

THE BELL RINGER - MARCH 2020

SAN PABLO SENIOR CENTER

1943 Church Lane, San Pablo CA. 94806

Monday-Friday 8:00am-5:00pm

Saturday Bingo 10:00am-4:00pm

(510) 215-3090

seniors@sanpabloca.gov

www.sanpabloca.gov/seniors



MISSION

The San Pablo Senior Center is a multi-service center that offers recreational and educational activities, special events and services focused on nutritional, transportation and social needs for older adults ages 50+.

The senior program provides services and facilities that enhance the quality of life for all San Pablo's senior citizens. Our center serves as a focal point for linking seniors with much needed social services, as well as, fostering social interaction through activities and volunteerism, and providing opportunities for continued intellectual and development.

MEMBERSHIP

Membership is \$10 for Non-San Pablo Residents and free for San Pablo Residents (within city limits) as well approved Senior Center volunteers. A government issued ID or utility bill with photo ID is required for residency verification. Membership registration will be required yearly and new membership cards will be issued at time of renewal. Benefits of becoming a member include: lower fees for programs & events, social services such as care management, eligibility for the scholarship program and much more!

*Note that membership is not required to attend the Senior Center or programs, however there is a Non-Member fee required at the time of registration. All participants must sign a waiver for any programs or services offered.

50 IS THE NEW SENIOR CENTER AGE REQUIREMENT

We are excited to announce that the minimum age limit to become a Senior Center member and also participate in senior programs and services is now 50 years! Let's celebrate and share the celebration with all your friends and family. We hope to see you at the next exercise class, social dance, casino trip, special luncheon and/or special event!



ANNOUNCEMENTS & SAVE THE DATES

SENIOR CENTER HOLIDAYS, PROGRAM CANCELLATIONS & RELOCATIONS

March Reminder	The Brown Bag program will be at Davis Park Multi-Purpose Room (1665 Folsom Avenue) until further notice (see flyer towards the end of Bell Ringer for more information).
March Reminder	The following classes will be held at the Library Community Room (13751 San Pablo Ave): Low Impact, Strength & Balance and Chair Yoga. In addition, Line Dancing 1:00pm-3:00pm will be held at the San Pablo Community Center (2450 Road 20).
Low Impact Class Relocation	On Tuesday, March 3 Low Impact class will be held at Maple Hall (13831 San Pablo Avenue).
Bingo Relocation	Wednesday Bingo will be held at Davis Park Multi-Purpose (1665 Folsom Avenue) until further notice.

2020 SENIOR CENTER MEMBERSHIP RENEWAL & SURVEYS



We are taking 2020 membership renewals. You can renew at the front desk during office hours Monday-Friday 8:00am-5:00pm. You must bring a valid issued government ID or a utility bill with a photo ID to verify residency. Individuals that live outside of San Pablo City limits must pay a membership fee of \$10 annually in order to pay member based fees and services. Individuals that live within the San Pablo City limits and active volunteers will not have to pay a membership fee, but must renew membership.

SENIOR CENTER BOARD MEETINGS

The San Pablo Senior Center has three active boards and committees that host multiple community events, set goals and objectives for the San Pablo Senior Center and coordinate volunteer-run programs such as weekly bingo and social dances. If you are interested in joining or curious to what these advocators are all about, come check out one of the meetings!

Board	Days	Times
Davis Park Bingo Board*	Meeting dates vary	10:30am-11:00am
Senior Advisory Board	2nd Wednesday of each month, March 18	9:30am-11:00am
Committee on Aging Board	April 16, no meetings February or March	9:30am-10:30am

*Please note: Davis Park Bingo Board meeting will be held at Davis Park Multi-Purpose Room (1665 Folsom Avenue) for the month of March. Call (510) 215-3090 for more information.

ANNOUNCEMENTS & SAVE THE DATES

Blood Pressure Checks

Benefits of regular blood pressure checks are to prevent stroke and heart problems. A volunteer will be at the center to assist with blood pressure screenings in the consultation room near the restrooms. Make sure to take advantage of this FREE service.

Days: Every 3rd Monday of the month
Time: 10:00am-11:30am



Days: Every Tuesday each month by Samuel Merritt University Nursing Students
Time: 9:30am-12:00pm

Samuel Merritt University Nursing Students Presentations

<u>Date</u>	<u>Presentation Subject</u>
Tuesday, March 10	How to prevent falls
Tuesday, March 17	Glaucoma: Importance of medications
Tuesday, March 24	Diabetes & Blood Sugar
Tuesday, March 31	How to decrease stress



All presentations start at 11:15am

Presentation by Ana Salinas

Stop by and ask questions to discuss Medicare Basics, Medicare Advantage Plans, information, applications and more!

Days: Wednesdays
Dates: March, 4, March 11, March 18 and March, 25
Resource Table: 10:30am-12:00pm
Presentation: 10:00am on March 18



CalFresh Presentation and Tabling Information

Stop by and learn about CalFresh, known federally as the Supplemental Nutrition Assistance Program or SNAP that provides monthly food benefits to individuals and families with low-income and provides economic benefits to communities. CalFresh benefits stretch food budgets, allowing individuals and families to afford nutritious food, including more fruit, vegetables and other healthy foods. The amount of benefits a household receives is dependent on household size countable income, and monthly expenses, such as housing and utilities. The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. Make sure to stop by, ask questions or see if you qualify! Se habla Espanol!

Date: Tuesday, March 10
Presentation Time: 10:00am

ANNOUNCEMENTS & SAVE THE DATES

Census Presentation

The 2020 population numbers will shape how political power and federal tax dollars are shared in the U.S over the next 10 years. The number of congressional seats and Electoral College votes each state gets are determined by census numbers. They also guide how an estimated \$880 billion a year in federal funding is distributed for schools, roads and other public services in local communities. The demographic data are used by businesses to determine, for example, where to build new supermarkets and by emergency responders to locate injured people after natural disasters. Everyone should participate in the census, regardless of immigration status, citizenship, nationality, age or housing situation, everyone counts! All data collected by the U.S. Census Bureau is confidential and may not be turned over to any government agency or the President



Date: Wednesday, March 11
Presentation Time: 11:00am

Android Phone Training

Stop by around 10:30am to speak with a representative from the California Phones program. Signups are required. Make sure to see front desk staff to register. We will also be planning an iPhone training as well. More details to come for that one.



Date: Thursday, March 12
Time: 9:30am-11:30am

Rolling Hills Memorial Presentation

A representative from Rolling Hills Memorial will be by to speak about what to do in the event of a loved one passing. We never know what steps are needed or questions to ask and Rolling Hills will be here to help every step of the way with general information. Stop by and ask questions, we look forward to seeing you there!

Date: Tuesday, March 17
Information Table: 10:30am-11:00am and 11:45am-12:00pm
Presentation: 11:00am-11:45am

Care Management Program

In collaboration with Diablo Valley Meals on Wheels, the San Pablo Senior Center is offering FREE 30-minute appointments for our Care Management Program. Care Managers help locate resources and provide service that will enhance lives. They are trained, experienced professionals who work closely with seniors and their families to understand the seniors' needs and come up with a personalized care plan. Every step of the way, a Care Manager's top priority is to look out for the senior's best interest. This service is also available in Spanish.

Date: Wednesday, March 18
Time: 10:00am-3:00pm

ANNOUNCEMENTS & SAVE THE DATES

Fall Prevention Presentation

Fall Prevention Presentation by Meals on Wheels Diablo Region. In Contra Costa County, falls are the leading cause of accidental injuries. With our partners and the 70-member Contra Costa County Fall Prevention Coalition, we are making a difference, reducing emergency calls for falls and helping seniors stay safer in their homes. The Senior Center -also provides evidence-based Fall Prevention programs like Tai-Chi hosted by the Meals on Wheels Diablo Region and other health and wellness classes so check out the Bell Ringer for that information and stop by and participate in this presentation.

Date: Wednesday, March 18
Presentation: 1:00pm-2:00pm



Mobile Library Presentation

You asked and we listened! Come and join us for a presentation about our mobile library system. Staff from the library will be here to discuss option on how to rent books, return books and get a library card without having to visit the library.

Date: Wednesday, March 25
Resource Table: 10:20am-11:00am and 11:00am-12:00pm
Presentation: 11:15am-11:30am



Home Maintenance Program

Home Maintenance Program provided by the Rotary Home Team and Covia. Hard to reach a light bulb? Leaky faucet? Running toilet? Need new smoke detector batteries or a damaged screen door? Basic home maintenance and repairs provide every other month to those age 60+, by local volunteer Rotary Club members, in partnership with Covia, a local non-profit organization. To schedule an appointment, call (888)204-5573 one week in advance.

Date: Saturday, March 28



ANNOUNCEMENTS & SAVE THE DATES

Senior Center Ballot Drop Box

The Senior Center will be a ballot drop box location for all to access during business hours Monday-Friday 8:00am-5:00pm and Saturday 10:00am-4:00pm. On election day, the drop box time will be until 8:00pm. Make sure to see staff for any questions or contact us at 510-215-3090 or seniors@sanpabloca.gov.



FREE Income Tax Preparation

Tax season is around the corner and services will be held at the San Pablo Library (13751 San Pablo Ave). Call for appointments at (510) 851-5162, Tuesdays 12:00pm-5:00pm, Wednesdays 10:00am-5:00pm and Thursdays 10:00am-5:00pm. The Senior Center will not be offering tax services.



Scholarship Program

The Scholarship Program is funded by the Aloha Night Fundraiser and is funded by the San Pablo Committee on Aging. The program is officially open for applications to be received. The scholarship program is available to all active Senior Center members (regardless of residency) that qualify.

Residents are eligible to receive up to \$150 in credits and \$100 for Non-Residents. Memberships may be used for membership registration, senior programs and services, county nutrition lunch program, shuttle tickets, casino trip registrations, social day trips and more! Excluded services are bingo programs and AC Transit tickets.

New and returning applicants must complete an application and meet all requirements in order to be eligible for the program. Pick up an application at the front desk or speak to staff for any questions.

St. Patrick's Day Luncheon

Hold the date for the upcoming St. Patrick's Day luncheon. Menu will include: Irish beef stew, broccoli florets, tossed salad with ranch, biscuit w/ butter and pistachio fluff for dessert or fresh fruit for those who want less sugar. Lunch is hosted through the CC Café and reservations are required. Suggested donation for ages 60+ and under 57 years must pay \$5. See staff for reservations or call us at 510-215-3098.

Date: Tuesday, March 17
Time: 11:30am-12:00pm
Location: Senior Center



SPECIAL EVENTS

Bingo Games

Bingo Packs start at \$5, no minimum
Wednesday Bingo will be held at Davis Park Multi-Purpose (1665 Folsom Avenue) from
January 8, 2020 to March 25, 2020
Doors open at 10:00am, games begin at 1:00pm until 4:00pm

Bingo Packs start at \$5, 2 packs minimum
Saturdays at Senior Center
Doors open at 10:00am, games begin at 1:00pm until 4:00pm



March Members Birthday Celebration

Join us in celebrating all the January birthdays with something sweet as well as a raffle drawing! Birthday celebrant must be a current Senior Center Member and must be present to win!

Date: Thursday, March 26
Time: 12:00pm-12:30pm



Arts & Crafts-Flower Arrangement

Fake flowers, painting pot and ball

Date: Thursday, March 5
Time: 1:00pm-3:30pm
Cost: \$3 Members / \$5 Non-Members

Arts & Crafts-Canvas Painting Flower Arrangement

Date: Thursday, March 19
Time: 1:00pm-3:30pm
Cost: \$3 Members / \$5 Non-Members



MONTHLY PROGRAMS

Social Dances			
Days: Mondays	Time: 1:00pm-3:00pm	Location: Senior Center	Cost: \$1/\$3
<p>Karaoke during the tea dance break from 2:00-2:30pm. Karaoke sign ups will be with the front desk.</p>			
Date: Friday, March 6	Time: 4:30pm-7:00pm	Location: Senior Center	Cost: \$1/\$3
Date: Friday, March 20	Time: 4:30pm-7:00pm	Location: Senior Center	Cost: \$1/\$3
<p>Steve Monteclaro and Alex Salcedo perform live music, tunes from the 50s, 60s and 70s. Bring a partner and come dance with us. Snacks and refreshments are available for purchase. Come enjoy line dancing, song requests and fun with your friends!</p>			
Salsa Dance Class			
Days: Mondays & Wednesdays	Time: 3:30pm-4:30pm	Location: Senior Center	Cost: \$2/\$4
<p>Salsa is a popular form of social dancing whether you have a partner or not. The movements of Salsa are a combination of the Afro-Cuban dances: Son, Mambo, Chachacha, Rumba, Bomba and Danzon.</p>			
Chair Yoga Class			
Days: Thursdays	Time: 1:30pm-2:30pm	Location: Library Community Room	Cost: \$2/\$4
<p>Chair yoga safely improves senior health. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress and improve circulation. Sign up with staff and we will contact you with more details.</p>			
Chinese Mah Jong Class			
Days: Fridays	Time: 1:00pm-3:30pm	Location: Senior Center	Cost: \$1/\$2
<p>Program is based on first come, first serve. Maximum of 3 participants. Sign-ups are encouraged, walk-ins welcome.</p>			
Morning Crochets Class			
Days: Thursdays	Time: 10:00am-11:00am	Location: Senior Center	Cost: Free
<p>Grab your yarn and join the fun for our social knitting and crocheting group. Exchange ideas and learn new stitches. Cost is FREE and exclusive for members! Just bring your own materials to join the fun.</p>			

TUESDAY MOVIES, EVERY TUESDAY AT 1:00PM

**Movie participation cost is \$1 for Members/\$3 Non-Members.
Cost includes admission and snacks**



The Hustle	
Date: Wednesday, March 4	Rating: PG-13
Run Time: 1 hr 33 min	Genre: Comedy, Crime

Two con women - one low rent and the other high class - team up to take down the men who have wronged them.
Starring: Anne Hathaway, Rebel Wilson, Alex Sharp



Joker	
Date: Tuesday, March 10	Rating: R
Run Time: 2 hr 2 min	Genre: Crime, Drama, Thriller

In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: the Joker.
Starring: Joaquin Phoenix, Robert De Niro, Zazie Beetz



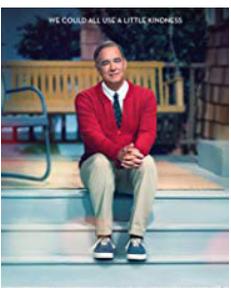
The Good Liar	
Date: Tuesday, March 17	Rating: R
Run Time: 1 hr 49 min	Genre: Crime, Drama, Mystery

Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.
Starring: Helen Mirren, Ian McKellen, Russell Tovey



Midway	
Date: Tuesday, March 24	Rating: PG-13
Run Time: 2 hr 18 min	Genre: Action, Drama, History

The story of the Battle of Midway, told by the leaders and the sailors who fought it.
Starring: Ed Skrein, Patrick Wilson, Woody Harrelson



A Beautiful Day in the Neighborhood	
Date: Tuesday, March 31	Rating: PG
Run Time: 1 hr 49 min	Genre: Biography, Drama

Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.
Starring: Tom Hanks, Matthew Rhys, Chris Cooper

***Please note that movies are subject to change**

SENIOR CENTER SOCIAL TRIPS

All trips depart from San Pablo Town Center off of San Pablo Ave (Big Lots) unless otherwise noted (2415 San Pablo Dam Rd Ste 300-a).
Credits have a 90-day expiration date from trip date.
Participants needing to bring their wheelchairs and walkers must reserve and are on a first come, first reserve basis.
Pick-ups and drop offs are based on availability on a first come, first serve basis on reserving & you must be registered with San Pablo Transportation.
Courtesy calls are a courtesy and are not guaranteed. Please use your flyer or receipt to track trip dates and times.
Must be a minimum of 10 participants registered 72-hours prior to the trip to run.
Please note that social day trips will vary due to the staffing shortage.

WE WANT TO HEAR FROM YOU!

Social Trips are the perfect get-away to enjoy friends and explore new adventures. We are now planning our social trips and we want to hear from you! What’s your idea, when, and where would you like to go? Stop by the office and pick-up a suggestion slip and drop it in the suggestion box (see staff to submit). You can specify the month or the season (winter, fall, summer and spring) and any details about the social trip is appreciated. Thank you for your participation and check the monthly newsletter for details!

TRAVEL TRAINING PROGRAM

Travel training teaches you how to safely ride public transportation, how to purchase bus and/or BART tickets, how to refill your Clipper card and more. Learning travel skills can not only help you with errands and daily tasks, but can also help you become better connected with your community and give you that sense of independence! We are seeking volunteers to become Travel Ambassadors to provide information, instructions and support to their peers as it pertains to using public transportation.

Benefits of being an Ambassador:

- Staying young and active through continuous learning, and in-service training
- Forming new relationships and collaborations
- Learning how to use Transit systems
- Being proud to be a volunteer in your community
- Receive a certificate after training is complete

If you are interested and want to help, please call or stop by the transportation office for information on how to make a difference in your community.

SENIOR CENTER SOCIAL TRIPS

San Francisco Ballet, “Midsummer Night’s Dream”, Brunch at Little Skillet Restaurant in SF

Date: Saturday, March 7- CANCELLED due to low participation

Red Hawk Casino

Date: Friday, March 27	Time: Boarding at 8:00am at San Pablo Town Center. Departure at 8:15am.
Cost: \$26 Members/ \$30 Non-Members	

Join us for one of Northern California’s largest Indian casinos. Enjoy 5-hours of game time and get back \$10-20 in promos. Snack bags will be provided, bingo games will be played as well as flash games (for an additional fee) and an exciting raffle.

There will be moderate walking at your own pace.

Cancellation refund policy for this trip was Friday 3/20 by 4:00pm.

Leshner Theater in Walnut Creek, Chicken, Chitlins and Caviar”, Breakfast at Mel’s Diner in Walnut Creek

Date: Saturday, April 4	Cost: \$55 Member / \$60 Non-Member (Cost include transportation)
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Departure Time: Boarding at 8:30am, Depart at 8:45am to the Restaurant. Show starts at 2pm.	Return Time: Depart at 4:45pm or when the show is over, back to San Pablo
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Payment is due Monday, 3/23 by 4:00pm. Payment plans are available. Cancellation/Refund Policy for this trip is Friday, 3/27 by 4:00pm.

Eleven Roses Ranch Tour in Lake County

Date: Saturday, April 18	Cost: \$70 Members / \$75 Non-Members
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Departure Time: Boarding at 7:15am, Depart at 7:30am. Rest stop after 1 hour and 15 minutes driving time. Arrive approximately at 10:30am. Appetizers, music & welcome at 11:00am. Tour starts at 11:30am. Lunch at 12:30pm.	Return Time: Board at 2:00pm, Depart at 2:15pm. Rest stop after 1 hour and 15 minutes driving time. Arrive approximately 5:30pm
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Dress warm and wear comfortable clothes! Pre selected entree: tenderloin, chicken and portabella mushroom vegetarian entree with vegetables. Sides include green salad, vegetarian, beans and rolls with butter. Dutch Oven Peach Cobbler for dessert. Drinks: one complimentary glass of wine, coffee and tea are available as desired (included).

A \$40 deposit is required to hold a seat. Payment plans are available. Payment for this trip is due Wednesday, 3/11 by 4:00pm. Cancellation/Refund for this trip is Monday, 3/16 by 4:00pm.

SENIOR TRANSPORTATION NEWS

San Pablo Senior Transportation Service is supported by Contra Costa County Measure J Funds



Are you a San Pablo Resident or live within 94806?
If so, register today if you are 50 years or older or are a person with disabilities.

Benefits of our low-cost service

- Friendly Staff with an enjoyable experience
- Low cost fare compared to local agencies
- Efficient and convenient for local appointments
- Less wait time versus using public transportation

In order to sign up and see if you are eligible for this service please feel free to request an application in person, by mail, email or visit our website!

TRANSPORTATION OFFICE HOURS & LOCATION

San Pablo Senior & Disabled Transportation

1943 Church Lane, San Pablo CA. 94806

Office Hours: Monday-Friday, 8:00am-4:30pm

*Shuttle Service Hours: Monday-Friday, 9:00am-3:45pm

There is no shuttle service between 12:00pm-1:15pm

Paratransit Office

(510) 215-3095

paratransit@sanpabloca.gov

www.sanpabloca.gov/Transportation



*Please be advised that reservations are on a first come, first serve basis and are based on driver's availability which may impact your request.

SENIOR TRANSPORTATION NEWS

NEW TICKETS FOR PURCHASE



We are excited to announce we have new booklets for purchase, in addition to the \$2 tickets. You can now purchase \$1 tickets for \$20 (20 tickets per book) and \$4 tickets for \$40 (10 tickets per book). We encourage our participants to use the scholarship program to help offset the cost for shuttle tickets. For more information, please contact our staff for assistance.

PROGRAM FEES

All tickets are sold at the San Pablo Senior Center, Monday-Friday, 8:00am-4:30pm Payment may be made via cash, money order or personal check. (No debit or credit cards accepted for payment)	
Door to Door Shuttle Fare	\$2 Resident / \$4 Non-Resident
Brown Bag Fee	\$2 Resident / \$3 Non-Resident
Door to Door Shuttle Ticket Book	\$20 (\$2 tickets) 10 tickets per book
Door to Door Shuttle Ticket Book	\$20 (\$1 tickets) 20 tickets per book
Door to Door Shuttle Ticket Book	\$40 (\$4 tickets) 10 tickets per book
East Bay Paratransit Tickets	\$40 per book (must be approved by EBP)

TRANSPORTATION YEARLY APPLICATIONS

2020 is now here and we have implemented our new transportation eligibility process which is now available and mandatory. Applications require a government issued ID or utility bill with a picture ID to verify residency. If you haven't registered for 2020, we will not be able to service you. Please see our staff member for assistance.

TRANSPORTATION ELIGIBILITY REQUIREMENT



We are excited to announce that the new minimum age limit to be eligible for shuttle service is 50 years old! New applications require a Government issued ID or utility bill with photo ID to verify residency. Please attach supporting documentation with your transportation application and return to our offices. Staff will notify you when you are eligible to use the service within 24-72 hours. Any questions or concerns, please contact our office at (510) 215-3095.

MONTHLY PROGRAMS

FOOD BANK DELIVERY



NEED FOOD ASSISTANCE?

The Food Bank of Contra Costa and Solano distributes food directly to people in need on:

1st & 3rd Friday of each month at Davis Park Multi-Purpose Room (10:00am-11:00am)

Cost: \$2 Resident / \$3 Non-Resident

Home delivery: \$4 Res / \$6 Non-Res
Pickup at Senior Center: \$2 Res / \$3 Non-Res

To sign up, see one of our Senior Center staff or visit the food bank website at <https://www.foodbankccs.org/>

ADDITIONAL FOOD RESOURCES

Below are the programs that are operated in conjunction with the City of San Pablo:

Community Produce Programs

Davis Park (1667 Folsom Avenue)
2nd and 4th Friday of each month
12:00pm-1:00pm

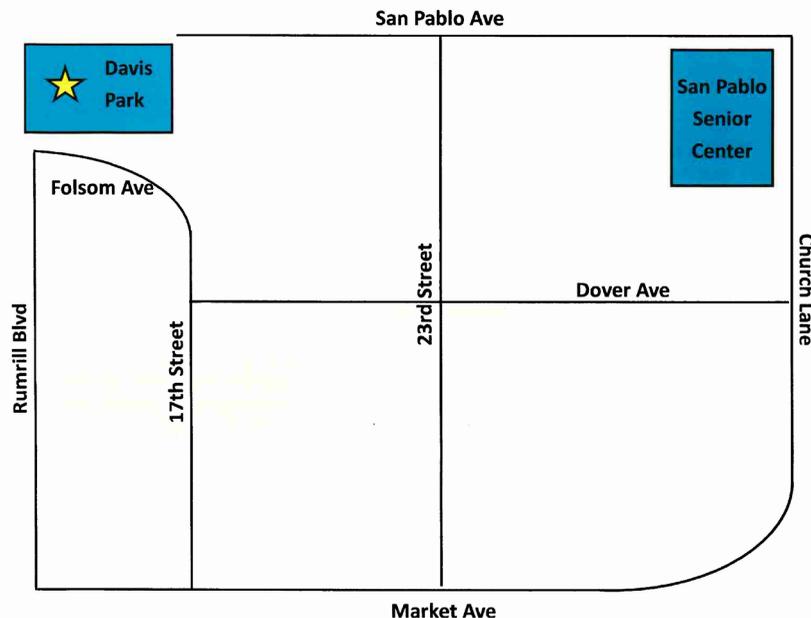
Food Assistance Programs

Davis Park (1667 Folsom Avenue)
3rd Monday of each month
10:00am-12:00pm

Senior Food Program

Davis Park Multi-Purpose Room (1665 Folsom Avenue)
1st and 3rd Friday of each month
10:00am-11:00am

Please Note: In March the Food Bank location will be at Davis Park Multi Purpose Room, 1665 Folsom Avenue, San Pablo, CA and from April - December 2020, it will be at the San Pablo Library Community Room, 13751 San Pablo Avenue, San Pablo, CA.



RIDER POLICIES

Scheduling a Reservation

- Reservations can be made one day in advance or up to three days in advance
- \$2 Residents/\$4 Non-Residents (outside of San Pablo city limits)
- Payment is required at the time of pickup
- Shuttle books are available for purchase for:
 - \$20 (20 tickets per book \$1 a ticket)
 - \$20 (10 tickets per book \$2 a ticket)
 - \$40 (10 tickets per book \$4 a ticket)
 - Tickets may be purchased via cash, check or money order
 - Tickets available for purchase at the Senior Center, Monday-Friday 8:00am-5:00pm, or by mail (send a check payable or money order to City of San Pablo) and a self-addressed, stamped envelope
 - Note: Send payment to: San Pablo Senior Center, Attn: Transportation, 1943 Church Lane, San Pablo, CA 94806.

No show

- If a rider is not present during the reserved pickup times, this is considered a “no-show”
- There is a 3 no-show/cancellation policy within a 3-month period. If the minimum occurrence has been reached the following will occur:
 - 1st occurrence on any no-show will receive a verbal warning.
 - 2nd occurrence will receive a letter detailing the 1st and 2nd occurrence.
 - The 3rd will result in suspension of service.

Bag Limitations

- Riders must be able to carry no more than 2-3 bags/packages on their own
- Bags must fit at the feet of the rider
- Bags should not exceed 10 pounds total
- Drivers will not be able to help carry packages that exceeds the weight limit or take them inside living accommodations or facilities

TRAVEL TRAINING PROGRAM



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- Forming new relationships and collaborations
- Learning how to use Transit systems
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- Receive a certificate after training is complete

If you are interested and want to help, please call or stop by the transportation office for information on how to make a difference in your community.

SENIOR DAILY PROGRAMS

PROGRAM	TIME	FEE
MONDAY		
Billiards	8:00am-5:00pm	\$2/\$4
Breakfast (coffee, tea, pastries)	8:00am-11:00am	\$1/\$2
Nintendo Wii	9:00am-11:00am	Free for members
Strength & Balance at Library Community Room (13751 San Pablo Ave)	10:00am-11:00am	\$1/3
Lunch/Nutrition Program	11:30am-12:30pm	\$3-\$5
Tea Dance	1:00pm-3:00pm	\$1/3
Senior Salsa Dance Class	3:30pm-4:30pm	\$2/4
TUESDAY		
Billiards	8:00am-5:00pm	\$2/4
Breakfast (coffee, tea, pastries)	8:00am-11:00am	\$1/2
Low Impact Aerobics at Library Community Room (13751 San Pablo Ave)	10:00am-11:00am	\$1/3
Lunch/Nutrition Program	11:30am-12:30pm	\$3-\$5
Movie Tuesdays	1:00pm-3:00pm	\$1/3
WEDNESDAY		
Billiards	8:00am-5:00pm	\$2/4
Breakfast (coffee, tea, pastries)	8:00am-11:00am	\$1/2
Nintendo Wii	9:00am-11:00am	Free for members
Lunch/Nutrition Program	11:30am-12:30pm	\$3-\$5
Bingo at Davis Park Multi-Purpose Room (1665 Folsom Avenue)	1:00pm-4:30pm	Varies, Bingo packs are \$5, flashers vary
Tai Chi Exercise Class	2:00pm-3:00pm	Free for members
Senior Salsa Dance Class	3:30pm-4:30pm	\$2/4



SENIOR DAILY PROGRAMS

PROGRAM	TIME	FEE
THURSDAY		
Billiards	8:00am-5:00pm	\$2/4
Breakfast (coffee, tea, pastries)	8:00am-11:00am	\$1/2
Low Impact Aerobics at Library Community Room (13751 San Pablo Ave)	9:00am-10:00am	\$1/3
Strength & Balance at Library Community Room (13751 San Pablo Ave)	10:00am-11:00am	\$1/3
Lunch/Nutrition Program	11:30am-12:30pm	\$3-\$5
Chair Yoga at Library Community Room (13751 San Pablo Ave.)	1:30pm-2:30pm	\$2/\$4
Pinochle Card Game	1:00pm-3:30pm	\$1/3
Mah Jongg (American & Chinese)	1:00pm-4:00pm	\$1/3
FRIDAY		
Billiards	8:00am-5:00pm	\$2/4
Breakfast (coffee, tea, pastries)	8:00am-11:00am	\$1/2
Lunch/Nutrition Program	11:30am-12:30pm	\$3-\$5
Line Dance Classes at San Pablo Community Center (2450 Road 20)	1:00pm-3:00pm	\$1/\$3
Pinochle Card Game & Chinese Mah Jongg	1:00pm-3:30pm	\$1/\$3
Friday Night Dancing (1st and 3rd Fridays) call (510) 215-3090 for dates	4:30pm- 7:00pm	\$1/\$3
SATURDAY		
Bingo	10:00am – 4:00pm	Varies



SENIOR CENTER SOCIAL & SUPPORT SERVICES

PROGRAM	SPONSOR/ LOCATION	DAY/MONTH	TIME	INFORMATION/ APPOINTMENT
Blood Pressure Checks	Volunteer Retired Nurse	3rd Monday of each Month	10:00am- 11:30am	Drop-ins Welcome
California Mental Health Line	California has launched its first free mental health line. This will provide a non-emergency emotional support for those struggling. Please dial 1-855-845-7415.			
Care Management Care Managers assess a senior's needs and identify services to help meet those needs.	Meals on Wheels Senior Outreach Services	3rd Wednesday of each Month *Appointments must be made by the Friday prior to the 3rd Wednesday	10:00am- 3:00pm	By appt. only (510) 215-3090 Must be 60 years or older and a member to participate
Door To Door Shuttle Service Door to door shuttle service for San Pablo residents	Senior Center 1943 Church Lane	Monday- Friday	9:00am- 3:45pm	Call to register (510) 215-3095 program for San Pablo Residents only
Food Bank Program	Food Bank of Solano and CC County Davis Park Multi-Purpose Room (1665 Folsom Avenue)	1st & 3rd Friday of each Month	10:00am- 11:00am	Must register with Food Bank and be 55 years or older (510) 215-3090
General Legal Advice Legal advice to seniors 60+ who live in Contra Costa County by a pro bono attorney. Service designed for low income seniors (\$2,500 if single, \$3,500 if married)	Contra Costa Senior Legal Services (Income limits apply for service)	2nd Friday every other Month -3/13/20 -5/8/20	10:00am- 11:30am (only four slots available)	By appt. only (510) 215-3090 Must be 60 years or older to participate
HICAP Information to seniors about medical insurance options, doctors, and medical, prescription plans	Contra Costa County Aging Services	1st Wednesday of each Month	9:00am- 12:00pm	By appt. only (925) 602-4168 (Health Insurance Counseling Advocacy)

SENIOR CENTER SOCIAL & SUPPORT SERVICES

PROGRAM	SPONSOR/ LOCATION	DAY/ MONTH	TIME	INFORMATION/ APPOINTMENT
Rotary Home Team Basic home maintenance and repairs service for San Pablo residents	Covia and SP Rotary	One Saturday every other month -3/28/20 -5/30/20	9:00am-12:00pm	Call one week in advance (888) 204-5573
Senior Peer Counseling Peer counselors can help seniors cope with issues related to anxiety, depression, loneliness & family issues. Appointments are confidential.	Contra Costa County Health Services	Tuesdays	1:00pm-4:00pm	By appt. only (510) 367-9116
Scholarship Program Financial assistance for fee based programs for low income San Pablo seniors	San Pablo Committee on Aging	Program runs Now thru June 2020	Not applicable	Application required, income limits apply. August 2019 to August 2020: Residents who qualify will be awarded \$150 in credits. Non-Resident members who qualify will be awarded \$100 in credits
Travel Training	Meet at the Senior Center for transportation travel itinerary	Quarterly	Varies	Contact Transportation located in the Senior Center (510) 215-3097
Wills Clinic Free simple wills and powers of attorney by a pro bono attorney. Service designed for low income seniors	Contra Costa Senior Legal Services (Income limits apply for service)	2nd Friday every other month -4/10/20	10:00am-11:20am (only three appointment slots available)	By appt. only (510) 215-3090 Must be 60 years or older to participate

MARCH 2020

Monday

Tuesday

C.C. CAFE

Wednesday

Thursday

MARCH 2020

Friday

2
CELEBRATE NATIONAL NUTRITION MONTH
Garlic & Herb Chicken
Hearty Vegetable Soup
* California Blend
* Scalloped Potatoes
Butterscotch Pudding (Pears)



3
Turkey Divan over Brown Rice
Sliced Carrots
Tossed Salad w/1000 Island Dressing
Mandarin Oranges

4
Pork Carnitas w/Salsa on a Flour Tortilla
Chicken Noodle Soup
Pinto Beans
Creamy Coleslaw
Lime Sherbet (Fresh Fruit)

5
Broccoli Beef over Steamed Rice
Vegetable Bean Medley
Mixed Green Salad w/Honey Mustard Dressing
Tangerine
RSVP 1 DAY IN ADVANCE BEFORE 12:30pm 510- 215-3098

6
Creamy Vegetarian Lasagna w/Parmesan Cheese
Grape Juice
Winter Veggie Blend
Spinach Salad w/Balsamic Vinaigrette
Fresh Fruit

9
Spaghetti & Meatballs w/Parmesan Cheese
Italian Vegetables
Tossed Salad w/Creamy Italian Dressing
Tropical Fruit

10
Cheese Omelet w/Salsa
Pork Sausage
* Roasted Red Potatoes
* Steamed Spinach
* Orange Pineapple Juice Muffin (Fresh Fruit)

11
Turkey a la King over Rice
Stewed Tomatoes
Mixed Vegetables
Raspberry Gelatin w/Pears (Diet Raspberry Gelatin w/Pears)

12
COLD PLATE
Seafood Louie (Mock Crab) Salad on a Bed of Lettuce
Chicken & Rice Soup
* Marinated Broccoli Salad
* Garden Pea Salad
Roll w/Butter
Banana

13
Apricot Chicken
Savory Bean Soup w/Crackers
Tender Green Beans
Whipped Sweet Potatoes
Ice Cream (Pineapple Chunks)

16
COLD PLATE
Roasted Turkey Sandwich
Mushroom Barley Soup
4 Bean Salad
Carrot Raisin Salad
Lettuce & Tomato
Mustard & Mayonnaise
French Bread
Mandarin Oranges

17
ST. PATRICK'S DAY PARTY
Irish Beef Stew
Broccoli Florets
Tossed Salad w/Ranch Dressing
* Biscuit w/Butter
* Pistachio Fluff (Fresh Fruit)



18
Cheesy Lasagna Roll-Up w/Shredded Cheese
Lentil Soup
Succotash
Spinach Salad
* w/Champagne Vinaigrette
Chilled Peaches

19
Turkey Tamale Pie w/Cornbread Topping
Pinto Beans
Sliced Carrots
Citrus Fruit
RSVP 1 DAY IN ADVANCE BEFORE 12:30pm 510- 215-3098

20
Beer Battered Fish & Chips
Cream of Tomato Soup
Mixed Vegetables
Creamy Coleslaw
Tartar Sauce, Vinegar
Banana Cake (Banana)

23
Potato Crusted Fish over Herbed Rice
Chicken & Orzo Soup
* Winter Veggie Blend
* Pickled Beets & Onions
Tartar Sauce
Fruit Cocktail

24
Turkey Chili Mac w/Shredded Cheese
Italian Vegetables
Stewed Tomatoes
Vanilla Pudding (Applesauce)
RSVP 1 DAY IN ADVANCE BEFORE 12:30pm 510- 215-3098

25
COLD PLATE
Cobb Salad
Cream of Potato Soup
* Carrot Raisin Salad
* Blue Cheese Dressing
Dinner Roll w/Butter
Tropical Fruit

26
Sweet & Sour Pork over Steamed Rice
Broccoli Florets
* Mixed Cabbage Salad
* w/Poppy Seed Dressing
Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/Mixed Fruit)

27
Roast Beef w/Gravy
Minestrone Soup
Scandinavian Veggies
Baked Potato w/Butter
Tossed Salad w/French Dressing
Fresh Fruit

30
* Meatloaf w/Gravy
Mashed Potatoes
Peas and Carrots
Tossed Salad w/Ranch Dressing
Fresh Fruit
RSVP 1 DAY IN ADVANCE BEFORE 12:30pm 510- 215-3098

31
COLD PLATE
Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
Egg Drop Soup
* Marinated Broccoli Salad
Hawaiian Roll w/Butter
Chocolate Pudding (Pineapple Chunks)



= Item is higher in sodium
* = 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 MAR. 2 AND 17!
4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**

Interested In How To Crochet?

Grab your yarn and join the fun for our social knitting and crocheting group. Exchange ideas and learn new stitches.

Members are welcome!

When: Thursday Mornings

Time: 10:00am—11:00am

Cost: Free! Just bring your own materials
to join the fun



CITY of SAN PABLO
City of New Directions



Senior Center Division • 1943 Church Ln, San Pablo, CA, 94806
Phone 510-215-3090 • Fax 510-215-3015 •
Seniors@sanpabloca.gov



ANDROID PHONE TRAINING



LEARN HOW TO:

- Make your phone audio sounds louder, easier to hear!
- Send and receive text messages
- Connect Bluetooth devices
- Operate the basic functions of the phone and much more!



DATE: Monday, March 23, 2020

TIME: 9:30AM - 11:30AM

**LOCATION: San Pablo Senior Center
(1943 Church Ln.)**

Senior Center Division • 1943 Church Ln, San Pablo, CA, 94806

Phone 510-215-3090 • Fax 510-215-3015•

Seniors@sanpabloca.gov

www.SanPabloca.gov/seniors





CALL THE HOME TEAM!

Home Maintenance Program



- ◆ Hard to reach light bulb?
- ◆ Leaky faucet?
- ◆ Running toilet?
- ◆ Need new smoke detector batteries?
- ◆ Screen door damaged?

Basic home maintenance and repairs provided every other month to those age 60+, by local volunteer Rotary Club members, in partnership with Covia, a local non-profit organization.

**To schedule an
appointment, call
(888) 204-5573
One week in advance
Next workday:
Saturday, March 28, 2020**

Sponsored By:





CASINO BLOWOUT to Red Hawk Casino

**Bingo,
raffles, &
more!!!!**

5 Hours of gaming!!!

Friday, March 27th, 2020

\$26 members/\$30 non-members

Get back \$15-20 in promotions

Register and call us at 510-215-3090 or email us at seniors@sanpabloca.gov

8:00 am All reserved participants can start loading the charter bus
(First five rows will be reserved for disabled patrons)

8:15 am Depart from San Pablo Towne Center - (Big Lots parking lot, to the right of Dollar Tree)
*40 San Pablo Towne Center
San Pablo, Ca 94806*

10:15 am Arrive at Red Hawk Indian Casino

3:30 pm Depart Red Hawk Indian Casino for return trip home

6:00 pm Approximate arrival time home



**Cancellations must be made by 3/20/20 4pm, prior to the trip in order to receive a credit or refund*

All passengers must have a player's club card to receive casino package.

All passengers must have a Valid Government Photo I.D.

Disclaimer: All travel events and other activities arranged for and by Gold Star Charter & Tours, the San Pablo Senior Center & the City of San Pablo are for the convenience and pleasure of the members and their guests who desire to participate. Gold Star Charter & Tours, the San Pablo Senior Center & the City of San Pablo do not assume any responsibility for the well-being or safety of the participants or their property, in any manner pertaining to said travel activities or other activities. Another disclosures or non-responsibility provisions contained herein shall not in any way incur any liability attaching Gold Star Charter & Tours, the San Pablo Senior Center & City of San Pablo.



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www.SanPabloca.gov/seniors

HARRAH'S SACRAMENTO CASINO



5 HOURS OF GAMING!!

THURSDAY, APRIL 30TH, 2020

\$26 MEMBERS / \$30 NON-MEMBERS

GET BACK \$10-\$20 IN PROMOTIONS!

Register & call us at 510-215-3090 or email us at seniors@sanpabloca.gov

- 7:45 am All reserved participants can start loading the charter bus
(First five rows will be reserved for disabled patrons)
- 8:00 am Depart from San Pablo Towne Center - (Big Lots parking lot, to the right of Dollar Tree)
40 San Pablo Towne Center San Pablo, Ca 94806
- 9:45 am Arrive at Harrah's Sacramento Casino
- 4:00 pm Depart Harrah's Sacramento for return trip home
- 5:45 pm Approximate arrival time home



***Cancellations must be made by 4/23/2020 4pm, prior to the trip in order to receive a credit or refund**

All passengers must have a player's club card to receive casino package.

All passengers must have a Valid Government Photo I.D.

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