

SENIOR SOUNDS

Pleasant Hill Recreation & Park | Senior Center Newsletter



EARTH DAY

APRIL 22 AT 1:30PM

Come plant something with us to
take home outside next to the
Senior Center. RSVP by 4/16
Free, but must RSVP



RSVP by calling the Senior Center 798-8788

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MONTHLY EVENTS

APRIL 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------|---|--------------------------|---|---------------------------|----------|
| | | | | 1 | 2 | 3 |
| | | | | Library Kindle Presentation, 1pm | TED Talks, 10am | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| EASTER | Travel Chit Chat, 10:30am | Senior Club Board Meeting, 10am Walking Group, 11:30am | Meal Pick Up, 10:30am | Parking Lot Bin- go, 10am | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | Walking Group, 11:30am | Meal Pick Up, 10:30am | Senior Spring Meal Deal Pickup, 3pm | Better You Group, 10am | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | Walking Group, 11:30am Prevent Falls, 11am Dance Party, 3pm | Meal Pick Up, 10:30am | Parking Lot Bin- go, 10am Earth Day Plant- ing, 1:30pm | | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | Walking Group, 11:30am | Meal Pick Up, 10:30am | Happy Hour, The Last Hurrah! 3pm | | |

MONTHLY EVENTS

VIRTUAL DANCE PARTY

Tuesday, April 20 from 3-3:30pm

Join DJ Holly for some great tunes oldies tunes. You will work up a sweat-guaranteed! Feel free to dance or just bop your head to the beat. All ages welcome!

Zoom Meeting ID: 867 2392 4404

Password: 100100

[Click here for direct link](#)



TED TALKS

Friday, April 2 * 10am-11am

Join us as we watch videos as a group then discuss what we watched. What will be watched in April?

- What Would Happen if You Didn't Sleep?
- Quit Social Media
- Four Lessons the Pandemic Taught Us About Work, Life and Balance.
- How to Have a Constructive Conversation
- Say Your Truths and Seek Them in Others

Zoom Meeting ID: 839 9537 7120 Password: 100100

ZOOM TUTORING

With everything going virtual we would love to help you learn (or get better at) Zoom! If you would like a one on one basic Zoom tutorial please email Holly Frates at hfrates@pleasanthillrec.com. To receive this service you will need:

- 1) A computer, laptop, tablet or cell phone
- 2) Internet access
- 3) Camera on your device

Our hope is that we can get you more comfortable with the zoom application and you can join in more of the activities being offered while you shelter in place. This is a free service we are offering to our seniors.

We hope you take advantage!

Now every week on zoom!

WIT AND WISDOM

A stimulating interaction of ideas and life experiences. Topics will be provided by the leader. Choose what you prefer to talk about.

Thursdays; 10:30am-12pm

Zoom Meeting ID: 817 4645 3621

SENIOR MEAL DEAL - SPRING MEAL

Menu includes: Classic Caesar Salad w/ Shaved Cheese & Croutons, Rosemary Sourdough Bread, Slow Braised Beef Brisket w/ Mushroom Pan Sauce, Mashed Potatoes & extra sauce, Spring Asparagus w/ Lemon Zest, Chocolate Decadent Brownie.

Pick up at 3pm at the Senior Center on Thursday April 15th. Orders must be received by Thursday, April 8th by 5pm. Pre-order online or by calling 925-798-8788. Leave a message if no answer. \$20/meal

Food provided by Classic Catering.

[E-Sounds Click Here to Order Now!](#)

EVENTS & CLASSES

PARKING LOT



Thursday, April 8 & April 22, 10am-noon

- \$5 Bingo Pack—includes: 10 game play pack & dauber
- No cash prizes; winners get a choice of different prizes
- Participants will remain in their vehicles and play along through their FM radio. Radio station will be provided once you arrive.

HONK when you get a Bingo!

Registration required. Register by calling or online at pleasanthillrec.com. **Click here to register**

*Senior Center restroom will not be available for use.
Restroom in the park will be open.*

AARP Tax Aide

AARP Tax Aid is operating on a limited basis. They are taking appointments to scan your documents to process. Actual tax preparation will be done off-site due to COVID protocols and could take around a week to process. To make an appointment, call 925-979-5013.



To register for the classes listed below you can:

1. Click on the links if you are receiving the newsletter by email
2. Call (925) 798-8788 and leave a message that you want to register for "....." class and someone will call you back
3. Visit pleasanthillrec.com and register online

Once you are registered you will be contacted with a link and/or zoom info to join your class! Too easy!!!

VIRTUAL GENTLE PILATES & FUNCTIONAL FITNESS- Alison Raphael-Klippel

Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. You will need light weights, a pillow case and water.

4/5-4/26 (4 weeks) Mondays 11:30-12:10pm \$44

E-Sounds: Click here to register

WEIGHT & STRENGTH- Debbie Murdock, CPT

This class is currently meeting outdoors at the Community Center. When the county moves to the next tier we will be able to move back indoors at a lower capacity. For updates on when class will resume indoors or if you are interested in attending the outdoor class; please call (925) 798-8788

Mondays/Thursdays 9am-10am at the PH Community Ctr., 320 Civic Drive

Punch cards: \$70 for 7-class card

Pre-registration required due to current Covid restrictions

CLASSES

Dianna Rowley Fitness Classes:

- Dianna has a variety of make-up class options for anyone needing some flexibility with their schedule. She also offers a free one-on-one phone orientation for all new students to discuss expectations, modifications and to answer any questions.
- New students can schedule a free 15-minute orientation to discuss any injuries or adjustments that may be needed.
- Students can have a "kit" mailed. Kits cost \$25 new or \$15 used and includes a resistance band & directional tools.
- To order your kit, order a kit or schedule an orientation please email Dianna at healthcoachdianna@gmail.com
- Students who need to miss a class during a session—talk with Dianna ahead of time to coordinate credit toward another class that month

HAPPY HANDS - (VIRTUAL)

Happy Hands will improve finger dexterity, joint mobility and release built up tension in your arms, hands, fingers and shoulders. This class will increase circulation to our extremities through fist pumping, stretching, QiGong and joint release exercises. Posture awareness and breathwork will also be reinforced throughout the class. Tools are needed for this class. Tools are the same as used for Active Aging so you only need to buy one kit if taking both classes.

4/6-4/27 (4 weeks) Tuesdays 2:00-2:45pm \$48

E-Sounds Subscribers: [Click here to register](#)

ACTIVE AGING (similar to Brain Body) - (VIRTUAL)

This 45 minute class combines various modalities including core work, balance, stretching, cardio conditioning, joint mobility and brain/body work. This class is taught from a seated position but can be done standing. This class uses tools to help increase strength & improve flexibility.

4/5-4/26(4 weeks) Mondays 12:30-1:15pm \$48

E-Sounds Subscribers: [Click here to register](#)

STRENGTH COMBO - (VIRTUAL)

This virtual class focuses on building and maintaining strength through resistance bands, weights, balance, chair and mat exercises. Muscles will receive extra love by adding stretches for each muscle group. Resistance bands are available for \$5 from the instructor.



4/3-4/24 (4 weeks) Saturdays 12-12:30pm \$40

E-Sounds Subscribers: [Click here to register](#)

DANCE CHOREOGRAPHY - (VIRTUAL)

Learn basic dance choreography from your home to show tunes and music favorites. Class challenges both the body and the brain through memorization and coordination work. All levels welcome—no experience required!



4/1-4/29 (5 weeks) Thursdays 1:30-2:15pm \$60

E-Sounds: [Click here to register](#)

SUPPORT

Supporting the Senior Center During COVID-19

If you are interested in making a financial donation to the Senior Center to help operations and services continue to the best of our ability you can do so in a couple of different ways:

1. Visit our [online donation site](#) to donate
2. Mail a check to 147 Gregory Lane, PH. To the attention of Holly Frates. Make checks payable to PHRPD.
3. Drop off your donation to the Senior Center during our Meal Pick-Up on Wednesdays between 10:30-11:00am.

We thank you for anything you can do!



Are you
turning 65?
Call your
local licensed
Humana
sales agent.

Humana.

Y0040_GHHXDFEN20_BC_C



Jessica Mosquera
CA License #0G87903
925-375-0390
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.
JMosquera@humana.com
Yo hablo español.



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RCFE# 079200623

PHSC SCHOLARSHIP PROGRAM

Did you know the Senior Club offers a Scholarship program for current senior members who may need financial assistance in order to attend Senior Center events, day trips (casino trips excluded) and fitness or enrichment classes.

The success of this program is dependent upon financial donations. For more information on how to donate or how to apply, please stop by the Senior Center Front Desk or visit our website to download an application.



The services advertised above are not affiliated with or provided through the Pleasant Hill Senior Center. The Pleasant Hill Senior Center is not responsible for, and clearly disclaims all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained from our paid partners.

SERVICES

CONTRA COSTA SENIOR LEGAL SERVICES

Contra Costa Senior Legal Services (CCSLS) is a private, nonprofit agency that has been providing free legal services to older residents of the County since 1976. If you are interested in the Consult-an-Attorney appointments and the Advance Health Care Directive Clinic, please contact CCSLS directly to make your appointment.



CONSULT AN ATTORNEY CLINIC originally scheduled at the Pleasant Hill Senior Center, by **appointment only**. This clinic will be provided “virtually”. For legal help related to elder abuse, housing issues, and consumer protection, please make your appointment in advance with CCSLS at (925) 609-7900.



CONTRA COSTA
SENIOR LEGAL SERVICES

ADVANCE HEALTH CARE DIRECTIVES

Free Legal Clinic

Everyone, particularly seniors, should have an Advance Health Care Directive. It is the legally recognized document used to **ensure that your health care wishes are known** and considered if you are unable to speak for yourself. Seniors **60 years old and over** can have one made for FREE at our virtual clinics (remotely via phone).



Please call (925) 609-7900 to make your virtual consultation appointment!

In affiliation with: Pleasant Hill Senior Center

233 Gregory Lane, Pleasant Hill, CA 94523

Time: 1:30 p.m. — 4:30 p.m.

2021 Dates: 2/9, 4/13, 6/8, 8/10, 10/12, 12/14

SERVICES

ADVANCE HEALTH CARE DIRECTIVES WORKSHOP

- See page 7 for more information

BOOK LIBRARY

- Currently unavailable

CARE MANAGEMENT PROGRAM

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

- Our Care Manager is still available to help! You can email Dana at dbusch@pleasanthillrec.com or leave her a message at 771-7640 and she will get back to you.

CONSULT AN ATTORNEY PROGRAM

- Currently on hold until further notice. If you need legal assistance contact Contra Costa Senior Legal Services at (925) 609-7900

EASY LISTENERS

Are you or someone you know homebound and looking for some friendly conversation? Sign-up for our Easy Listeners Program and receive a phone call from one of our awesome volunteers on a regular basis. How often is up to you! Call 798-8788 to get your name on the list.

HEALING THROUGH GRIEF

- Currently on hold until further notice. If you are needing Grief Support you can reach out to Hospice of the East Bay. Hospice of the East Bay is holding virtual Grief Support. Please call (925) 887-5678 or email them at griefservices@hospiceeastbay.org to obtain the conference telephone number and ID code needed to gain access to any of their support groups, classes or workshops.
- Virtual Drop-In Grief Support Groups are held:
- 1st & 3rd Tuesday of each month, 6:00-7:00pm
- 2nd & 4th Thursday of each month, 4:30-6:00pm

HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY)

- All HICAP face to face counseling and in-person Welcome to Medicare classes have been cancelled until further notice. They are continuing to provide phone counseling, and can set up appointments for phone or video meetings. To make an appointment contact Contra Costa County HICAP at (925) 655-1393* New Phone Number

IHELP

- Currently on hold until further notice.

MEMORY SCREENING

- Currently on hold until further notice.

NOTARY SERVICE

- Currently on hold until further notice. Notary Service is available at the UPS Store located on Crescent Drive in downtown PH. Must make an appointment with them.

OPEN COMPUTER LAB - MEMBERS ONLY!

- Currently on hold until further notice.

TRANSPORTATION SERVICES

The following services are not affiliated with or provided through the PH Senior Center. If you have questions call the number listed.

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

VIDEO LIBRARY - MEMBERS ONLY!

- Browsing the library is currently on hold but if there's a specific movie title you are looking for please send an email Karen at kmckimmy@pleasanthillrec.com. Pick up/Drop Off can be coordinated during staffing hours.

COVID-19 SERVICES

- Are you in need of toilet paper, paper towels or other essential items like a face mask? Please contact us at (925) 798-8788 to coordinate a pick up or delivery.
- **Friendship Line** (800) 971-0016: The Institute on Aging has a 24-hour toll-free Friendship Line for people 60 years and older and adults living with disabilities. Their services include: providing emotional support, elder abuse reporting, well-being checks, grief support through assistance and reassurance, active suicide intervention and information and referrals for isolated older adults and adults living with disabilities.
- **Information & Assistance Helpline** (925) 229-8434: provides housing lists and information about local senior services.

VIRTUAL ACTIVITIES

HOW TO DOWNLOAD KINDLE BOOKS FROM CCC LIBRARY

Thursday, April 1, 1pm

Learn how to download and read free e-books through the Contra Costa County Library on your Kindle e-ready or Kindle app. The Library has thousands of Kindle books that are free to use and enjoy, just like a regular library book! Attend the zoom with your library card number and your device to follow along. No registration required.

Zoom Meeting ID: 882 1304 6396 **Password:** 100100 [Click here for Direct Link](#)

HOW TO PREVENT FALLS

Tuesday, April 20, 11am-12pm

Falls can be scary, and it may feel like there's nothing you can do to keep yourself safe. But falls aren't inevitable, and you can take steps to help prevent them. Presented by Jessica Mosquera from Humana. No registration necessary.

Zoom Meeting ID: 864 5672 4134 **Password:** 100100 [Click here for Direct Link](#)

VIRTUAL HAPPY HOUR ZOOM - THE LAST HURRAH!

Thursday, April 29 at 3pm

It's the final Happy Hour on Zoom. Since the Senior Center is becoming busier in outdoor events, we are saying goodbye to some of our digital events! Make sure to join us with a big glass as we say a fond farewell.

We look forward to meeting in person again soon!

Zoom Meeting ID: 816 1020 7993 **Password:** 100100 [Click here for Direct Link](#)

BETTER YOU- NEW zoom group

Join this monthly meeting (via zoom) to discuss ways to be more positive and become a better you. We know times are hard and everyone needs a little pick-me-up. We can get through this pandemic together by sharing tips we have found along our paths that help. Topics will vary each month. April will focus on exercise and how to work your body with common objects found in your home. Led by staff and volunteers-not licensed professions.

Friday, April 16 at 10am

Zoom Meeting ID: 846 9654 3789 **Password:** 100100 [Click here for direct link](#)



VIRTUAL ACTIVITIES

ALZHEIMER'S AND BRAIN AWARENESS FORUM: 10 WARNING SIGNS OF ALZHEIMER'S

Thursday, May 5, at 2pm

Commissioner Veronica Dise-Hodge, Pleasant Hill Commission on Aging, with cohost Community Educator Gene Girimonte of the Lafayette Alzheimer's Association, are offering a free online Alzheimer's & Brain Awareness Forum. The forum will offer "10 Warning Signs of Alzheimer's" to help you and family members learn what to look for. There will also be a question and answer period with Site Director Grace Liu, LCSW, of the Alzheimer's Association. Registration required to get zoom info.

Click [here](#) to register. Or call 798-8788

TRAVEL UPDATES & CHIT CHAT

Monday, April 5, from 10:30am-11:30am

Catch up with Cassie Eternal & Lisa Mittone from TravelCenter on what exactly is going on in the Travel World. New Covid procedures, transportation questions, refundable trip policies, where can I actually travel? And so many more topics. We are open to questions directly from you to keep the conversation going. Looking forward to seeing you in the Zoom room!

Zoom Meeting ID: 821 5723 1251 **Password:** 100100 [Click here for Direct Link](#)

VIRTUAL MEMORY CAFE

Monday, April 26 from 11am-noon

Care partners and care receivers with mild cognitive impairment are invited to join JFCS East Bay at our new virtual Memory Café. Memory Café participants can expect to find a gathering time to relax, socialize and meet others facing similar cognitive challenges. This is also a chance for care partners and participants to enjoy meeting others and experience respite and renewal in a friendly and welcoming environment. Memory Café is held via Zoom. Please RSVP to Dee Madnick (925) 927-2000 ext 638 or Rita Clancy ext. 257 or emails: dmadnick@jfcs-eastbay.org, rclancy@jfcs-eastbay.org



BEYOND EBOOKS: KANOPY

Thursday, May 20, 1pm

Discover a trove of online resources that are free at your library! Stream movies with Kanopy, Pleasant Hill Library staff will walk you through the simple steps to get started. No registration needed.

Zoom Meeting ID: 864 8804 3025 **Password:** 100100 [Click here for Direct Link](#)

COMMUNITY RESOURCES

CC CAFÉ'S CURRENT HOURS & PROCEDURES

Until further notice we will be offering a pickup for 5 frozen meals & 2 fresh meals provided by the county for \$21 per meal pack. The meals will rotate weekly on what additional items come with the frozen meals. See below for the rotation items. **These must be ordered the Tuesday before the delivery date by 12pm.** Meals will be ready for pickup between 10:30am - 11:00am on the Wednesday you have ordered for.

NO SUBSTITUTIONS, NO ALTERNATE MEALS. NO UNDER 60 MEALS AVAILABLE AT THIS TIME. We will keep you informed of any changes that come along. We are only in the office limited hours at this time, please call **925-771-7641** to make your order and leave a message.

If you would like meals but do not drive or do not have someone who could pick them up for you please email hfrates@pleasanthillrec.com. We will do our best to coordinate meal delivery.

COVID VACCINE INFO

Individuals 50 and older are eligible for COVID-19 vaccines in Contra Costa County. Multiple locations within CCCounty are providing vaccines. Check out the County's website to find out more information: coronavirus.cchealth.org/vaccine You can also book your Vaccine appointment from this website: on the right side of the website it says "Vaccine Appointments" Click that and it will be a form you fill out further down the page (or click [here](#)) and they will contact you. You can also call 1-833-829-2626 for Contra Costa County or for California 7-833-422-4255 (might be Oakland Coliseum, etc). Another great website to find locations is [VaccinateCA](#). It will help you locate a place to get vaccines. The following [video](#) is made for seniors explaining the COVID-19 vaccine in case you need more information. If you need further assistance, you can call the Senior Center and leave a message and staff will get back to you.

A HUGE THANK YOU TO EVERYONE who has made non-monetary donations like toilet paper, masks, paper towels and other essential items. If you are unable to get these products or are looking for something in particular please reach out to us at (925) 798-8788 and leave a message. Someone will call you back and coordinate with you.

Thank you to the following donors:

Janice Bruner

Cheryle DiGeronimo

Didi Kaya

CORONAVIRUS SCAMS

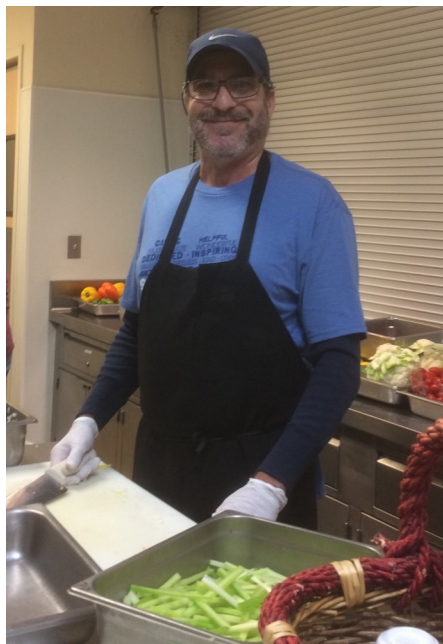
Learn how to avoid scams stemming from the Coronavirus, whether it is for the vaccine or assistance. Visit the Federal Trade Commission's [website](#) to find out more information.

*Never give out your personal information. If you don't know them, hang up the phone. If it is an email you don't know, don't open it. Even if it looks like it is from a friend or family member asking for money, the email may be designed to "look" like theirs, but there is a part of it that is not correct and they are hoping someone falls for the scam to send money or gift cards. Don't click "unsubscribe" because that can add you to their "call/email" list.

Thank you to our PHSC Partners & Supporters!

THANK YOU VOLUNTEERS

April is National Volunteer Recognition Month. We miss all our Volunteers very much and we cannot wait until we can see you all again. When we see you again, we will celebrate our volunteers and all that you do for the Senior Center- Stay Well & Keep Smiling!



Pleasant Hill Senior Center Reopening Q&As

Below are a couple of very simple answers to a few of the questions staff have been receiving.

1. When will the Senior Center reopen?

This is a loaded question with lots of floating parts that go into it. We hope to start some activities up by mid-summer. The main parts are the County's Health Order and room capacity. For example if exercise classes are at 10% capacity (current red tier) and it is held in the classroom and the classroom holds 50 people the capacity is now 5 people per class. These are all things we have to take into consideration. Staff will be working with activity coordinators and instructors to schedule activities with sanitation schedules.

2. Will a COVID-19 Vaccine be required to enter the Senior Center or participate in activities?

Proof of COVID-19 vaccines will not be required at this time to enter the Senior Center or participate in activities or events, however we do encourage it. If you need help navigating the appointment system, please call us at 798-8788 and staff is more than happy assist.

TRAVEL PROGRAM

Hey Travelers!

The Pleasant Hill Senior Center Travel Program is still on hold, but we will get back on the road as soon as we can. We have great extended travel coming up and that will be a big boost to the Senior Center, so if you are bored and feel like travelling, sign-up with Travel Center for any of the upcoming extended travel.

Questions? Join myself and Lisa Mittone on Monday April 5th from 10:30am-11:30am on Zoom for Travel Updates and Chit Chat. *More information on page 10.*

Until we get our motors running again, stay safe!

-Cassie Eternal your
Travel Coordinator



Pleasant Hill Rec & Park District AND
TravelCenter Travel & Tours presents...



Colorado's Historic Trains

Tour Dates: June 18 - 26, 2021

SOLD OUT!



Culinary Italy from Sorrento to Rome

Tour Dates: October 10-22, 2021

13 DAYS • 17 MEALS Discover the beauty and charms of southern Italy on this adventure through the Sorrento area, Campania region and Rome. UNESCO World Heritage Sites, historic monuments, breathtaking scenery and hands-on culinary experiences are sure to please as you travel through Italy.



London and Paris Discovery

Tour Dates: October 19 - 27, 2021

9 DAYS • 9 MEALS Discover two of the world's most historic capitals. Spend four nights in cosmopolitan London and three nights in romantic Paris, exploring some of the cities' most notable sites. From the impressive Tower Bridge to the opulent Palace of Versailles; from picturesque Leeds Castle to the unforgettable Eiffel Tower, adventure and local experiences await.

TravelCenter Tours & Travel: 925-937-2223

CST# 1002945-40



Interested in taking a day trip? Sign up with American Stage Tours on their upcoming outings:

- **Monterey - 4/14/21** - Arrive at Cannery Row where you will have time to shop or go to the Monterey Bay Aquarium (if open) on your own if you wish and have lunch on your own. Cost: \$50 per person.
- **Mystery Trip - 5/12/21** - Can't tell you once. Can't tell you twice. But I CAN tell you it will be nice. Cost: \$65 per person
- **Red Hawk Casino - 5/26/21** - More info coming soon, or call American Stage!

How do I sign-up? Send a check to American Stage Tours 1488 Soccer Ct. Concord, CA 94518 Questions? Call 925-687-7705

KAREN'S KORNER | SUNSHINE REPORT

KAREN'S KORNER

Spring into Spring. Decluttering Tips from the BETTER YOU zoom group.

Think of it as "simplifying" not "decluttering". Your home could appear to be in perfect order but have way too much stuff that you don't use.

If it's too much to sort all your clothing at once, divide clothing into sections. One day sort the short sleeve tops, the next day long sleeve tops, the next day pants. Or maybe just put together things as your favorite outfits and get rid of the rest.

Make lists. Today tackle the closet, tomorrow the kitchen cupboards, next day the drawers in the bedroom. It can be a gradual process.

If you have crafting or other hobby supplies, the pandemic is the perfect time to use them up. Jeannette was able to use up all her yarn by knitting while listening to audiobooks. Then she gave away the seven afghans, four scarves, and 10 baby blankets.

Give away things through the "free to you" app, or post on Nextdoor. You can try donating to places like St Vincent de Paul, and Hospice of the East Bay. Also remember, the trash can is your friend, don't donate things that aren't in good condition, or that you wouldn't be willing to buy.

Stop buying things you don't need or have room for. If you bring something new into your home, get rid of two items in its place.

Try to find a friend or family member to help. You may discover you are willing to get rid of more stuff if someone is there to encourage you.

The basic concept is, if you are not using it, get rid of it. Someone else could use it., and it costs time and effort to store it.

It is a wonderful freeing experience to simplify your life!



SUNSHINE REPORT

Please contact our Sunshine Chair, Marianne Tannehill, (682-4694) with updates for our Sunshine Report - sad news, good news or great news! Best wishes to our April birthdays!

JOKE OF THE MONTH

The older I get, the earlier it gets late.

To me "drink responsibly" means don't spill it.

Good News: Congratulations to Norma Hogan celebrating her 91st Birthday! Happy Birthday!

DONATIONS RECEIVED:

Edward Franz
Eugene Onopko
Gael Rodgers
Goody Pleasanton
Patty Strickland
Bella Dizon
Erlene Tarleton

PRESIDENT'S MESSAGE

Hello, Seniors,
I hope that you are enjoying Spring! Thankfully, as of this writing, the COVID19 infection rates are headed in the right direction. There may finally be a light at the end of the pandemic tunnel. Time to keep up the good work and get your vaccines. We're looking forward to seeing you at the Senior Center when it's safe to gather again.

Until then, the Senior Center staff is doing a great job! New outdoor activities are being added regularly. There are a wide variety of exercise classes, Car Bingo, and the walking group would like to start again. If you're interested in attending a class or joining a group, call (925) 798-8788 to sign up. And please join me in thanking Kendra Luke who has spearheaded the Senior Center for many years. She's heading off to a new adventure in Kansas with her family. We wish her all the best.

Reminder: If you have friends who have not yet renewed their Senior Center membership, please remind them we are here to help connect them with other seniors in our community.

This spring is a great time to catch up on your reading list. The Pleasant Hill Library is offering several new programs to support seniors. They have classes about how to download e-books, locate books online, and connect your kindle to the library's vast e-book collection. It's an easy and a free way to access thousands of e-books. Check out our newsletter or look online for upcoming classes. The Library is also looking at starting a book delivery program - we'll keep you posted.

Over the last year at home, I've had time to reflect on what and who matters to me most. I've also rediscovered gardening after many years away from it. During this time, I've come to extra appreciate my friends/loved ones and home-grown fruit and veggies always taste better! "Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think." Dale Carnegie

Wishing you lots of happiness!
Dana Simmons, PHSC Board President

CONTACT US

233 Gregory Lane
Pleasant Hill, CA 94523
pleasanthillrec.com

Main Office

(925) 798-8788

If no one answers please
leave a message and
someone will get back to you

Travel Office*

Currently Closed. Call the
main line and leave a
message.

Senior Club Board of Directors

President Dana Simmons
Vice President Patty Strickland
Past President Jeannette Holmes
Secretary Carl Sutter
Treasurer Joann Kurpinsky
Volunteer Peggy Sutter
Membership Elaine Yeary
Sunshine Marianne Tannehill
Activity Chair Anne Haydock
Parliamentarian Kaffy Cecil

Senior Center Staff

Nicole Watson, Interim
Manager
Holly Frates, Program Supv.
Cassie Eternal, Trip/Nutrition
Coord.
Karen McKimmy, Admin. Asst.
Dana Busch, Care Manager
Susan Yoshizaki, Chef

UPCOMING MEETINGS

Board of Directors

Meeting: May 4, 2021 at
10:00am

(General Membership
Meeting: On Hold)

SENIOR CLUB BOARD MEETING



**Tuesday, April 6th;
10:00am**

Log on via zoom and hear
what's going on with your
Senior Club. You'll have
an opportunity in the
beginning for public
comments. If you would
like to log on [click here](#)
otherwise visit
www.zoom.us At the top
right of the homepage click
on join meeting.

**Meeting ID:
861 8955 2477
Password: 100100**



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Pleasant Hill Senior Center

233 Gregory Lane, Pleasant Hill CA 94523

Phone: (925) 798-8788

Visit us online at PleasantHillRec.com

Suggestions & Contributions: Email hfrates@pleasanthillrec.com

May Submission Deadline: April 2nd

“TIME VALUE” DATED MATERIAL

To: OR CURRENT RESIDENT



****New Outdoor Group Starting****

Senior Center Walking Club

Weekly starting Tuesday, April 6th at 11:30am, Pleasant Hill Park (next to Senior Center)

Staff will check you in at 11:30. Walk as many laps as you want along the path. Stay socially distant, but be able to socialize if you would like with your fellow Senior friends. Time will adjust as the weather changes. Free to join. All abilities welcome. Bring water and restrooms in park available for use. Call 798-8788 or email Karen at kmckimmy@pleasanthillrec.com to add yourself to the list.

