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## 2014 SENIOR SOUNDS PICK UP PARTIES!



Pick up a donut, pick up a cup of coffee and pick up your July Senior Sounds!

On **Monday, June 23rd between 9am and 11am** drop-by the Chateau Room and grab your July newsletter hot off the press! Be one of the first to get it!! If you are currently receiving the e-newsletter there will not be a copy available to you at the Pick Up Party but rather we will send your copy even earlier! Look for your e-news in your mailbox on June 16th!

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### Thirsty Thursday

Thursday, June 26 at 4pm in the Dining Room

Tickets are \$10 Presale and \$15 at the Door

Beat the summer heat with an icy Margarita or a glass of wine with your friends (non-alcoholic available)! Appetizers will be served.

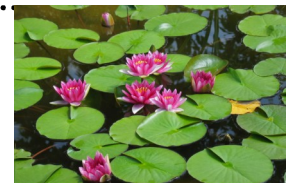
\*Sponsored by the Chateaus of Pleasant Hill

**Tickets on sale now!**

### Vagabond Players Present "On Golden Pond"

Friday, June 6 at 1pm in the Chateau Room

Tickets are \$7 for Presale or \$12 At the Door



If you saw the movie starring Henry Fonda and his daughter Jane Fonda, you will remember the characters of this play, Ethel and Norman Thayer. Now in their twilight years, they return to their summer cottage on the banks of Golden Pond. She is 69 and he is turning 80. Norman is tired. He talks constantly of his own death. Their solitude is interrupted when the couple's daughter, Chelsea, arrives with her fiancé Bill and his young son, and it looks as though this summer will be a depressing experience.

**Tickets on sale now!**

**PLEASANT HILL SENIOR CENTER**

233 Gregory Lane, Pleasant Hill, CA 94523

**MAIN OFFICE HOURS (925) 798-8788**

Monday - Thursday: 9AM - 4:00PM

Friday's: 9AM - 3PM

**TRIP OFFICE HOURS (925) 798-8747**

Monday - Friday: 10AM - 2PM

**CARE MANAGEMENT HOURS (925) 798-8788 ext. 640**

Days & hours vary, please call for an appointment

**2014 BOARD OF DIRECTORS**

President	Dick Savage	798-8788
Vice President	Ron Quinn	798-8788
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	Email: judiirich@comcast.net	
Parliamentarian	Joan Gaustad	798-8788
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**SENIOR CENTER STAFF**

Kendra Luke	Senior Supervisor
Dana Krider	Care Manager
Holly Frates	Program / Nutrition Coordinator
Cassie Eternal	Interim Trip Coordinator
Shirl Lee	Admin. Assistant
Pat Williams	Trip Finance
Susan Yoshizaki	Chef

**24-HOUR CRISIS RESOURCES**

- Adult Protective Services (877) 839-4347
- Contra Costa Crisis Center (800) 833-2900
- Center for Elder Abuse (800) 677-1116

**Get Your Senior Sounds via E-mail!**

Receive your Senior Sounds in a timely manner AND help us save cost by signing up for our NEW email subscription option. Call us or stop by the front desk to let us know you are interested in making the switch! Signing up means you will no longer receive a hard copy of the Sounds in the mail BUT you can always print it out at home if you would like.

Thank you for helping us be more green!

**President's Message**

Last June I focused this letter on safety in our Senior Center parking lot especially with summer upon us and with little ones excited about going to the park. There are, however, other challenges to be concerned with and address. From a personal experience this year I can understand that we all must be beyond vigilant in watching all cars and pedestrians and even when we don't see danger it still lurks about. We were provided terrific walkways and crosswalks which I see only being used 50% of the time at the most! The favorite walk space seems to be directly down the center of the street! We must all unite and try to police the grounds with gentle reminders to those offenders. Sometimes a person is not aware of the inconvenience or danger that they are creating for others. One great opportunity to help is if you are out of your car and see another car going against the normal traffic direction, try waving that car down and have them stop, turn around, and go in the correct direction. It is time consuming for a person to implement but I assure you the offender will remember the drill rather than a shout that will be ignored. I don't like to use this space for preaching, but almost all the complaints I receive are about the parking lot. The design of the parking spaces is inconvenient for seniors in particular, but it is what we have and it is time to adapt and in doing so perhaps avoid more parking lot fender benders where the innocent parties become the injured parties. Please look around carefully before and during backing up SLOWLY.

DICK SAVAGE

**Like us on Facebook!**

Up to date announcements, promo codes for class discounts and the latest happenings at the Pleasant Hill Senior Center!

Find us at:

<https://wwwfacebook.com/phseniorcenter>



## SENIOR CENTER SERVICES

### BART TICKETS

Must be 65 to qualify for senior discounted tickets. PHSC does not redeem unused tickets. Limit of 5 tickets sold per person.

- \$9 each (worth \$24 in rides)

### BLOOD PRESSURE SCREENING

Free service provided by John Muir Senior Services. (Drop-in)

- 1st Monday & 2nd Wednesday, 9:30am to 11am
- Conference Room

### CARE MANAGEMENT PROGRAM

Provides resources and services to help seniors remain living independently, safely and with dignity for as long as possible. This program partially funded by CCC Community Block Grant.

Care Manager: Dana Krider

- Hours and Days vary, call for an appt.: 798-8788 ext. 640

### C.C. CAFÉ

Reservations required the business day before by Noon. Call (925) 771-7641 for reservations. Menu located on page 11.

- Monday thru Friday, Food served at noon
- Suggested donation of \$2, If under 60, \$5 fee

### CONSULT AN ATTORNEY PROGRAM

FREE general advisory and self-help services. Appointments preferred. Drop-in's on availability.

- 1st & 3rd Monday's, 12pm to 4pm
- For the Month of May, appointment will be on May 20th instead of May 19th.

### CONSULT A FINANCIAL ADVISOR

Free self help information in the planning and arrangement of your financial affairs; including lifetime income, investment planning and social security retirement benefits. Due to securities regulations, no advice on specific individual securities provided. Appt. required.

- 2nd Thursday, 1pm to 4pm

### COUNTY CONNECTION TICKETS

Individual tickets & monthly passes. Questions? (925) 676-7500

### GRIEF SUPPORT GROUP

Facilitator: Annie Stephens

- 1st Friday, 11am to 12:30pm

### HICAP (Health Insurance Counseling & Advocacy Program)

HICAP provides free, objective counseling and advocacy services to Medicare beneficiaries and their families who need assistance with Medicare enrollment and with issues involving Medicare and associated insurance programs, including prescription drug coverage. **Appointment Requirement. For Appts: call (925)602-4168, for information: call (925)602-4163.**

- 2nd Monday, 1pm to 4pm and 3rd Wednesday, 1pm to 4pm

iHELP - Help for Mac, iPad & iPhone users.

Bring your questions and your equipment!

Facilitator: Rick Calicura, Diablo Valley Macintosh User Group

- Thursday, 10am to 12pm

### MEMORY SCREENING

Drop-in only, no appointment required.

- Tuesday, June 10, 10am to 12pm

### NOTARY SERVICE

Drop-in only, no appointment required.

- 1st & 3rd Wednesday, 9am to 11am
- Conference Room

### OPEN COMPUTER LAB - Members Only!

Open to members only. Small fee for printing services.

Facilitators: Eric Ferguson, Leo Vardas, Donna Guidos & Jim Matt

- M, 9 to 12 - T, 1 to 4 - W, 12 to 3 - F, 12 to 3

### TRANSPORTATION SERVICES

The following services are not affiliated with or provided through the Senior Center. If you have questions regarding their services please call the numbers listed:

- County Link: (925) 680-2045
- PH Senior Van Service: (925) 671-5272

### VIDEO LIBRARY - Members Only! Great Movies! ADDED DAY!

Members can check out up to 5 movies at a time. We welcome DVD donations only.

- Monday/Wednesday/Thursday/Friday 9:30am-1pm
- Video returns should go to the front desk when the desk is closed

**SHOW YOUR PHSC PRIDE!**  
**Pick up your PHSC decal now.**  
**These static cling decals can be placed on your car, window or mirror!**  
**ON SALE NOW—ONLY \$1 EACH!**

**Salad Bar Ambassadors  
 needed at Pleasant Hill schools!**

Pleasant Hill schools can offer salad bars to students, a healthy alternative to standard cafeteria food. However volunteers ambassadors are needed to monitor the salad bars to ensure health regulations are met, as well as to encourage students to eat their veggies! If you are interested in serving in this important capacity, please contact:

Anne Baker at [abaker@republicservices.com](mailto:abaker@republicservices.com)  
 or 925-671-5806

**NEW MEMBERSHIP PERKS**

**Starting July 1st** your PH Senior Club Membership will bring you even more perks! Here's what to look forward to:

- Chef's Lunch price will increase to \$7 per person; HOWEVER, members will continue to pay the \$5 cost. Show your membership card to get your discount.
- The Bread Program will have "Members Only" distribution time between 9:30am and 9:40am on distribution days.
- Members can purchase a Pancake Breakfast discount punch card for \$20. This will be good for 5 Adult Pancake Breakfasts which gives \$1 savings for each breakfast.

Look for more perks throughout the year; including Members Only special events and additional discounts on activities and events!

**Getting rid of old eyeglasses?**

The Lions Club of Pleasant Hill would like your donation!  
 The donation box is located on the counter in the Senior Center's Coffee Lounge.



**Need a Ride?  
 No Longer Drive?  
 Call the PH Senior Van!**

Door to door service, for just \$1.50 each way, is available to Pleasant Hill residents aged 55 and older. This wonderful service will take residents anywhere within city limits, and to some medical facilities in neighboring communities.

Appointments are available Monday through Thursday from 9:00 a.m. to noon, and 1:00 p.m. to 4:00 p.m., and Fridays from 9:00 a.m. to noon.

For program eligibility info, call (925)671-5272.

**Mt. Diablo Measure A Tax - Senior Exemption**

Senior homeowners in the Mt. Diablo Unified School District who are age 65 or older (by July 1, 2014) and live in the residence may apply for an exemption to the \$67.00 per year Measure A Mello-Roos tax collected through property taxes (Approved by voters in 1989).

**Seniors with exemptions do not need to reapply.** Those seniors who have received the exemption in the past will have their exemptions automatically renewed.

Exemptions must be filed with Mt. Diablo School District by **JUNE 1, 2014**. To obtain an exemption form, please call (925) 682-8000, ext. 4004 (message recorder). The district is unable to process rebates for previous year's Contra Costa County property tax collection.

Measure A authorized the school district to sell up to \$90 million in bonds to rehabilitate and upgrade its aging schools and centers.

Mt. Diablo School District encompasses the cities of Concord, Pleasant Hill and Clayton; portions of Walnut Creek and Martinez; and unincorporated areas including Bay Point, Pacheco, and a small portion of Lafayette. Note: Rossmoor is not within the Mt. Diablo School District boundaries.

# SENIOR CENTER PROGRAMS & EVENTS



## Pancake Breakfast

**Sunday, June 1 from 8-10am in the Chateau Room**

Enjoy a stack of pancakes or French toast, eggs, sausage and orange juice and coffee. All ages welcome!

Adults (11+): \$5, Children (5-10): \$3, 4 & under: Free!

**CMP Series Presents**

## “Using Technology to Find Placement”

**Thursday, June 12 at 2pm in the Dining Room**

Please **pre-register** as space is limited. The CMP Series is sponsored by The Chateau's of Pleasant Hill.

For more info, call Dana Krider, Care Manager, at 798-8788.

Sponsored by **TAKE ONE**

1928 Oak Park Blvd.

(925)937-1103

## Friday Flick

**June 20 “Blue Jasmine”**

1pm in Chateau Room \*FREE\*

Rated:



The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. Woody Allen directs and Cate Blanchett won an award for Best Actress for this film.

Featuring: Alec Baldwin, Cate Blanchett; 98 minutes long and rated PG-13

## Acupressure for Chronic Pain & Insomnia

**Friday, June 27, 1-3pm in the Classrooms**

**Fee: \$15, Pre-registration required: 2296.301**

Suffer from body pains and insomnia? This class will help explain how acupressure works to help cure your ailments. Gain knowledge of self-treatment at home. Techniques will be individualized as best as possible. Wear loose clothing.

Instructor: Richard Weissman, Acu-Wellness Center in PH

## 4th of July Pancake Breakfast

**Friday, July 4 from 8am-10am: Chateau Room**

Celebrate Independence Day with a delicious stack of pancakes, eggs, sausage, OJ and coffee. All ages welcome

Adults (11+): \$5, Children (5-10): \$3, 4 & under: Free!

\*No pancake breakfast on Sunday, July 6



## SENIOR CENTER FITNESS & CLASSES

**CLASS TRANSFER/REFUND GUIDELINES:** All requests for transfers/credits on account/refunds must be received two weeks prior to the first class meeting. Transfers & credits to account will be assessed a \$5 administrative fee. Check or credit card refunds will be assessed a \$10 processing fee (unless the class/activity is changed or canceled by the District). **NO EXCEPTIONS.**

### **BASIC COMPUTER & YOU: PART 1—NEW DAY & TIME!**

Get hands on experience! Basic computer functions such as how to log on, navigate with a mouse and find software applications. Learn basic keyboard shortcuts and how to search the web.

*Instructor:* Walter Sanchez

#### **PH Senior Center: Computer Lab**

3 classes | \$45/\$40(Member)

**2300.302**      7/9 - 7/23      W      9:30am-11am

### **BASIC COMPUTER & YOU: PART 2—NEW DAY & TIME!**

Build on your computer knowledge from part 1. Learn some of the Tools/Utilities in Windows such as Defrag, Disk Cleanup, Recycle Bin, Programs and Feature plus more.

*Instructor:* Walter Sanchez

#### **PH Senior Center: Computer Lab**

3 classes | \$45/\$40(Member)

**2303.301**      6/11 - 6/25      W      9:30am-11am

**2303.302**      8/13 - 8/27      W      9:30am-11am

### **WATERCOLOR STUDIO—NEW!**

Explore your creativity! Class focus will be on one subject and paint in a larger format. Pre-requisite: Exploring Watercolor / instructor permission.

*Instructor:* Casey Rasmussen White

#### **PH Senior Center: Arts & Crafts Room**

6 weeks | \$85/\$72 (Member)

**2233.302**      7/9 - 8/13      W      12:30pm-3pm

### **WATERCOLOR WEEKEND WORKSHOP—Georgia O'Keeffe**

Create your masterpiece in a day!

*Instructor:* Casey R. White

#### **PH Senior Center: Dining Room**

1 day | \$82/\$75 (Member)

**2234.301**      5/31      S      10am-3pm

### **BEGINNING UKULELE**

Focus on learning chords and transitions through playing songs. Additional \$15 lab fee due in class for book with CD. Soprano and Tenor Ukulele only.

*Instructor:* Glenn Staller

#### **PH Senior Center: Game Room**

6 classes | \$95/\$89 (Member)

**2236.302**      6/23 - 8/4\*      M      11am—12pm

\* No class on 6/30

### **EXPLORING WATERCOLOR**

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will together in a series of little paintings using the magic of watercolor to create our own 'Artists Voice'. *Beginners pay additional \$25 lab fee to instructor.*

*Instructor:* Casey Rasmussen White

#### **PH Senior Center: Arts & Crafts Room**

6 weeks | \$85/\$72 (Member)

**2231.301**      5/20 - 7/1\*      Tu      9:30am-12pm

**2231.302**      7/15 - 8/26\*\*      Tu      9:30am-12pm

**2232.302**      6/12 - 7/17      Th      12:30pm-3pm

**2232.303**      7/24 - 8/28      Th      12:30pm-3pm

\*No class on 6/10 \*\*No class on 8/12

### **FLEX FOR FITNESS**

*Coordinator:* Carolyn Swick

#### **PH Senior Center: Classroom**

Wed./Fri., 9:30am & 10:30am

\$10 for 12-class punch card

### **FIT FOR LIFE: Senior Aerobics!**

Energy-inspiring music to start your day off right; low impact easy dance moves for a good cardio workout. Muscle conditioning and stretching are part of the program. Appropriate for all levels.

*Instructor:* Tari Nicholson

#### **PH Senior Center: Dance Studio**

8 classes | \$35/\$30 (Member) or 8-class punch card: \$40

**2214.302**      6/3 - 6/26      T/Th      9am-10am

**2214.303**      7/1 - 7/31\*      T/Th      9am-10am

**2214.304**      6/3 - 6/26      T/Th      9am-10am

\*No class on 7/10, 7/15

### **GENTLE YOGA**

Yoga is a fun, healthy, mind-body activity that might just help what's ailing you. Bring a yoga mat & light blanket. Wear loose clothing.

*Instructor:* Maxine Davis

#### **PH Senior Center: Classrooms**

8 classes | \$103/\$93 (Member) or \$13 drop-in per class

**2235.301**      7/3-8/21      Th      11am - 12pm

### **ACUPRESSURE FOR CHRONIC PAIN & INSOMNIA**

Suffer from body pains and insomnia? This class will help explain how acupressure works to help cure your ailments. Gain knowledge of self-treatment at home. Techniques will be individualized as best possible. Wear loose clothing.

*Instructor:* Richard Weissman, Acu-Wellness Center

#### **PH Senior Center: Classrooms**

1 Workshop \$15

**2296.301**      6/27      F      1pm - 3pm

## SENIOR CENTER FITNESS & CLASSES

### LINE DANCE

Country Western, Polkas, Waltzes, and Latin Line Dances for men and women. Partner not required. Note: Please refrain from wearing heavy perfumes & scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

#### **PH Senior Center: Dance Studio**

Saturday Drop-in: 1 class \$5, 2 = \$8, 3 = \$10 (same day)

**Basics** (for the true beginner!) 8:30am-9am

**Beginners** (basic knowledge required) 9am-10am

**Improver** 10:00am-11:00am

**Intermediate** 11:15am-12:30pm

\* No class 6/21, 6/28, 7/5, 7/26

### LEARN TO TANGO!

Learn basic patterns and movements in both American and Argentine Tango. No partner required.

Instructor: Alex Pappas

#### **PH Senior Center: Dance Studio**

6 classes | \$51/\$45 (Member)

**2225.301** 5/22 - 6/26 Th 10:15am-11am

**2225.302** 7/3 - 8/7 Th 10:15am-11am

### PRELUDE TO A DANCE—NEW CLASS!

Learn all of the ballroom, swing, Latin and country western dances.

Instructor: Alex Pappas

#### **PH Senior Center: Dance Studio**

6 classes | \$51/\$45 (Member)

**2226.301** 5/22 - 6/26 Th 11am-12pm

**2226.302** 7/3 - 8/7 Th 11am-12pm

### STRESS MANAGEMENT & SELF HEALING WITH QIGONG

Learn 20 gentle movements of T'ai Chi Chih/Qigong that promote a sense of calm, relaxation and balance.

Instructor: Wendy Helms, PhD

#### **PH Senior Center: Classrooms**

8 classes | \$103/\$90 (Member)

**2242.301** 6/5-7/24 Th 6:15pm-7:30pm

### WEIGHT & STRENGTH TRAINING

Jump-start your day with a combination of low-impact training & strengthening. Great workout for all fitness levels with results you'll see & feel! Students should bring hand weights & a mat.

Instructor: Debbie Murdock -Certified Personal Trainer

#### **PH Senior Center: Classrooms & Chateau Room**

8-class "Anytime" Punch Card: \$64

9 classes | \$63/\$54 (Member)

**2201.302** 6/2 - 6/30 M/Th 8:15-9:15 am

**2202.302** 6/2 - 6/30 M/Th 9:25-10:30 am

**2205.302** 6/2 - 6/30 M/Th 5:25-6:30 pm

### ZUMBA GOLD

Come join the fun and be amazed you are working out! This easy to follow class is a lower impact version of Zumba.

Instructor: Barbara Ward

#### **PH Senior Center: Dance Studio**

8-class "Anytime" Punch Card: \$52

Monday's: 9-9:50am / Friday's: 10-10:50am

\* No class 6/30, 7/4, 7/28, 8/1, 8/25, 8/29

### QUILTING COURSES

Instructor: Carol Madsen

PH Senior Center: Chateau Room

#### **Summer Workshop**

4 weeks | \$30/\$25 (Member)

**2243.301** 8/4 - 8/25 M 12:30pm-3pm

\*No class on 5/26

#### **Beyond the Basics**

10 weeks | \$65/\$60 (Member)

**2244.301** 6/16 - 8/25 M 9:00am-12pm

\*No class on 6/30

#### **Basics +**

12 weeks | \$65/\$60 (Member)

**2245.301** 6/3 - 8/26\* Tu 6:45pm-9:15pm

\*No class on 7/1

#### **Saturday Quilt-In - Focus on Quilting & other related projects!**

\$15 drop in

**2246.301** 6/14, 7/19, 8/16 S 8:30am-1:30pm

### LIVING TAI CHI

Instructor: Jasmine -Rose Kam, Certified

#### **PH Senior Center: Dance Studio**

##### **Foundations**

Strengthen & relax with tai chi & qigong. Healing movement & meditation promote balance & resilience throughout life. All levels welcome.

8 weeks | \$75 / \$65 (Member)

**2210.302** 6/2-8/11\* M 10am - 12pm

\* No class 6/16, 6/23, 7/21

##### **Foundations & Forms**

For continuing students. Foundational practices plus forms work. Memory & homework involved. Prerequisite: Foundations class.

8 weeks | \$102 / \$94 (Member)

**2213.302** 6/4-8/13\* W 9:30am - 12:30pm

\* No class 6/18, 6/25, 7/23

##### **Foundations & Forms Package**

Students attend both the Monday and Wednesday class. Memory and homework are involved.

4 weeks | \$86/\$79 (Member)

**2218.303** 6/2-7/9\* M/W

**2218.304** 7/14-8/13\*\* M/W

\* No class 6/16, 6/23

\*\* No class 7/21

## SENIOR CENTER ACTIVITIES

### "AMISTAD" – Spanish Resource Group

Learn about resources in the area for our Spanish community.

Facilitator: Cloty Ulrich

- Wednesdays, 9:30am to 12pm

### AMERICAN MAH JONGG - Drop In

Coordinator: Carol Desaulniers

- Friday, 1pm to 4pm

### BOUTIQUE GROUP

Coordinators: Edna A., 323-8281 & Dora Ip, 408-7924

- Monday/Thursday, 9am to 11:30am

### BINGO

- Wednesday, Lunch served at 11:30; Games begin at 12pm
- 3rd Saturday, **Doors open at 2pm; Games begin at 3pm**
- Lunch (Wednesday only): \$2 donation, \$5 if under 60 yrs of age. Must reserve lunch by noon the business day before. Call 798-8788 to reserve a lunch.

### BUNCO

- Sunday, June 25, 2pm to 5pm
- Bring potluck item plus \$4/person at the door only

### CHEF'S LUNCH - Salad Bar Season!

- Fridays at 11:30am; tickets will stop being sold at 12:30pm
- \$5 each / 10-lunch punch card for \$45 / To Go for \$3
- See page 11 for this month's menu!

### EXPLORERS - Hiking Group

If you like to hike the hills of Mt. Diablo to the hills of San Francisco, join the Explorers for our 5 to 8 mile Thursday hikes, starting at 8:30 a.m. Pleasant Hill Senior Center membership required. For more information and/or to be added to the Explorers email, please contact the *Coordinator: Marialyce Romeo, (510) 223-1243*

- June Schedule:

	<u>Lunch</u>
- 5th San Francisco Barbary Coast	BART Pier 39—open
- 12th Seaview Trail Tilden Park	Europa—Orinda
- 19th Lake Merritt	BART Max's
- 26th Morcorn Amphitheatre of Roses	BART Sack lunch To Piedmont Park

### MARATHON BRIDGE

Advance registration required.

Coordinator: Barbara 689-3591

- Monday, 12:30pm to 3:30pm

### MEN'S CORNER

Discussion on current events, politics, financial world & more!

Coordinator: Richard Kuts, 937-2924

- Tuesday, 2pm

### OPEN GAME TIME

- Monday, 1pm to 4pm & Wednesday, 9am to 12pm

### PATHFINDERS - Walking Group

Brisk walk of 3-4 miles on level ground. Bring water & 50¢ donation.

Coordinator: Jim Quigg, 689-2314

- Tuesday, 8:30am
- June Schedule:

-3	Walden Park	South
-10	Lafayette/Moraga Trail	
-17	Canal Park	North
-24	Larkey Park	East

### PINOCHLE

All welcome! No partner required - *some experience required.*

Coordinator: (M) Jan, 979-0202; (Th) Annie, 890-1930

- Monday, 6:30pm to 9:30pm / Thursday, 1pm to 4pm
- \$2 donation on Mondays / \$1 donation on Thursdays

### SENIOR BRIDGE - No drop-ins please.

Coordinator: Betty Keller, 685-8437

- Tuesday, 10am to 2pm

### TEA DANCE

Live DJ, refreshments and dancing. No partners required.

- Thursdays, 1pm to 4pm
- \$3 per person

### TUESDAY TALKERS

Discussion on current events, entertainment, readings & more!

Coordinator: Anne St. Pierre, 349-6543, [annestpierre@sbcglobal.net](mailto:annestpierre@sbcglobal.net)

- Tuesday, 10:30am to 12pm

### WISDOM CIRCLES

Meaningful conversation with others about life experiences, the challenge of living & creative approaches to problem solving. Topics discussed are under the discretion of the facilitator.

Facilitator: Annie Stephens, 890-1930

- Thursday, 10:30am to 12pm



## From our Care Manager...

Dear Center Members,

This month's article is filled with much sadness as the senior center has lost two longtime members and dedicated volunteers.

Nell Rossi has been a fixture at this center since the first day I stated here 15 years ago. In fact Nell was a volunteer here at the center for 25 years. Most of us knew her in the C.C. Café lunch program. In the old building Nell would arrive every morning right after mass at Christ the King. She had the tables set by 9:00am and would be making everyone toast, or whatever had been donated that morning from Safeway for breakfast. By the time lunch arrived and was waiting to be served Nell had already put in several hours of work, but she never stopped. She served lunch, cleaned up, and did not stop to sit down and eat her own lunch until 1:30 some days. And that was only if we had not had a senior who came in last minute with no reservation, because if that were the case, Nell gave her lunch to that senior. My daughter was 1 year old when I started working here. Nell always had a goodie or something for Katie who she called "That Little Angel" I think we all know who the real angel was and it was Nell Rossi.

We also lost Joseph Turner on April 29th. Joseph had a variety of volunteer jobs here at the center as well, but I think he will be best remembered for his leadership of the boutique group, and the beautiful display cases he created with their work. We would like to invite everyone to a Celebration of Life for our dear friend Joseph Turner. The celebration will be held at the Senior Center on June 17th at 3:00pm in the dining room.

Fondly Dana

**"Getting to know your volunteers" Check this out!!**

**It is something new located in the glass case on the wall across from the Chateau room. Every month will be new pictures of different volunteers.**

**Questions? Contact Pat Williams x 646 at the Senior Center**

## SUNSHINE

Please let our "Ms. Sunshine", Joyce Swearingen, (938-7270) know of any passing or illness of members.



**Thank you to those who donated to the Furniture Fund through their 2014 Membership!**

### Sympathy Cards Sent

Mrs. June Gibbon & Family: Memory of William Joseph Gibbon  
Family of Nell Rossi: Memory of Nell Rossi

### Get Well Cards:

William Armstrong, Sheila Gebhards

### Donations Received Furniture Fund:

Memory of Rosie Fletcher:  
Margo Spaulding, Don and Patti Martinez  
Helen Reid  
Senior Center: Memory of Joseph Turner  
Memory of Nell Rosie Fletcher:  
Doug & DiDi Kaya, Charles Graston,  
Zona Kalustian, Jerry & Yarka Pavlik,  
Andy & Dagny Benz, Inga Noble, Helen Nelson, Anna Acerbis, Peter & Virginia Madison, Dorothy Wong, Susan O'Brien, Diane Hulseley, Elsie Boorman, Ortrie & Christine Smith  
SaveMart Supermarkets – Shares Card

### Donations Received Care Management Program:

Lorraine Botsford: Memory of Nell Rossi & Rosie Fletcher  
Diane & Lloyd Gunderson: Memory of Nell Rossi, Rosie Fletcher, Joseph Turner

### Thank You Cards Received:

ARF Foundation: Memory of Glenna McAdams  
Hillcrest Congregational Church: Memory of Jim Wyrick  
MPN Research Foundation: Memory of Elisabeth Utler

We regret to announce the passing of the following members: Rosie Fletcher, Jim Wyrick, William Joseph Gibbon, Nell Rossi, Joseph Turner

**Relay For Life® of Pleasant Hill**

9 a.m. Saturday, June 7 through 9 a.m. Sunday, June 8, 2014

At Pleasant Hill Middle School track, 1 Santa Barbara Blvd., PH

It is a 24 hour walking event to support the work of the American Cancer Society. It is held around the clock to recognize that cancer never sleeps, and neither does the fight against this disease.

Please contact Judi Richardson 957-9991 for more info or go to the website to register [www.RelayForLife.org/Pleasant HillCA](http://www.RelayForLife.org/Pleasant HillCA)



**From Kendra...**

Last month I wrote about all the changes that were coming our way in regards to staffing. Now as I have always said, change isn't easy but it's definitely the one constant in life so we all learn to deal with it in our own ways. I have to say the staff and volunteers have been absolutely wonderful and so helpful with all the changes in the past month and I'd like to say **THANK YOU!**

We have some great news...Holly had her baby! Rory Dannen Frates was born on May 6th at 10:57pm. He weighed 8lbs 1oz and was 21 inches long. With that adorable face I'm sure he'll get a lot of cheek squeezes. Can't wait to have a visit from her and her new bundle of joy.



As always, summer is here which means it's time for our very important reminder to stay hydrated. Dehydration is **NO JOKE**. Water, water, water and if you don't have air conditioning at your house you are always welcome to come cool off with us.

Looking forward to a great summer,  
Love Kendra

**VOLUNTEER CORNER**

**Immediate Need:**

Volunteers to work in the kitchen on a substitute basis. This position is guided & overseen by the Senior Center Chef, Susan. When working, you receive a free meal! Needed for Friday Chef's Lunch & Special Events. Call Volunteer Chair- Anne Haydock if interested (Her info is on pg. 2)

**Hours Reminder**

**Get your hours in before July 11, 2014  
for July 2013-June 2014**

**These hours are very important and help us  
apply for grants & awards!**



**CHEF'S LUNCH MENU—IT'S SALAD BAR SEASON**

*Here's what's gettin' tossed June*

- June 6 Seafood Salad
- June 13 Turkey, Bacon and Tomato Salad
- June 20 Chicken Waldorf
- June 27 Asian Chicken Salad

Monday

Tuesday

Wednesday

Thursday

Friday

2	BBQ Pulled Pork on Bun Pineapple Juice * Confetti Coleslaw * Potato Wedges Mixed Fruit	3	Tempting Yamale Pie w/Corn Bread Topping * California Blend Tossed Salad w/Ranch Dressing Sherbet (Peaches)	4	Krabby Cake Manhattan Clam Chowder * Extra Cheesy Scalloped Potatoes Tender Green Beans Dinner Roll w/Margarine Tartar Sauce * Citrus Fruit Cup	5	<b>COLD PLATE:</b> Asian Chicken Salad (Spring Mix, Mandarin Oranges, Sesame Seed Dressing & Crisp Noodles) Bokchoy Soup Carrot-Raisin Salad 100% WW Bread w/Marg. * Cantaloupe	6	Mike's Delicious Down-Home Meatloaf Healthy Vegetable Soup Succotash * Mashed Potatoes 100% WW Bread w/Marg. Cherry Gelatin w/Pears (Diet Cherry Gelatin w/Pears)
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9	Breaded Cod w/Lemon Slice Clam Chowder * Cabri Vegetables * Coleslaw Herbed Rice Tartar Sauce * Mandarin Oranges	10	<b>COLD PLATE:</b> Chicken Caesar Salad (Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes/CROUTONS) * Beef Mushroom Barley Soup Citrus Fruit Cup Roll w/Margarine Caesar Dressing Vanilla Pudding (Fresh Fruit)	11	Spaghetti & Meatballs Sliced Carrots in Lite Sauce Italian Green Beans 100% WW Bread w/Marg. * Tropical Fruit	12	Vegetarian Bean & Cheese Burrito w/Red Sauce Mexicali Corn Mixed Green Salad w/1000 Island Dressing * Watermelon	13	<b>Father's Day Celebration:</b> Alaskan Salmon Patty w/Dill Sauce * Mixed Cabbage Salad w/Poppy Seed Dressing & Crisp Noodles Mixed Vegetables Fluffy Rice Pilaf Big Cookie (Fresh Fruit)
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16	Apricot Chicken Breast Savory Bean Soup * California Blend Yams 100% WW Bread w/Marg. Peaches	17	Veal Parmesan a la Romano & Parmesan Cheese Italian Vegetables Tossed Salad w/Italian Dressing Rotini w/Marinara Sauce * Tropical Fruit	18	<b>COLD PLATE:</b> Thin Ham Slices Split Pea Soup Carrot Raisin Salad Marinated Zucchini Salad Lettuce & Tomato Mustard & Mayonnaise Rye Bread * Citrus Fruit	19	Chicken a la King * Orange Pineapple Juice Spring Bean Medley Beet Salad Biscuit Cantaloupe	20	<b>SUMMER BEGINS!</b> Texas Style BBQ Beef Corn Chowder * Broccoli & Cauliflower Mixed Green Salad w/Blue Cheese Dressing Bun Tapioca Pudding (Fresh Fruit)
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23	Salsbury Steak w/Onion Gravy * Stewed Tomatoes * Garlic Mashed Potatoes * Spinach Salad w/Catalina Dressing 100% WW Bread w/Marg. Fresh Fruit	24	Baked Chicken Tahitian * Orange Pineapple Juice Polynesian Vegetables Carrots in Lite Sauce Spicy Asian Noodles Chilled Pears	25	Traditional Old Fashioned Turkey Dinner w/Gravy Garden Peas & Onions * Mashed Potatoes Stuffing Raspberry Gelatin w/Fruit Cocktail (Diet Raspberry Gelatin w/Fruit Cocktail)	26	Carne Asada Garnished w/Salsa * Orange Juice Black Beans Mixed Green Salad w/Ranch Dressing Spanish Rice Ice Cream (Apricots)	27	<b>COLD PLATE:</b> Tuna Salad on Lettuce Leaf w/Tomato Slice Chicken & Rice Soup Cucumber Salad 4-Bean Salad w/Carrots 100% WW Bread X2 * Cantaloupe
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30

Lee's Pork & Rice  
Hawaiian Vegetable Mix  
Mixed Green Salad  
w/French Dressing  
\* Citrus Fruit Cup




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



**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAY 13 AND MAY 20  
5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**

## SENIOR CENTER TRIPS

TRIP OFFICE PHONE: 798-8747. Hours\*: Monday—Friday, 10am—2pm (\*closed Trip Meeting day)

**TRIP DEPARTURE LOCATION:** 2050 Oak Park Blvd., at the School House (cross street is PH Road).

**TRIP MEETINGS:** The best way to find out about new & upcoming trips! Must be a member to attend. After Trip Meetings, reservations for new trips are accepted the day after Senior Sounds is collated. Dates below (usually the first **Tuesday** of the month at 1pm).

**TO RESERVE A SEAT:** You can pay with a credit card over the phone, mail in a check, or pay in person. Hours are 10am—2pm.

**WHO CAN COME?** Bus tours are for passengers 50+. Exceptions: medical companions; tours promoted as all ages; air/sea trips.

Talk to Jessie for details. If you have any inquires about the physical accessibility of a tour, speak to Jessie directly. Non-members are welcome, but must pay an additional \$10 per person (unless a medical companion). **There is no age requirement and no additional fee for non-members on Air/Sea tours.** Service dogs are allowed on tours if we are, so long as we are notified in advance. If dog requires its own bus seat, an additional fee June be required. No other animals permitted.

**CANCELLATIONS:** For day trips, a refund is available up to two weeks\* before the outing. \*All trips subject to a no refund policy after payments have been made to vendors. A \$10 administration fee will be charged for each day trip cancellation (only \$5 for turn-arounds). Penalties on longer trips will be stated on brochure and/or ticket.

**Remember to come to our TRIP MEETING— TUESDAY June 3rd, 1 pm, in the Chateau Room!**

### TURNAROUND (Black Oak)

June 5th, Thursday Cost: \$31 Escort: Laroice

Travel to Black Oak Casino in Tuolumne & choose from 1300 of today's most popular Reel & Video Slot Machines, 25 Table Games, Poker, five Bars, four Restaurants, & more. You will stay four hours & receive \$10 cash, \$5 match play, & \$5 food credit (player's package subject to change). Photo I.D. required day of trip.

Leave the School House 8:00 a.m.—Return 5:00 p.m.

### TURNAROUND (Cache Creek)

July 8th, Tuesday Cost: \$31 Escort: Nida

This California casino, located in Brooks, has over 1900 slot machines and 100 gaming tables. You will stay approximately four hours & receive \$15 bonus play or \$20 match play and \$5 food credit (player's package subject to change). **Photo I.D. required day of trip.**

Leave the School House 9:30 a.m.—Return 4:45 p.m.

### SAUSALITO

July 11th, Friday Cost: \$31 Escort: Darlene

Enjoy approximately four hours of free time in beautiful Sausalito. We will drop off at the Bridgeway/Downtown waterfront shopping area. With several restaurants and shops to choose from, there is no shortage of things to do and enjoy.

Leave the School House 9:30 a.m.—Return 3:30 p.m.

### INTIMATE IMPRESSIONISM (Legion of Honor)

July 16th, Wednesday Cost: \$48 (\$32 for MUSEUM members) Escort: Ron

Intimate Impressionism showcases approximately 70 Impressionist and Post-Impressionist landscapes, seascapes, still lifes, interiors, and portraits, from the collections of the National Gallery of Art in Washington, DC during its closure. Members must provide their museum membership number at the time of registration to receive their discount.

Leave the School House 9:30 a.m.—Return 3:00 p.m.

## Pleasant Hill Senior Center Trip Office: (925) 798-8747

**MYSTERY (MEDIUM/POSSIBLY DIFFICULT)** - This trip may cancel soon! Make sure to sign up!

**July 19<sup>th</sup>, Saturday Cost: \$86 Escort: Patrick**

MEDIUM/DIFFICULT = May involve walking or standing tours, ramps, 6+ blocks of walking, uneven walkways, walking on grass, 6 or less stairs at a time without an elevator. Lunch is NOT included; please bring cash for our lunch break.

**Leave the School House 11:15 a.m. - Return 5:00 p.m.**

### **Mystery Trip (Easy)**

**August 11<sup>th</sup>, Monday Cost: \$65 Escort: Rita**

Easy = May be a sit down event, about 4-6 steps at a time, no more than one city block of walking without a resting opportunity, no steep inclines, smooth pavement. Lunch is included: Meatloaf w/ potatoes and peas, salad, bread and dessert will be provided. Dietary restrictions? Talk to the trip coordinator.

**Leave the School House 9:00 a.m.—Return 4:00 p.m.**

### **La Cage (Music Circus)**

**August 21<sup>st</sup>, Thursday Cost: \$92 Escort: Patrick**

This hilarious, bawdy musical comedy by Jerry Herman and Harvey Fierstein won six Tony Awards in 1984, and both subsequent productions won the Tony for Best Revival. Centered in a bustling nightclub on the French Riviera teeming with song, dance and laughter, it features “The Best of Times,” “I Am What I Am,” “Song on the Sand.”

You will have free time in Sacramento to get lunch on your own.

**Leave the School House 9:30 a.m.—Return 6:15 p.m.**

### **Capitola Begonia Festival**

**August 31<sup>st</sup>, Sunday Cost: \$40 Escort: TBD**

We're heading back to one of our favorite annual events. Enjoy this unique festival in the Santa Cruz region. Bring a hat along to decorate with begonias and fit right in! Festival highlights are the children's chalk art on the seawall and the 61st Annual Nautical Parade where vessels are covered in beautiful bright begonias. Wander through Capitola Village shops between events. Lunch will be on your own. You will have approximately 5.5 hours of free time in Capitola.

**Leave the School House 9:00 a.m.—Return 6:15pm**



**JUST ANNOUNCED! ONLY 45 SPOTS AVAILABLE!**

**Bodega Bay Art, Seafood and Wine Festival**

**August 23rd, Saturday Cost: TBD Escort: TBD**

**MORE INFORMATION AVAILABLE @ THE TRIP DESK!!!**

For a full list of sold out trips, please come to our Trip Desk between the hours of 10am-2pm!

Sign up on our waitlist and you will receive a call when a spot becomes available!

### **IMPORTANT CHANGES TO THE TRIP PROGRAM:**

- The non-member fee will be raised to \$10 a person beginning on April 14th for all day trips. This is to have the Trip Office more in line with the non-member fees for all other Senior Center activities.
- It is important that we stay on schedule on tours. If you are late returning to a bus at the end of a tour, you may be left behind. If you cause the bus to be late, you will be asked to pay any overtime charges incurred as a result. This new policy is the result of over \$100 in overtime charges in the last 5 weeks from people being tardy to the bus.
- Trip Office hours are now Monday—Friday, 10am—2pm. Trip Coordinator is in office from 9:30am-12pm everyday except Tuesdays when the Trip Coordinator is in the office from 9:30am-4pm. You can e-mail her anytime [CEternal@pleasanthillrec.com](mailto:CEternal@pleasanthillrec.com)



## REGULARLY SCHEDULED ACTIVITIES BY DAY

This list does not include class schedules. For the days & times of classes please see page 6 & 7.

### MONDAY

- 9:30 am Blood Pressure (Conf. Rm) (1st) **DF**
- 9:00 am Boutique (Arts & Crafts) **DF**
- 9:00 am Open Computer Lab (Computer Rm) **MDF**
- 9:30 am Video Library Open (Library/Lounge) **DMF**
- 12:00 pm C.C. Café Lunch (Dining Rm) **\$@**
- 12:00 pm Consult an Attorney (Conf. Rm) 1st & 3rd **@F**
- 12:30 pm Marathon Bridge (Classrooms) **R**
- 1:00 pm HICAP- Medicare Counsel (Conf. Rm) 2nd **@F**
- 1:00 pm Open Game Time (Game Rm) **DF**
- 6:30 pm Pinochle (Classrooms) **\$D**

### TUESDAY

- 8:30 am Pathfinders Gathering (Library Area) **\$D**
- 10:00 am Senior Bridge (Classrooms) **R**
- 10:00 am Board Meeting (Arts & Craft Rm) 2nd **D**
- 10:00 am Memory Screening (Conf. Rm) Date varies **D**
- 10:30 am Tuesday Talkers (Game Rm) **DF**
- 12:00 pm C.C. Café Lunch (Dining Rm) **\$@**
- 12:30 pm Mah Jongg (Game Rm) **\$D**
- 1:00 pm Trip Meeting (Chateau Rm) 1st **DF**
- 1:00 pm Open Computer Lab (Computer Rm) **MDF**
- 2:00 pm Men's Corner (Arts & Crafts Rm) **DF**

### WEDNESDAY

- 9:00 am Notary Service (Conf. Rm) 1st & 3rd **DF**
- 9:00 am Open Game Time (Game Rm) **DF**
- 9:30 am Blood Pressure (Conf. Rm) (2nd) **DF**
- 9:30 am Spanish Resource (Arts & Crafts Rm) **FD**
- 9:30 am Video Library Open (Library/Lounge) **DMF**
- 9:30 am Flex for Fitness (Classrooms) **D\$**
- 10:30am Flex for Fitness (Classrooms) **D\$**
- 12:00 pm C.C. Café Lunch (Dining Rm) **\$@**
- 12:00 pm Bingo (Chateau Rm) **\$D**
- 12:00 pm Open Computer Lab (Computer Rm) **MDF**
- 1:00 pm HICAP - Medicare Counsel (Conf. Rm) 3rd **@F**

### THURSDAY

- 8:30 am Explorers Gathering (Library Area) **\$D**
- 9:30 am Video Library Open (Library/Lounge) **DMF**
- 10:00 am Boutique (Art & Craft Rm) **DFM**
- 10:00 am iHelp (Computer Rm) **DF**
- 10:30 am Wisdom Circles (Game Rm) **DF**
- 12:00 pm C.C. Café Lunch (Dining Rm) **\$@**
- 1:00 pm Consult a Financial Advisor (Conf. Rm) 2nd **@F**
- 1:00 pm Pinochle 101 (Classrooms) **\$**
- 1:00 pm Tea Dance (Chateau Rm) **D\$**

### FRIDAY

- 9:30 am Video Library Open (Library/Lounge) **DMF**
- 9:30 am Flex for Fitness (Classrooms) **D\$**
- 10:30 am Flex for Fitness (Classrooms) **D\$**
- 11:00 am Grief Support Group (Game Rm) 1st **DF**
- 11:30am Chef's Lunch **\$D**
- 12:00 pm C.C. Café Lunch (Dining Rm) **\$@**
- 12:00 pm Open Computer Lab (Computer Rm) **MDF**
- 1:00 pm Friday Flik (Chateau Rm) See Schedule **DF**
- 1:00 pm Mah Jongg (Classroom) **DF**
- 2:00 pm Readers Theater (Arts & Crafts Rm) **\$D**

### SATURDAY

- 8:30 am Line Dancing: Basics (Dance) **\$D**
- 9:00 am Line Dancing: Beginners (Dance) **\$D**
- 10:00 am Line Dancing: Improver (Dance) **\$D**
- 11:15 am Line Dancing: Intermediate (Dance) **\$D**
- 3:00 pm Bingo (Chateau Rm) 3rd **\$D**

### SUNDAY

- 8:00 am Pancake Breakfast (Chateau Rm) 1st **\$D**
- 2:00 pm Bunco (Classrooms) Date varies **\$D**

### CODES

**\$ = Fee attached**

**R = Pre-registration Required**

**D = Drop-in's accepted**

**@ = Res./Appt. Required**

**M = Membership required**

**F = Free activity/service/class**

Pleasant Hill Senior Center



233 Gregory Lane, Pleasant Hill, CA 94523

Phone: (925) 798-8788

We welcome your input!  
Send suggestions &

contributions to [judiirich@comcast.net](mailto:judiirich@comcast.net)

Submission deadline for July issue is June 6th

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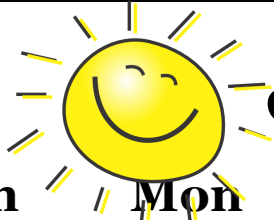
June 2014

“TIME VALUE” DATED MATERIAL

To: OR CURRENT RESIDENT

We're on the web!

[www.phseniorcenter.com](http://www.phseniorcenter.com)



# June 2014

Sun

Mon



Tue

Wed

Thu

Fri

Sat

1 Pancake Breakfast 8am-10am	2	3 Trip Meeting	4	5 Turnaround, Black Oak	6 On Golden Pond, 1pm	7
8 Fantasia	9	10	11	12 CMP Series, 2pm	13	14
15	16 Monterey Whale Watching			19	20 Friday Flick	21 Bingo, 2pm
22 Showboat	23 SS Pick Up Party! 9am-11am	24	25 Once	26 Thirsty Thursday 4pm-6pm		
29 Bunco	30 Mystery Trip					