

JANUARY/FEBRUARY 2026

# SENIOR SOUNDS

Pleasant Hill Recreation & Park District  
Senior Center Newsletter



**New & Noteworthy for  
January/February**



## Senior Center 2026 Membership Renewals



Membership for the Pleasant Hill Senior Center is available to any person aged 50 and better, regardless of residency. If you are turning 88 years and better in 2026, your membership fee of \$20 is waived. You may renew by phone, snail mail, in person (Mon-Fri 9am-3pm) or online. Must renew by Feb. 13 to receive the March/April 2026 newsletter. 2026 dues are \$20 payable to PHRPD.

Click [here](#) to renew online

\*Congrats to Dee Garrett who was the lucky winner of a \$25 account credit for renewing his membership before Dec 5!

- Jan 6: Food Bank Pick Up\* Tuesday Date
- Jan. 8: Volunteer Only Event
- Jan 9: TED Talks
- Jan 13: Single Social-ticket required
- Jan. 14: Presentation: Preserving Mobility & Activity
- Jan 15: Food Bank Pick Up & County Connection
- Jan 16: Friday Flik
- Jan. 19: Closed for MLK Jr Day
- Jan. 22: Presentation: Aging in Place
- Jan. 29: Presentation: Rats & Mice

- Feb. 5: Food Bank Pick Up
- Feb. 6: TED Talks
- Feb. 10: Floral Arrangement: RSVP Req
- Feb. 11: Presentation: Back Pain
- Feb. 12: Tea Dance Date Change\* No Tea Dance on 2/19
- Feb. 13: Friday Flik
- Feb. 16: Center Closed: Presidents Day
- Feb. 19: Food Bank Pick Up County Connection
- Feb. 20: Lunar New Year: Tickets Req.
- Feb. 26: Presentation: Healthcare Costs

### Newsletter Highlights

- Events
- Activities/Classes/Programs
- Services
- Trip Information
- Updated Trip Refund Policy
- Important Cafe Costa Updates
- Cafe Costa Menu
- Staff Information & About Us

The Pleasant Hill Senior Center strives to promote healthy aging through inclusive programming, compassionate services and meaningful volunteer opportunities for active adults 50 years and better in our community.



# PROGRAMS & PRESENTATIONS

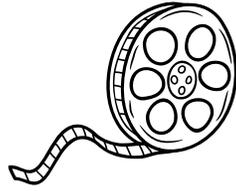
## FRIDAY FLIK (free)

Chateau Room

Fri 1/16 1:00pm

Fri 2/13 1:00pm

Due to licensing requirements, we cannot publicize movie info. You can get information on which movie we are showing by calling or checking with the front desk, or looking at the bulletin board in the lobby or the bulletin board in front of the building.



*Please register in advance for presentations so they don't get cancelled*

## FREE PRESENTATIONS-Brought to you by Sensational Seniors Workshops

Senior Center Classrooms

Th 1/22 10:30am-11:30am

### Healthy at Home: Aging-in-Place Solutions that Work.

Learn practical strategies and tools to help you live safely, comfortably, and independently in your own home as you age. This workshop covers simple home modifications, assistive technologies, and community resources that make aging in place easier and more enjoyable.

[E-Sounds Register here](#) or call 798-8788

Th 2/26 10:30am-11:30am

### The Rising Cost of Healthcare: How to Plan, Protect, & Prepare

Gain a clearer understanding of today's healthcare costs and how to prepare for the future. This session offers practical guidance on managing expenses, exploring coverage options and protecting your financial well-being.

[E-Sounds Register here](#) or call 798-8788

## Rats & Mice, Oh My!

Senior Center Classrooms 1&2

Thurs, 1/29 10:00am

Did you know? Rat and mouse activity increase around residential properties during the wetter and colder months of the year. Did you also know? The Contra Costa Mosquito and Vector Control District provides a rat and mouse inspection to county residents at no charge (the District is funded through property taxes and there is no additional charge for this service). Learn more at this presentation! Call 925-798-8788 to register or click [here](#)

## Self-Care Presentations

### Preserving Mobility & Activity As We Age

Senior Center Classrooms

W 1/14 1:15pm-2:15pm

Presented by Dr. Harris Meyer, DC. East Bay Disc Center  
[E-Sounds Register here](#) or call 798-8788

### Managing Back Pain & Sciatica

Senior Center Classrooms

W 2/11 1:15pm-2:15pm

Presented by Dr. Harris Meyer, DC. East Bay Disc Center  
[E-Sounds Register here](#) or call 798-8788

### Neuropathy & How To Effectively Treat It Without Drugs

Senior Center Classrooms

W 3/11 1:15pm-2:15pm

Presented by Dr. Harris Meyer, DC. East Bay Disc Center  
[E-Sounds Register here](#) or call 798-8788

# PROGRAMS & EVENTS

*Please register at least 2 weeks in an advance for special events and meals to ensure they don't get cancelled*

## Single Social

**NEW**

**Tuesday, Jan. 13 from 1:30-3pm, Dining Room**

A relaxed and friendly event designed for seniors looking to meet new people. Whether you're looking to make new friends or just enjoy a fun social outing, this event is all about connecting with others in a comfortable and welcoming atmosphere. There will be plenty of opportunities to mingle, and chat. Non-alcoholic beverages and snacks will be served.

Membership to the Senior Center is required.

**\$5/person, Pre-registration required.**

**Call 925-798-8788 or [online here](#)**

## FLOWER ARRANGING & SOCIAL

**Tues. Feb. 10 1:30pm, Dining Room, Free**

Join us for a fun and festive flower arranging session just in time for Valentine's Day! Whether you're crafting a bouquet for someone special or treating yourself to a little floral love, this hands-on workshop is the perfect way to celebrate the season of friendship. We'll provide the vase, fresh flowers, creative guidance, and plenty of laughs-you simply bring your creativity and good company. Come mix, mingle and create a beautiful arrangement to take home and enjoy.

Sponsored by Seniors Helping Seniors.

**RSVP by calling 925-798-8788 or see the Front Desk**

**Must RSVP by 2/6 at 2pm**

[E-sounds register here](#)



## LUNAR NEW YEARS LUNCH

**Fri, Feb. 20, 1:00pm, Chateau Room**

Celebrate the year of the Horse with a meal prepared by Senior Center Staff. Menu includes: Fried rice, pot stickers, spicy orange chicken, kung pao beef, mandarin orange and fortune cookie. Reservations required. Entertainment provided by PH Senior Center members who are members of the SF Guzheng Music Society.

Must be purchased by 2/6/26 at 2pm.

**\$25 per person/ \$22 Senior Center Member**

[E-Sounds purchase here](#)



## ST PATRICK'S LUNCH

**Thurs, March 12, 12pm, Chateau Room**

Enjoy a sit down traditional St. Patrick's Day meal prepared by Senior Center Staff. Menu will feature appetizer, Irish Stew, bread, salad, sweet treat. Must order by Friday, Feb. 27th.

**\$27 per person/ \$25 Senior Center Member**

[E-Sounds purchase here](#)



## SPRING HAPPY HOUR

**Thurs, March 26 2:00-3:30pm, Chateau Room**

Socialize with your friends at the Pleasant Hill Senior Center. Includes one glass wine, appetizers and fun time spent with friends. Non-alcoholic beverages available if you are not a wine drinker. Sponsored by Carlton Senior Living Pleasant Hill.

**\$12/\$10 Senior Center Members\***

[E-Sounds Register here](#) or call 798-8788

\*Sign-up by March 20



# SERVICES & RESOURCES

## BOOK & DVD LIBRARY

No formal check-out required. We love donations, however we cannot accept hard back books or self-help books or vhs tapes.

Monday-Friday 9am-3pm

## CAREGIVER'S SUPPORT GROUP

Valerie will be coordinating a Caregiver's Support Group once a month. Share your feelings, stressors and avoid caregiver burnout.

2nd Wednesday; Game Room; 11:30am-12:30pm

## CARE MANAGEMENT PROGRAM

Provides resources & services to help seniors remain living independently, safely & with dignity for as long as possible. This program is partially funded with the CCC Community Block Grant. Call the Senior Center for an appt. 798-8788 or stop in to the Front Desk Monday-Friday between 9am-3pm (open business hours).

## CONSULT AN ATTORNEY PROGRAM

Free general advisory and self-help services, includes Advance Health Care Directives. No wills, trusts or estate planning help. Appt. Required. Call Contra Costa Sr. Legal Svcs. to schedule an appt. or inquire about requirements. (925) 609-7900.

## FOOD BANK PLEASANT HILL PICK UP

Pleasant Hill resident only, 55 years and older, income requirement. Must fill out application. Only one resident per household may pick up food. Applications can be picked up at the Senior Center. Bring bag for food pick up. 1st & 3rd Thurs, 9am-10am, Dining Room\*

\*For Jan: Tues 1/6 and Thurs 1/15

## GRIEF DISCUSSION GROUP

An informal peer support group available by drop-in at one of two different times; please only attend one, space is limited.

Tuesdays, 9:15am-10:20am or 10:30am-11:45am, Game Room.

**Grief Group Social Hour:** 1st Tues of the month, 1pm-2:30pm, Dining Room.

## GROCERY DELIVERY SERVICES (online)

**Safeway:** [www.safeway.com/lp/delivery.html=signup](http://www.safeway.com/lp/delivery.html=signup) Get groceries delivered 7 days a week between 8am and 10pm in most locations.

**Instacart:** [www.instacart.com](http://www.instacart.com) A website with a variety of stores that will let you shop from then sends a person to do the shopping on your behalf. They will bring the items to your house.

## HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY)

Provides free, objective counseling & advocacy to Medicare beneficiaries & their families who need assistance with enrollment & issues involving Medicare & associated programs, including prescription drug coverage. Call CCC HICAP directly at (925) 655-1393 to schedule your appt.. Appts. on 1st & 3rd Wed.

## HOME MAINTENANCE (BASIC)

Rotary Home Team offers FREE basic home maintenance for seniors. This includes, replacing hard-to-reach lightbulbs, changing smoke alarm batteries, fixing a leaky faucet, repairing sticky doors, adjusting handles or cabinet drawer pulls, resetting tripped circuit breakers and other small repairs. Call (888) 204-5573.

## HOME MATCH

Are you having an issue finding housing in Contra Costa? Do you have a room to rent out? Come & talk to Logan to see what Home Match can help you with in finding a place to rent or finding a roommate. Wednesdays at desk next to Front Desk, 10am-1pm or call them direct (925) 956-7385

## IHELP (for users of Apple products)

General help for Mac, iPad & iPhone users. Some things that get covered are: current news in the Apple world, fraud & scams, updates to devices & the new features, etc. Bring your questions & your equipment for Q&A at the end. Facilitator: Rick Calicura, DVMUG: 3rd Thursday of the month at 10am in Classroom 1 & 2

## 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) 676-7500
- PH Senior Van: (925) 671-5272, must be a PH resident
- Mobility Matters: (925) 284-2207
- County Connection PH Senior Center Mobile Lobby:
  - Thu Jan 15, 8:30am-10:30am
  - Thu, Feb 19, 8:30am-10:30am

# ACTIVITIES

Note Current Senior Center Membership is **REQUIRED** to participate in the activities below (with the exception of Bingo, Sr. Bocce, and Tea Dance where non-members will pay an additional fee to participate).

## “AMISTAD” – Grupo de habla hispana

Es un grupo sociocultural formado por personas de diferentes países hispanohablantes. Si quieres compartir tus experiencias personales, históricas y culturales de tu país de origen, te invitamos a unirte a nuestro grupo.

Coordinadora: Cloty (925) 451-0401

los Miercoles (Weds.), 10am to 12pm, Arts & Crafts Rm

## AMERICAN MAH JONGG - Coordinator: Sue

Current card holder of American Mah Jongg & experience required. Tuesday, 12:30pm-3:45pm, Game Rm, \$1 donation

## BINGO

Wednesdays. Room opens at 11:15am, games begin at 12pm. Cost: \$7 for a 10-game pack (\$10 for non-senior club members), special games/daubers are extra (cash only)

## SR. BOCCE LEAGUE

Fun rec league for seniors. Beginners welcome! 2026 Leagues will begin April/May with registration in March.

## CALMING COLORING Coordinator: David McCauley

Unwind with some coloring with relaxing music & meet new friends! Supplies provided

Wednesdays, 1pm-2:30pm, Arts & Crafts Rm

## CHESS Coordinator: Steve Schramm

We welcome anyone from beginners to expert players. Please remember to bring your chess sets. Contact Steve with questions: [sschramm01@gmail.com](mailto:sschramm01@gmail.com), 2nd & 4th Fridays, 12pm-3pm, Game Room, \$1 donation

## CRAFT N' CREATE GROUP (BOUTIQUE GROUP)

Knitting, crocheting, beading, etc. Bring your own materials and socialize. Thursdays, 9am-11:30am, Arts & Crafts Rm

## EXPLORERS Hiking Group-Coordinator: May

Approximately 3-5 miles. Please don't bring your dog to this activity. Contact May at: [onebytetooshort@hotmail.com](mailto:onebytetooshort@hotmail.com) for hiking schedule.

## HAND, KNEE & FOOT-Coord: Laurel-(925) 360-9736

Join us to play this fun card game that is a variation of Canasta. Please call before attending for the first time. Mondays., 12pm to 3pm, Classrooms 1&2, \$1 donation \*No 1/19, 2/16

\*1/5 & 1/12 in Classroom 3



## MARATHON BRIDGE Coordinator: Walter (925)765-2708

Mon., 12:30pm to 3:30pm, Classrooms. Advance reg. req.

\*last day 1/12

## MEN'S CORNER Coordinator: Gerald 812-0872

Discussion on current events, financial world & more! Tues. 2pm, Arts & Crafts Room

## PINOCHLE Coordinator: Rich (925)876-1603

All welcome! No partner required - some experience required.

Thurs., 1pm to 4pm, Classrooms, \$3 donation

\*No Jan. 1

## OPEN GAME ROOM Coordinator: Erik (925)305-3133

We teach new fun, quick moving multiplayer games with simple rules, along with old favs. All welcome! Drop in. Game Room, Mondays, 1pm-2:30pm.

## SENIOR BRIDGE - Coordinator: Donna R.

Drop-ins welcome! Tuesday, 10am-2pm, Classrooms \$1 donation

## TEA DANCE –Live DJ & Dancing

1st, 3rd & 5th Thurs. of each month, 1-3:30pm,

\$3 per person (\$5 for non-PHSC members),

5-dance Punch card:\$15 SC Member/ \$25 Non-Member

\*Feb date change: Dance on 2/12 instead of 2/19

## TED TALKS

Join this monthly discussion group as we watch TED Talks & share/discuss ideas. Free to attend. Usually first Friday of the month, 10am, Classroom 3 (for Jan it will be 1/9).

## WEAVERS - Coordinator: Frances

Bring your small loom(s) & supplies & join us. Other crafts also welcome. Thursday, 12:30pm-3pm, Arts & Crafts Rm.

## WIT AND WISDOM

A stimulating interaction of ideas and life experiences. Topics provided by the leader. Choose what you prefer to talk about. Thursdays, 10:30am to noon, Game Room

# CLASSES

**To register for the classes listed below you can:** Click on the links if you are receiving the newsletter by email or Call (925) 798-8788 and leave a message that you want to register for “...” class and someone will call you back or Visit [pleasanthillrec.com](http://pleasanthillrec.com) and register online. To find our refund policy for classes, please visit our website at [www.pleasanthillrec.com/178/Refund-Policy](http://www.pleasanthillrec.com/178/Refund-Policy). PH Residents get a 2-day advance registration opportunity (based on the Spotlight registration guidelines). Fall classes open for registration 9am 8/11 for PH residents, 9am 8/13 non-residents.

## MOVING TO HEAL-NIA –Kathy Bate

For strength, healing, better balance. Feel better and get a great aerobic workout with Nia's world musical rhythms and wide variety of moves in fun choreography. This class adapted for different levels of fitness is a 45 minute class done in a chair or standing. Optional: Yoga mat and water.

### Senior Center: Dance Studio

\$81.25/\$65 (Dist. Res) Drop-In \$15

[4693.103](#) 1/5-2/23 M 10:30-11:15am \*no class 1/19, 2/16

[4693.104](#) 3/2-4/6 M 10:30-11:15am

## MOVING TO HEAL-NIA –Imi Cooke

For strength, healing, better balance. Feel better and get a great aerobic workout with Nia's world musical rhythms and wide variety of moves in fun choreography. This class adapted for different levels of fitness is a 45 minute class done in a chair or standing. Optional: Yoga mat and water.

### Senior Center: Dance Studio

\$81.25/\$65 (Dist. Res) Drop-In \$15

[4694.103](#) 1/8-2/12 Th 10:30am-11:15am

[4694.104](#) 2/19-3/26 Th 10:30am-11:15am

*What is NIA? Nia is a holistic movement practice that works with elements from martial arts, dance and relaxation techniques. Reduce stress, boost your mood, and help with balance. It's good for you and gentle on your body and joints.*

## FLEX FOR FITNESS-Instructor Varies

Designed for seniors of all fitness levels. Work on flexibility, toning, balance, & mind-body routines. Seated & standing exercises. Optional use of weights and bands (bring your own).

### Senior Center: Classrooms

10 class punch card: \$31/\$25(Dist. Res)

\$2 discount Senior Club Members

[1/2-3/27](#) Wed. & Fri 10:45am-11:45am

## WEIGHT & STRENGTH-Debbie Murdock, CPT

Jump-start your day with a combination of low-impact weight work. Bring hand weights and a mat. Purchase punch card from Instructor (or at front desk & get punch card from instructor).

### Senior Center Dance Studio (Mon), Chateau Rm (Thurs)

7 class punch card \$70 (\$3 discount Senior Club Members)

[1/5-1/29](#) M/Th 9am-10am \*no class 1/19

[2/19-2/26](#) M/Th 9am-10am \*no class 2/2, 2/5, 2/9, 2/12, 2/16

## CHAIR BASED EXERCISE FOR SC MEMBERS

NEW

For Senior Center Members: this chair based exercise class is led by volunteers. Follow along with an exercise video that is geared for seniors. It includes yoga, stretching and strength based exercises. This class is low impact, and good for your mental and physical well-being.

Try your first class for free. 5 class punch-card: \$10

### Senior Center: Classrooms

[1/7-3/25](#) Wed. 9:15am-10:15am



## New Year, New You!!

Did you know: chair exercises boost strength, balance, and flexibility, improving mobility for daily tasks and reducing fall risk by providing stability, while also supporting heart health, mood, and independence

# CLASSES

## Fitness Classes with Jenifer Mann--

One convenient punchcard good for any classes listed below that are offered by Jenifer Mann. \$77 for 6 classes. pick up punchcard at front desk. *First class free for new students*

[Punchcard purchase in Jan click here](#)

[Punchcard purchase in Feb click here](#)

## ZUMBA GOLD - Jenifer Mann

Stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music, and ends with breathing and stretching. **Senior Center: Dance Studio**

1/6-1/27 Tu 9:15am -10:00am

2/3-2/24 Tu 9:15am -10:00am

## BARRE PILATES FUSION - Jenifer Mann

Enhance posture by focusing on core strength, optimal alignment of joints and improved balance. Full body workout enhances endurance, creates long, lean muscles and increases flexibility. Beginners welcome! Bring a mat, 9 inch Pilates ball, set of 2 or 3 pound weights and a handled resistance band. **Senior Center: Dance Studio**

1/6-1/27 Tu 10:15am -11:00am

2/3-2/24 Tu 10:15am -11:00am

## CARDIO DRUMMING - Jenifer Mann

Combines cardio exercise and drumming to music in an easy but effective workout. Try this fun, exciting class. Bring a pair of drumsticks, and a 22" or 26" yoga ball. Beginners welcome! Appropriate for all fitness levels, can be modified for chair based or standing. **Senior Center: Dance Studio**

1/6-1/27 Tu 11:15am -12:00pm

2/3-2/24 Tu 11:15am -12:00pm

## MEDITATION & MINDFULNESS



### -Greg Riley

Find serenity, peace, & happiness through meditation.

Everyone can do it. Wear comfortable clothes. Class can be done while seated in a chair. First class free for new students.

4511.102 \$150 for a 10 class punchcard

1/2-3/27 Fri 1:30pm-2:30pm **Senior Center: Dance Studio**

1/3-3/28 Sat 10:30am-11:30am **Winslow Center:**

**Assembly Rm**

## YOGA & MOVEMENT FOR EVERY BODY

### -Greg Riley

Yoga class for every body. The instructor specializes in modifying yoga positions for each ability level from mild and medium to "spicy" variations. First class free for new students.

4510.102 \$150 for a 10 class punchcard

1/6-3/31 Tu 6:00pm-7:00 pm **Senior Center: Chateau Rm**

1/3-3/28 Sat 9:00am-10:15am **Winslow Center:**

**Assembly Rm**

## TOTAL FITNESS -Christie Tomlinson

A 10-minute warm-up; a 30-minute aerobic (cardio) segment; then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

### Community Center

\$115/\$95(Dist. Res.)

4636.103 1/5-2/23 Mon 5:45pm-7:00pm

\*no class 1/19, 2/16

\$100/\$80 (Dist. Res.)

4636.104 3/2-3/30 Mon 5:45pm-7:00pm

# CLASSES

## LINE DANCE-Tessie Aczon

Partners not required. Refrain from wearing heavy perfumes & scents-instructor experiences perfume allergies. Drop-in Pay at class (cash). **Senior Center: Dance Studio**  
New pricing: **\$5 per class, you can take more than one class per day, but you will pay for each one**

### MONDAYS LINE DANCE 1/5-3/30

\*No Class 1/19, 2/16

Basic beginner (brand new to line dance) 12:30pm-1:30pm  
Beginner/Improver (must know basic steps) 1:30pm-2:30pm  
Improver/Intermediate (more advanced) 2:30pm-4:00pm

### SATURDAY LINE DANCE 1/3-3/28

\*No Class 2/21, 3/28

Basic beginner (brand new to line dance) 9am-10am  
Beginner/Improver (must know basic steps) 10am-11am  
Improver/Intermediate (more advanced) 11am-12:30pm

## BELLY DANCE TECHNIQUE- Sharifa

Fun and good for cardio health, balance and flexibility. Learn beginner techniques & short choreographies. Includes warm-up and stretching. Wear loose exercise clothing, bring dance slippers or go barefoot. Hip scarves and veils may be borrowed from the instructor until students buy their own.

**Senior Center: Dance Studio** \$88/\$70 (Dist. Res)

4133.103 1/13-2/10 Tu 7:00-8:15pm

4133.104 2/24-3/24 Tu 7:00-8:15pm

## BOLLYWOOD & BEYOND -Layla Habib

Bollywood inspired dance fitness program combining dynamic choreography with the hottest music from around the world. It's 50-minute cardio workout cycles between higher and lower intensity dance sequences to get you moving, sweating and motivated. Bring your own hip scarf is optional. **Senior Center: Dance Studio**

\$81/\$65 (Dist. Res)

4660.103 1/7-2/11 W 6:00-6:50pm

\*no class 1/28

4660.104 2/25-3/25 W 6:00-6:50pm

## ADULT DANCE CLASSES-AJ Rogers

One convenient punchcard is good for any of the classes listed below that are offered by AJ Rogers.

\$80 for a 4 class punchcard (does not expire)  
pick up punchcard at front desk .

**Senior Center: Dance Studio**

[Punchcard purchase in Jan click here](#)

[Punchcard purchase in Feb click here](#)

## WAKE UP AND MOVE - AJ Rogers

A fun class designed to stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music. Each class ends with breathing and stretching.

Fri 1/9-1/30 9am -10am \*no class 1/2

Fri 2/6-2/27 9am -10am \*no class 2/20

## ADULT TAP BASICS -AJ Rogers

Did you tap in your childhood, or are you interested in trying something new? Tap basics is a great start for any newcomer on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with true vocabulary of each movement.

Fri 1/9-1/30 10am -11am \*no class 1/2

Fri 2/6-2/27 10am -11am \*no class 2/20

## ADULT TAP INTERMEDIATE -AJ Rogers

For Adults who have tap danced in the past or already taken the beginner class and are ready to take it to the next level. Unsure if this is the level of class for you, please check with the instructor.

Fri 1/9-1/30 11am -12pm \*no class 1/2

Fri 2/6-2/27 11am -12pm \*no class 2/20

## ADULT HIP HOP -AJ Rogers

Adult Hip Hop! Come in and take advantage of learning all the movements that keep eyes on you in a big crowd. With the very best lead and follows, Mr. AJ will break down each movement to your needs to give your body the movement qualities of a real New You Dancer!

Fri 1/9-1/30 12pm-1pm \*no class 1/2

Fri 2/6-2/27 12pm-1pm \*no class 2/20

# CLASSES

## **BALLROOM DANCE - Alberta Bagneschi**

For singles & couples Bring your favorite partner, or come as a single and learn to dance to the music you've always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will teach the easy basics needed in Ballroom and Latin style dancing. Each student must register separately (but you are welcome to dance with only your partner if you both sign up).

### **Senior Center: Chateau Room**

\$81/\$65 (Dist. Res)

### **Tango & Waltz Beginner**

4114.106 1/7-1/28 W 7:00-8:00pm

### **Tango & Waltz Intermediate**

4114.107 1/7-1/28 W 8:00-9:00pm

### **Rumba & Salsa Beginner**

4114.108 2/4-2/25 W 7:00-8:00pm

### **Rumba & Salsa Intermediate**

4114.109 2/4-2/25 W 8:00-9:00pm

### **Wedding First Dance/Special Occasion Dance (couples only) Senior Center: Chateau Room**

\$88/\$70 (Dist. Res)

Only one person needs to sign up per couple, you will be prompted to list your partner's name during the check-out process. Learn both the Waltz and Fox Trot-traditional and contemporary wedding dances. For wedding couples (and others interested in special occasion dances).

4114.112 3/4 W 7:00-9:00pm

## **BALANCE (Chair based Tai Chi) -Jon Finch**

Gentle movements and exercises done seated or standing (chairs provided). Qigong and tai chi style movement improves mental focus, flexibility, strength, balance and general health. (Drop in \$14 if space permits).

### **Senior Center: Dance Studio**

\$105/\$85 (Dist. Res)

2219.103 1/6-2/24 Tu 1:00pm-2:00pm

## **TAI-CHI CHUAN-Second Set-Bryce Ikeda**

Ongoing practice of Tai Chi Chuan Yang style long form, for students comfortable with the first set wanting to learn the second set. Includes standing meditation, Qigong & a breakdown of the second set. **Senior Center: Dance Studio**

\$81/\$65 (Dist. Res)

2310.103 1/6-2/10 Tu 2:30pm-3:30pm

\$69/\$55 (Dist. Res)

2310.104 2/24-3/24 Tu 2:30pm-3:30pm

## **TAI-CHI CHUAN-Third Set-Bryce Ikeda**

Tai Chi Chuan Yang style long form, for students comfortable with the first & second set, wanting to learn the third set. Includes standing meditation, Qigong & a breakdown of the third set. **Senior Center: Dance Studio**

\$81/\$65 (Dist. Res)

2311.103 1/7-2/11 W 11:00am-12:00pm

\$69/\$55 (Dist. Res)

2311.104 2/25-3/25 W 11:00am-12:00pm

## **TAI-CHI PRACTICE-Bryce Ikeda**

Tai Chi Chuan Yang style long form. For the student who is comfortable with all three sets and interested in refining and improving their form. **Senior Center: Dance Studio**

\$55 (5 class punchcard)

2312.103 1/7-2/11 W 9:30am-10:30am

2312.104 2/25-3/25 W 9:30am-10:30am

## **TAI CHI and QIGONG-Jon Finch**

Tai Chi and Qigong, improves mental focus, strength and general health. Includes: standing meditation, qigong and tai chi movement (from Yang-style long form). For Beginners and experienced students. (Drop in \$14 if space permits).

### **Senior Center: Dance Studio**

\$105/\$85 (Dist. Res)

2210.103 1/7-2/25 W 1:00pm-2:00pm

# CLASSES

## **GOLDEN NOTES CHORUS-Doug Emigh**

Do you love to sing? If you answered yes, you should join Golden Notes! This mixed voice chorus was established over 50 years ago and is flourishing. Please bring a 1.5 in 3-ring black binder to the first class. Additional lab fee of \$10 payable at the first class to help defray the cost of the accompanist.

**Senior Center: Chateau Room**

\$81 /\$65 (Dist. Res.)

2350.102 1/6-3/31 Tu 9:15am-11:30am

\*No class 1/13, 3/10

## **ADULT GUITAR -John Waller**

This guitar class will help motivate you to pick up the guitar and finally play it. We will start with the basics and work toward learning chords and easy songs to get you motivated to keep going. There are fun guitar riffs and exercises that will help you start. If you already have some technique then this class will help you get to the next level with more songs and exercises. Sign up to change your life forever.

**Winslow Center: Rooms 1 & 2**

\$156/\$136 (Dist. Res.)

4575.103 1/20-2/24 Tu 6:00pm-6:50pm

## **BEGINNING DRUMMING -John Waller**

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Drums available to share if you don't bring your own. **Winslow Center: Rooms 1 & 2**

\$90/\$72(Dist. Res.)

or \$15 drop-in per class cash to instructor

4574.103 1/20-2/24 Tu 7:00pm-8:00pm

## **QUILTING COURSES-Carol Madsen**

Bring your own sewing machine, thread, fabric, rotary cutter and scissors.

### **Beginning Quilting**

Emphasis on the beginning skills necessary to create your own simple quilt. No experience necessary. More experienced quilters also welcome.

**Senior Center: Chateau Room**

\$100/\$80 (Dist.Res)

2243.102 1/5-3/23 M 12:30-3pm \*no class 1/19, 2/16

### **Quilting: Beyond the Basics**

Emphasis on patterns using various techniques. Must have completed at least one quilt.

**Senior Center: Chateau Room**

\$100/\$80 (Dist.Res)

2244.102 1/5-3/23 M 9:30am-12pm \*no class 1/19, 2/16

### **Quilting Basics +**

Beginners work on a lap sized quilt using basic techniques while more advanced techniques will be taught to those with more experience.

**Senior Center: Classrooms**

\$108/\$88 (Dist.Res)

2245.102 1/6-3/17 Tu 6pm-8:30pm

## **EXPLORING WATERCOLOR-Casey White**

Students work together in a series of little paintings using the magic of watercolor.

**Senior Center: Arts & Crafts Room**

\$115 /\$95 (Dist. Res.)

2231.104 1/6-2/17 Tu 9:30am-12:00pm \*FULL

\*no class 1/13

2231.105 2/24-3/31 Tu 9:30am-12:00pm \*FULL

# CLASSES

## WILLS, TRUSTS, & ESTATE PLANNING -

### Randall Thompson

Estate planning is crucial, everyone needs this information. This class covers wills, living trusts, joint tenancies, beneficiary designations and tax planning. Determine when your existing estate planning documents need to be updated. Learn how to avoid capital gains and probate fees. Instructor is an experienced attorney and DVC professor.

#### Senior Center: Classrooms

\$25/\$20 (Dist. Res)

4610.102 2/25 Wed 7:00pm-8:30pm

## AARP SAFE DRIVER CLASSES

Taking the class may qualify you to receive a reduction in your insurance costs. Contact front desk for registration. Payment (by check only to AARP) due at time of registration. \$25/\$20 AARP members. Space is limited. No drop-ins. AARP Classes at PHSC:

### Full Course (8-hr class over 2 days)

Tu 3/17/26 & 3/24/26 12:30pm-4:30pm

### Refresher Class \*(5 hours)

Tu 6/2/26 12:30pm-5:30pm

\*The refresher course is only for those that have taken the full class in the last 3 years.

Classes also available online at [www.aarp.org/driver-safety/](http://www.aarp.org/driver-safety/)

## RETIREMENT PLANNING TODAY-

### Vista Advisor Group

Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. Learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Two class workbooks for each session are included in class fee and one copy is provided to each couple or each individual person.

#### Community Center: McHale Room

\$61/\$49 (Dist. Res)

4608.105 2/3-2/10 Tu 6:30pm-9:30pm

4608.106 2/7-2/14 Sat 9am-12pm

4608.107 2/17-2/24 Tu 6:30pm-9:30pm

4608.108 2/21-2/28 Sat 9am-12pm

## FUN WITH IMPROV -Jaime Rich

An energizing, laughter-filled improv class that's all about saying "Yes, And..." and seeing where the fun takes us! Designed for all experience levels. Interactive exercises and group games. **Senior Center: Classroom 3**

\$100/\$80 (Dist. Res.)

4062.103 1/20-2/10 Tu 5:00pm-6:30pm

## BEGINNING FLY TYING-Diablo Fly Fishing Club

Learn how to use a variety of natural and synthetic materials to create artificial flies for catching trout and other species of fish in California rivers and lakes.

#### Senior Center: Arts & Crafts Room

\$160 /\$140 (Dist. Res.)

4181.101 1/8-3/5 Thurs 7:00pm-9:00pm \*FULL

## Free Income Tax Preparation in Contra Costa County

Starting in February, free income tax preparation will again be offered by the AARP Foundation Tax-Aide Program. Service is provided by IRS certified tax counselors and is available to people of all ages. You do not need to be an AARP member.

Appointments can be made by visiting [tinyurl.com/and/tax-ccc](https://tinyurl.com/and/tax-ccc) or calling one of the phone numbers listed below. General information about the Tax-Aide program is available by calling (925) 726-3199 or emailing [taxaideccc@gmail.com](mailto:taxaideccc@gmail.com).

### Concord Library

(925) 471-5686

### Concord Senior Center

(925) 671-3320, Ext 1

### Danville Veterans Memorial Building

(925) 272-0902

### Martinez Senior Center

(925) 370-8770

### Pacheco Community Center

(925) 276-2590

### Pleasant Hill Hillcrest Congregational Church

(925) 289-9790

### Rossmoor Clubhouse

Appointments made at the site

### San Ramon Senior Center

(925) 973-3250

### Walnut Creek – Location and Phone Number TBD

Visit above web-site for latest information



## FOOD BANK 55+

### Pleasant Hill Resident Pick Up

The Pleasant Hill Senior Center now serves as a Food Bank distribution site for seniors living in Pleasant Hill, ages 55 or older (income restrictions apply). Proof of age and residence in Pleasant Hill required. Registered participants in this program can pick up their food on the first and third Thursday of the month between 9am and 10am. For more details or to sign up for this program stop by the Pleasant Hill Senior Center Front Desk Monday through Friday between 9am and 3pm, or call (925) 798-8788.

For Jan: Pick-up Tues 1/6 and Thurs 1/15

For Feb: 2/5 and 2/19

# TRAVEL

The Travel Office is open Monday-Thursday 9:30am-1:30pm, closed Fridays (925) 798-8747.  
You can make purchases for trips at the front desk with any volunteer or by talking to a staff member.  
Travel with the PH Senior Center on a luxury motorbus to any of the below locations.

**Milwaukee Bucks vs Golden State Warriors San Francisco, CA, January 7, 2026 \$185 Res/\$200 Non-Res (SOLD OUT)**

**Hershey Felder (The Piano In Me) Wednesday, February 4, 2026 \$155 Resident/ \$170 Non-Resident**

Set in Hershey Felder's mind, THE PIANO AND ME is the secret story behind everything you have ever seen from Hershey Felder. Featuring some of the greatest and most popular music ever composed for the piano, this story tells the truth behind the aches, the pains, the fear and the elation of the person who has given more concert piano performances—six thousand and counting—than any other performer in the world. Before the show, enjoy a hosted lunch at Spaghetti Factory.

Entree Selections are: Meat Lover's Treat Pasta, Chicken Marsala Mushroom Pasta Walking/Mobility Level 1: Cost includes roundtrip transportation, 1 hour guided tour at the state capital, and hosted lunch at Spaghetti Factory.

Must Register by Wednesday, January 19, by 2pm to help avoid trip cancellation.

**Arrive to 147 Gregory Ln BY 9:45am/Depart by 10:00am/Arrive Home Approx. 6:00pm**

**Memphis Grizzlies vs Golden State Warriors San Francisco, CA, February 9, 2026 \$185 Res/\$200 Non-Res**

Join the Pleasant Hill Center and take trip down to the Chase Center in San Francisco, Golden State Warriors take on the Memphis Grizzlies. We have limited space available! Seats will be located at the popular Bridge row 1 seating area, where you can comfortably sit with your food, drink, and friends. Cost includes round trip transportation on a motorcoach bus and ticket to the game. Please bring a debit/credit with you to purchase your own food, drinks, and merchandise. Walking/Mobility Level 2-3: This particular trip has moderate walking with heavy traffic paths and crowds. You may walk steep inclines, decline, and stairs throughout this experience. Walking may include 3-4 blocks returning back to bus.

Must register by Tuesday, January 6 at 2pm to avoid trip cancellation. **Arrive to 147 Gregory Ln BY 4:30pm/Depart by 4:45pm/Arrive Home Approx. 10:30pm**

**Marine Mammal Center w/Lunch at Salito's Crab House Friday, March 6, 2026 \$122 Resident/ \$137.01 Non-Resident**

During this 60 minute walking tour led by one of their expert staff, you'll hear inspiring stories of marine mammal survival, learn more about the inner workings of the hospital, and find out how you can make a difference for the vulnerable animal patients. All ages are welcome, tours are best suited for ages 8+. After the walking tour, enjoy a delicious family style lunch at Salito's Crab House. Served family style: House salad, buttermilk fried fish, buttermilk fried chicken, Dungeness crab enchilada, potato totes, and dessert. Must Register by Wednesday, January 27, by 2pm to help avoid trip cancellation.

**Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 3:00pm**

## **Brooklyn Nets vs Golden State Warriors San Francisco, CA, March 25, 2026 \$170 Res/\$184.99 Non-Res**

Join the Pleasant Hill Center and take trip down to the Chase Center in San Francisco, Golden State Warriors take on the Brooklyn Nets. We have limited space available! Seats will be located at the popular Bridge row 1 seating area, where you can comfortably sit with your food, drink, and friends. Cost includes round trip transportation on a motorcoach bus and ticket to the game. Please bring a debit/credit with you to purchase your own food, drinks, and merchandise. Walking/Mobility Level 2-3: This particular trip has moderate walking with heavy traffic paths and crowds. You may walk steep inclines, decline, and stairs throughout this experience. Walking may include 3-4 blocks returning back to bus.

Must register by Tuesday, January 6 at 2pm to avoid trip cancellation.

**Arrive to 147 Gregory Ln BY 4:30pm/Depart by 4:45pm/Arrive Home Approx. 10:30pm**

## **MJ the Musical w/Lunch at Pier Market Seafood Restaurant April 1, 2026 \$165 Res/ \$180 Non-Res**

Back by overwhelming demand, the multiple Tony Award®-winning musical MJ is making a victorious return to San Francisco. Created by Tony Award-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond Michael Jackson's singular moves and signature sound, offering a rare glimpse at the making of the 1992 Dangerous World Tour. Don't miss your chance to experience the show that's electrifying sold-out crowds on Broadway; in cities across North America; London's West End; Hamburg, Germany; and Sydney, Australia once again at the Orpheum Theatre. Before the show, enjoy a delicious hosted lunch at Pier Market Seafood Restaurant. All guests start with a bowl of Clam Chowder. Select one entree choice of: Roasted Pacific Cod topped with herb butter served with mesquite grilled Veggies OR Chicken Penne Pasta-garlic, basil, fresh veggies, tomato cream sauce. Walking/Mobility Level 1

Must Register by Wednesday, February 10, by 2pm to help avoid trip cancellation.

**Arrive to 147 Gregory Ln BY 9:45am/Depart by 10:00am/Arrive Home Approx. 5:45pm**

## **A Day in Columbia CA, April 24, 2026 \$64 Res/\$79 Non-Res**

Spend a day (3 hours) in Columbia on your own, located in the heart of the California Mother Lode, Columbia State Historic Park is a living gold rush town featuring the largest collection of existing gold rush-era structures in the state. Visiting Columbia is like traveling back in time to the sights, smells, and sounds of a nineteenth century mining town—merchants and docents dressed in 1850's attire, a whiff of coal smoke from the blacksmith shop, and the rumble of a stagecoach pulling into town! Columbia's streets are lined with a variety of shops with many offering merchandise inspired by what one might find when shopping during the 1850s-1870s. Restaurants, ice cream parlors, candy stores, saloons, and a tea house stand ready to quench your thirst, satisfy a sweet tooth, and fill your appetite. Walking/Mobility Level 2 Cost includes roundtrip transportation to Columbia, CA.

**Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 5:30pm**

## **Les Miserables San Jose, CA, April 30, 2026 \$122 Res/\$137 Non-Res**

Cameron Mackintosh's acclaimed production of Alain Boublil and Claude-Michel Schonber's Tony Award-winning phenomenon, *Les Miserables*, makes a triumphant return to San Jose. Set against the backdrop of 19<sup>th</sup> century France, *Les Miserables* tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption -a timeless testament to the survival of the human spirit. This epic and uplifting story has become one of the most celebrated musicals in theatrical history. Before the show you will have time to have a quick lunch on your own at the SoFa Market. Walking/Mobility Level 2-3: This particular trip has moderate walking with heavy traffic paths and crowds. You may walk steep inclines, decline, and stairs throughout this experience. Walking may include 3-4 blocks returning back to bus. Must register by Tuesday, January 6 at 2pm to avoid trip cancellation. **Arrive to 147 Gregory Ln BY 10:00am/Depart by 10:55pm/Arrive Home Approx. 6:00pm**

## **Elkhorn Slough Eco Tour Moss Landing, CA May 6 , 2026 \$125 Res/\$140 Non-Res**

Join us on a one-of-a-kind, electric-powered catamaran ride for a wildlife tour along one of California's largest tidal waterways. Enjoy a narrated cruise along the Elkhorn Slough, a vibrant and lively wetland located on Highway 1 between Santa Cruz and Monterey in Moss Landing. Want to see otters? This is your chance! While we can't guarantee what the otters will be doing because this is an active bunch of sea otters in the Elkhorn Slough. The otters of the Elkhorn Slough have pups all year long, so you have an excellent chance to see a mom feeding or playing with her pup. After the tour you will head to Sea Harvest to have lunch on your own. Must Register by Wednesday, March 25, at 1:30pm to help avoid trip cancellation.

Level 1 Mobility/Walking

**Arrive to 147 Gregory Ln BY 8:30am/Depart by 8:45am/Arrive Home Approx. 5:30pm**

## **Filoli Gardens Woodside, CA May 15 , 2026 \$98 Res/\$113 Non-Res**

Located 30 miles south of San Francisco, Filoli is nestled on a slope of the Santa Cruz Mountains and surrounded by more than 23,000 acres of the protected Peninsula watershed. To the two families who lived here, Filoli represented a desire to create a magnificent and enduring country estate. Today, Filoli's mission is to connect our rich history with a vibrant future through beauty, nature, and shared stories. Each year at Filoli starts with budding blooms from daffodils to magnolias, transitions to a wash of spring beauty, a vibrant summer display, There is something new to inspire inspiration in every season! After Filoli you will do a quick stop to see Pulgas Water temple. Bring your own lunch or purchase food at Qual cafe at Filoli gardens. Walking/Mobility Level 2: Cost includes ticket to Filoli gardens and roundtrip transportation.

Must Register by Wednesday, February 25, by 2pm to help avoid trip cancellation.

**Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 3:30pm**

## **Mobility/Walking Levels:**

**Level 1:** At a leisurely/stationary location, this type of trip involves minimal physical activity and requirements, such as boarding a motor coach bus, short walking, and short periods of standing. This type of trip may accommodate wheelchair, cane, and walker accessibility.

**Level 2:** This trip may require some periods of standing and moderate walking along stairs, inclines, declines, uneven surfaces with light to moderate crowds. This trip would likely be difficult or may not be fully accessible for wheelchairs, canes, or walkers.

**Level 3:** This tour is very active, this tour may require long periods of walking and standing, this may include climbing stairs, walking on uneven terrain, and busy walking areas. This type of trip would not be recommended or accessible for wheelchairs, canes, or walkers.

**Level 4 :** This tour is physically active, this will require you to be physically fit to participate. This trip may involve extensive walks, require physical demands, and potentially be in extreme conditions. All conditions may vary depending on the day trip. Use your best judgement to determine your own physical capabilities. This type of trip is not for individuals who use either walkers, canes, or wheelchairs.

## **Day Trip Procedures & Participation Guidelines**

1. Trips are available to any registered participant. Unregistered participants must be registered via CivicRec prior to making trip reservations.
2. All participants must be able to function independently without one-to-one assistance/ supervision or will be required to provide a companion or aide to provide assistance. All Companions travel at the same price as other passengers. Companions must be at least 18 years old.
3. All Participants must comply with the information and instructions provided by staff while on any trip.
4. All participants who require special accommodation must indicate at the time of registration. Although every effort will be made to accommodate the request, any specific accommodation is not guaranteed.
5. All trip destinations may involve extensive walking, physical exertion, or limited accessibility due to the nature of the trip or facility and or venue visited. All participants must determine their ability to participate.

## **Pleasant Hill Senior Center Travel Refund Policy UPDATED AS OF: January 1, 2026**

- Tickets may NOT be resold, reassigned, or given away without permission from Senior Center Staff.
- No refunds on trips\*
- Tickets may NOT be resold, reassigned, or given away without permission from Senior Center Staff. Staff needs to know who is attending the trip.
- If there is a waitlist for the trip and you cannot attend the trip, PHRPD staff will attempt to re-sell your ticket. If we do re-sell the ticket, you will be charged a 20% administration fee from the refund. Refunds can take up to 3 weeks to process depending on the way you paid (cash, check, card).



## IMPORTANT UPDATE ABOUT MEAL RESERVATIONS

Beginning **January 1, 2026**, Café Costa will begin enforcing **daily meal caps** due to federal funding limits affecting the congregate meal program.

- **Reservations are required** for lunch on a first-come, first-served basis.
- A **waitlist** will be used when daily meal limits are reached to serve individuals when cancellations or no-shows occur. No-show = 15 minutes after lunch begins.
- Only **eligible participants (60+ and living in Contra Costa County)** may reserve meals.
- All other visitors are welcome to participate in center activities or bring a lunch to eat with friends.

**\*Thank you for understanding as we work to ensure that meals remain available throughout the year. \*Please note these are not the Pleasant Hill Senior Center rules, these are Contra Costa County rules.**

## UPDATED MEAL RESERVATION PROCESS

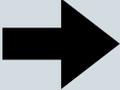
- All reservations must be by **phone**, at least **1** business day prior by **11am**. Reservation request can no longer be made in person.
- Call (925) 771-7641. Please leave a message, with the following details. First/last name, date(s) of reservation, and specify which meal. (regular, salad, vegetarian meal)
- Reservations can be made no more than **1** week out.

# CAFE

JANUARY 2026



MAKE YOUR LUNCH RESERVATIONS  
BY PHONE 1 BUSINESS DAY  
IN ADVANCE! CALL (925) 771-7641  
BEFORE 11:00AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>February Menus (ready 3<sup>rd</sup> week of Scan QR Code)</p> 		<p>1/1</p> <p><b>NEW YEAR'S DAY</b></p>	<p>1/2</p> <p>Spaghetti w/Meatballs and Parmesan Cheese <u>Italian Vegetables</u> Tossed Salad w/Dressing c Mandarin Oranges</p>
<p>1/5</p> <p>Chicken Cordon Bleu w/Dijon Sauce c Garlic Mashed Potatoes <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter Fruit Punch Cheesecake</p>	<p>1/6</p> <p>Tilapia w/Creamy Florentine Sauce Tomato Basil Soup c Broccoli &amp; Cauliflower Garlic Parmesan Rice Seasonal Fresh Fruit Pudding</p>	<p>1/7</p> <p>Beef Stroganoff w/Penne Pasta <u>Scandinavian Veggies</u> Tossed Salad w/Italian Dressing c Fresh Orange</p>	<p>1/8</p> <p>Turkey Burger w/Cheese Lettuce, Tomato, Onion, Ketchup, Mustard &amp; Mayo on a WG Bun <u>Sweet Potato Tots</u> c Green Beans w/Red Peppers Pears</p>	<p>1/9</p> <p>Pork Carnitas w/Salsa Tortilla Soup Fajita Vegetables Spanish Brown Rice c Cilantro Coleslaw Seasonal Fresh Fruit</p>
<p>1/12</p> <p>Beef &amp; Rice Stuffed Bell Pepper c Brussels Sprouts <u>Carrots</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit</p>	<p>1/13</p> <p>Parmesan Chicken w/Marinara Sauce and Whole Grain Rotini <u>Spinach Salad</u> w/Italian Dressing c Cauliflower Fruit Cocktail</p>	<p>1/14</p> <p>Pork Loin with Rosemary Au Jus Cream of Spinach Soup Pacific Blend Veggies Brown Rice c Juice Brownie</p>	<p>1/15</p> <p>Meatloaf w/Gravy c Mashed Potatoes <u>Bean Medley</u> Stewed Tomatoes Whole Wheat Roll w/Butter Seasonal Fresh Fruit</p>	<p>1/16</p> <p><b>New!</b> Citrus Basil Fish Butternut Squash Soup Green Peas Brown Rice Marinated Beets &amp; Onions c Fresh Orange</p>
<p>1/19</p> <p><b>MLK JR HOLIDAY</b></p>	<p>1/20</p> <p>Ham &amp; Cheese Frittata w/Salsa &amp; Cheese Diced Red Potatoes <u>Collard Greens</u> Whole Wheat Roll w/Butter c Tropical Fruit</p>	<p>1/21</p> <p>Teriyaki Chicken Egg Drop Soup Green Beans Asian Brown Rice Tossed Salad w/Sesame Dressing c Gelatin w/ Mandarin Oranges</p>	<p>1/22</p> <p>+ Breaded Fish Sandwich w/Cheese and Tartar Sauce on a Whole Grain Bun Split Pea Soup c Coleslaw <u>Mixed Vegetables</u> Seasonal Fresh Fruit Lemon Cake</p>	<p>1/23</p> <p>Beef Short Ribs w/Gravy c Mashed Potatoes <u>Scandinavian Veggies</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit</p>
<p>1/26</p> <p>Pub Battered Fish w/Lemon &amp; Tartar Sauce Potato Nuggets <u>Italian Vegetables</u> Whole Wheat Roll w/Butter c Fresh Orange</p>	<p>1/27</p> <p>Yogurt Dill Turkey Sandwich w/Lettuce, Tomato &amp; Onion on Whole Wheat Bread <b>New!</b> Black Bean Soup c <u>California Vegetables</u> 4 Bean Salad Seasonal Fresh Fruit</p>	<p>1/28</p> <p>BBQ Beef Brisket Baked Beans Mixed Green Salad w/Ranch Dressing Whole Wheat Roll w/Butter c Citrus Fruit</p>	<p>1/29</p> <p>Italian Seasoned Pork Pasta Salad Cream of Mushroom Soup c Broccoli Carrots Fresh Apple</p>	<p>1/30</p> <p>Broccoli Cheese Stuffed Chicken w/Dijon Sauce <u>Spinach</u> c Cauliflower Brown Rice Peaches Sherbet</p>

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(SEAFOOD LOUIE SALAD W/MOCK CRAB).

Vitamin A

c Vitamin C

+ Higher in sodium

# ABOUT US

## HAPPY NEW YEAR



I am going to try something a little different in this section of the “About Us.” Many of you don’t get to see behind-the-scenes of what it takes to put on the many activities, classes, trips and events. Our Advisory Committee, volunteers, & staff work hard to make the Senior Center a welcoming place. In November & December there were a number of special activities happening from holiday concerts to holiday boutiques. Here are some photos from the last couple of months showcasing how much fun is had.



### 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 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.

### SENIOR CENTER STAFF

Holly Frates, Senior Services Manager  
Stephanie Herriman, Admin Assistant  
Karen McKimmy, Recreation Coordinator  
Michael Manalastas, Recreation Coordinator

### PHSC ADVISORY COMMITTEE

Kathy Arras, Dagny Benz, Marcie Christensen,  
Linda Citi, Sandee Cunnane, Gail Egbert,  
Norma Pattington, MaryAnn Radigonda &  
Peggy Sutter

### CONTACT US

233 Gregory Lane  
Pleasant Hill, CA 94523  
pleasanthillrec.com or (925)798-8788  
Monday-Friday 9am-3pm  
Travel Office: (925)798-8747  
Monday-Thurs. 9:30am-1:30pm



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# Pleasant Hill Senior Center

233 Gregory Lane, Pleasant Hill, CA 94523

Phone: (925)798-8788

Visit us online at [www.pleasanthillrec.com](http://www.pleasanthillrec.com)



**"TIME VALUE" DATED MATERIAL**

**To: TO CURRENT RESIDENT**



# Lunar New Year Lunch

Celebrate the year of the Horse with a meal prepared by Senior Center Staff. Menu includes (but not limited to): Fried rice, pot stickers, spicy orange chicken, kung pao beef, mandarin orange and fortune cookie. Reservations required. Call 925-798-8788 to reserve your spot, or purchase online.

**Friday, February 20, 1:00pm**  
**Pleasant Hill Senior Center, Chateau Room**  
**\$25 per person, \$22 per Senior Center Member**

