

# The Bell Ringer – January 2017

**San Pablo Senior Center-** 1943 Church Lane, San Pablo CA 94806

## HAPPY NEW YEAR SAN PABLO SENIOR CENTER!

We hope that your holiday season was a nice one, with time well spent among family and friends.

Now that we are back to the hustle and bustle of a New Year and new beginnings, we (staff) reflected on the accomplishments and challenges of 2016 and wanted to share with you a few New Year's resolutions that we ask you to consider adopting for yourselves. We also came up with resolutions for ourselves after we reflected on our own challenges and accomplishments. We strongly believe that an honest effort to try them will make all of us better humans and further energize the center with positivity and joy. ☺

In 2017, we hope to bring some new positive changes to help the San Pablo Senior Center continue to thrive as one of the best senior centers in the county. We will upgrade some areas of the center to maximize the space we have; add new and exciting programs and services to our already full schedule; improve system efficiencies and equipment among other small projects.

Please check out the next few pages for information on new classes, special events, presentations and workshops coming up in the next few months.

We thank you for picking up this issue of the Bell Ringer and for your continued support of the San Pablo Senior Center.



## CONTACT US! 510-215-3090

**Nutrition-** option 1  
**Programs & Services-** option 2  
**Transportation-** option 3

Or visit our website:  
[www.sanpabloca.gov/seniors](http://www.sanpabloca.gov/seniors)

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## San Pablo Senior Center New Year's Resolutions



### HISTORY:

A New Year's resolution is a promise a person makes for the New Year. Regardless of what resolution you commit to, the goal is to improve life in the upcoming year.

Resolutions can come in many forms. Some people make a promise to change a bad habit, such as quitting smoking or eating less junk food. Other people make a promise to develop a positive habit, such as starting an exercise program, volunteering in their community or recycling more.

The tradition of New Year's resolutions dates all

the way back to 153 B.C. January is named after Janus, a mythical god of early Rome. Janus had two faces- one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future.

On December 31<sup>st</sup>, the Romans imaging Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year and forgive enemies for troubles in the past.

The Romans also believed Janus could forgive them their wrongdoings in the previous year. The Romans would give gifts and make promises, believing Janus would see this and bless them in the year ahead. And thus, the New Year's resolution was born!

This year the Senior Center is asking you to consider these resolutions. They were developed after reflection on the challenges we experienced in 2016.

1. **Be flexible and willing to compromise. NO ONE** at the center owns the seat they sit on weekly. The Senior Center is to be shared by all participants. Three hundred and eighty five new people joined the center this year.
2. **Get to know another person.** If you see someone who is sitting there or a new member, introduce yourself and strike up a simple conversation. Not only will they feel good about someone approaching them, but you will feel good about yourself and gain confidence.
3. **If it's not yours, don't take it.** We are all grown-ups here and were brought up by good and decent morals. Don't take what's not yours, super simple.
4. **Smile more!** You are all beautiful people, share your positivity with the rest of the world.
5. **Help clean up.** For many participants and volunteers and most staff, the Senior Center is their second home. Help maintain it clean and safe by doing your part.
6. **Pay it forward.** If you see someone who needs help or assistance, please do. Paying it forward will give you great karma!

But don't worry, you won't be the only ones doing the heavy lifting. Senior Center staff are committing to the following resolutions.

## San Pablo Senior Center New Year's Resolutions continued..

1. **Get out of the office and mingle more!** We all get buried sometimes in administrative work and sit long hours at our desk missing all the action of the center.
2. **Go the extra mile for someone every chance we get.** Many staff and volunteers do this already on a daily basis. However, some extra good karma doesn't hurt, right?
3. **Nurture relationships. Build new ones, build upon existing ones.**
4. **Update and upgrade our wonderful center-** bring it into 2017!!
5. **Cultivate the art of listening** - uncritically and without making premature judgments. During busy days, it is easy to want to just get our work done. But sometimes part of our work is simply to listen.



Happy New Year to us all!!

## HEALTH & WELLNESS NEWS- January is National Fiber Month!



### Fiber at Work

Fiber helps fight heart disease by lowering cholesterol levels. Eating high fiber foods like beans, oats, barley, almonds, and walnuts can help some seniors lower their cholesterol. A high fiber diet can also help lower the chance of getting certain types of cancers, such as colorectal cancer.

Diabetes is another health concern for several senior adults. If you have diabetes, fiber can help control your blood glucose levels. Fiber slows the breakdown of nutrients. This allows glucose from foods to move into the blood little by little. Overall fiber in whole grain foods helps prevent constipation. Fiber moves waste through the body and lowers the risk of hemorrhoids.

### Foods with Fiber

Fiber rich foods may help you manage your weight. A high fiber diet is often lower in calories, and fiber rich foods make you feel full longer. Whole grains, fruits and vegetables, beans and peas, and nuts and seeds are all great foods that are high in fiber.

### Enjoy these fiber-rich food ideas

- Whole grain cereal for breakfast
- Top cereal or pancakes with fruit
- Choose whole fruits more often than juices
- Toss dried fruits and nuts into salads
- Use whole wheat flour in baked goods
- Add chickpeas, kidney beans, or your favorite beans to salads, soups or stews

### Add fiber to your eating routine

The following tips help you make fiber part of your daily meals and snacks. Start slowly, adding fiber to your diet too quickly can cause pain. Add a few fiber rich foods each day until you meet your goal. Drink more water because it will keep fiber moving through your digestive tract. Eat a variety of fiber rich foods to get all the nutrients your body needs each day. Including fiber in every meal will help to meet your daily fiber needs throughout the day.

## RECIPE OF THE MONTH – Barley Lentil Soup with Swiss Chard

### Ingredients:

1 ½ cups chopped onions	1 tablespoon olive oil
1 ½ cups chopped peeled carrots	1 14.5 oz can diced tomatoes in juice
3 large garlic cloves, minced	2/3 cup dried lentils
2 ½ teaspoons ground cumin	4 cups coarsely chopped Swiss chard
10 cups low-salt chicken or vegetable broth	2 tablespoons chopped fresh dill
2/3 cup pearl barley	

### Directions:

1. Heat oil in heavy large nonreactive pot over medium-high heat. Add onions and carrots; sauté until onions are golden brown, about 10 minutes. Add garlic and stir 1 minute. Mix in cumin; stir 30 seconds. Add 10 cups broth and barley; bring to boil. Reduce heat; partially cover and simmer 25 minutes. Stir in tomatoes with juice and lentils; cover and simmer until barley and lentils are tender, about 30 minutes.
2. Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Stir in dill. Season soup with salt and pepper. Thin with more broth, if desired.

## FITNESS & WELLNESS ACTIVITIES

### Low Impact Aerobics with Milan

**Tuesdays, 10 to 11am @ Maple Hall | | Cost: \$1 per class**

Join Milan Hutchinson, Aerobics Class Instructor, for a lively and active class that will make you move and sweat- you can sit or stand! Stay fit and healthy!

### Senior Yoga Classes at the SPCC (2450 Road 20, 510-215-3080)

**Fridays, 9:30 to 10:30am | | Cost: \$2/class (senior rate, 55+)**

Hatha Yoga is a slow, safe, alignment based physical exercise, developing a balance of strength/flexibility in your body and mind, to release any tension, and improving your posture.

### Zumba Gold now at SPCC (2450 Road 20, 510-215-3080)

**Mondays, Wednesdays and Thursdays, 10:30 to 11:30am**

**Cost: \$4 drop-in fee | | Monthly Pass: \$30 residents/\$35 non-residents**

Zumba Gold is for active older adults who are looking for a lower intensity Zumba class, focusing on balance, range of motion and coordination.



### Gardening Club (at Wanlass Park, corner of Rivers and San Pablo Ave.)

**Saturdays, 10am to 12noon, FREE**

The Garden Club is back Saturday January 7<sup>th</sup>. Learn about Hugelkulture, which are raised beds that use organic materials, like coffee grounds. Pick up a flyer today!

### Food Bank Program Dates

**1<sup>st</sup> and 3<sup>rd</sup> Friday of the month, 10 to 11am, at Maple Hall (1/6 and 1/20)**

**2<sup>nd</sup> Monday of the month at Salvation Army (1/9)**



Must register with Food Bank to participate, be 55 years old or older, San Pablo resident and have qualifying income levels. For more information, please see Zee or Vicky.

## NEW SERVICES AND ACTIVITIES

### Arts & Crafts Class with Vicky

Friday, January 13<sup>th</sup>, 1 to 3pm

15-18 participants maximum || Cost: \$3 per person

One can never have too many bags. We will be making our own stencils to create a reusable bag.

**REGISTRATION IS REQUIRED** for participation. Please register with Vicky.  
**CANCELLATION IS REQUIRED**- a spot is saved for you when you register.  
If you know you won't be able to attend, you must notify Vicky.



### How To Manage Your Doctor's Appointments

Wednesday January 11<sup>th</sup>, 1 to 2pm

When people take an active role in their care, research shows they fare better -- in satisfaction as well as in how well treatments work. Learn simple yet effective tools on how to better advocate for yourself or your love one at your doctor's appointments. Presentation by Beacon Home Care.

### Who was Dr. Martin Luther King, Jr.?



Tuesday January 12<sup>th</sup>, 12 noon (during lunch)

Learn about the history of Dr. Martin Luther King, Jr. with Current Events group volunteer Edna Coleman.

### Home Safety - what you need to know

Wednesday January 25<sup>th</sup>, 1 to 2pm

Sonya Johnson from AIJ Healthcare Solutions LLC will discuss what causes injuries at home and what steps to take to ensure safety around the house.

### Current Events Discussion Group- New location!!!

Fridays, 10 to 11am (Thursday January 12<sup>th</sup> and 26<sup>th</sup> @ San Pablo Art Gallery)

Do you like discussing current events and engaging in informative and educational discussions with others? Then, this group is for you. All are welcome to attend. **Please note that respect of other's opinion is of utmost importance and mandatory.**

### Mah Jongg Games



#### American Mah Jongg

Thursdays and Fridays, 1 to 4pm || Cost: \$1 members/ \$2 non-members

San Pablo Senior Center welcomes American Mah Jongg players to weekly afternoons of fun. Drop-ins are welcome, no reservation necessary. *We follow the rules of the National Mah Jongg League.*

#### Chinese Mah Jongg

Fridays, 1 to 4pm || Cost: \$1 members/ \$2 non-members

Learn and play the game that started all the Mah Jongg craze!

## NEW SERVICES AND ACTIVITIES

### Get Your Taxes Done!



Appointments are open to the public. No walk-ins accepted. Please call the Reception Desk after January 23<sup>rd</sup> to make an appointment. Appointments will be held Tuesdays, Thursdays and Fridays from roughly 9am to 3pm. Please allow 60-75 minutes per appointment.

### Foot/Hand Health Services (Extended Hours)

**Third Friday of the month (January 20<sup>th</sup>), 9am to 3pm**

**Cost: suggested donation of \$5 per service**

Maria Nutting, volunteer cosmetologist, will be here once a month to cut nails and toenails and offer light manicure/pedicure services.

Suggested donation of \$5 per service is appreciated. Must make an

appointment at Reception Office. Service available to San Pablo Senior Center members only.



### Wills Clinic – Temporarily unavailable

Wills Clinic is temporarily unavailable. We apologize for any inconvenience this may cause you. As soon as the service resumes, we will publish announcement in the Bellringer. Please refer to the other local Wills Clinic if you need to make an appointment.

**Richmond Senior Center – (510) 307-8087**

**Walnut Creek Senior Center – (925) 943-5851**

**Martinez Senior Center – (925) 370-8770**

### Notary Services

**First Monday of the month (cancelled in January, will resume in February), 10am to 12noon**



Ana Salinas from Care Services will be at the Senior Center every first Monday of the month to provide notary services. Please note that notary services are not free, they vary based on service required. Appointments will be on a first come, first serve basis.

### Scholarship Program – now open to all West County Residents!!!



The scholarship program is now open to all West County residents (San Pablo, Richmond, El Cerrito, El Sobrante, Pinole, Hercules, Rodeo and Crockett). All applicants must be:

- 1. Residents of West County (proof of address needed)**
- 2. At least 55 years old**
- 3. Meet the federal income guidelines**

Scholarships can be used on Nutrition Program, Door to Door Shuttle tickets, social activities, trips and events sponsored by the Senior Center. Excluded are Bingo, casino trips, AC Transit and East Bay Paratransit tickets. Returning participants must re-apply and provide updated required documents. Applications are available at the Senior Center.

## Save the Date!!!

### Line Dancing Class Coming to SPSC!



In the near future, line dancing classes will be coming to the San Pablo Senior Center. All details will be announced soon. Please see Vicky and put your name on the list!

### Memory Screenings



#### Wednesday February 8<sup>th</sup>, 10am to 12 noon (15 min. appointments)

Anyone who is concerned about memory loss or is experiencing warning signs of dementia should be screened. The face to face screening is private and confidential. Susan, Grant, President of Senior Helpers in Berkeley, will be conducting the memory screenings. Must register to have a screening, register with Zee.

### AARP Safe Driver Classes



#### Tuesday March 7<sup>th</sup> and Tuesday March 14<sup>th</sup>, 9am to 1pm

Cost: \$15 AARP members/ \$20 non-members

Class location: San Pablo Community Center  
(2450 Road 20, San Pablo)

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. Completion of the course can earn you savings on your auto insurance. Must register with the San Pablo Senior Center.

### Chinese New Year Celebration



#### Tuesday February 7<sup>th</sup>, 11:30am to 12:30pm

Cost: \$5-\$6 (to be determined in February)

Enjoy a catered Chinese food lunch and entertainment by Yun Chi Dance. You don't want to miss out on this special event. Space is limited, must register and pay in advance!! Registrations will be taken in February.

### Black History Month Celebration

#### Tuesday February 28<sup>th</sup>, 11:30am to 12:30pm

Cost: to be determined in February

Hosted by: Edna Coleman and Elizabeth Underwood

Join us to learn about and celebrate Black History Month! Stay tuned for all the details in February. Registrations for the event will be taken in February.



## SPECIAL WEEKLY ACTIVITIES

### Tai Chi Classes (No class on Monday 1/16)

**Mondays**, 11am to noon at Maple Hall

**Wednesdays**, 2 to 3pm at the Senior Center

Tai-Chi is a great way to strengthen your balance and prevent falls!

Sponsored by Senior Outreach Services



### Strength & Balance Exercise

**Mondays & Thursdays**, 10 to 11am at Maple Hall (No class on Monday 1/16)

**Cost: \$1 per person**

Class taught by certified Senior Fitness instructor, Mehran Shahkar. This class will help you improve your range of motion, strength, endurance and balance.

### Nintendo Wii Bowling

**Mondays and Wednesdays**, 9am to 11am

Come practice your bowling skills or show them off! Nintendo Wii games are a great way to keep body and mind active.

### Billiards

**Monday thru Friday**, 8am to 5pm

**Cost: \$1, must be a member of the Senior Center**

Do you like playing pool? Come join the San Pablo Pool group!

### Blood Pressure Checks

**1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month**, 10am to 12noon

**2<sup>nd</sup> Tuesday of the month**, 10am to 11:30am

Get your blood pressure in check!

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



HICAP provides information to seniors about medical insurance options, doctors, and medical, prescription plans, every 1st and 4th Monday of the month from 9am-12 (noon). To make an appointment, please call 925-602-4168.

### Senior Peer Counseling- Tues (Spanish) 1 to 3pm/ Thurs (English) by appt. only

Senior Peer Counseling, sponsored by Contra Costa Health Services, offers 30 minute free counseling appointments for seniors. Peer counselors can help seniors cope with issues related to anxiety, depression, loneliness, and family issues. Appointments are confidential and can be made with the San Pablo Senior Center 510-215-3090.

### Information & Assistance Program



Do you need help with finding information or referrals for service? We can help you! The Senior Center can provide information, referrals, and resources for various services available in the community. Must be a member of San Pablo Senior Center to receive services. Please call 510-215-3090 for information.

## BINGO GAMES

**Join us every Saturday to play Bingo  
Doors open at 10am // Bingo starts at 1pm**



**Try your luck also at these spots:**

**Wednesdays at Maple Hall, 1pm to 4pm**

**\*\*Davis Park Friday Bingo has been cancelled permanently.\*\***

## DANCING

**Tea Dance with Herby Derby Band Show**

**Every Monday 1 to 3pm | | Cost: \$1 per person**

**(No dance on Monday January 16<sup>th</sup>)**

Come join us on Monday afternoons, bring your dancing shoes and dance up a storm at the San Pablo Senior Center!



**Friday Night Dancing**

**Friday January 6<sup>th</sup> and 20<sup>th</sup>, 5:30 to 8:30pm**

Steve Monteclaro and Alex Salcedo perform live music, tunes of the 50s, 60s and 70s. Bring a date and come dance with us. Snacks and refreshments available for purchase. Line dancing, song requests and fun with friends!



## DAILY ACTIVITIES CALENDAR - all programs occur at the Senior Center, unless otherwise noted

MONDAY		
8am-5pm	Billiards	\$1
9am-11am	Nintendo Wii	Free
10am-11am	Strength & Balance at <b>Maple Hall</b>	\$1
10am-12pm	Notary Services (1 <sup>st</sup> Monday of the month)	Varies
11am-12pm	Tai Chi Exercise Class at <b>Maple Hall</b>	Free
10am-1pm	Blood Pressure Checks (1 <sup>st</sup> & 3 <sup>rd</sup> Mondays)	Free
11:30am-12:30pm	Lunch/Nutrition Program*	\$2-\$5
1pm-3pm	Tea Dance	\$1
TUESDAY		
8am-5pm	Billiards	\$1
9am-noon	Haircuts with Josefina	\$7
10am-11am	Low Impact Aerobics at <b>Maple Hall</b>	\$1
11:30am-12:30pm	Lunch/Nutrition Program*	\$2-\$5
1pm-3pm	Movie Tuesdays	\$1
1pm-3pm	Senior Peer Counseling (English & Spanish)	By appt. only
WEDNESDAY		
8am-5pm	Billiards	\$1
9am-11am	Nintendo Wii	Free
9am-3pm	Paratransit Interviews (by appt only)	1.800.555.8085
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-4pm	Bingo at <b>Maple Hall</b>	Varies
1pm-3pm	Computer Tutoring (by appt. only)	Free
2pm-3pm	Tai Chi Exercise Class	Free
THURSDAY		
8am-5pm	Billiards	\$1
9am-noon	Haircuts with Josefina	\$7
10am-11am	Strength & Balance at <b>Maple Hall</b>	\$1
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-3:30pm	Pinochle Card Game	Varies
1pm-4pm	Mah Jongg (American Style)	\$1/\$2
FRIDAY		
8am-5pm	Billiards	\$1
8am-11:30am	Wills Clinics (2 <sup>nd</sup> Friday of the month)	Free
10am to 11am	Senior Food Bank Program (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays)	Must apply first
10am to 11:30am	Bingo at <b>Davis Park Senior Center</b>	Varies
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-3:30pm	Pinochle Card Game	Varies
1pm-4:30pm	American & <b>(NEW!!!)</b> Chinese Mah Jongg	\$1/\$2
1pm-3pm	Computer Tutoring (by appt. only)	Free
1pm-3pm	Arts & Crafts (see pg. 5 for date)	\$3
5pm- 8:30pm	Friday Night Dancing (see pg. 9 for dates)	Free
SATURDAY		
10:00AM – 4:00PM	Bingo at <b>Senior Center</b>	Varies



### Renola Jordan, Senior Center Hostess since 2016

Renola was born in the small town of Kaplan, Louisiana where she was raised by her parents along with eight other siblings. Her family lived next to her aunt and uncle and their kids, they made a total of fourteen, so Renola had a joyful childhood. Her mother was a seamstress and her father worked in a farm, "I grew up picking cotton in a very religious family. I had a great family and really enjoyed my childhood, I was the baby and they all spoiled me!" laughs Renola.

Renola went to church and Sunday school every week when she was young, "I still go to church and Sunday school every week!!" cracks up Renola. "I go to the church of Cutting Blvd. and Marina Way, I get there at 8:30am and we have coffee and tea and donuts and cookies, just like here at the center," continues Renola. When asked about her family, she also talked about how her mother's side of the family lives very long. Her granddad (mother's father) lived to be 106 years old and in those days, that was very unusual. Her mother passed away in her 90's and Renola assures that she has gotten her mother's genes, stating she will be around for a while.

Renola married for the first time in Kaplan and had three kids with her first husband. In the 1950's, she moved her family from Kaplan to Houston, Texas where one of her younger brothers lived. Renola took nursing classes sporadically and enjoyed the medical field working as a Nurse Assistant for part of her life. In the 1980's, Renola again followed her younger brother, but this time to California. Once in Richmond, CA, Renola would help her brother with the service station and learned a little bit about mechanic work. "My brother would say, 'Re, bring me this wrench or that wrench.' I started learning how to work on cars and would slide under them and fix things. The guys at the service station would say, 'We ain't ever seen a woman mechanic!' I enjoyed it," tells Renola. She also cleaned houses and did whatever she could to bring money in for her family. In 1983, Renola remarried and moved to Yolo County for 10 years, but returned to West County where she bought a house and got divorced.

Renola started volunteering for Doctors Hospital in San Pablo and was well received by the staff, "Dr. Rosenberg was really nice and liked how I worked, so they would ask me to set up the room for the patients and take their blood pressure," says Renola. She volunteered for 10 years at the hospital. Renola eventually sold her house and moved back to Richmond, closer to her family. To occupy her time, Renola started coming to the San Pablo Senior Center to play Bingo. "Oh, I met a lot of people here, I love being around people," exclaims Renola. So it was no a brainer when the center staff decided that there was a need for a hostess, someone to greet and welcome new and existing participants. Renola has done an outstanding job as a hostess showing new people how to get the hang of the center. "I'm not the type of person that can sit at home. I am social butterfly. I need to be with my peers," declares Renola, also known as the hostess with the mostess. 😊

## MOVIE TUESDAYS, every Tuesday at 1pm January 2017

**\*\* Reminder that movie participation cost \$1,  
which includes admission & snacks.\*\***



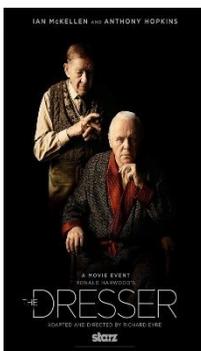
**Tuesday – January 3<sup>rd</sup>: Jason Bourne** (2h 3min) Action, Thriller  
Matt Damon returns to his most iconic role in Jason Bourne. Paul Greengrass, the director of *The Bourne Supremacy* and *The Bourne Ultimatum*, once again joins Damon for the next chapter of Universal Pictures' *Bourne* franchise, which finds the CIA's most lethal operative drawn out of the shadows.  
Stars: Matt Damon, Tommy Lee Jones, Alicia Vikander



**Tuesday – January 10<sup>th</sup>: The Magnificent Seven** (2h 13min) Adventure, Western  
Director Antoine Fuqua brings his modern vision to a classic story in *The Magnificent Seven*. With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns. As they prepare the town for the violent showdown that they know is coming, these seven mercenaries find themselves fighting for more than money.  
Stars: Denzel Washington, Chris Pratt, Ethan Hawke



**Tuesday – January 17<sup>th</sup>: Sully** (1h 36min) Biography, Drama  
On Thursday, January 15<sup>th</sup>, 2009, the world witnessed the "Miracle on the Hudson" when Captain Chesley Sullenberger, nicknamed "Sully" is portrayed by Tom Hanks glided his disabled plane onto the frigid water of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.  
Stars: Tom Hanks, Aaron Eckhart, Laura Linney



**Tuesday – January 24<sup>th</sup>: The Dresser** (1h 45min) Drama  
One fateful night in a small English regional theatre during WWII, a troupe of touring actors stage a production of Shakespeare's "King Lear." Bombs are falling, sirens are wailing, the curtain is up in an hour but the actor/manager 'Sir' who is playing Lear is nowhere to be seen. His dresser "Norman" must scramble to keep the production alive but will Sir turn up in time? And if he does, will he be able to perform that night? This is a wickedly funny and deeply moving story of friendship and loyalty as Sir reflects on his lifelong accomplishments and seeks to reconcile his turbulent with those in his employ before the final curtain.  
Stars: Emily Watson, Anthony Hopkins, Ian McKellen, Sarah Lancashire



**Tuesday – January 31<sup>st</sup>: The Duel** (2h 3min) Drama, Western  
A Texas Ranger investigates a series of unexplained deaths in a town called Helena.  
Stars: Matt Damon, Tommy Lee Jones, Alicia Vikander

**Next Movie Club Meeting:  
Tuesday, January 17<sup>th</sup> at 12:45pm**

# SAN PABLO SENIOR CENTER SOCIAL CLUB

## January 2017 Trips

### \*\*\*PLEASE NOTE

- All participants must be a member of the San Pablo Senior Center
- All trips depart from San Pablo Town Center off of San Pablo Ave (old Lucky's grocery store) unless otherwise noted
- Sign-ups and cancellations must be made 72 hours prior (during business hours) to the trip in order to receive a credit or refund
- Participants needing to bring their wheelchairs and walkers must reserve and is 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 & must be registered with San Pablo Transportation
- Courtesy calls are courtesy and not receiving a call will not be grounds for receiving a refund, it is your responsibility to remember which trips you signed up for.

Wednesday  
January 4<sup>th</sup>

### Park & Shop Mall & Spaghetti Factory for National Spaghetti Day

Cost: \$5, lunch not included  
Depart 9:30am, leave at 4pm

An outside mall where you can find Goodwill, Burlington Coat Factory, 99 Cents Store, 99 Ranch Market, Fry's Electronics and more. Lunch at Spaghetti Factory to follow for National Spaghetti Day.

**Extreme Walking**

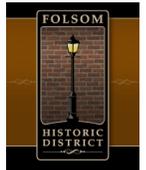


Friday  
January 13<sup>th</sup>

### Downtown Folsom Historic District

Cost: \$10, lunch on your own  
Depart 9am, leave at 3pm (1hr & 50min est. driving time)  
(Will have restroom stop in Davis for 10 minutes)

Historic Folsom is a destination offering wide variety of things to do. Visit their art galleries, live theater, restaurants, shopping, history facilities, classes, wine tasting and more! **Extensive Walking**



Wednesday  
January 18<sup>th</sup>

### Walmart (American Canyon) & Nantucket Restaurant (Crockett)

Cost: \$10, lunch on your own  
Depart 12 noon, leave at 5pm

Monthly shopping trip followed by a seafood steak restaurant sitting in the harbor right on the Carquinez Strait, underneath the Carquinez bridge. Enjoy the early bird menu of \$14.95 plus tax and gratuity Wednesday – Friday from 3pm-6pm. Entrée choices of fish and chips, chicken strip dinner, herb crusted Mahi, Salisbury steak and ½ shrimp louis. **Moderate Walking**



**THE NANTUCKET**

**SEAFOOD  
STEAKS**

Thursday  
January 26<sup>th</sup>

**Red Hawk Casino Pickups & Drop Offs (SP Residents Only)**  
Depart 8:15am, Return back to SP around 6pm



Wednesday  
February 1<sup>st</sup>

**San Francisco Ferry Building Marketplace**  
Cost: \$10, lunch on your own  
Depart 9:30am, leave at 2:30pm  
Located along the Embarcadero, at the foot of Market Street filled with different trinkets and goodies to tickle any foodie's palette, the Ferry Building is the ultimate marketplace that caters to anyone and everyone. **Extensive Walking**

### Next Social Club Meeting:

None this month, if you have suggestions, see Zee.

## ANNOUNCEMENTS

### January Holiday Closure

The San Pablo Senior Center will be closed on Monday January 16<sup>th</sup> to observe Martin Luther King, Jr. Day.

### Committee on Aging Openings

Are you interested in being part of the growth, positive changes and decision making of the Senior Center and senior population in West County? Then, this opportunity is for you! Please see Vicky for details or call 510-215-3091.

### Volunteers Needed



We need volunteers! Volunteering is a great way to stay active and make a difference in the community you live in! If you know of anyone who might be interested, please contact Vicky at 510-215-3091.

**Nutrition Program Volunteers | | Reception Desk Volunteers | | Volunteer Drivers | | Language Instructors | | Program Instructors (we are open to ideas!)**

### Canasta Players Wanted!

We are looking for Canasta Players on Mondays, Thursdays and/or Fridays! If interested, please see Vicky.

### My Senior Center Lost/Stolen Cards

Please take good care of your membership cards. They are, unfortunately, expensive to replace. The cost for replacement of a lost/misplaced/stolen card is \$5.

### Do you want to receive the newsletter via email?

Do you want us to email you the Bell Ringer each month? Provide us with your email and you will receive the monthly newsletter in your inbox.

## ANNOUNCEMENTS continued..

### Nutrition Program Policy

#### Lunch Cancellation/No Show Policy

Everyone has 3 strikes within 30 days to cancel and/or not show for lunch. After your 3rd strike, you will be placed on stand-by for 2-3 weeks and will NOT be able to make reservations.

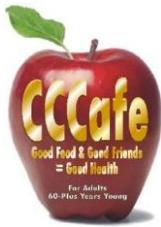
#### Lunch Check in Time Policy

Lunch check-in is until 11:45am. If you are running late, you MUST call the nutrition line to inform us. We cannot always guarantee to hold lunch for participants. If you have any questions, please see Nina.

#### No assigned seating

Seats are on a first come, first serve basis. No one owns a seat or place. We ask that you be respectful and welcoming to our new friends!!

### Why Contribute for Your Meals?



The total cost of providing a wholesome nutritious daily meal at Senior Centers, including food, preparation, staff and delivery costs is approximately \$10.35 per meal. The government contributes about 75% of this cost. Your contributions are used to pay part of the cost of providing the meals. The Café program in Contra Costa County provides 160,000 meals at 17 Senior Nutrition Cafes countywide.

No senior is denied a meal for failure to contribute, but the CC Café can only serve meals they have the funds to provide.

***Please contribute what you can so that every senior who wants nutritious meal can be served!***

### Senior Center Parking Lot



We want to remind people to slow down when driving into and out of the parking lot. Please remember that pedestrians and bike users may be crossing across the parking lot, so be extra careful when backing up and turning the corner!

### Smile Corner – by Eva Valones Lucas

There was a fox looking for a late supper. He came to a hen house, and through the open door, he could see a hen far up on the highest perch, safe out of his reach.

Here, thought the fox, was a case for diplomacy. Either that or go hungry! So he gave considerable thought to just how he should approach his intended supper.

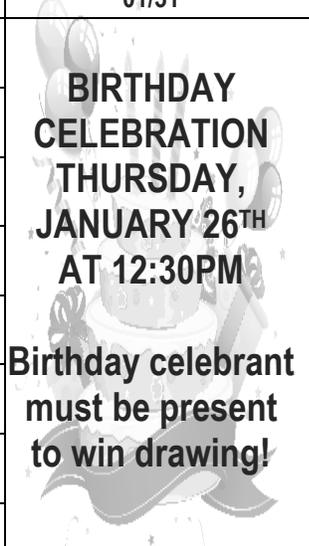
“Hello there, friend hen,” said he in an anxious voice. “I haven't seen you about for a while. Somebody told me that you are sick, and I was sincerely worried about you. You look pale. If you will just step down I'll take your pulse and look at your tongue.”

“You never said a true word, friend fox,” replied the hen. “If I go down to where you are, I'm afraid it would be that death of me.”

**Lesson: Beware of an insincere friendship.**



Rose Herrera 01/01	Marlene Butler 01/01	Arthur Wong 01/06	Robert Anthony Cruz 01/13	Beatriz Laterza 01/18
Joann Johnson 01/01	Demetrius Shelton 01/01	Regina Henson 01/07	Annie Grey 01/13	Daisy Wong 01/18
Jerry Phillips 01/01	Petrona De Cristales 01/01	Jane Mitchell 01/07	Sonja Eskridge 01/13	Betty Stine 01/18
Jose Tacorda 01/01	Sharon Washington 01/01	Luciana Brito 01/07	James Turner 01/13	Sandra Miller 01/18
David Talcott 01/01	Alicia Alarcon 01/01	Raney Reed 01/07	Mary Jane Inserra 01/13	Clara Gonzales Salina 01/18
Evelyn Clark 01/01	Saisamon Chianglo 01/01	Tracy Iserloth 01/07	Praxedes Cruz 01/14	Jim Wong 01/19
Antonio Lopez 01/01	Rozalyn Domino 01/02	Genevieve Dickenson 01/08	Joann Shipp 01/14	Horng Lin 01/19
Norma Pohlman 01/01	Cora Oliver 01/02	Norma Fernandez 01/08	Norma Arada 01/14	Maria Auilar 01/19
Ernest Schitwieser 01/01	Kenneth Cocherll 01/02	Severino Bruel 01/08	Delores Johnson 01/14	Essie Demery 01/19
James Matthews 01/01	Harley Colbert 01/02	Joan Loveland 01/09	Deena O'Keefe 01/15	Robin Lape 01/19
Bertha Thomas 01/01	Diane Johnson 01/03	Linda Asprey 01/10	Francisco Prieto 01/15	Null Wong 01/19
Shirley Wilson 01/01	Cynthia Zaragoza 01/03	Eleanor Nelson 01/10	Vesper Wheat 01/15	Adeline Beesley 01/19
Edith Paolini 01/01	Mona Steverson 01/03	Muni Kuroki 01/10	MJ Carraway 01/15	Yolande Polk 01/19
Olivia Tzeng 01/01	Ernie Lantin 01/03	Lourdes Ledezma 01/10	Maria Paola Villanueva 01/15	Martha Ramirez 01/19
Ana Villeda Medina 01/01	Jossie Furlow 01/03	Francis Hughs 01/11	Alicia Cavallero 01/15	Kenneth Rodgers 01/19
Leonardo Laxa 01/01	Genoveva Calloway 01/03	Kim Juarez 01/11	Diane Norman 01/16	Rose Marie Goke 01/20
Larry Johnson 01/01	Sherry Bell 01/04	Dalila Viegas 01/11	Ernestine Wean 01/16	Rutt Lovett 01/20
Marcelo Palomares 01/01	Nilda Deleon 01/04	Carmelita Mejia 01/11	Alfonso Hurtado 01/16	John Gilmour 01/20
Freada Cruz 01/01	Tito Arevalo 01/04	Jeannette Des Boine 01/11	Teresita Paragoso 01/16	Judith Gloyd 01/20
Kim Payne 01/01	Anna Ingram 01-4	Leonor Joanino 01/11	June Collier 01/16	Ruth Levitt 01/20
Christine Preston 01/01	Steve Ho 01/05	Leota Merrithew 01/12	Benedicta Tyler 01/17	Betty Hollowmon 01/20
Zarin Esmaeili 01/01	James Lott 01/05	Mary Nunez 01/12	Michelle Yoo 01/17	Anna Forcum 01/20
Ina Davis 01/01	Eduardo Jardeleza 01/05	Gloria Head 01/12	Howard Chan 01/17	Jasmine Angeles 01/20
Joe Peoples 01/01	Raymond Hernandez Ornelas 01/06	Fred Altamura 01/12	Helene Wichner 01/17	Richard Lindenau 01/20
Denise Rush 01/01	Victor Louro 01/06	Margarite Williams 01/12	Sayed Mahmoud Batouli 01/18	Corina Castillo 01/21
Susan Kizziee Joseph 01/01	Wendy Yang 01/06	Ella Mae Crandle 01/13	Elioena Bagay 01/18	Yudica Anwar 01/21

Zenaida Munar 01/21	Robert Collins 01/24	GF Grant 01/26	Jeane Bremby 01/30	Niranjan Oza 01/31
Delores Buchanan 01/22	Deborah Macias 01/24	Lorene Key 01/27	Ann Fielding 01/30	 <p><b>BIRTHDAY CELEBRATION THURSDAY, JANUARY 26<sup>TH</sup> AT 12:30PM</b></p> <p><b>Birthday celebrant must be present to win drawing!</b></p>
Salvador Gonzales 01/22	Jack Stone 01/24	Madelos Angeles Ramirez 01/27	Curtis Helton 01/30	
Jin Zhen Guo Li 01/22	Jaime Kabuhat 01/24	Peter Cowen 01/27	Allen Kwan 01/30	
Bettye Allen 01/23	Ana Loayza 01/24	Marina Kao 01/27	Elvira Salazaar 01/30	
Solomon Will 01/23	Mike Ostrov 01/24	Aurelio Aceves 01/28	Doris Knapp 01/31	
Laura Peters 01/23	Rolando Ditico 01/25	Seth Andrews 01/29	Huey White 01/31	
Louise Perryman 01/23	Pura Nogra 01/25	Lucy Sanchez 01/29	Mary Head 01/31	
Edward Cavallero 01/23	Art Peterson 01/26	Richard Stoegbauer 01/29	Shirley Moreno 01/31	

## SAN PABLO SENIOR TRANSPORTATION NEWS

### Door-to-Door Service Reminders!!!

- The Door to Door Shuttle is a **“shared ride service.”** This means that other riders with different destinations will be picked up and dropped off along the way. To accommodate and serve as many riders as possible, your scheduled pick up times or route of travel may be altered.
- The minimum return time from a destination will be at least one hour.
- The service is **“not free”**. Drivers **don't carry cash** or **make change**. Please have exact cash or your ticket ready to give to the driver. Tickets can be purchased in the office Monday-Friday from 8am-5pm.



Thank you for your flexibility and we truly appreciate your support.

### Transportation Brochures and Comment Cards

Our transportation brochures are available and are located inside of our mini vans, shuttles buses, and the transportation office for your convenience. Pass one along to a friend as they might need our service! Please take a moment and fill out our Comment Cards located inside our Mini Vans and Shuttle Buses. We would love to hear from you and thank you in advance for providing us your feedback.

### Way to Go Contra Costa!

The Transportation Resource Guide for Contra Costa County are available at the resource table. If you are traveling to multiple destinations in Contra Costa County, this guide can be helpful in identifying and connecting with accessible transportation services. You can determine which service is right for you. Pick up your guide today and explore your options.

**Thank You Riders!**



Thank you to all our transportation riders for selecting our service to transport you to and from your destination. Without you, there would not be a transportation service in the City of San Pablo.

We wish you a happy New Year and aspire to continue serving you in the safest and most reliable way. Happy Holidays!

**AARP's 10 Vision Safety Tips for Older Drivers**

Your eyes change as you age. Your driving skills can change too — for the better.

1. If you wear eyeglasses when driving, be sure to keep your prescription up-to-date, and wear the proper glasses for day and night driving (there may be a difference).
2. Wear high-quality sunglasses (or prescription glasses if necessary) when driving in sunlight. When possible, avoid purchasing cars with deeply tinted windows, which can hamper your vision at night or on overcast days.
3. Glance frequently from the road ahead to your rearview mirror, side mirrors, and instrument panel when driving. Turning your head with your eyes will help you monitor activity on the sides of your car.
4. Choose eyeglass or sunglass frames with narrow side pieces at the temples. Wide rims and brackets may block or distract your vision.
5. Adjust the driver's seat so your vision is not obscured by the dashboard and you can see the road ahead. If the seat cannot be adjusted, use a pillow or other support for proper positioning.
6. Keep mirrors, headlights and taillights clean and in good repair. Remember to wash both the inside and outside of windshields and windows regularly.
7. Avoid driving at night or in bad weather if you have difficulty seeing in low-light situations.
8. Never wear sunglasses or deeply tinted glasses for driving at night or at dusk.
9. Increase your concentration on the road in difficult situations by minimizing distractions. Switch off the radio, minimize discussions with passengers, avoid using cell phones and keep the inside temperature of your car comfortable.
10. Do not drink and drive, and always use your seat belt. Remember that certain prescriptions and over-the-counter medications can impact your vision and alertness. Read drug labels carefully, and check with your doctor about side effects.

**Transportation Tickets**

**All tickets sold at the Senior Center Transportation Office, Monday-Friday 8am to 5pm, cash, money order or personal check (No debit or credit card accepted)**

**San Pablo Senior Transportation Door to Door tickets** are also available for \$10 a book. Sign up to register for the service and receive a free book (5 round trips) or (10 one way) rides.

**AC Transit** monthly stickers for seniors and persons with disabilities are available for \$20 (Please note that stickers are only valid on current Regional Transit Connection RTC Card).

**East Bay Paratransit** booklets are available for \$30 (regularly \$40). To qualify for the discounted price, one must be approved by East Bay Paratransit and a resident of San Pablo.

**NEW!! Travel Training coming in 2017!**



Do you want to learn how to ride public transportation, but feel scared and uneasy about it?

San Pablo Senior & Disabled Transportation will begin a new program in 2017: Travel Training. We are looking for Travel Training Coaches and Travel Training Students!

**What is Travel Training?**

Travel training teaches you how to ride public transportation, how to purchase bus and/or BART tickets, how to fill your Clipper card.

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!

If you are a pro at riding public transportation, being a travel coach will give you an impactful purpose, a sense of reward by helping someone else, and free public transportation tickets, clipper card and/or bus pass!

Individual and group trainings to local and fun places like San Francisco and Oakland, education on how to use apps on smart phones, such as Google Maps and registration for Clipper cards will be available in 2017.

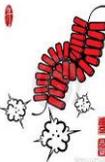
If interested to become a travel coach or travel student, please see Vicky or Belinda!!



# JANUARY 2017

# C.C. CAFÉ

# JANUARY 2017

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p><b>SAN PABLO SENIOR CENTER CLOSED</b></p>  <p><b>RSVP 1 DAY IN ADVANCE BEFORE 12:30PM</b> 510-215-3090 M-F 9am - 12:30pm</p>	<p><b>NEW YEAR CELEBRATION!</b></p> <p>Krabby Cake</p> <p>Extra Cheesy Scalloped Potatoes</p> <p>Green Beans w/Red Peppers</p> <p>Tossed Salad w/Ranch Dressing</p> <p>Tartar Sauce</p> <p>Pumpkin Roll (Pears)</p>	<p>Veal Parmesan a la Romano &amp; Parmesan Cheese</p> <p>California Blend</p> <p>Mixed Green Salad w/Blue Cheese Dressing</p> <p>Rotini w/Marinara Sauce</p> <p>Applesauce</p>	<p><b>COLD PLATE</b></p> <p>Thin Ham Slices</p> <p>Split Pea Soup</p> <p>Beets and Onions</p> <p>Corn Relish Salad</p> <p>Lettuce &amp; Tomato</p> <p>Mustard, Mayonnaise</p> <p>Rye Bread</p> <p>Citrus Fruit</p> 	<p>Orange Chicken Breast</p> <p>Red Potatoes</p> <p>Vegetable Bean Medley</p> <p>Whole Wheat Roll w/Butter</p> <p>Raspberry Gelatin w/Mixed Fruit</p> <p>(Diet Raspberry Gelatin w/Mixed Fruit)</p>
<p>9</p> <p>Pork Carnitas</p> <p>Posole Soup</p> <p>Mexicali Corn</p> <p>Green Salad w/1000 Island Dressing</p> <p>Salsa</p> <p>Flour Tortilla</p> <p>* Orange</p>	<p>10</p> <p>Chicken Marsala</p> <p>Minestrone Soup</p> <p>Italian Vegetables</p> <p>* Mashed Potatoes</p> <p>Tossed Green Salad w/Italian Dressing</p> <p>* Tropical Fruit</p>	<p>11</p> <p>Meatballs w/Mushroom Gravy</p> <p>Grape Juice</p> <p>* Spinach</p> <p>Buttered Noodles</p> <p>Carrot Raisin Salad</p> <p>Sherbet (Banana)</p> 	<p>12</p> <p>Tuna Noodle Casserole</p> <p>Broccoli Spears</p> <p>Green Salad w/French Dressing</p> <p>Roll w/Butter</p> <p>Orange Gelatin w/Mandarin Oranges</p> <p>(Diet Orange Gelatin w/Mandarin Oranges)</p>	<p>13</p> <p><b>MARTIN LUTHER KING JR CELEBRATION</b></p> <p>Southern Style Glazed Ham</p> <p>* Collard Greens w/Onions</p> <p>* Yams</p> <p>Corn Bread w/Butter</p> <p>Grandma's Peach Crisp (Peaches)</p>
<p>16</p> <p><b>SAN PABLO SENIOR CENTER CLOSED</b></p> <p><b>MARTIN LUTHER KING JR HOLIDAY!</b></p> 	<p>17</p> <p>Breaded Cod</p> <p>Clam Chowder</p> <p>* Cheesy Scalloped Potatoes</p> <p>Capri Vegetables</p> <p>4-Bean Salad</p> <p>Tartar Sauce</p> <p>* Mandarin Oranges</p> 	<p>18</p> <p><b>SAN RAMON CHINESE NEW YEAR PARTY</b></p> <p>Sweet &amp; Sour Pork</p> <p>Green Beans</p> <p>Brown Rice</p> <p>Cabbage Salad w/Poppyseed Dressing</p> <p>Ice Cream</p> <p>(Mixed Fruit)</p>	<p>19</p> <p>Ye Old Pub Cheese Burger</p> <p>Potato Wedges</p> <p>Bean Medley</p> <p>Lettuce, Tomato &amp; Onion</p> <p>Catsup, Mustard</p> <p>Mayonnaise &amp; Relish</p> <p>Bun</p> <p>Apricots</p> 	<p>20</p> <p>Spinach &amp; Mushroom Alfredo</p> <p>Pasta w/Parmesan Cheese</p> <p>* Stewed Tomatoes</p> <p>Italian Vegetables</p> <p>Tossed Green Salad w/Balsamic Vinaigrette</p> <p>Banana</p>
<p>23</p> <p>Grilled Chicken Sandwich</p> <p>Tomato Basil Soup</p> <p>* Sweet Potato Fries</p> <p>* Marinated Broccoli Salad</p> <p>Lettuce &amp; Pickles</p> <p>Mayonnaise</p> <p>Bun</p> <p>Chocolate Pudding (Applesauce)</p> 	<p>24</p> <p>Cheesy Red Lasagna w/Parmesan Cheese</p> <p>Apple Juice</p> <p>* Winter Vegetables</p> <p>Tossed Salad w/Italian Dressing</p> <p>Fresh Fruit</p>	<p>25</p> <p>Tempting Turkey Tamale Pie w/Corn Bread Topping</p> <p>Black Beans</p> <p>Mixed Green Salad w/Ranch Dressing</p> <p>* Tropical Fruit</p> 	<p>26</p> <p><b>COLD PLATE</b></p> <p>Mock Crab Salad</p> <p>Potato Leek Soup</p> <p>4-Bean Salad</p> <p>Citrus Fruit Cup</p> <p>French Bread</p> <p>Lettuce, Tomato &amp; Onion</p> <p>Peaches</p> 	<p>27</p> <p><b>WALNUT CREEK CHINESE NEW YEAR PARTY</b></p> <p>Chinese Pineapple Chicken</p> <p>Bok Choy Soup</p> <p>Steamed Carrots</p> <p>Brown Rice</p> <p>Mixed Green Salad w/Asian Dressing</p> <p>* Lucky Tangerine</p>
<p>30</p> <p><b>COLD PLATE</b></p> <p>Cobb Salad</p> <p>Mushroom Barley Soup</p> <p>4-Bean Salad</p> <p>Dinner Roll w/Butter</p> <p>Blue Cheese Dressing</p> <p>* Citrus Fruit</p> 	<p>31</p> <p>Lincoln's Log Cabin</p> <p>Hearty Beef Stew</p> <p>* Broccoli Spears</p> <p>Mixed Green Salad w/1000 Island Dressing</p> <p>Biscuit w/Butter</p> <p>Chilled Pears</p>	<p>2017</p> 	<p>* = Vitamin C</p> <p>___ = Vitamin A</p> <p>( ) = Dessert of Choice</p> <p>All meals served w/low fat milk.</p> <p><b>RSVP 1 DAY IN ADVANCE BEFORE 12:30PM</b> 510-215-3090 M-F 9am - 12:30pm</p>	

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON JAN. 3, 13, 18 AND JAN. 27!**  
5 DAILY ENTRÉE CHOICES: ENTRÉE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!



# **Red Hawk Casino Trip**

**5 Hours of gaming!!!**

**Thursday, January 26<sup>th</sup>, 2017**

**\$26.00 per person (including tip)**

**Get back \$20 in promotions**

**Register with Zee or Call (510) 215.3096 for more information**

- 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 - (Parking lot across vacant store space, to the right of Dollar Tree)  
**40 San Pablo Towne Center**  
**San Pablo, Ca 94806**
- 10:30 am** Arrive at Red Hawk Indian Casino
- 4:00 pm** Depart Red Hawk Indian Casino for return trip home
- 6:00 pm** Approximate arrival time home



**\*Cancellations must be made 72 hours 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 H&W 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 by H&W 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. Any other disclosures or non-responsibility provisions contained herein shall not in any way incur any liability attaching H&W Tours, the San Pablo Senior Center & City of San Pablo.*

San Pablo Senior Center  
1943 Church Lane  
San Pablo, CA 94806  
510.215.3090  
<http://www.sanpabloca.gov/seniors>



**CITY OF SAN PABLO**  
City of New Directions



# ***San Pablo Committee on Aging Hosts Thunder Valley Casino Trip***



***5 Hours of gaming!!!***

***Friday, February 17<sup>th</sup>, 2017***

***\$26.00 per person (including tip)***

***Get back \$20 in promotions***

***Register with Zee or Call (510) 215.3096 for more information***

- 8:15 am** All reserved participants can start loading the charter bus  
*(First five rows will be reserved for disabled patrons)*
  
- 8:30 am** Depart from San Pablo Towne Center - *(Parking lot across vacant store space, to the right of Dollar Tree)*  
**40 San Pablo Towne Center**  
**San Pablo, Ca 94806**
  
- 10:45 am** Arrive at Thunder Valley Indian Casino
  
- 3:45 pm** Depart Thunder Valley Casino for return trip home
  
- 5:45 pm** Approximate arrival time home



***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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# **AARP SAFE DRIVER CLASSES**

**Tuesday March 7th  
& Tuesday March 14th**

**At the San Pablo Community Center  
(2450 Road 20, San Pablo)**

**\$15 AARP member/ \$20 non-member**

**Must register with the  
San Pablo Senior Center  
(1943 Church Lane, San Pablo)  
Or call (510) 215-3096**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. Completion of the course can earn you savings on your auto insurance.



**CITY of SAN PABLO**  
*City of New Directions*

# “2017” TWO NIGHTS - TRIP TO RENO



**Atlantis**  
CASINO RESORT SPA • RENO

**SUN, April 30<sup>th</sup> – TUE, May 2<sup>nd</sup>**

**Depart:** Sunday, April 30<sup>th</sup>, 2017 at 9:30am (boarding at 9am)  
40 San Pablo Towne Center – San Pablo (Old Lucky’s)  
*(Not responsible for vehicles parked overnight)*

**Return:** Tuesday, May 2<sup>nd</sup>, 2017 at 3pm – Leaving Atlantis

**Cost:** \$340 – Single per person  
\$180 – Double per person

*Includes.....*

**MONTHLY  
PAYMENTS  
AVAILABLE**

- TRANSPORTATION
- DOUBLE-OCCUPANCY ROOM
- CONTINENTAL BREAKFAST – DANISH/COFFEE/JUICE/WATER
- \$20.00 FREE SLOT PLAY
- \$20.00 BUFFET VOUCHER
- SANDWICH/CHIPS/DRINKS – ON RETURN TRIP
- BELL SERVICE
- GRATUITY FOR THE DRIVER

**Payment:** *Full payment due with registration by  
Friday, March 17<sup>th</sup> at 4pm - NO EXCEPTIONS*

**Policy:** NO REFUNDS after Friday, March 17<sup>th</sup> by 4pm unless a replacement is found

**Contact:** Zee DeLeon – San Pablo Senior Center  
1943 Church Lane, San Pablo, CA 94806  
510.215.3096



**CITY OF SAN PABLO**  
*City of New Directions*

# “2017” TWO NIGHTS - TRIP TO RENO



**SILVER LEGACY**  
RESORT • CASINO • RENO

**SUN, August 13<sup>th</sup> – TUE, August 15<sup>th</sup>**

**Depart:** Sunday, August 13<sup>th</sup>, 2017 at 9:30am (boarding at 9am)  
40 San Pablo Towne Center – San Pablo (Old Lucky’s)  
*(Not responsible for vehicles parked overnight)*

**Return:** Tuesday, August 15<sup>th</sup>, 2017 at 3pm – Leaving Atlantis

**Cost:** \$370 – Single per person  
\$190 – Double per person  
*Includes.....*

**MONTHLY  
PAYMENTS  
AVAILABLE**

- TRANSPORTATION
- DOUBLE-OCCUPANCY ROOM
- CONTINENTAL BREAKFAST – DANISH/COFFEE/JUICE/WATER
- \$20.00 FREE SLOT PLAY
- \$20.00 BUFFET VOUCHER
- SANDWICH/CHIPS/DRINKS – ON RETURN TRIP
- BELL SERVICE
- GRATUITY FOR THE DRIVER

**Payment:** *Full payment due with registration by  
**Friday, June 23<sup>rd</sup> at 4pm - NO EXCEPTIONS***

**Policy:** **NO REFUNDS** after Friday, June 23<sup>rd</sup> by 4pm unless a replacement is found

**Contact:** Zee DeLeon – San Pablo Senior Center  
1943 Church Lane, San Pablo, CA 94806  
510.215.3096



**CITY OF SAN PABLO**  
*City of New Directions*

**Submit completed coupon with fare no later than**

**Friday, June 23<sup>rd</sup>, 2017 by 4pm**

Zee DeLeon 510.215.3096 – San Pablo Senior Center, 1943 Church Lane, San Pablo, CA 94806

**Please make checks payable to Evelyn Shelton**

(For any checks that return as insufficient, you must pay an additional \$30)

Room Types:     \$190 per person based on double occupancy or  
                         \$370 per person based on single occupancy

Type of Room:     \_\_\_ single (1 person/1 bed)  
                             \_\_\_ double/double (2 people/2beds)  
                             \_\_\_ accessible room (*optional*)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ or Player's Card # \_\_\_\_\_

Phone (home): \_\_\_\_\_ Phone (cell): \_\_\_\_\_

Email: \_\_\_\_\_

Rooming with (if any): \_\_\_\_\_

Special Needs: \_\_\_\_\_

***NOTE: Passengers needing to carry oxygen on this trip MUST notify Zee to make necessary arrangements.***

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Disclaimer: All travel events and other activities arranged for and by Evelyn Shelton, American Stage Tours & the City of San Pablo Senior Center, are for the convenience and pleasure of the members and their guests who desire to participate. Evelyn Shelton, American Stage Tours & the City of San Pablo Senior Center, 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. Any other disclosures or non-responsibility provisions contained herein shall not in any way incur any liability attaching Evelyn Shelton, American Stage Tours & the City of San Pablo Senior Center.*