

JULY & AUGUST 2026

SENIOR SOUNDS

Pleasant Hill Recreation & Park District
Senior Center Newsletter



New & Noteworthy for July & August



THUR., AUG. 27

2:00pm - 3:30pm

**Tickets: \$10 Senior Center Member/
Non-Member: \$12**

Pleasant Hill Senior Center Chateau Room

***Must pre-register by 8/21**



Sponsored by: Carlton Senior Living

July 1: Bingo Hot Dog Lunch-reg. req.
July 2: Food Bank Pick Up
July 3: Center Closed for July 4th Holiday
July 9: County Connection
July 10: TED Talks (rescheduled from 7/3)
July 10: Craft with Marcie
July 15: Presentation: Contra Costa Health Plan
July 16: Food Bank Pick Up
July 17 & 18: PHRPD Blues & Brews Festival in PH Park
July 21: California Brain Games, Kaiser
July 21: Single Social
July 24: Friday Flik
July 30: Presentation: Under One Roof- Multigenerational Living

Aug. 4: Mind Tricks: The Magic of Neuroscience
Aug 6: Food Bank Pick Up
Aug 7: TED Talks
Aug 13: Presentation: Senior Livings
Aug 13: Collette-Travel Presentation
Aug 14: Craft with Marcie
Aug 21: Friday Flik
Aug 20: Food Bank Pick Up
Aug 20: County Connection
Aug 27: Presentation: Staying Safe on the Road: Driving after 65
Aug 27: Happy Hour

Newsletter Highlights

Events
Activities/Classes/Programs
Services
Trip Information
Cafe Costa May Menu
Staff Information & About Us

PROGRAMS & PRESENTATIONS

Register in advance for presentations so they don't get cancelled

FREE PRESENTATIONS-Brought to you by Sensational Seniors Workshops

Senior Center Classrooms 1 & 2

Th 7/30 10:30am-11:30am

Under One Roof: Making Multigenerational Living Work

Explore practical ways to create harmony and balance in a multigenerational household. This workshop offers communication tips, space-sharing strategies, and solutions to meet the needs of every generation living under one roof.

E-Sounds Register here or call 798-8788

Senior Center Classrooms 1 & 2

Th 8/27 10:30am-11:30am

Staying Safe on the Road : Driving After 65

Learn how to stay confident and safe behind the wheel as you age. This session covers tips for maintaining driving skills, recognizing when adjustments are needed, and exploring transportation alternatives.

E-Sounds Register here or call 798-8788

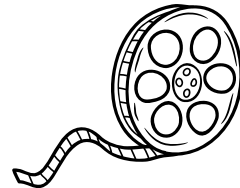
FRIDAY FLIK (free)

Chateau Room

Fri 7/24 1:00pm*

Fri 8/21 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.



California Brain Games

Tue, July 21 1:00pm, Chateau Room

Have fun playing brain enhancing games while expanding your social connectivity and mind. All are welcome. Light snacks provided. No need to RSVP. If you have questions, call or email Rose at 925-487-9868 or rose.nguyen@kp.org. Sponsored by Kaiser.



AGING WELL Presentations:

Contra Costa Health Plan

Senior Center Classroom 1&2

W 7/15 1:15pm-2:40pm

Learn how Medicare and Medi-Cal work together and what benefits may be available to people who qualify for both programs. This short educational session will cover common questions about coverage, services and where to get help understanding your benefits.

Presented by Clarice Sayle from Contra Costa Health Plan

E-Sounds Register here or call 798 -8788

Senior Livings

Senior Center Dining Room

Th 8/13 1:15pm-2:40pm

Join us for a Q&A on all things Senior Assisted Livings

Presented by Lisa Spivey, Carlton Senior Living

E-Sounds Register here or call 798-8788

PROGRAMS & EVENTS

Craft with Marcie-Crafting classes

Senior Center Members only
Limited class size, sign up early
Arts & Crafts Room



Fri 7/10 1:30pm-3:30pm Zen Doodle

Zen Doodle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Follow along with Marcie as she teaches you this easy drawing style. If you can write your name, you can do this.

\$5 fee covers all materials.

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

Fri 8/14 1:30pm-3:30pm Boho Dreamcatcher

Crafting class for Senior Center Members. Have fun decorating a Boho Dreamcatcher using a variety of decorative ribbons, beads, flowers and other decorative items. The crochet doily center is already set up for you, no special skills needed.

\$10 fee covers all materials.

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



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

Single Social-For Senior Center Members

Tuesday, July 21 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 with 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 [E-Sounds Register here](#)

End-Of-Summer INDOOR BBQ

LOCATION: PLEASANT HILL SENIOR CENTER,
CHATEAU ROOM



Live Music by the East Bay Banjo Club

FRIDAY, SEPT. 11, 2026 - 1:00 PM

Enjoy a burger, baked beans, macaroni salad, fruit & dessert with
live music by the East Bay Banjo Club.

Tickets must be purchased by 9/1 at 3pm. Tickets on sale 7/1.

Tickets: \$20/SC Members, \$22/Non-Members



Purchase tickets at the Senior Center front desk or visit our
website at pleasanthillrec.com or call 925-798-8788.

[Click here to purchase tickets](#)

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

AGING WELL SERVICES-formally Care Management

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*

GROCERY DELIVERY SERVICES (online)

Safeway: 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 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.

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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 (not 3rd Wed), and 3rd Friday 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 Thurs of the month at 10am in Classroom 3: **ON BREAK UNTIL SEPT 17**

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, July 9, 8:30am-10:30am
 - Thu, Aug 20, 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 have started. Fall bocce starts in August, registration is open.

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, 2nd & 4th Fridays, 12pm-3pm, Game Room, \$1 donation

CRAFT GROUP

Turn donated materials into something special while enjoying good company. Our Craft Group works together to create handmade treasures that are sold through the Senior Center, helping support Senior Programs and Activities. Whether you're an experienced crafter or new to crafting, all are welcome. 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 for hiking schedule.

GRIEF DISCUSSION GROUP: Coordinator: John

An informal peer discussion 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.

HAND, KNEE & FOOT-Coord: Laurie-(925) 302-6006

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

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

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

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. In July the date is 7/10 instead.

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 DISCUSSION GROUP

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 and register online. To find our refund policy for classes, please visit our website at 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, MOVING TO FEEL BETTER - 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

[4693.202](#) 6/1-7/6 M 10:30-11:15am

[4693.203](#) 7/13-8/17 M 10:30-11:15am

MOVING TO HEAL NIA, JOYFUL MOVEMENT- 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

\$93.75/\$75 (Dist. Res) Drop-In \$15

[4694.203](#) 7/16-8/27 Th 10:30am-11:15am

NEW CLASS COMING THIS FALL (Registration opens 8/10)

GENTLE YOGA PLAY- Imi Cooke

In this gentle yoga class, we will practice mindful breathing and gentle movement to support relaxation, strength and mobility. Through asana (yoga poses), we will stretch and strengthen the body while also improving balance and stability. The practice includes music, seated movement, and standing poses supported by a chair, creating a safe, accessible, supportive experience for all levels.

Senior Center: Dance Studio

\$76.25/\$61 (Dist. Res) Drop-In \$15

[4695.301](#) 9/3-10/15 Th 9:30am-10:15am

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)

[7/2-7/30](#) M/Th 9am-10am

[8/3-8/31](#) M/Th 9am-10am

CHAIR BASED EXERCISE FOR SC MEMBERS

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. Bring light hand weights (1lb-3lb) and exercise bands if you have them. 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

[4/1-8/26](#) Wed. 9:15am-10:15am

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

[4/1-8/28](#) Wed. & Fri 10:45am-11:45am *No class 7/3

This class has a limit of 35 students, if the class is full when you arrive, you will not be able to join the class that day.

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 July click here](#)

[Punchcard purchase in Aug 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**

6/2-7/28 Tu 9:15am -10:00am

8/4-8/25 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**

6/2-7/28 Tu 10:15am -11:00am

8/4-8/25 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**

6/2-7/28 Tu 11:15am -12:00pm

8/4-8/25 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.

[4511.201 \\$150 for a 10 class punchcard \(4/3-8/29\)](#)

4/3-8/28 Fri 1:30pm-2:30pm **SC Dance Studio**

*No class 7/3

4/4-8/29 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.

[4510.201 \\$150 for a 10 class punchcard 4/4-8/29\)](#)

4/7-8/25 Tu 6:00pm-7:00pm **Senior Center: Chateau Rm**

4/4-8/29 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-Dance Studio*

\$130/\$110 (Dist. Res.)

[4636.203 7/20-8/31 Mon 5:45pm-7:00pm](#)

*note: class on 8/3 held at the Senior Center Chateau Room

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**

MONDAY LINE DANCE 4/6-8/31

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 4/4-8/29

*No Class 7/4

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

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 July click here](#)
(please note special summer schedule**)

**Special Summer Schedule for AJ Rogers

Thursday evenings-Tap Dance Intermediate only

6:30pm-7:30pm 6/18-8/6 - no class 7/2

Friday morning classes will resume 8/21

[Punchcard purchase in Aug 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 8/21-8/28 9am -10am

ADULT TAP BASICS -AJ Rogers

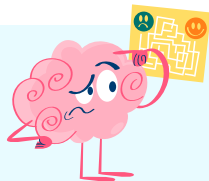
Did you tap in your childhood, or are you interested in trying something new? Tap basics is a great start for any newcomer on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with true vocabulary of each movement.

Fri 8/21-8/28 10am -11am

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 8/21-8/28 11am -12pm



IMPROV FOR FUN, BRAIN GAMES - Jaime Rich

Experience fun improv games that will free your mind and let your spirit free. Improv improves brain health by boosting cognitive flexibility, spontaneity, and flow, while improving self-esteem and confidence. This class is designed to benefit seniors but is appropriate for any adults. Come prepared to say yes and... have fun!

Senior Center: Dance Studio

\$68.75/\$55 (Dist. Res.)

4063.203 8/5-8/26 Wed 2:30pm-3:30pm

CLASSES

Tai Chi Classes with Jon Finch are suitable for beginner students

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

\$93.75/\$75 (Dist. Res)

2219.202 7/14-8/25 Tu 1:00pm-2:00pm

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

\$93.75/\$75 (Dist. Res)

2210.202 7/15-8/26 W 1:00pm-2:00pm

NEW CLASS COMING THIS FALL (Registration opens 8/10)

BALANCE & STABILITY- Monica Ravin

Learn how to strengthen the deep core muscles used for stability. We will work on single leg balancing to prevent unwanted falls. Each class will also focus on full range of motion and stretching key muscle groups. Bring a yoga mat, dress for movement.

Senior Center: Dance Studio

Free try it workshop 9/1, please register.

2365.301 free workshop 9/1 Tu 5:30pm-6:30pm

\$81.25/\$65 (Dist. Res)

2365.302 9/15-10/20 Tu 5:30pm-6:30pm

Tai Chi Classes with Bryce Ikeda are for experienced students

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**

\$81.25/\$65 (Dist. Res)

2310.203 7/14-8/18 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**

\$81.25/\$65 (Dist. Res)

2311.203 7/15-8/19 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)

2312.203 7/15-8/19 W 9:30am-10:30am



CLASSES



NEW CLASS

(Registration opens 7/1)

NEW

Beginning Ukulele- Pat Lowther

This ukulele class is designed for those interested in playing who have little or no previous experience. You will learn basic chords and strums, and enjoy learning to play the ukulele while singing songs that you love! During the first class, a proficiency level will be discussed to tailor the course content accordingly. Bring your ukulele and a music stand. \$10 fee to be collected by instructor at first class if you want printouts. Must have own ukulele for class and practicing at home.

Senior Center: Classroom 3

Free try it workshop 8/4, please register.

2236.201 free workshop 8/4 Tu 10:00am-11:30am

\$96.25/\$77 (Dist. Res)

2236.202 8/11-9/15 Tu 10:00am-11:30am

EXPLORING WATERCOLOR-Casey White

Uncover your true identity and bring to light your signature style with the luminous and beautifully unpredictable joy of watercolor!

Senior Center: Arts & Crafts Room

\$130 /\$110 (Dist. Res.)

2231.203 7/21-9/1 Tu 9:30am-12:00pm (FULL)

Not a beginner class, this class is for intermediate and advanced students only.

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

\$120/\$100 (Dist.Res)

2243.202 6/8-7/27 M 12:30-3pm

Quilting: Beyond the Basics

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

Senior Center: Chateau Room

\$120/\$100 (Dist.Res)

2244.202 6/8-7/27 M 9:30am-12pm

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

\$120/\$100 (Dist.Res)

2245.202 6/9-7/28 Tu 6pm-8:30pm

WILLS, TRUSTS, & ESTATE PLANNING -

Randall Thompson

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 1 & 2 \$25/\$20 (Dist. Res)

4610.202 8/12 Wed 7:00pm-8:30pm

EVENING CLASSES

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.

4510.201 \$150 for a 10 class punchcard 4/4-8/29)

4/7-8/25 Tu 6:00pm-7:00pm **Senior Center: Chateau Rm**

4/4-8/29 Sat 9:00am-10:15am **Winslow Center: Assembly Rm**

Beginner Hula/Tahitian Dance -

Rick No'eau Smith

Come learn the exciting dances and cultures of Hawaii and Tahiti. In our 8 week class, you will learn the basic steps and taste the dances of hula and Ori Tahiti taught by award winning instructors.

Senior Center: Dance Studio

\$140/\$120 (Dist. Res.)

4138.202 7/6-8/24 M 8:15-9:15pm



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**

\$81.25/\$65 (Dist. Res.)

4660.202 8/19-9/16 W 6:00-6:50pm



EXPAND YOUR MIND WITH IMPROV - Jaime Rich

Designed for all experience levels, this class encourages you to embrace spontaneity, playfulness, and collaboration in a relaxed environment. Through interactive exercises and group games, you'll discover how this simple technique can improve communication, foster creativity, and bring people together. Whether you're looking to sharpen your improv skills or just have a great time, you'll leave feeling more connected, confident, and ready to say "Yes" to new possibilities!

Please note this class is on a Wednesday (not Tuesday as shown in the Spotlight)

Senior Center: Classroom 3

\$120/\$100 (Dist. Res.)

4062.202 7/29-8/26 Wed 5:00pm-6:30pm

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

\$81.25/\$65 (Dist. Res.)

Fox Trot & Cha Cha Beginner

4114.205 7/8-8/5 W 7:00-8:00pm

Fox Trot & Cha Cha Intermediate

4114.206 7/8-8/5 W 8:00-9:00pm

*no class 7/22





FALL PREVENTION CLASS

Mondays August 3rd-Sept. 28th, no class Sept. 7th, 9am-11am

Fee: \$15

Location: PH Senior Center, Classroom 1&2

Registration Required

Matter of Balance is an evidence-based program to reduce fear of falls and increase activity levels with emphasis on learning practical strategies to lower fall risk factors. Must meet all 8 weeks. Materials provided. To register, call 925-798-8788 or click [here](#)



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 9/8/26 & 9/15/26 12:30pm-4:30pm

Refresher Class *(5 hours)

Tu 11/17/26 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/



SENIOR CENTER GENERAL MEETING

Monday, July 13, 10am

PH Senior Center, Game Room

Hear from the Senior Center Advisory Committee about what they did in FY 2025/2026 and plans for FY 2026/2027.



MIND TRICKS: THE MAGIC OF NEUROSCIENCE

Enjoy this fun and educational magic show that uses card tricks as analogies for concepts in neuroscience. This show will incorporate comedic, interactive, and engaging learning learning through the entertaining medium of card magic. Presented by students from Cal High, but this is a group from all over the world with chapters in Bangladesh, Turkiye, Hong Kong, China, India, Canada, as well as Massachusetts, Minnesota, Michigan, and California. This show is family friendly and they have performed for over 2,000 people in the US, with additional audiences internationally.

Free, no need to RSVP.

PH Senior Center Chateau Room

Tues., Aug. 4th, 12pm

For more information:

<https://mindtricksneuro.wixsite.com/mindtricksneuro>

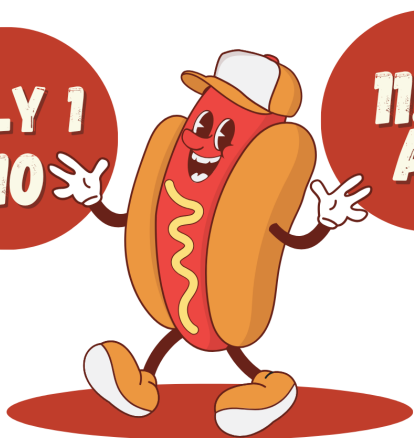
SPECIAL INTEREST

PLEASANT HILL SENIOR CENTER

HOT DOG *Lunch!*

ENJOY A HOT DOG MEAL BEFORE
BINGO. INCLUDES HOT DOG, CHIPS,
COOKIE & BOTTLED WATER

**JULY 1
\$10**



**11:00
AM**

**MUST ORDER BY JUNE 24 AT 3PM
AT FRONT DESK OR CALL
925-798-8788**

SENIOR BOCCE FALL REGISTRATION INFO

Senior Bocce League Sessions: (15 weeks)
\$40 member/ \$45 nonmember

No experience needed-Beginners welcome!
Register as an individual. Teams will be formed after
registration. Registration open: Online, phone or in-person.

Fall Session: 8/11-11/20

Tues: 8/11-11/17

*Wed: 8/12-11/18

Fri: 8/14-11/20

*Holiday on 11/11 (played on Thursday, 11/12)



SENIOR SCHOLARSHIPS AVAILABLE

Did you know the Senior Center has scholarships available if someone needs financial assistance to attend classes, trips (not casino trips), or events up to \$200 matching (you pay half). The application is available at the Front Desk.

*The Senior Center also accepts financial donations for the scholarship program. If you would like to donate toward the Scholarship Program, you may mail a check to us at 233 Gregory Lane, Pleasant Hill, CA 94523 attn: Scholarship Program or you can do it in person at the Front Desk.

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.

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.

Iron Stone Winery Private Tasting w/hosted Lunch Murphys, CA Sunday, August 2, 2026 \$180 Res/\$195-Non-Res

Ironstone Vineyards is a premier Calaveras County destination with Wine Tasting, Fabulous Gardens, Weddings, Concerts, Corporate Events, Wine Caves, and more awesome things to do in Murphys, CA. Their wines reflect the diversity of offerings from the Lodi and Sierra Foothills Appellations of Northern California. Through emphasizing the practice of Sustainable Viticulture, Ironstone Vineyards conserves water use, builds healthy soil, and maintains our surrounding wildlife. Experience a private wine tasting with a hosted buffet lunch. Lunch includes: (Choice of 1 protein, Chicken or Tri tip, Garlic Mashed Potatoes, Seasonal Veggies, Mixed Green Salad, Bread & Butter, Chef's Choice Dessert, Coffee) Walking/ Mobility Level 1 Cost includes private wine tasting experience, hosted buffet lunch, and round trip transportation. Must Register by Tuesday, May 26, by 9:00am to help avoid trip cancellation. **Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 4:15pm**

Hairspray UC Davis Health Pavillion w/ Lunch Sacramento, CA Wednesday August 26, 2026 \$195 Res/\$210 Non-Res

HAIRSPRAY, Broadway's Tony Award-winning musical comedy phenomenon, follows 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a big girl with big dreams (and even bigger hair) change the world? Featuring the beloved score of hit songs including "Welcome to the '60s," "Good Morning Baltimore" and "You Can't Stop the Beat," HAIRSPRAY is "deliriously tuneful!" (The New York Times).

Seats: South J 13-28, South K 14-32 Before the show enjoy a delicious hosted lunch at Cafeteria 15L Lunch includes: Spinach Salad-Cranberries, goat cheese, candied pecans, Balsamic dressing Caesar garlic-anchovy dressing, croutons, parmesan. Mac & Cheese-parmesan, white cheddar, toasted breadcrumbs Butternut Squash Ravioli. Grilled Chicken Sandwich- spicy aioli, bacon, tomatoes Prime Rib French Dip-creamed horseradish, au jus, Dessert-Logo cookies and Mini Cupcake

Walking/Mobility Level 1 **Arrive to 147 Gregory Ln BY 9:45am/Depart by 10:00am/Arrive Home Approx. 5:30pm**

A Day in Carmel, Carmel, CA Tuesday, September 1, 2026 \$70 Res/\$85 Non-Res

Nestled along California's scenic coast lies storybook Carmel-by-the-Sea with one-of-a-kind experiences around every corner. Transport yourself into another world in this one-square mile, fairytale village full of inspired restaurants, wine tasting, boutique shops, art galleries, a white-sand beach, and stunning scenery—all within walking distance. Spend up to 3.5 hours in Carmel to explore, shop, and eat on your own. Trip must sell out in order to host.

Walking/Mobility Level 2: Cost includes roundtrip transportation.

Must Register by Wednesday, July 29, by 2pm to help avoid trip cancellation.

Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 6:00pm

Spina Farms Pumpkin Patch Morgan Hill, CA Thursday, October 1, 2026 \$50 Resident/\$65 Non-Resident

From their hay rides to our corn maze, our famous pumpkin blasters, and so much more! Enjoy quality time with family and friends as you experience all of the exciting activities Spina Farms has to offer.

Walking/Mobility Level 2: Cost includes roundtrip transportation.

Must Register by Wednesday, August 26, by 2pm to help avoid trip cancellation.

Arrive to 147 Gregory Ln BY 8:30am/Depart by 8:45am/Arrive Home Approx. 3:15pm

Monterey Bay Aquarium Monterey, CA Friday, November 6, 2026 \$135 Resident/\$150 Non-Resident

An aquarium unlike any other! From sea otters to seaweeds, the Monterey Bay Aquarium offers a unique oceanfront location and timeless galleries bring the wonders of the ocean to life for visitors. But beyond the exhibits, the Monterey Bay Aquarium transforms what it means to be an aquarium. Celebrating 40 years of excellence, the Monterey Bay Aquarium remains a stunning showcase for the habitats and sea life one of one of the world's richest marine regions. Cost includes round trip transportation and ticket access to the aquarium. Lunch will be on your own on site at the Aquarium.

Walking/Mobility Level 2:

Must Register by Wednesday, September 9, by 2pm to help avoid trip cancellation.

Arrive to 147 Gregory Ln BY 8:15am/Depart by 8:30am/Arrive Home Approx. 4:30pm

Exploratorium San Francisco, CA Friday, November 13, 2026 \$112 Resident/ Non-Resident \$127

The Exploratorium is a portal to the astonishing scientific phenomena that animate our world and shape our actions. Join us to explore science, art, and human perception. The Exploratorium isn't like other museums. It offers 6 Spacious Galleries, fun science themes, Indoor & Outdoor Exhibits, and so much more to enjoy.

Walking/Mobility Level 1-2.

Must Register by Wednesday, September 30, by 2pm to help avoid trip cancellation.

Arrive to 147 Gregory Ln BY 9:15am/Depart by 9:30am/Arrive Home Approx. 3:00pm

The Spirit of Chrismtas-Cambria by American Stage Tours December 2-5, 2026 \$1,495 perDouble/\$1,895 per Single

Come join us as we embrace the Christmas spirit in Central California. Our first stop will be in Salinas, where we'll enjoy a hosted lunch at the historic John Steinbeck House, a charming Victorian home celebrating the life and legacy of the famed author. From there, we'll continue south to San Simeon, where we'll settle in for the next three nights at the Cavalier Oceanfront Resort. With its sweeping coastal views and relaxing atmosphere, it's the perfect home base for our festive holiday adventure.

\$250 Deposit/ Balance due no later than September 26, 2026 *Please drop off registration form and check at the PHSC

Grace Cathedral Christmas Choir of Mens & Boys San Francisco, CA Sun Dec 13, 2026 \$95 Resident/\$110 Non-Resident

In the grand tradition of the great cathedrals of Europe, the Choir of Men and Boys accompanied by full orchestra and organ will transport you with their exquisite performances of favorite carols and holiday masterpieces—a beloved San Francisco tradition. Since 1947, Christmas at Grace Cathedral has offered an ideal way to ring in the season, with magnificent music, a majestic setting and astonishing acoustics. Experience the deep connection between spirit and art at Grace Cathedral this Christmas. Before the show, enjoy lunch on your own at Pier 39. Seats are located in the rear Orchestra.

Walking/Mobility Level 2.

Must Register by Wednesday, November 4, by 2pm to help avoid trip cancellation.

Arrive to 147 Gregory Ln BY 11:15am/Depart by 11:30am/Arrive Home Approx. 5:30pm

Mobility/Walking Levels for Day Trips:

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

- No refunds on trips* This includes no-shows and late arrivals.
- Tickets may NOT be resold, reassigned, or given away by you without prior 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 can re-sell the ticket, you will be charged a 20% administration fee from the refund. Refunds can take up to 4 weeks to process depending on the way you paid (cash, check, card). If we are unable to re-sell your ticket, you will not receive any refund.

collette TRAVEL Presentation

Extended All-inclusive World Travel is back!

Please join us for our travel presentation on Thursday, August 13 at 1:00pm here at the Senior Center.

Jay Fehan from Collette will review the travel destination options for 2027. **RSVP** via CivicRec or Call (925) 798-8788

Tropical Costa Rica -Collette

With Optional 3-Night Jungle Adventure Pre Tour-Extension

February 16-24, 2027

Italy's Treasures-Collette

with Optional 2-Night Turin & Piedmont Wine Country Pre Tour-Extension

with Optional 2-Night Venice Post Tour Extension

March 30 – April 10, 2027

Discover American Heritage-Collette

April 16-23, 2027

Discover the Island of New England

With Optional 2-Night Boston Post Tour-Extension

June 4-11, 2027

TO REGISTER



SCAN HERE



For more detailed info please contact Recreation Coordinator-Michael Manalastas
(925) 798-8788 ext 636 | mmanalastas@pleasanthillrec.com



IMPORTANT UPDATE ABOUT MEAL RESERVATIONS

Beginning July 1, 2026, Café Costa will begin enforcing another cut to our 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. *Please note, due to meal cap limits, reservations are not always guaranteed.
- 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.
- Participants the age of (60+) may reserve meals.
- Non-Eligible clients under the age of (60) can have a meal, the guest fee will increase to \$7.

***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.**

***HOWEVER, The Senior Center is collecting funds to allow seniors to eat at the higher cost of having meals over the meal cap at \$6.20 (a mandatory fee). If you would like to help donate toward this fund, you may mail a check to the Senior Center at 233 Gregory Lane, PH, CA 94523 or come to the Front Desk and donate. Please specify if this is a donation toward the meal cap meals.**

JULY 2026



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE! BY 11:00AM
CALL (925) 771-7641**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August Menus (ready 3 rd week of May) Scan QR Code   SCAN HERE		7/1 Roasted Turkey w/Gravy C Mashed Potatoes Bean Medley Whole Wheat Roll w/Butter Seasonal Fresh Fruit	7/2 BBO Pork Rib Patty on a Whole Grain Bun Creamy Coleslaw C Key Largo Vegetables C Tropical Fruit	7/3 INDEPENDENCE DAY
7/6 Pork Carnitas w/Salsa and a Flour Tortilla Pinto Beans C Pineapple Slaw Seasonal Fresh Melon	7/7 Breaded Pollock w/Tartar Sauce Minestrone Broccoli & Carrots Brown Rice Garden Pea Salad C Citrus Fruit	7/8 + Spaghetti w/Meatballs and Parmesan Cheese C Brussels Sprouts Marinated Beets & Onions Pears	7/9 Turkey Burger w/Cheese, Lettuce, Tomato, Onion, Ketchup, Mustard, & Mayonnaise on a Whole Grain Bun Broccoli Cheddar Soup C Fiesta Vegetables Banana	7/10 Chicken Tikka Masala Spinach Brown Rice Tossed Salad with Balsamic Vinaigrette C Fresh Orange Ice Cream
7/13 Turkey Tetrazzini Vegetable Soup Scandinavian Veggies C Fresh Orange Pudding	7/14 Greek Chicken Pasta Salad Tomato Basil Soup w/Crackers Cucumber Tomato Salad C Tropical Fruit	7/15 Szechuan Pork C Winter Vegetables Brown Rice Green Salad w/Sesame Dressing Fresh Apple	7/16 Tilapia w/Florentine Sauce Mixed Vegetables C Cauliflower Brown Rice Seasonal Fresh Fruit	7/17 Salisbury Steak w/Gravy C Whipped Potatoes Green Beans Carrot Raisin Salad Whole Wheat Roll w/Butter Seasonal Fresh Melon
7/20 Beef Spanish Rice Black Beans Whole Kernel Corn Marinated Zucchini Salad C Citrus Fruit	7/21 Turkey Chili C Collard Greens Tossed Salad w/Ranch Dressing Cornbread Sliced Apples	7/22 + Breaded Pollock Sandwich w/Tartar Sauce on a Whole Grain Bun Clam Chowder C California Vegetables 4-Bean Salad w/Carrots Seasonal Fresh Melon	7/23 Baked Chicken with Creamy Dijon Sauce & Whole Grain Penne Italian Vegetables Stewed Tomatoes C Juice Double Chocolate Chip Cookie	7/24 Sweet & Sour Pork Asian Vegetable Soup C Cabbage Green Beans Brown Rice Seasonal Fresh Fruit
7/27 Fish Sticks w/Tartar Sauce Tuscan Bean Soup Mac & Cheese C Fiesta Vegetables Honeydew Melon	7/28 Pork al Pastor w/Cilantro & Onions and Flour Tortilla Refried Beans C Cauliflower Peaches	7/29 Creamy Mushroom Chicken C Broccoli Carrots Brown Rice C Juice Brownie	7/30 Cheeseburger with Lettuce, Tomato, Onion, Mustard & Mayonnaise on a Whole Grain Bun Baked Beans C Coleslaw Apricots	7/31 Yogurt Dill Turkey Salad Sandwich with Lettuce, Tomato, & Onion on Whole Wheat Bread Split Pea Soup Tomato, Cucumber, & Feta Salad C Tropical Fruit

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CHICKEN CAESAR).

— Vitamin A
C Vitamin C

+ Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

ABOUT US

Jewelry Donations

Summertime is a great time to clear out your closets. The Senior Center gratefully accepts jewelry donations all year round. All proceeds support Senior Programming. Please drop off your donations at the front desk during normal hours 9am-3pm Monday-Friday



Save the date:

Holiday Boutique Sat., Nov. 14

Vendor applications now available [click here](#)

**FREE!
ALL AGES
WELCOME!**

**PLEASANT HILL
SENIOR CENTER**



Open House!

**Friday, September 18
10:00 am – 1:00 pm**

**233 GREGORY LANE
PLEASANT HILL**



Explore this
gorgeous recreation
center where 50+
adults hang out to

**PLAY, STAY ACTIVE
& CONNECT!**



Discover our:
Fitness Classes
Enrichment Classes
Travel Adventures
Social Events
Senior Resources
& so much more!

Meet our
dedicated
Senior Center
Staff



*See you
there!*

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.



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
Elizabeth Avalos, Admin Assistant
Karen McKimmy, Recreation Coordinator
Michael Manalastas, Recreation Coordinator

PHSC ADVISORY COMMITTEE

Kathy Arras, Dagny Benz, Marcie Christensen,
Linda Citi, Sandee Cunnane, 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



Pleasant Hill Senior Center

233 Gregory Lane, Pleasant Hill, CA 94523

Phone: (925)798-8788

Visit us online at www.pleasanthillrec.com



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"TIME VALUE" DATED MATERIAL

To: TO CURRENT RESIDENT

collette TRAVEL Presentation

FREE TO ATTEND

Join us to gain detailed insight on Collette's latest all inclusive world travel packages.

August 13, 2026

Pleasant Hill Senior Center

Presenter: Jay Fehan from Collette

1:00pm-2:00pm

Featured Extended-Travel Trips:

Tropical Costa Rica February 16-24, 2027

Italy's Treasures March 30-April 10, 2027

Discover American Hertiage April 16-23, 2027

Discover the Islands of New England June 4-11, 2027

collette

TRAVEL PRESENTATION

(FREE TO ATTEND!)
JOIN US TO GAIN DETAILED INSIGHT ON COLLETTE'S LATEST ALL INCLUSIVE WORLD TRAVEL PACKAGES.

PRESENTER - JAY FEHAN

DATE
AUGUST 13

TIME
1:00PM - 2:00PM

RSVP NOW
(925) 798-8788

REGISTER VIA CIVICREC

PLEASANT HILL SENIOR CENTER
233 GREGORY LANE PLEASANT HILL

Costa Rica | Italy | Islands of New England | Discover American Hertiage

SCAN ME!