

June
July
August
2016
Newsletter

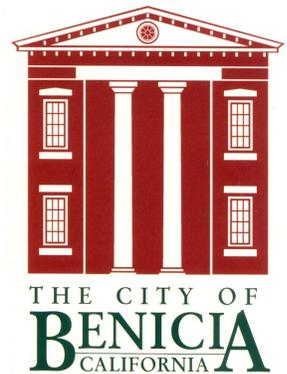


Benicia Senior Center: 187 East L Street / 745-1202 / Open Monday – Friday 9:00am – 3:00pm

Benicia Community Center: 370 East L Street / 746-4285 / Open Monday – Friday 8:30am-5:00pm

Welcome Summer!

Welcome to Summer 2016! We are loving all the new and exciting activities and programs that we have to offer at the Benicia Senior Center. We encourage you to try all the new classes that we are offering! Get started by joining us for breakfast snacks and beverages at our Senior Café on Wednesdays at the Senior Center, 9:30am – 11:30am. We look forward to seeing you at all these wonderful classes and Events! Cheers!



Senior Cafe

Join us Wednesday morning at the Senior Center for coffee and breakfast treats. Spend the morning socializing with friends, playing games or catching up on the morning news. \$2 donation appreciated. No Café will be held on Luncheon days.



Pickleball: Pickleball combines elements of tennis, badminton and ping pong. It is played on a badminton style court, using modified tennis net, and players use a paddle and plastic ball.

Mondays: Community Center – 11:00am to 1:00pm – Open Play

Community Center – 1:00pm – 2:00pm – Beginning Instruction

Tuesdays: Community Center – 12:00pm to 2:00pm – Inter. / Advanced Only

City Gym – 11:45am – 1:15pm – Open Play

Wednesdays: City Gym – 12:30-3:00pm – Open Play

City Gym – 2:00pm – 3:00pm – Beginning Instruction

Fridays: Community Center – 12:00pm – 2:00pm Open Play

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Games & Clubs

BINGO: Mondays 12:00pm – 3:00pm & Fridays 1:00pm – 4:00pm. Coffee and treats provided.

PUZZLE TABLE: Ongoing puzzle table is available in the lunch room Monday – Friday 9:00am – 3:00pm.

CONTACT BRIDGE: Mondays 12:30pm – 4:00pm, must know how to play. Contact: Mary-Ann Lovelace (707) 751-0388

CHICKEN FOOT DOMINOS: Wednesdays 9:30am to 11:30am during the Café.

DUPLICATE BRIDGE: Tuesdays 9:00am – 1:00pm. Contact: Fred Warren (707) 552-7261.

BOOK CLUB: 1st Tuesday of each month 12:30pm – 2:00pm. Come read, talk & make friends while enjoying good books. We will be discussing the following...

“Sycamore Row” by John Grisham (to be discussed 5/3)

“The Calligrapher’s Daughter” by Eugenia Kim (to be discussed 6/7)

“An Officer and a Spy” by Robert Harris (to be discussed 7/5)

“Extremely Loud and Incredibly Close” by Jonathan Foer Safron
(to be discussed 8/2)

“My Brilliant Friend” by Elena Ferrante (to be discussed 9/6)



LIBRARY: Open Monday – Friday 9:00am–3:00pm.

Enjoy reading a book in our comfortable seating area or check out a book to take home.

LAPTOPS: The Senior Center now has 2 laptops for use in the Senior Center. If you would like to check these out please provide your drivers license to the Senior Center office. You may only use these in the Senior Center, they cannot be taken home.

Arts & Crafts

CRAFT CLASS: Thursdays 9:30am – 11:30am.

Instructor: Betty Qually

SOLANO QUILTERS GUILD: Mondays 9:00am – 11:30am. Contact: Lorraine Patten 745-3095

WATERCOLOR: Thursdays 11:30am–2:30pm. Self-Led, Instructor Pat Ryll leads class the 3rd Thursdays.



Fall Craft Fair will be on **November 12th 2016!**

Language Classes

SPANISH CLASSES: Instructor: Maria Theresa Matthews

Classes held at the Benicia Community Center, 370 East L Street

*Beginner Level: Tuesdays /9:00am – 11:45am (Beginning students will be accepted in Jan)

*Intermediate Level: Tuesdays /1:00pm – 3:45pm (Returning students accepted in Aug)

*Advanced Level: Wednesdays /1:00pm – 3:00pm (Returning students start Aug 3)

ITALIAN II CLASSES: Thursdays 1:00pm – 2:30pm. Learn Italian at the Senior Center for FREE! Instructor: Anna Ruberto. Call the Senior Center at 745-1202 to sign up.

Special Interest

Area Agency on Aging - Eat Smart, Live Strong

Eat Smart, Live Strong is a fun way to learn about eating better and moving around more. Enjoy Dale's homemade samples. Join **us starting** June 22 for four weeks of learning. Sponsored by the Area Agency on Aging Serving Napa/Solano

Instructor: Dale Alexander

Location: Senior Center

*Sign up at the Community Center or the Senior Center

Wednesdays: 1:00pm – 2:00pm June 22nd – July 13th



Special Interest Classes for Seniors

Jo Nash's Tap Dance for Seniors

Wednesdays 9:30am to 10:30am

Session 1: June 1 to June 29 (5 classes)

Session 2: July 6 to July 27 (4 classes)

Session 3: August 3 to August 24 (4 classes)

Registration Fees:

\$33 res / \$41 non-res (4 classes)

\$41 res / \$51 non-res (5 classes)

Location: Benicia Community Center – Room 5

Krystle Dilley's Tech Help

Wednesdays 11:15am to 12:15pm

Session 1: June 22nd

Session 2: July 13th

Session 3: August 17th

Registration Fee:

\$8 Res / \$10 Non-Res

Location: Benicia Community Center

Health Services

HICAP: Health Insurance counseling and Advocacy Program, funded by the California Department on Aging. Volunteer counselors provide FREE counseling services for those who are eligible or have MEDICARE. Services are available by appointment:

*At the Senior Center the 2nd and 3rd Tuesday of each month. Call the HICAP to make an appointment at (800) 434-0222.

*At the Benicia Community Center, 370 East L Street the 1st and 3rd Wednesday of each month. Call HICAP to make an appointment at (800) 434-0222.

TELECARE: Tele-care calls a list of shut-ins or those who live alone to check in on them. Call the Senior Center to set up this service.

Meals on Wheels

Meals on Wheels offers on site lunches to any person age 60 or older. Monday – Friday 11:30am – 12:45pm (except on holiday closures or luncheon days). Suggested contribution is \$3 per meal to help support the program.

To register or make a reservation call 1-800-788-5114 or 707-426-3079.

Fitness Classes

**All Senior Fitness Classes are Located at Benicia Community Center 370 East L St.
Krystle Dilley's Fitness Classes**

***FIT AEROBICS:** Tuesdays & Thursdays 9:15am – 10:00am. Will improve your heart, stretch muscles and get your body moving. Heart rate will go to a moderate level. This is a standing Aerobic class.

***FIT FOR LIFE 1:** Monday, Wednesday & Friday 9:15am – 10:00am AND Tuesdays / Thursdays 10:15am to 11:00am. Ideal for those who new to working out using resistance bands. Focus on proper technique and strengthening.

***FIT FOR LIFE 2:** Monday, Wednesday & Friday 10:15am – 11:00am. Advanced strengthening using resistance band & light hand weights (bring your own weights).

***WALK TO BE FIT:** Tuesdays & Thursdays 11:15am to 12:00pm. Walk an entire mile in this 45 minute fun class while stopping for intervals to strength train.

Beginning Balance and Strengthening

This is a 6 week class that meets for 45 minutes twice a week to focus on proper balance exercises and strengthening exercises. This class will improve balance, strengthen the hips, gluteus, and thighs. Introducing seniors to a low impact workout with huge results.

Mondays and Wednesdays 11:15am to 12:00pm
Session 1: August 1st to September 7th 2016

Registration Fee: \$45 res – \$56 non-res ~ Benicia Community Center – Room 4

Jo Nash's Zumba Gold & Pilates

Mondays 12:00pm to 12:45pm

**Session 1: June 6th – June 27th
Session 2: July 11th – August 1st
Session 3: August 8th – August 29th**

**Registration Fees:
\$26 res / \$32 non-res**

Location: Benicia Community Center – Room 5

Jo Nash's Zumba Gold & Pilates

Fridays 12:00pm to 12:45pm

**Session 1: June 3rd – June 24th
Session 2: July 8th – July 29th
Session 3: August 5th – August 26th**

**Registration Fees:
\$26 res / \$32 non-res**

Location: Benicia Community Center – Room 5

Earl S. Hinds' Tai Chi

Learn to meditate in motion, have fun and relax. Develop mental and physical flexibility, reduce stress and improve your balance.

- Tuesdays 9:00am – 10:00am / Beginning
- Wednesdays 9:00am – 10:00am/Intermediate
- Thursdays 9:00am – 10:00am / Beginning
- Fridays 9:00am – 10:15am /Intermediate





By taking this course for drivers aged 50 and up you can save money on your car insurance premiums and be come a better driver.

\$15 for AARP members / \$20 for non-members.

Sign up by visiting or calling the Benicia Community Center at (707) 746-4285. Classes takes place at the Benicia Community Center, 370 East L Street.

8-Hour Class (2 day class):

Session 1: Thursday, Aug 18th & Friday, Aug 19th 2016 – 9:00am – 1:00pm

5-Hour Refresher Class (1 day class):

Session 1: Thursday, August 25th 2016 – 9:00am – 2:00pm



June 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Café 9:30-11:30	2	3	4
5	6	7 <u>Trip</u> Fisherman's Wharf & Pier 39	8 Café 9:30-11:30	9	10	11
12	13	14	15 <u>Luncheon</u> Songs & Sandwiches	16	17	18
19	20	21	22 Café 9:30-11:30	23	24	25
26	27	28	29 Café 9:30-11:30	30		

July 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Café 9:30-11:30	7	8	9
10	11	12 <u>Trip</u> Red Hawk Casino	13 Café 9:30-11:30	14	15	16
17	18	19	20 <u>Luncheon</u> Summer BBQ	21	22	23
27 31	25	26	27 Café 9:30-11:30	28	29	30

August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Café 9:30-11:30	4	5	6
7	8	9 <u>Trip</u> Jelly Belly & Budweiser	10 Café 9:30-11:30	11	12	13
14	15	16	17 Ice Cream Social	18	19	20
21	22	23	24 Café 9:30-11:30	25	26	27
28	29	30	31 Café 9:30-11:30			

Socials & Events

Senior Café : Wednesdays, 9:30am—11:30am

Join us Wednesday morning at the Senior Center for coffee & breakfast treats. Spend the morning socializing with friends, playing games or catching up on the morning news.

\$2 donation appreciated. (No café on luncheon or performance days)

*Advanced registration is required for all luncheons and performances.
Register at the Senior Center or at the Community Center.*

Cinco De Mayo Luncheon

Weds. May 18th



12:00pm

Catered by
Sandoval's

\$10 per person

Summertime Songs & Sandwiches

Weds. June 15th



12:00pm

Enjoy a light lunch while
listening to a Performance
by Buddy Nash

\$5 per person

Summer BBQ Luncheon

Weds. July 20th



12:00pm

Catered by
Kinder's

\$10 per person

National Senior Citizen Day Ice Cream Social

Weds. August 17th



Ice Cream Social

Cost: Free

Fall Senior Craft Fair



Sat. November 12th

9am to 2pm

FREE ADMISSION

New & returning vendors,
home goods & refreshments.

Senior Center Holiday Closure Dates

The Senior Center will be
closed on the following dates:

May 30th

July 4th

September 5th

Day trips with American Stage Tours



Advanced registration is required. Register for day trips at the Benicia Senior Center or the Benicia Community Center. Tour bus picks up and drops off at the Benicia Senior Center.



Pier 39 & Fisherman's Wharf Lunch and Shopping

Tuesday, June 7th 2016

\$65 Per Person (Lunch is Included)

Times: 9:00am to 4:30pm

Red Hawk Casino

Tuesday, July 12th 2016

\$30 Per Person (Lunch is Included)

Times: 9:00am to 4:00pm



Jelly Belly Factory and Budweiser Factory

Tuesday, August 9th 2016

\$60 Per Person (Lunch is Included)

Times: 9:00am to 5:00pm



**Contact the Benicia Senior Center or
Benicia Community Center for trip pricing and details.**

Overnight Trips with Premier World Discovery



Presentation: June 2nd 2016 at 11am at the Community Center

A representative from Premier World Discovery to present the trips shown below. See pictures, receive fliers and hear all the details about these wonderful all inclusive trips.

Cape Cod and the Islands



July 10, 2016 – July 17, 2016

Highlights: 6 Nights in a First Class Hotel in Cape Cod. Nantucket Island Tour, Boston City Tour, Plimouth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha's Vineyard Tour, Newport's Ocean Drive, Breakers Mansion Tour, Heritage Plantation, New England Lobster Dinner, Faneuil Hall Marketplace.

Spain and Portugal Highlights



**November 1, 2016 –
November 10, 2016**

Highlights: Madrid City Tour, Madrid Royal Palace, Cordoba, Mezquita, Granada City Tour, Alambra Palace & Generalife, Seville City Tour, Cathedral of Seville, Evora, Lisbon City Tour, Alfama Quarter, Fado Farewell Dinner.

New Orleans Holiday



December 4, 2016 – December 8, 2016

Highlights: 4 Nights in the French Quarters, French Quarters Walking Tour, French Market, Café du Monde, Steamboat cruise, New Orleans School of Cooking, New Orleans City tour, Garden District, Oak Alley Plantation, Court of Two Sisters District, Reveillon Dinner, Celebration in the Oaks.