday.** No appointment necessary.

### AARP Driver Safety

This course is taught on the **1st and 2nd Wednesday** every other month from **9:00a.m. till 1:00p.m.** Cost for AARP members: \$15; cost for non members: \$20. Call to register.

### Senior Center Scholarship Program

Scholarship Program is available to **adults 50+ residing in Concord** who wish to participate in the Senior Center Program. **Approved applicants** receive a maximum of \$100 per individual, per year with \$5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

### Memory Screening

Screenings will held on **4th Monday of each month from 1:00p.m. - 3:00p.m.** with the exception of May (holiday).

### Alzheimer's Support Group

Alzheimer's Support group meets on the **4th Wed from 1:15p.m. - 3:15p.m.**

### Get Around Taxi Program

Program is available to **Concord residents and 65 years and older.** Applications will be accepted on Monday and Tuesday from 10:00am-12:00noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to [www.cityofconcord.org/](http://www.cityofconcord.org/) senior and click on Get Around Taxi Program.

### Legal Assistance

A free legal clinic preparing *Advance Health Care Directives* is held by Contra Costa Senior Legal Services on the **2nd Thurs** of every month, 9:15-11:30 am. For assistance with other legal issues, call CCSLS headquarters in Concord at (925) 609-7900 or email [le-galhelp@ccsls.org](mailto:galhelp@ccsls.org). CCSLS is a 40-year-old non-profit agency that provides free legal services to seniors.



The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9:00 a.m. and 12:00 p.m., after 12 p.m. press option 1, or email [concordsc@cityofconcord.org](mailto:concordsc@cityofconcord.org).

Presorted  
 Standard  
 US Postage Paid  
 Permit No. 207  
 Concord, CA

[http://cityofconcord.org/pdf/recreation/programs/senior\\_newsletter.pdf](http://cityofconcord.org/pdf/recreation/programs/senior_newsletter.pdf)

**Concord Senior Citizens Club**  
 2727 Parkside Cir • Concord, CA 94519

Valued Dated Material

**Senior CLUB Office Hours**

Mon–Wed ..... 9am–4pm  
 Thu ..... 9am–12:30pm  
 Fri ..... 9am–3pm

**Senior CENTER Office Hours**

For City Activities Registration  
 Mon–Fri..... 9am–Noon  
 After hours, sign up online at  
 concordreg.org or leave registrations  
 in the drop box at the City front desk

**Phone Numbers**

Senior Club ..... 925-687-2585  
 Senior Center ..... 925-671-3320  
 CC Café ..... 925-825-1488  
 Travel Desk..... 925-671-3320 ext 1

**CURRENT RESIDENT or**

AFFIX LABEL HERE

## 2017 Concord Senior Citizens Club Renewal Form

To renew by mail, complete and attach this form, a check for \$14.00 per member, and a self-addressed stamped envelope (so we can mail your new membership card to you), and mail to:

**Concord Senior Citizens Club | 2727 Parkside Circle | Concord, CA 94519-2523**

If you do not include a self-addressed stamped envelope, you may pick up your new membership card at the Club office.

**IF YOU WERE BORN IN 1927 OR PRIOR, YOUR MEMBERSHIP IS FREE, and your new card will be automatically mailed to you.**

MEMBERSHIP # _____	NAME _____	_____
	LAST	FIRST
MEMBERSHIP # _____	NAME _____	_____
	LAST	FIRST

**COMPLETE THIS SECTION ONLY IF THERE ARE CHANGES TO THE INFORMATION WE HAVE ON FILE FOR YOU**

MARITAL STATUS  MARRIED  WIDOWED  SINGLE

ADDRESS _____	CITY _____	ST _____	ZIP _____	PHONE 1 _____	PHONE 2 _____
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**EMERGENCY CONTACT INFORMATION**

NAME _____	RELATIONSHIP _____
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ADDRESS _____	CITY _____	ST _____	ZIP _____	PHONE 1 _____	PHONE 2 _____
---------------	------------	----------	-----------	---------------	---------------