

Pleasant Hill

Senior Center (925) 798-8788

The Pleasant Hill award-winning Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for \$12. Members receive a monthly newsletter and discounts on numerous classes and special events.

PLEASE NOTE NEW LOCATIONS! ACTIVITIES AND SERVICES ARE BEING HELD AT VARIOUS RELOCATION SITES DURING CONSTRUCTION.

Services

Call for appointments and more information at (798-8788)

- Blood Pressure Screening
- Care Management Program (partially funded through the Community Development Block Grant)
- Caregivers Support Group
- Consult an Attorney Program
- County Nutrition Program & Home Delivered Meals
- Grief Support Group (798-8788 ext. 17)
- Medicare & Supplemental Insurance Policy Counseling
- Notary Service
- "Amistad" - Spanish Resource Group
- Ticket Sales: County Connection

Activities

For a complete list of ongoing activities with times, dates, and their relocation sites, visit our website at phseniorcenter.com or call the office, 798-8788 to request a relocation guide.

Dancercise

A fun way to get exercise and practice your dance moves at the same time. A variety of dances taught to keep your feet moving and toes tapping. Drop in only. Class is offered in cooperation with the Chinese American Senior Center.

Instructor: Mei-Mei Cheng

Tuesday

- ❖ 1-2:30 pm
- ❖ \$4 / Member \$2; Drop in only
- ❖ Chateau III: 175 Cleaveland Rd.

Golden Notes Chorus

Sing with this energetic group of men and women. Unison and 2-3 part harmony music including old standards, folk songs, show tunes and more. Friendly, safe environment for even the most timid of singers; solo opportunities for the bold and brave. Register before term begins. Additional lab fee of \$5 payable at first class to help cover cost of accompanist.

Instructor: Dee Wood

- 2350.501 Jan. 10-Mar. 27
- 2350.502 Apr. 3-June 12
- ❖ Tue., 9:30-11:30 am
- ❖ \$36 / Member \$32
- ❖ Chateau III: 175 Cleaveland Rd.

High Beginners & Intermediate Line Dance

Country Western, Polkas, Waltzes, and Latin Line Dances. Partners are not required, men and women welcome. **Note:** Please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

Saturday Drop In

High Beginners: 9:15-10:15 am

Intermediate: 10:15 am-noon

Workshops: Jan. 28, Mar. 31

- No class Jan. 21
- ❖ \$5 per class / \$10 workshops
- ❖ St. Andrews Church: 1601 Mary Dr.

Living Tai Chi

(8 classes)

Strengthen, relax and become more flexible with the ancient exercise techniques of meditation, qigong, and taijiquan. Begin simple and add complexity at your own pace. Culminate in the practice of traditional yang-style Tai chi. Group instruction 11am-1 pm. You may bring a bag lunch for after class if you wish. There will be a 15 minute tai chi clinic for individual questions before and after class.

Instructor: Jasmine-Rose Kam

- 2210.501 Jan. 9-Mar. 12*
- 2210.502 Mar. 26-May 21**
- ❖ Mon., 11 am-1 pm
- No class *Jan. 16, Feb. 20; **Apr. 9
- ❖ \$69 / Member \$61
- ❖ Winslow Ctr.: Assembly Rm. 2590 Pleasant Hill Rd.

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one fun session. Appropriate for all fitness levels. Jump-start your day with a great workout! Drop-ins are always welcome or purchase the 8-class punch card good for any session at any time!

Certified Personal Trainer: Debbie Murdock

AM Monday/Thursday

2201 Mon/Th, 8:15-9:15 am

2202 Mon/Th, 9:30-10:30 am

PM Monday/Thursday

2205 Mon/Th, 5:30-6:30 pm

- .501 Jan. 2-Jan. 30 (9 classes)
- .502 Feb. 2-Feb. 27 (8 classes)
- .503 Mar. 1-Mar. 29 (7 classes)*
- .504 Apr. 2-Apr. 30 (9 classes)
- No class * Mar. 8, Mar. 12
- ❖ \$50 / Member \$43 (7 classes)
- \$56 / Member \$48 (8 classes)
- \$63 / Member \$54 (9 classes)
- \$64 / 8-class "Anytime" Punch Card
- ❖ Winslow Ctr.: Assembly Rm., 2590 Pleasant Hill Rd.

Zumba Gold

Come join the fun!! You will be amazed that you are working out. No dance experience is necessary to enjoy the great time you will have. Zumba-fused, hypnotic, Latin rhythms and easy-to-follow moves. Some of the rhythms include salsa, cumbia, meringue, regaetone, and much more.

Instructor: Jo Nash

2208 Monday

2208.501 Jan. 9-Jan. 30 (3 classes)*

2208.502 Feb. 6 & Feb. 27 (2 classes)**

2208.503 Mar. 5-Mar. 26 (4 classes)

2208.504 Apr. 2-Apr. 30 (5 classes)***

- ❖ Mon., 10-11 am
- No class *Jan. 16, **Feb. 20; ***Apr. 9
- ❖ St. Andrews: 1601 Mary Drive

2211 Thursday

2211.501 Jan. 5-Jan. 26 (3 classes)*

2211.502 Feb. 2-Feb. 23 (3 classes)**

2211.503 Mar. 1-Mar. 29 (5 classes)

2211.504 Apr. 5-Apr. 26 (4 classes)

- ❖ Th., 9:30-10:20 am
- No class *Jan. 19, **Feb. 16
- ❖ Chateau III: 175 Cleaveland Rd.
- ❖ \$12 / Member \$10 (2 classes)
- \$18 / Member \$15 (3 classes)
- \$23 / Member \$19 (4 classes)
- \$29 / Member \$24 (5 classes)
- \$48 / 8-class "Anytime" Punch Card

phseniorcenter.com
(925) 798-8788



Cell Phone workshop with teens.



Seniors, join one of many fitness classes and stay fit.

Adults/50 yrs+ Trips

The Pleasant Hill Senior program offers a wide variety of local, national, and international trips for every budget and lifestyle. Non-members accompanying a senior pay an additional \$5. Trips include transportation, lodging, entrance fees, and meals as indicated. Cancellation insurance on long trips is available if not already included.

Trip Meeting

Seniors who love to travel meet once a month to discuss new destinations and sign up for new trips. They help determine trip policies, future trips and are given the first opportunity to sign up for new trips announced at the meeting. Many trips sell out the same trip meeting at which they are premiered. We'd love to see you at an upcoming Pleasant Hill Senior Center Trip Meeting: Dec 2, Jan 6, Feb 3, and Mar. 2.

- ❖ Fri., 1 pm
- ❖ Winslow Center Assembly Room, 2590 Pleasant Hill Road

Trip Office 798-8747 (TRIP)

- ❖ Mon–Fri, 9 am–2 pm
- ❖ 249 Gregory Ln.

Day Trips

Casino Trips Dec. 1 (Thunder Valley), Jan. 5 (Black Oak), Feb. 2 (River Rock), March 1 (Feather Falls), April 3 (Cache Creek)

Mystery Trips: Jan. 20, other T.B.A.

Sightseeing/Shows

- Dec. 8 Christmas Show Extravaganza
 - Dec. 14 Train of Lights
 - Dec. 15 Franc d'Ambrosio at the Razz Room
 - Jan. 4 Shen Yu
 - Jan. 28 US Women's Figure Skating Championship
 - Feb. 25 Don't Fence Me In
 - Feb. 21–22 Overnight Reno w/Show Train & Benise "Nights of Fire"
- Many more day trips are T.B.A.!



Mackinac Island



The Grand Hotel

Washington, D.C. (with Annapolis & Baltimore)

The epic story of American democracy comes to life in our nation's capital city. View the extraordinary monuments throughout the National Mall that commemorate the heroes who have shaped our past, including the World War II Monument, the Vietnam Veterans Memorial and the Korean War Memorial. Join a local guide at the U.S. Naval Academy for a tour of this distinguished military training ground. Visit Fort McHenry in Baltimore where Francis Scott Key was inspired to pen the "Star Spangled Banner." Uncover the gems of the Smithsonian Institution as you explore some of its world-renowned museum collections. Tour Washington National Cathedral and admire the architecture of this magnificent building that took 83 years to complete. Tour the Fords Theater where President Abraham Lincoln was assassinated. Tour includes nine meals, travel insurance, gratuities, flight, listed attractions, and airport transfers.

May 23–May 29, 2012

- ❖ \$2,459 pp / double
- ❖ \$3,059 pp / single
- ❖ Deposit: \$415 due Jan. 16, for best price and flights
- ❖ Final Payment due Mar. 24, 2012

Mexican Riviera

This ten-night cruise on board the Star Princess sails roundtrip from San Francisco. Stops include Catalina Island, Puerto Vallarta, Mazatlan, Cabo San Lucas, and San Diego. Prices include roundtrip transfers to / from the San Francisco Pier, all meals aboard the ship, driver and stevedore tips, port taxes, government fees, medical travel insurance, and luggage handling.

April 3–April 13, 2012

- ❖ Starts at \$1,735 / person double
- ❖ Deposit: \$600 required ASAP
- ❖ Final payment due Jan. 12, 2012

Mackinac Island

There's no hotel on earth like the Grand Hotel on Mackinac Island. Enjoy its unique décor and top-notch service as you spend two nights in this historic destination. Start your journey with time in Chicago where you will enjoy a city tour and plenty of free time to visit your favorite spots before traveling up to Green Bay, Wisconsin where you will experience "America's Dairyland." Next you will step back in time and enjoy historic Mackinac Island during its annual Lilac Festival. Your journey ends with stops in the quaint Bavarian town of Frankenmuth and a visit to the Henry Ford Museum. Price includes, airfare, airport transfers, gratuities, travel insurance and 12 meals.

June 17–June 25, 2012

- ❖ \$3,164 pp / double*
- ❖ \$4,114 pp / single*
- *Note: \$100 discount for registrations in by Dec 17!
- ❖ Deposit: \$415 due by Feb. 17, for best price and flights
- ❖ Final Payment due Apr. 18, 2012

Mini Holiday Boutique

Our boutique ladies have been hard at work creating beautiful handmade items! Visit our "mini" version of our annual Holiday Boutique; same great items just a smaller venue.

- ❖ Sat., Dec. 10, 9 am–1 pm
- ❖ VFW Bldg.: 1919 Wendell Ln.

Morning Joe

Miss our regular Friday Chef's Lunch? Come to these "open house" days to visit and catch up with friends! Coffee and light snacks will be served. Feel free to bring something to share!

Jan. 13, Feb. 10, Mar. 9, Apr. 27

- ❖ Fri., 10 am–noon
- ❖ FREE!
- ❖ VFW: 1919 Wendell Ln.



Simply Wine

A genuine wine tasting event sure to please your palate and challenge your senses. Open to all ages over 21! This is a fundraiser for the NEW Senior Center! Tickets available for purchase starting Dec. 12.

Jan. 27, 2012

- ❖ Fri., 5–7:30 pm
- ❖ \$15 Member / \$18 general
- ❖ Winslow Ctr.: Assembly Rm. 2590 Pleasant Hill Rd.

Bunco

Potluck at 2 pm; Bunco begins at 3 pm. Fun and friendly atmosphere where no prior knowledge of the game is necessary! Buy your ticket at the Senior Center office (relocated to the Little House).

Jan. 29, Feb. 26, Mar. 25, Apr. 29

- ❖ Sun., 2–5 pm
- ❖ \$4 plus bring potluck item to feed four persons
- ❖ VFW Bldg.: 1919 Wendell Ln.