

SAN PABLO SENIOR CENTER

THE BELL RINGER

monthly newsletter

March 2026

OUR MISSION

The San Pablo Senior Center is a multi-service center that offers seniors services and amenities that improve their quality of life. Our facility acts as a hub for connecting elders with much needed social services, stimulating social contact through programs and volunteers, and offering opportunity for continuous intellectual growth and development.

Lucky

SAN PABLO SENIOR CENTER

Monday-Friday 9:00AM-4:00PM
1943 Church Lane, San Pablo, CA
seniors@sanpabloca.gov
(510) 215-3090
www.sanpabloca.gov/seniors

HIGHLIGHTS

- **No Nutrition Lunch Program offered on Wednesdays**
- **Jelly Belly Factory Tour**
Tuesday, March 3rd
- **Saturday Bingo:**
March 7th & March 21st
- **St. Patrick's Day Themed Lunch**
Tuesday, March 17th
- **Birthday Lunch Celebration:**
Thursday, March 26th
- **NEW Fall Prevention class**
See flyer on the last page

8 HAPPY WOMEN'S DAY
March



MARCH CELEBRATIONS

TRANSIT DRIVER APPRECIATION DAY MARCH 18TH

March 18 is Transit Driver Appreciation Day – a time to celebrate the drivers who keep our community connected. Through safe, dependable service and a commitment to care, they help riders reach important destinations every day.

We thank them for their dedication and the difference they make.



**Paratransit Driver
Kuldip Kumar**



**Paratransit Driver
Jashanae Huey**



Women's History Month



FUN FACTS:

- In 1987, Women's History Month was officially established in the United States.
- Patsy Mink co-authored Title IX, expanding educational opportunities for women across the United States.
- Women make up nearly half of today's workforce.
- The first woman elected to the U.S. Congress was Jeannette Rankin in 1916.
- Sonia Sotomayor became the first Latina U.S. Supreme Court Justice in 2009.
- Katherine Johnson's calculations helped send astronauts to space.

BECOME A MEMBER

SIGNING UP

Each fiscal year (July-June), new membership cards are issued. Previously enrolled members and Senior Center volunteers, must renew annually. Individuals who live outside the city limits of San Pablo (non-residents) pay a \$10 yearly membership fee. Individuals who live inside the city limits of San Pablo (residents) pay a \$5 yearly membership fee. There is no membership charge for current Active volunteers. To verify address, please provide a valid government issued ID or photo ID as well as a recent utility bill.

- 1 Fill out a membership form at the Senior Center or print out a fillable form & bring it to the Center
- 2 Bring an ID or utility bill to verify address to determine if you are a Resident or Non-Resident
- 3 Pay fee:
Resident = \$5.00
Non-Residents = \$10.00



BENEFITS

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!

SENIOR CENTER RESOURCES

SCHOLARSHIP	<p>Scholarships are now closed. Applications for next round will be available July 2026.</p> <p>The San Pablo Senior Center is pleased to announce the availability of a scholarship program for Senior Center Members aged 50 and over. To qualify, new and repeat applicants must fill out an application and present a proof of income at the front office.</p>
CARE MANAGEMENT	<p>(Phone calls only) In partnership with Diablo Valley Meals on Wheels, the San Pablo Senior Center will now be offering care management services. Care Managers assess a senior's needs and identifies services to help meet those needs. Care Managers help empower older adults as they cope with the challenges of aging. Service is also available in Spanish. <u>Please call 925-937-8311.</u></p>
LEGAL ADVICE & WILL CLINIC	<p>(Phone calls only) Legal Advice and Wills Clinics will be provided to seniors age 60+ who live in Contra Costa County by a pro bono attorney in collaboration with Contra Costa Senior Legal Services. Free simple wills, advance health care directives and powers of attorney are available to seniors with low incomes and limited resources. No trusts available. <u>Please call 925-609-7900.</u></p>
SENIOR PEER COUNSELING	<p>(Phone calls only) Sponsored by Contra Costa Health Services. Peer counselors can help seniors cope with issues related to anxiety, depression, loneliness and family issues. Appointments are confidential and by phone only. <u>Please call 510-367-9116.</u></p>
HEALTH INSURANCE ADVOCATED COUNSELING	<p>Sponsored by Contra Costa County Aging Services. Information about medical insurance options, doctors and medical prescription plans. <u>By phone appointment only 925-655-1393.</u></p>

SENIOR PROGRAMS

ONLY CASH & CHECKS ACCEPTED AS PAYMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Billiards 9:00AM–4:00PM Senior Center \$2 \$4</p>	<p>Billiards 9:00AM–4:00PM Senior Center \$2 \$4</p>	<p>Billiards 9:00AM–4:00PM Senior Center \$2 \$4</p>	<p>Billiards 9:00AM–4:00PM Senior Center \$2 \$4</p>	<p>Billiards 9:00AM–4:00PM Senior Center \$2 \$4</p>
<p>Zumba for Seniors 11:30AM-12:30PM Library Com. Room (13751 San Pablo Ave) \$2 \$4</p>	<p>Zumba for Seniors 10:00AM–11:00AM Maple Hall (1000 Gateway Ave) \$2 \$4</p>	<p>Chair Fitness 10:00AM–11:00AM Library Com. Room (13751 San Pablo Ave) \$2 \$4</p>	<p>Zumba for Seniors 10:00AM-11:00AM Library Com. Room (13751 San Pablo Ave) \$2 \$4</p>	<p>Senior Yoga 9:00AM-10:15AM Maple Hall (1000 Gateway Ave) \$2 \$4</p>
<p>Tea Dance 1:30PM-3:30PM Senior Center \$2 \$4</p>	<p>Senior Yoga 10:00AM-11:00AM Community Center (2450 Road 20) \$2 \$4</p>	<p>Tai Chi 2:00PM-3:00PM Community Center (2450 Rd 20) \$2 \$4</p>	<p>Zumba for Seniors 11:15AM-12:15PM Library Com. Room (13751 San Pablo Ave) \$2 \$4</p>	<p>Chair Fitness 10:30AM-11:30AM Maple Hall (1000 Gateway Ave) \$2 \$4</p>
	<p>Movie Tuesdays 1:30PM Senior Center \$1 \$3</p>	<p>Arts & Crafts 1st & 3rd Wed 1:30PM-3:30PM Senior Center \$3 \$5</p>	<p>Crochet 1:30PM-3:00PM Senior Center \$2 \$4</p>	<p>American & Chinese Mah Jong 1:00PM-4:00PM Senior Center \$1 \$3</p>
<p>Drop-ins are NOT accepted. Pre-registration* is required for all classes & will close 1-hour prior to program start time.</p> <p>*For Senior Yoga on Fridays, you must register by 4pm on Thursdays.</p> <p>To receive a refund, you must cancel at least 3-days (72-hours) in advance of the class's start time.</p>			<p>American & Chinese Mah Jong 1:00PM-4:00PM Senior Center \$1 \$3</p>	<p>Line Dancing 1:00PM-2:30PM Maple Hall (1000 Gateway Ave) \$2 \$4</p>
<p>CLASS REMINDERS</p>			<p>Blood Pressure Checks 1:30PM-3:00PM Senior Center FREE</p>	
<p>REMINDER: CUPS ARE NOT AVAILABLE PLEASE REMEMBER TO BRING REFILLABLE WATER BOTTLES TO ALL PROGRAM ACTIVITIES.</p>				

REGISTRATION & CANCELLATION POLICY

OVER THE PHONE CLASS REGISTRATION POLICY	Please register for classes in person at the San Pablo Senior Center. All fees are due at the time of registration. If you have a credit on your Senior Center account you may register for a class <u>by speaking to a staff on the phone</u> . We will not process your registration from a voicemail.
CANCELLATION POLICY	Refund/Credit requests may be made in person, by phone 510-215-3090, or email at seniors@sanpabloca.gov. Credit/refund requests will be considered 72 business hours before the start date of the class, program or trip. Requests cannot be processed after this time.
CASINO TRIPS CANCELLATION FEE	There is a \$10.00 cancellation fee for any casino trip. Credit/refund requests outside of the \$10 fee will be considered 72 business hours before the trip date.
MEMBERSHIP CARD POLICY	Membership cards are required for all City of San Pablo Senior Center Classes and activities. Make sure you bring your membership card with you so that staff can check you in.

SPECIAL EVENTS

MARCH BIRTHDAY LUNCH CELEBRATION

Thursday, March 26, 2026

Location: San Pablo Senior Center

Time: 11:30-12:30 pm

Must be member of the Café Costa Nutrition Program to attend.

Reservations required by 12pm at least 24 hours in advance.

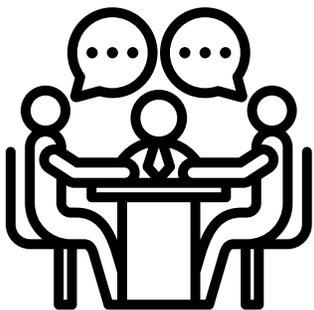


IMPORTANT ANNOUNCEMENTS

SAVE THE DATE	<ul style="list-style-type: none">• March 17th: St. Patrick's Day Themed Lunch• April 28th: Michael Jackson Movie Theater Trip• May 21st: Cherry Picking in Brentwood
CASINO & SOCIAL TRIPS	<ul style="list-style-type: none">• Jelly Belly Factory Trip: Tuesday, March 3rd (FULL)• MJ The Musical Trip: Registration opens March 6th
ARTS & CRAFTS SCHEDULE	<ul style="list-style-type: none">• March 4th: Jewelry Making• March 18th: Jewelry Making• Art classes are full at the moment, please let us know if you'd like to be added to the waitlist.

SENIOR ADVISORY BOARD MEETINGS

The San Pablo Senior Center has an advisory board (Senior Advisory Board) that defines goals and objectives for the senior community. They also sponsor a variety of community events, and volunteer for activities such as bingo, dances, luncheons, and special events. Attend one of the meetings if you're interested in joining or wondering about what these advocated are all about!



SENIOR ADVISORY BOARD

Thursday, March 12, 2026

San Pablo Senior Center

(1943 Church Lane)

9:30AM-11:30AM



SENIOR FOOD RESOURCES

CAFE COSTA DINE-IN LUNCH PROGRAM

Hot Meal In-person Dining at the Senior Center
Monday, Tuesday, Thursday, Friday

**Reservations required at least
1-day in advance before 12:00 PM**



Check in starts at 10:30AM
Must be seated by 11:30AM
Late arrivals can not be served.

Suggested Contribution: \$3 FOR 60+
Mandatory Fee: \$6 FOR 59 & UNDER

Call 510-215-3098 for reservations
Additional options : Vegetarian or Salad

Currently accepting reservations up to 1 week in
advance

***Cancellations in advance helps prevent food
waste which helps program funding. After 3 no
shows within 30 days you will not be able to
reserve lunch for 1 week.***

MEALS ON WHEELS

Meals on Wheels is a delivery option if you are
unable to go to the Senior Center.

Up to 5 frozen meals delivered

**PLEASE CALL 510-412-0166
FOR MORE INFORMATION**



SENIOR FOOD BANK PROGRAM

Must register with the Food Bank and be 55
years and older. Applications are available on
distribution days.

Locations:

San Pablo Library Community Room
1st and 3rd Friday of every month
(9:30 AM - 10:30 AM)



FOR MORE INFO CONTACT 925-676-7543

Sponsored by The Contra Costa & Solano Food Bank

ADDITIONAL FOOD RESOURCES

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





MARCH 2026



MAKE YOUR LUNCH RESERVATIONS
1 DAY PRIOR BEFORE 12PM BY CALLING
510-215-3090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 C Beef Goulash Brussels Sprouts Carrot Raisin Salad Whole Wheat Roll w/Butter Fresh Pear	3/3 Sliced Turkey w/Gravy C Mashed Potatoes Pacific Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	3/4 NO LUNCH SERVICE	3/5 Teriyaki Chicken Egg Drop Soup Green Beans C Coleslaw Asian Brown Rice Gelatin w/Fruit Cocktail	3/6 Ham & Cheese Frittata w/Shredded Cheese and Salsa Diced Red Potatoes C Collard Greens Bagel w/Butter Seasonal Fresh Fruit
3/9 FishSticks w/Tartar Sauce Tomato Soup Mac & Cheese Scandinavian Veggies C Citrus Fruit	3/10 Pork Chile Verde C Pinto Beans Cauliflower Brown Rice Seasonal Fresh Fruit	3/11 NO LUNCH SERVICE	3/12 C Sesame Beef Broccoli Carrots Brown Rice Seasonal Fresh Fruit	3/13 Yogurt Dill Turkey Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Chicken Rice Soup Potato Salad 3-Bean Salad C Fresh Orange
3/16 Brazilian Coconut Chicken Black Beans C California Vegetables Brown Rice Fresh Apple	3/17 ST. PATRICK'S DAY Irish Beef Stew C Seasoned Cabbage Whole Wheat Roll w/Butter Seasonal Fresh Fruit Green Poke Cake	3/18 NO LUNCH SERVICE	3/19 C BBQ Pork Riblet Sweet Potatoes Key Largo Vegetables Whole Wheat Roll w/Butter Cinnamon Apples	3/20 Chimichurri Tilapia Cream of Mushroom Soup Pacific Vegetables Spanish Brown Rice Spinach Salad w/Dressing C Tropical Fruit
3/23 Pork Afritada Bean Medley Garden Pea Salad Brown Rice C Orange Juice Cookie	3/24 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on Whole Wheat Bread Vegetable Soup Black Bean & Corn Salad C Mandarin Oranges	3/25 NO LUNCH SERVICE	3/26 Spaghetti w/Turkey Bolognese Sauce & Parmesan Cheese Italian Vegetables Marinated Beets & Onions C Tangerine MARCH BIRTHDAY CELEBRATION	3/27 Orange Glazed Chicken Zucchini C Stir Fry Vegetables Brown Rice Seasonal Fresh Fruit Sherbet
3/30 Turkey Tetrazzini w/Whole Grain Pasta Stewed Tomatoes Pacific Vegetables Fresh Orange	3/31 Broccoli & Cheese Stuffed Chicken w/Dijon Sauce Lentil Soup Mixed Vegetables Scalloped Potatoes Whole Wheat Roll w/Butter C Applesauce	NO LUNCH SERVICE		

All meals served with lowfat milk. **2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (ASIAN CHICKEN).** — Vitamin A + Higher in sodium
c Vitamin C

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.



NUTRITION Program



What days are lunch available?

Monday, Tuesday, Thursday, and Friday. **No Wednesdays.**



How many days in advance can I reserve a meal?

You may reserve meals up to one week in advance.



Can I reserve meals for myself and a friend/partner?

Yes. You may reserve for yourself and one additional person. Reservations are limited to members enrolled in the nutrition program.



Where do I check in?

Check-in begins at 10:30am. Please check in with the volunteers; your name will be listed on the roster.



What if there is no space available for lunch?

You will be added to the waitlist. Please refer to the resource flyer for additional options.



Where do I sign up for lunch?

Front Desk



What if I need to cancel my lunch reservation?

Please call 510-215-3090 to cancel the day prior by 12pm. No-shows will be monitored. After three no-shows, your reservation privileges will be placed on hold for one week.



(510)215-3090



seniors@sanpabloca.gov





NUTRITION Program

FAQ



Que dias esta disponible el almuerzo?

Lunes, Martes, Jueves, Viernes. **No Miércoles.**



¿Puedo reservar comidas para mí y un amigo/pareja?

Sí. Puede reservar para usted y una persona adicional. Las reservas están limitadas a miembros inscritos en el programa de nutrición.



¿Dónde registro mi llegada?

El registro comienza a las 10:30 a. m. Por favor, regístrese con los voluntarios; su nombre aparecerá en la lista.

¿Qué pasa si no hay espacio disponible para el almuerzo?

Se le añadirá a la lista de espera. Consulte el personal para ver más opciones.



¿Con cuántos días de antelación puedo reservar una comida?

Puedes reservar comidas con hasta una semana de antelación.

¿Dónde me inscribo para el almuerzo?

En la recepción

¿Qué pasa si necesito cancelar mi reserva de almuerzo?

Para cancelar, llame al 510-215-3090 el día anterior antes de las 12:00 p. m. Se controlará la inasistencia. Después de tres inasistencias, su reserva quedará suspendida durante una semana.



(510)215-3090



seniors@sanpabloca.gov



TRANSPORTATION PROGRAM AGES 50+

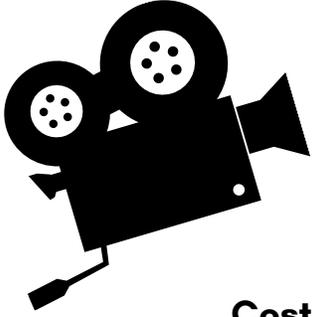
510-215-3095 | PARATRANSIT@SANPABLOCA.GOV

MONDAY—FRIDAY 9:00AM TO 4:00PM

SAN PABLO SENIOR CENTER 1943 CHURCH LANE, SAN PABLO

Eligibility	Shuttle service is available to adults age 50 or older, or individuals with a disability age 18 and older. Riders must live in the 94806-zip code area of San Pablo or unincorporated San Pablo.
Application	New riders must complete an application with proof of residency, including a utility bill and government-issued photo ID. Riders ages 18-49 who are medically disabled must also provide a doctor's note. Staff will review your application and notify you of eligibility. Feel free to contact us with any questions or concerns.
Renewal	Riders must renew each July to continue using the program. To renew, contact the San Pablo Transportation Dispatch by phone or email. Renew early to avoid service interruption.
Service Hours and Cost	<p style="text-align: center;">Monday - Friday First Ride 9:00AM Last ride 3:30PM</p> <p style="text-align: center;">FIRST RIDE IS FREE! All subsequent rides require payment:</p> <p style="text-align: center;">San Pablo City residents pay \$2 Non-residents (unincorporated San Pablo) pay \$4</p> <p style="text-align: right;"></p> <p>Fees must be paid (cash only) to drivers upon pick up. You can buy a book of tickets to use for the fare. Fares are charged per ride.</p>
Door to Door Ticket Price	<p style="text-align: center;">All tickets are sold at the San Pablo Senior Center Payment may be made via cash, money order, or personal check (No debit/credit cards accepted for payment)</p> <p style="text-align: center;">\$1 Ticket Book: \$10.00 per book \$2 Ticket Book: \$20.00 per book \$4 Ticket Book: \$40.00 per book</p>
Food Delivery	<p>San Pablo Transportation provides home delivery services for regular participants of the program who are unable to collect their food bags in person.</p> <p></p> <p style="text-align: center;">Cost for home delivery: \$4 Res. / \$6 Non-Res. Pick-up at Senior Center: \$2 Res. / \$3 Non-Res.</p> <p style="text-align: center;">1st & 3rd Friday of each month San Pablo Library (Community Room) at 9:30AM - 10:30AM</p> <p>To apply for the Food Bank program, you may attend the Senior Food Program distribution days noted above or call 925-676 7543</p>

MOVIE TUESDAY!



JOIN US

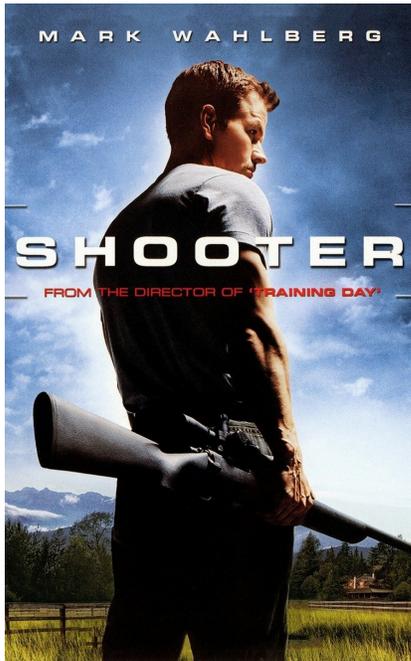


Every Tuesday at 1:30PM. Check-in begins at 1:00PM

Location: Senior Center (1943 Church Lane)

Movie cost: \$1 for Members | \$3 for Non-Members

Cost only includes admission, no snacks available at this time



Shooter

March 3, 2026

An expert marksman living in exile, is coaxed back into action after learning of a plot to kill the president. Now on the run after being double crossed for the assassination attempt he was trying to prevent, he sets out for the real killer, and the truth.

Cast:

Mark Wahlberg
Michael Pena
Rhona Mitra

Genre:

Action Thriller

Rated R

Run Time: 2HR 4 MIN



The Wrecking Crew

March 10, 2026

Estranged half-brothers Jonny and James reunite after their father's mysterious death. As they search for the truth, buried secrets reveal a conspiracy threatening to tear their family apart.

Cast:

Dave Bautista
Jason Momoa
Temuera Morrison

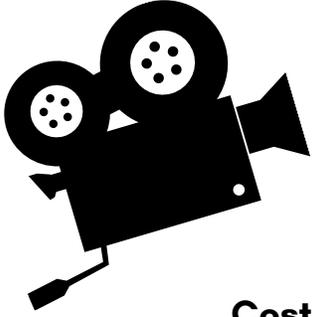
Genre:

Action/Comedy

Rated R

Run Time: 2 HR

MOVIE TUESDAY!



JOIN US

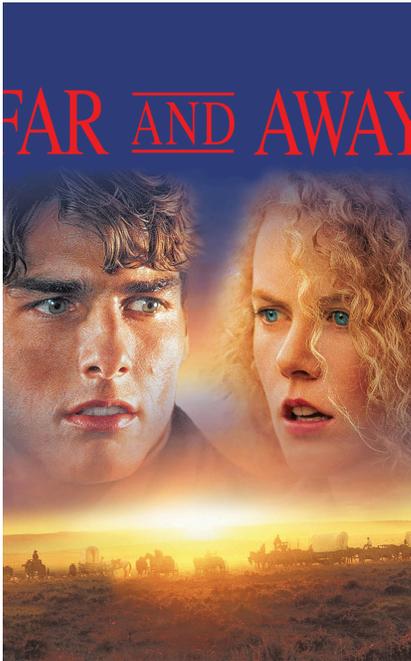


Every Tuesday at 1:30PM. Check-in begins at 1:00PM

Location: Senior Center (1943 Church Lane)

Movie cost: \$1 for Members | \$3 for Non-Members

Cost only includes admission, no snacks available at this time



Far and Away

March 17, 2026

A young Irish couple flee to the States, but subsequently struggle to obtain land and prosper freely.

Run Time: 2 HR 20 MIN

Cast:

Tom Cruise
Nicole Kidman
Thomas Gibson

Genre:

Romantic Epic

Rated PG-13



The Naked Gun

March 24, 2026

Following in his father's footsteps, a detective works to solve a murder case and save his police department from closure.

Run Time: 1 HR 25 MIN

Cast:

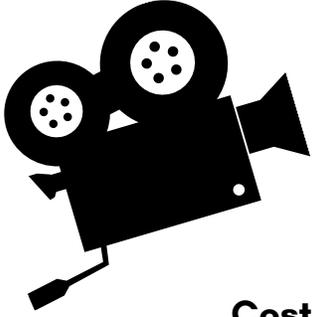
Liam Neeson
Pamela Anderson

Genre:

Action/Comedy

Rated PG-13

MOVIE TUESDAY!



JOIN US



Every Tuesday at 1:30PM. Check-in begins at 1:00PM

Location: Senior Center (1943 Church Lane)

Movie cost: \$1 for Members | \$3 for Non-Members

Cost only includes admission, no snacks available at this time

Anaconda

March 31, 2026

A group of friends are going through a mid-life crisis. They decide to remake a favorite movie from their youth but encounter unexpected events when they enter the jungle.

Run Time: 1 HR 39MIN

Cast:

Jack Black
Paul Rudd
Steve Zahn

Genre:

Adventure/Comedy

Rated PG-13





Bingo!



WEDNESDAY

Bingo is open to all 18 years or older. Opens at 10:30AM.

Flash games are played throughout Bingo Main.
Bingo games starts at 1:00PM.

1000 Gateway Ave - Maple Hall
San Pablo Ca

Every Wednesday

SATURDAY

Bingo is open to all 18 years or older. Opens at 10:30AM.

Flash games start at 12:00PM
Main Bingo starts at 1:00PM

1943 Church Lane - Senior Center

Select Saturdays, See Below

Flash games are played throughout the Bingo games. No one will be admitted 10 minutes after 1st game has started. All players are required to sign in upon arrival.

Saturday Bingo Dates

March 7, 2026

March 21, 2026



MJ: THE MUSICAL

Wednesday, April 1

Registration opens March 6th!

Members: \$50

Non-Members: \$55

*Only Transportation & Ticket Included in Fee

Itinerary

- Boarding: 9:45 AM
Savers Parking Lot
2415 San Pablo Dam Rd.
- Departure: 10:00 AM
- Brunch: 11:00 AM — SAMS Diner (Self-Pay)
- Show: 1:00 PM Orpheum Theatre — SF
- Return ETA: 5:00 PM



Credit/refund request must be made by Friday, March 27th
\$10 cancellation fee applies, no exceptions.



San Pablo Senior Center

1943 Church Ln, San Pablo, CA 94806 | Phone: 510-215-3090



A Matter of Balance: A Fall Prevention Class

Many older adults experience concerns about falling and restricting their activities. **A MATTER OF BALANCE is an award-winning, evidence-based program** proven to reduce fear of falls and increase activity levels, with emphasis on learning practical strategies to lower fall risk factors.

This is **not** an exercise class but rather a unique opportunity for participants to learn evidence-based exercises to improve balance and stamina. Participants will also enjoy group discussions, workbook activities, exercises and a presentation from a Guest Professional on week seven who will provide important safety tips and information on how to safely get up from a fall.

Participants meet once per week for two hours, for **all 8 consecutive weeks**. All materials will be provided. Participants should wear comfortable clothing and supportive shoes. *(No sandals, open toes, high heels, or boots)* These materials were a result of a project funded by a contract with the California Department of Aging.

To sign up, please contact San Pablo Senior Center at 510-215-3090 and be sure to provide your full name and phone number. **Space is limited!**

MUST BE A MEMBER OF THE SAN PABLO SENIOR CENTER AND MUST BE ABLE TO ATTEND ALL 8 SESSIONS



YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility & strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Where: San Pablo Library

When: Wednesday's April 8th-May 27th, 2026

Wildcat Room 11:30AM-1:30 PM

**13751 San Pablo Av, San Pablo, 94806
510-215-3090**