Dear Senior Club Members,

During these unprecedented times let me assure you that the Senior Center staff continues to work from home trying to find ways to stay connected with, and be of service to you. We are looking for ways to keep things “normal” and one of those ways is to be sure you still get your Senior Sounds newsletter in a timely manner.

You will notice that this month’s issue doesn’t have much to offer in the way of special events, programs or classes BUT we have tried to make it entertaining, informational and something to bring a smile to your face while we all shelter in place and get used to what will be the “norm” for a while.

You may be wondering what the future holds and I wish I could give you an answer, but as you probably have noticed yourselves, things seems to be changing by the day, hour, minute. What I CAN tell you is that we are still there for you. We are still checking our emails and voicemails and want to know what we can do for you.

I realize that for some of you getting on the internet may not be possible. BUT for those of you who do have internet and email I encourage you to visit the PHRPD website for updates www.pleasanthillrec.com. I also want to encourage you to take this time to create a Facebook account (if you don’t already have one) and follow the Pleasant Hill Senior Center. We will be doing a lot of fun things to stay connected with you.

One other communication tool we will be using is an app called Zoom. Zoom is a video conferencing app that allows you to connect with others. Look it up online https://zoom.us/ or you can download the app if you have a smartphone. We will provide “meeting ID’s” which you simply type in after you hit the Join Meeting button.

As we all settle in to a new normal for a while please don’t hesitate to reach out. You can reach me by phone at (925) 798-8788 ext. 650 and leave a message or you can email kluke@pleasanthillrec.com.

Stay safe everyone and we look forward to handshakes and hugs when this is all behind us.

Love, Kendra
Confessions of an Obsessive Reader. Can I blame it on my father, who read Brer Rabbit to me, or on my mother, who provided book readings for her Women’s Club? Maybe it was the fascinating Bookmobile that came to our Crestwood, Missouri, neighborhood every two weeks with a new selection of books to check out. When we moved to Milwaukee, I had a wonderful school library and a public library within biking distance. I became hooked on series: the American biographies in orange covers, Nancy Drew, Cherry Ames, Sue Barton, and Swallows and Amazons. I always had a book in my purse to enjoy during the 45-minute bus rides to high school and college or to peruse while waiting for appointments. As an adult, I would pack 7 books for a vacation and leave them behind for others to enjoy when I finished them. Then they created the Kindle and eBooks and I had a field day with instant access to books on the go – especially free, $.99, and $1.99 ones! I have 130 eBooks on my Kindle right now, just waiting for me to find time for them. When the public library started lending eBooks, it was nirvana! I usually have 5 eBooks on loan, 10 in my hold queue, and even more on my wish list (156 as of today). Thanks to Libby, the library’s eBook and audiobook app, I never have to go to the library to check out or return a book, and I always know what is new and popular.

Continued on page 4…. 

When it comes to receiving your newsletter…You’ve Got Options!
1. Email …………….Our “Going Green” option—A great way to save the Senior Center paper and money! E-Sounds recipients get it sooner than the rest!
2. Postal Mail ……….A hard copy will arrive in your mailbox anywhere between 2 and 10 days after we drop off at bulk mailing. One copy per household.
3. Neither……………If you aren’t interested in getting a newsletter then let us know! The newsletter is available online at www.pleasanthillrec.com
Stores with Senior Hours / Promotions

**Nob Hill & Raley’s**: Starting March 21st offering a discounted bag of grocery essentials for seniors every day for $20 (plus a $35 option with ready-to-eat meal). The bags are available for pick-up curbside, or you can send a text to have the bag delivered right to your car.

**Albertsons**: Two hours from 7am to 9am on Tuesdays and Thursdays for senior customers and at-risk guests that include pregnant women and immunocompromised persons.

**Safeway**: Senior customers and at-risk guests will have special shopping hours at Safeway stores between 7am to 9am on Tuesdays and Thursdays.

**Lunardi’s**: Senior citizens (65 & Older) and those with disabilities are welcome to shop on TUESDAYS & THURSDAYS between the hours of 7am-8am which will go into effect Tuesday March 24th until further notice. We will continue to honor the 5% senior discount on these 2 days. All stores will close at 7pm daily.

**99 Ranch Market**: Asian foods supermarket with first hour of business (store hours vary) reserved for 60+, expectant mothers, people with disabilities and those with compromised immune systems. Seniors only shop 8-9 am daily in Concord.

**Target**: Senior citizens and people with underlying health concerns can shop at Target stores nationwide every Wednesday starting at 8am. All Target stores across the country will close at 9pm to restock their shelves.

**Whole Foods**: Starting March 18, customers 60 years of age or older can shop at Whole Foods at 8am -one hour early. Some stores will close up to two hours earlier.

**Walmart**: From March 24 through April 28, Walmart’s 5,000-plus U.S. stores will host an hour-long senior shopping event every Tuesday for customers 60 and older, which will start one hour before stores open. Stores will be open from 7am to 8:30pm. local time.

**Dollar General**: Dollar General designated the first hour at its more than 16,000 stores in 44 states as open daily to senior shoppers including Bay Area stores in Vallejo, Concord, Brentwood, Antioch.

**Lucky**: Save Mart, FoodMaxx and Lucky stores have set aside every Tuesday and Thursday from 6am to 9am for higher risk populations to shop. The company is asking other guests to allow seniors and vulnerable populations, such as pregnant women and those with compromised immune systems, primary access to our stores during these times.

**Costco**: Beginning March 24 on Tuesdays and Thursdays, from 8am to 9am, Costco will temporarily implement special operating hours for members who are 60 and older. The pharmacy will also be open during this hour, however, the food court will maintain its normal operating schedule. These hours apply to all locations except the Business Centers, which will remain open during regular hours.

For up to date info you can check: [https://sf.funcheap.com/city-guide/grocery-store-senior-hour/](https://sf.funcheap.com/city-guide/grocery-store-senior-hour/)
President's Message continued from page 3…

My obsession with series continues and these are some of my current favorites: James R. Benn's *Billy Boyle* (15), Patrick Taylor’s *Irish Doctor* (10), Linda Fairstein’s *Alexander Cooper* (20), Kathy Reich’s *Temperance Brennan* (19), Louise Penny’s *Chief Inspector Gamache* (16), Bernard Cornwell’s *Saxon Tales* (12), Peter Tremayne’s *Sister Fidelma* (30), Michael Connelly’s *Harry Bosch* (22), Harlan Coben’s *Myron Bolitar* (10), Lee Child’s *Jack Reacher* (34), C. J. Box’s *Joe Pickett* (20), Jacqueline Winsper’s *Maisie Dobbs* (15), Carola Dunn’s *Daisy Dalrymple* (23), and J. A. Jance’s *J. P. Beaumont* (24). I follow these authors on Amazon, so I always know when a new book will be published and then I can request it from the library. Some of these books can be found in our Senior Center library, all of them in the CCC library system, and most can be downloaded to your computer or e-reader as a book or audiobook from the public library.

In these times of “shelter-in-place”, the on-line library is a great resource.

Jeannette

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**Golden Notes Spring Concert**

**Tuesday, June 16th**

*2:00pm in the Chateau Room*

Music + Food + Beverages

Tickets are $10 per person and will be sold at the front desk or at the door. Join us for the annual concert that is sure to entertain!

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**CUTE ANIMAL CORNER**

Science has proved that watching cute animals boosts your mood as well as teaches you about animals. Besides, who doesn’t love to watch penguins, otters, pandas, etc. Over the last couple of weeks, zoos & aquariums have shut their doors to prevent the spread of Coronavirus, but to keep people engaged they have installed live cameras to show you what their animals are up to. Here are a few fun ones:

- **San Diego Zoo**: Apes, Polar Bears, Koalas, Giraffes, Tigers, Penguins & more!
- **Georgia Aquarium**: Puffins, Beluga Whales, Piranha, Jelly Fish, Sea Lions, Sea Otters & more!
- **Houston Zoo**: Giraffes, Gorillas, & Rhinos.
- **Atlanta Zoo**: Panda Cam
- **Monterey Bay Aquarium**: Monterey Bay, Jelly Fish, Open Sea, Penguins, Sea Otters, Sharks, Coral Reef, Kelp Forest & More!
- **African Animals**: watch from a lookout in Africa.
- **Zoos Victoria, Australia**: Lions, Snow Leopard Cubs, Zebras, Giraffes, and More.

If you have Facebook, check out **Cincinnati Zoo**. Every day they showcase an animal at their zoo.

Enjoy the array of animals from the comfort of your home (and in pjs-the animals can’t see you!).

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**Monthly Events**

**Monthly Programs**

**Trip Meeting featuring PLEASANT GETAWAYS**

**Tues., April 7; 1pm in YOUR HOME!**

Definitely Not your average meeting…

Don’t miss the unveiling of the **July 2020 trips**!

See page 12 for information on how to view our ZOOM Trip Meeting. You won’t want to miss this.
RALEY’S/NOB HILL FOODS: In an effort to best serve our communities during the current COVID-19 crisis, will be offering two Senior Essentials Bags.

Intended for seniors and at-risk customers in self-isolation or quarantine, our team members will build as many Senior Essentials Bags as they can each day. They will be available to our customers depending on inventory levels at each store and while supplies last.

Starting on 3/21, we will have two unique Senior Essentials Bags available for purchase at a discounted price. These bags can be picked up daily curbside or in-store. We will make every effort to meet demand.

- **$20 Bag**: Contains a mix of fresh items and pantry staples.
  - Raley's Instant Oatmeal, 11.8-15.1 oz. box
  - Raley's Chunk Light Tuna, in Water, 5 oz. can
  - Raley's Pinto, Kidney or Garbanzo Bean, 15.5 oz. can
  - Raley's Canned Fruit, 15-15.25 oz. can
  - Raley's Mac & Cheese
  - Raley's Pasta Sauce, 23-24 oz.
  - (3) Large Navel Oranges, per lb. (roughly 2 lbs.)
  - (3) Fuji Apples, per lb. (roughly 2 lbs.)
  - (3) Bulk Russet Potatoes, per lb. (roughly 2 lbs.)
  - Raley's Mild, Hot or Breakfast Sausage Roll, 16 oz.

- **$35 Bag**: Contains ready-to-eat meals.
  - Freshly cooked, heat-and-eat entrées and salads. Product mix depends upon availability.
  - In an effort to serve as many customers as possible, we cannot offer customer-requested substitutions or customize bag based on allergy, diet or lifestyle. Product substitutions based on item availability may apply.
  - We call upon our customers to respect the intended purpose of this program, which is to serve seniors or those at risk.

**COMING SOON: How to Get a Bag**

- One bag, per day, per family, while supplies last.
- Available for store pickup only on a first-come, first-serve basis.
- If you are unable to get out of your vehicle, and if we offer pickup at your store, you may park in the designated eCart pickup spot and text the phone number on the eCart pickup spot signage when you arrive. If bags are available, one will be brought out to your vehicle and we will accept cash, check or credit cards outside.

Disclaimer: Please note contents may vary due to product availability and substitutions will be made. Many items are currently out of stock due to increased demand and limited supply. We are unable to offer allergy-specific, diet-specific or lifestyle-specific bags at this time in an effort to serve as many of our customers as quickly as possible. We apologize for any inconvenience.
Dear Center Members,

As I write this month’s column, we are coming to the end of week one; shelter-in-place due to the Coronavirus. My goal this month is to keep you informed of resources while the center is closed. First, I want to assure you that I along with the rest of the senior center staff, board, and volunteers are all here working behind the scenes, to make sure the center still operates in the best interest of the seniors. You can still get a hold of me, particularly now if you are in need of services or resources to remain living independently.

I am not in the office, so we do have to communicate via telephone, or email. I check my voicemail at the center daily, so know if you call (925)798-8640, you will receive a call back within 24 hours. Also, our Easy Listeners telephone group, run by Patty Strickland is now more important than ever, and volunteers are ready to start providing a once/day telephone call to make sure you are okay, and if not put you in touch with a staff member who can help. You can become a recipient of our telephone reassurance program by either calling me at the above number, or by leaving a message in the senior center general mailbox, (925)798-8788, and leaving your name and phone number. The front desk will forward onto Patty, or myself to become part of the program. If you were part of the program in the past, and then backed out, please forgive me, but I did ask Patty to have her volunteers call you anyway to check in, circumstances are different now right?

Another resource that remains constant at the center is CC Cafe, with a few adjustments. First, the meals are all to-go now, and only given on Tuesdays. That being said, Cassie and another staff member will be there to hand out the meals in the front parking lot area. They will have a clipboard where you can leave your name and phone number if you need additional resources during this crisis. Oh no, I just used the C word, and I really was trying to avoid it.

The one concern we had as staff for the seniors, and I have certainly felt it myself, is for those experiencing loneliness. I miss seeing everyone everyday! Yesterday was my mom’s birthday; she would have been 87 yrs.old. My last birthday I had a case of the “feel sorry for myself”. Now don’t get me wrong, I worked that day, and just like they always do, the staff had a cake for me, decorated my office with puppy pictures, and had all of that ready to go when I arrived at 9:00am. So why was I feeling sorry for myself? Oh you know, I didn’t get exactly what I wanted. My daughter had other plans, no one was free to go out to dinner. Looking back, heck, at least I had the option of going out to dinner. This made me think of our seniors who might be having a birthday during this shelter-in-place. They need to know we are thinking of them. If you are having a birthday, or know someone who is, please call our Sunshine person so they can send a card and someone can call. They keep saying on the news (which incidentally I have to watch less of), it will be the little acts of kindness that get us through this crisis...I said it again didn’t I? I meant challenge, the other C word.

Speaking of challenges, if you are feeling challenged; below are some resources that can help. Some of these resources are listed monthly in the Senior Sounds, so forgive me again if they are repetitive during this challenge, they bear repeating.

MENTAL HEALTH RESOURCES
- Taking Care of Your Mental Health in the Face of Uncertainty: https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/
- Disaster Distress Hotline: Provides immediate crisis counseling 24/7 for people experiencing distress due to COVID-19. Call 1-800-985-5990 to speak to a crisis counselor
- Crisis Text Line: Text COURAGE to 741741 to text with a trained counselor 24/7
- 24-hour Behavioral Health Access: Call 1-888-678-7277 for Contra Costa County mental health and substance use service

For the PHRPD Refund Policy on all classes please visit www.pleasanthillrec.com /178/Refund-Policy
BASIC NEEDS RESOURCES

- Food Bank of Contra Costa and Solano - https://www.foodbankccs.org/
- Free Food By city - https://www.foodbankccs.org/get-help/foodbycity.html or Call 1-855-309-3663
- Free Food Pantries: 1-855-309-FOOD (3663)
- North Creek Church Address: 2303 B Ygnacio Valley Road Walnut Creek, 94598 Phone number - (925) 210-9036
- Parkhaven Baptist Church Address: 1187 Meadow Lane Concord, 94520 Call (415) 939-2377 for hours of food distribution.
- Contra Costa Crisis Center: Call 211 to find out more about community resources available in your community.

FREE INTERNET/WIFI INFO

- AT&T: For the next 60 days, AT&T will not terminate service for any wireless, home phone, or broadband residential or small business customer due to inability to pay. They will also do the following:
  1. Waive late payment fees. Keep their public Wi-Fi hotspots open for anyone who needs them.
  2. The service will also be offering unlimited internet data and offer internet access for limited income households at $10 a month through the Access from AT&T program. · For more details, see https://about.att.com/pages/COVID-19.html (Links to an external site.).
- Comcast Xfinity: The company is opening their Xfinity WiFi network for free along with providing unlimited data. To help people stay connected with school and work, Comcast is opening Xfinity WiFi network for everyone, as well as: Hotspots across the country will be available to anyone who needs them for free, including non-subscribers. · You can find a map of hot spots at https://wifi.xfinity.com/ (Links to an external site.). Just use “xfinitywifi” network name and launch a browser.
- Comcast is offering free / reduced price internet for those of low-income who need to work or study remotely due to COVID-19. To qualify for Comcast's Internet Essentials service, customers must be eligible for public-assistance programs such as the National School Lunch Program, Housing Assistance, Medical, SNAP, or SSI. Applicants can visit internetessentials.com to enroll in the program; they may also call (855) 846-8376 for English or 855-765-6995 for Spanish. https://variety.com/2020/digital/news/comcast-free-broadband-low-income--coronavirus-1203532765/
- Verizon Free WiFi: The company will not terminate service to any residential or small business customers of their inability to pay bills due to disruptions caused by the coronavirus, and is waiving late fee.
- Sprint - Won't terminate service if customers are unable to pay due to coronavirus issues. Waive late fees caused by economic disturbances related to the coronavirus pandemic. Customers with international long-distance plans will get complimentary international calling rates from the U.S. to countries defined by the CDC as Level 3. Customers with metered data plans will have unlimited data per month for 60 days at no extra cost. Customers will get an extra 20GB of mobile hotspot data per month for 60 days.
- T-Mobile- All current T-Mobile and Metro by T-Mobile customers who have data plans will have unlimited smartphone data, excluding roaming. · T-Mobile and Metro by T-Mobile customers will get an additional 20GB of mobile hotspots/tethering service for the next 60 days. For more information, see https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response.

If you have other helpful services or information you would like us to share please email it to kluke@pleasanthillrec.com. Information will be continuously shared through our Facebook Page and our Email distribution lists.
Fun stuff to keep you busy! And hopefully make you smile

Missing our Ted Talks? Check out these suggestions from Leo!

**Neil Pasricha: The 3 A’s of awesome**: Neil Pasricha’s blog 1000 Awesome Things savors life’s simple pleasures, from free refills to clean sheets. In this heartfelt talk, he reveals the 3 secrets (all starting with A) to leading a life that’s truly awe-some.

[https://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome](https://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome)

**José Andrés: How a team of chefs fed Puerto Rico after Hurricane Maria**: After Hurricane Maria hit Puerto Rico in 2017, chef José Andrés traveled to the devastated island with a simple idea: to feed the hungry. Millions of meals served later, Andrés shares the remarkable story of creating the world’s biggest restaurant – and the awesome power of letting people in need know that somebody cares about them.

[https://www.ted.com/talks/jose_andres_how_a_team_of_chefs_fed_puerto_rico_after_hurricane_maria](https://www.ted.com/talks/jose_andres_how_a_team_of_chefs_fed_puerto_rico_after_hurricane_maria)

**Tim Urban: Inside the mind of a master procrastinator**: Tim Urban knows that procrastination doesn’t make sense, but he’s never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window – and encourages us to think harder about ...

[https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator)

**Lucy Cooke: Sloths! The strange life of the world’s slowest mammal**: Sloths have been on this planet for more than 40 million years. What’s the secret to their success? In a hilarious talk, zoologist Lucy Cooke takes us inside the strange life of the world’s slowest mammal and shows what we can learn from their ingenious adaptations.

[https://www.ted.com/talks/lucy_cooke_sloths_the_strange_life_of_the_world_s_slowest_mammal](https://www.ted.com/talks/lucy_cooke_sloths_the_strange_life_of_the_world_s_slowest_mammal)

Neighbors house got TP’d last night and now it’s listed on Zillow for $12.5 million

**STOP Touching Your Face!**

[Image: STOP Touching Your Face!](Image)
Dear Center Members,

Often times staff are asked about transportation resources in our area. I have provided this information in the past, but it is worth repeating. In Pleasant Hill we have the Senior Van Service. The van provides transportation to Pleasant Hill residents only Monday-Friday for $1.50 each way. The application to join is easy, and the phone number to request an application is (925)671-5272. Next, we have the County Connection Link. This is the ADA transportation which provides door-to-door service, seven days/week. The application is a bit more extensive, and requires your doctor’s signature. You can get the application by calling (925)680-2045, or by going to their website. https://countyconnection.com/paratransit/ Another service that utilizes Uber is Arrive rides. Uber requires the user to download an app on their phone, and create an account that can be charged from for the ride. Arrive rides takes care of the Uber coordination for a small fee. Arrive rides can be reached at 866-626-9879. Then there are a couple of volunteer organizations that can help with transportation as well. Mobility Matters offers ambulatory, otherwise home bound senior residents of Contra Costa County free, one-on-one, door-through-door rides provided by volunteer drivers. These rides are primarily for the purpose of obtaining medical care, groceries, and other basic necessities. They can be

**CHEF’S LUNCH: DIY (do it yourself)**

We know you all miss our incredible Friday Chef’s Lunches but rest assured they will be back and better than ever. In the meantime here is a great salad recipe straight from Chef Susan! Enjoy.

**Susan’s Famous Potato Salad**

1 pound red potatoes—1 inch diced
1 egg-cooked—coarsely chopped
1/2 small red onion—diced
1 celery stalk—diced
1/4 cup dill relish
1-2 teaspoons of Dijon mustard
1 cup Mayonnaise
1/4 teaspoon black pepper
Salt to taste
Fresh parsley—chopped (optional)

**Directions:**

Cook egg in simmering water for 20 minutes then cool under cold water
Cook potatoes in salted water for 15 minutes or until soft
Drain potatoes them immediately add hot potatoes to mayonnaise, vegetables, spices and peeled/chopped egg. Mix well then taste to see if you need more salt or Dijon mustard
Add parsley
Keep potato salad cold. Leave it on the counter for 20-30 minutes then place in the refrigerator uncovered until cold. Cover and store for 4-5 days.

Send us a picture of you and your DIY Chef’s Lunch and we’ll post it on our Facebook page! Email picture to kluke@pleasanthillrec.com
ANNOUNCEMENTS

reached at (925)284-6161. Last, but not least……is our very own Care Management Program that does have a couple of volunteer drivers, and can help with door-to-door transportation, but cannot provide any assistance such as getting in and out of the car, or bringing anything into the house.

With the current Covid19 situation we are so sad to announce we are having to cancel our 2020 Laugh, Love and Learn which was scheduled for May 1st. As many of you know the Care Management Program is partially funded through the Contra Costa County Community Development Block Grant, but the rest is raised through this event. Without the money raised from Laugh, Love and Learn the Care Management Program will lose approximately $20k in funding.

We are fortunate to have an incredibly supportive and generous membership and community and would like to ask, that if you feel so inclined, we would deeply appreciate any donations made toward the Care Management Program to help supplement the loss of our important Laugh, Love and Learn event.

Let’s continue to provide this valuable, FREE service to the seniors in our community. We can’t do it without your support! Have a great month everyone! Fondly, Dana

Thank you to our PHSC Partners & Supporters!

PHSC SCHOLARSHIP PROGRAM

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

If cost has been a factor in your participation please consider applying for a scholarship - That’s why we have it!

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.
CC Café’s Spring Hours...

Due to the ever changing situation caused by the Corona Virus pandemic, we aren’t sure exactly what will be happening in the next few weeks with the program. We do know that for the Tuesday 3/31 date we will be offering a pickup for 7 frozen meals provided by the county for $3 per meal. The meals come with a loaf of bread, fruit and milks. These must be ordered the Monday before the delivery date by 12pm. Meals will be ready for pickup at 12pm on the Tuesday you have ordered for.

NO SUBSTITUTIONS, NO ALTERNATE MEALS. NO UNDER 60 MEALS AVAILABLE AT THIS TIME. Meals listed on calendar may not be meals that you receive based on supply and demand.

We will keep you informed of any changes that come along. We are only in the office once per week at this time, please call 925-771-7641 to make your order, or e-mail Kluke@pleasanthillrec.com

Thank you!
-Cassie Eternal
CC Café Manager

Dana’s Mom’s Spaghetti Sauce

What you will need:

2 8oz. cans of tomatoes sauce (2 cans of water)

1 4oz. can of tomatoes paste (1 can of water)

1 onion, sliced thin

2 TBLS of dried basil

2 TBLS of dried parsley

1 TBLS of dried oregano

Salt and pepper to taste

First, sauté your onion in whatever oil you choose, then add remaining ingredients. Cook on simmer for 2 ½ hours. Serve over pasta, with store bought meatballs, or grilled Italian sausages.

This recipe is better if served on the second day. Enjoy!

NEW FOR 2020! Online ordering! Click Here to make your order for the month of April!

Want to make an order for the remainder of March? Click Here!
To all my favorite travelers,

Most of you know me as getting to have one of the more fun jobs in the Senior Center, but however, things can often change in an instant. It pains me to say that Travel is not in the best of shape as of now... BUT! That does not mean that we are giving up. May/June are still on sale and of course we are trying our best to keep up with the pandemic updates. Thank you all for still being a valued part of the Travel Program and please, look forward to some amazing trips in our future. We cannot wait to get you back on the road. Please join me on Tuesday April 7th in a Zoom Meeting to go over all the newest trips for July. I'll be looking forward to seeing/talking to you all...

So many good vibes being sent to all of you at this time, please stay healthy and if you feel like chatting, please feel free to e-mail me at ceternal@pleasanthillrec.com

How do I join you for Trip Meeting in April?

1. Click on this link on the day of Trip Meeting at about 12:45pm: https://zoom.us/j/4887909997 Here is a helpful video to watch as well! https://youtu.be/hIkCmbvAHQQ
2. You will have to download an app if you do not already have it, it will ask you to run an client, click yes to download
3. Once download is finished, you should be able to run the live meeting—This may be easier on your smartphone, as it is an app that works with iPhones and Androids
4. You will be muted when you come into the meeting, I will be keeping everyone muted until the end of the meeting. You can chat with me by typing in the “Chat” box, during the meeting and I will answer your questions live as much as possible
5. If you don’t see me, wait a little bit, I will be in there about 5 minutes before 1pm on April 7th
6. If you can’t make the meeting, don’t worry, I will post trips online as normal and they will be printed in the next Senior Sounds

Hope to see you on April 7th!!!


CHECK YOUR TICKETS FOR YOUR SPOT NUMBER!
Upcoming trips for June 2020:

(Due to space issues, these will be cut down into just the details, if you would like to know more please click on the title to see more details...)

- **Colusa Casino** | June 4th Thursday | Member Cost: $49NR/$44R | Escort: Ron Arrive to Parking Spot 2: Pleasant Oaks Park Lot by 8:10am/Board Bus & Depart By 8:30am/Return @ 4:30pm

- **Tiffany Glass Exhibit - Crocker Art Museum - Sacramento** | June 10th Wednesday | Member Cost: $63NR/$58R | Escort: Darlene Arrive to Parking Spot 2: Pleasant Oaks Park Lot by 9:10am/Board Bus & Depart By 9:30am/Return @ 4:30pm

- **Leland Stanford Mansion & Cathedral of the Blessed Sacrament Tour** | June 15th Monday | Member Cost: $127NR/$122R | Escort: Jeannette . Arrive to Parking Spot 2: Pleasant Oaks Park Lot by 8:10am/Board Bus & Depart By 8:30am/Return @ 5pm

- **The Bands Visit - Orpheum Theater SF** | June 17th Wednesday | Member Cost: $89NR/$84R | Escort: Sue Arrive to the Parking Spot 2: Pleasant Oaks Park Lot by 9:50am/Return @ 6:30pm

- **Glorious Golden Gate Park Walking Tour w/ Craig Smith - SF** | June 24th Wednesday | Member Cost: $150NR/$145R | Escort: Laroice Arrive to Parking Spot 2: Pleasant Oaks Park Lot by 8:10am/Board Bus & Depart By 8:30am/Return @ 5pm

- **Carousel the Musical - Music Circus Theater in the Round - Well’s Fargo Pavilion Sacramento** | June 25th Thursday | Member Cost: $160NR/$155R | Escort: Laurie Arrive to the Parking Spot 2: Pleasant Oaks Park Lot by 9:40am/Board Bus & Depart By 10am/Return @ 6:30pm

- **June Mystery Trip - No Details or Trip Routes will be Released Until You Board the Bus! Difficulty: Medium** | June 28th Sunday | Member Cost: $63NR/$58R | Escort: Darlene Arrive to the Parking Spot 1: Pleasant Hill Park Parking Lot by 8:10am/Board Bus & Depart By 8:30am/Return @ 5pm

- **RESCHEDULED! Pulgas Water Temple & Filoli** | June 29th Monday | Member Cost: $68NR/$63R | Escort: TBA

Our Next Pleasant Getaways Meeting will be on May 5th at 1pm
LOCATION TBA—Will be in touch by e-mail when information available.
Discover South Dakota - August 21-27 2020

Discover the spirit of the American West. Travel to the legendary Black Hills and see the American prairie as it was 300 years ago. Explore the legends of the city of Deadwood, home to Wild Bill Hickok and Calamity Jane. Travel the backcountry of Custer State Park and along the impressive Needles Highway lined with famous granite spires. Visit magnificent Mt. Rushmore. See Crazy Horse Memorial, the world’s largest mountain sculpture still in progress. Marvel at Devil’s Tower, the country’s first National Monument. Journey through the natural beauty of Badlands National Park and stop to browse at Wall Drug. Discover the fascinating history and stories of the Lakota and Sioux through a Native American chronicler and visits to Tatanka: Story of the Bison and the High Plains Heritage Center. Unpack only once on this leisurely paced tour!

Cost: $2798 pp/double | $3398 pp/single

Click Here for full Flyer!

Or call 925-771-7636 and ask for Cassie to sign up TODAY!

Cost Includes: 9 meals, airport transfer from Pleasant Hill, Airfare, Hotel Accommodations, taxes & fees.
Below is the schedule of our usual activities, we look forward to seeing you at some of them when we re-open.

**MONDAY**
- 9:00 am  Open Computer Lab (Computer Rm)  **MDF**
- 9:00 am  Boutique (Arts & Crafts)  **MDF**
- 10:30 am  Notary Service (Conf. Rm) 1st  **DF**
- 12:00 pm  Book Club (Game Rm) 1st  **MDF**
- 12:00 pm  C.C. Café Lunch (Dining Rm)  **$@**
- 12:30 pm  Marathon Bridge (Classrooms)  **MR**
- 1:00 pm  Flex for Fitness (Dance Studio)  **D$**
- 1:00 pm  Open Game Time/Scrabble Group (Game Rm)  **MDF**
- 6:30 pm  Pinochle (Classrooms)  **M$D**

**TUESDAY**
- 8:30 am  Pathfinders Gathering (Library Area)  **MDF**
- 9:00 am  Consult an Attorney (Conf. Rm) 1st  **@F**
- 10:00 am  Healing through Grief (Classroom 2)  **DF**
- 10:00 am  Senior Bridge (Classrooms)  **MD**
- 9:30 am  Board Meeting (Arts & Craft Rm) 1st  **D**
- 10:30 am  Notary Service (Conf. Rm) 3rd  **DF**
- 12:00 pm  C.C. Café Lunch (Dining Rm)  **$@**
- 12:00 pm  Open Computer Lab (Computer Rm)  **MDF**
- 12:30 pm  Mah Jongg (Game Rm)  **M$D**
- 1:00 pm  Trip Meeting (Chateau Rm) 1st  **DF**
- 1:30 pm  Adv. Health Care Dir. (Dining Rm) See Schedule  **@F**
- 2:00 pm  Men’s Corner (Arts & Crafts Rm)  **MDF**
- 2:00 pm  Bunco (Dining Rm) Last  **M$D**

**WEDNESDAY**
- 9:00 am  Open Computer Lab (Computer Rm)  **MDF**
- 9:30 am  Spanish Resource Group (Arts & Crafts Rm)  **MFD**
- 9:25 am  Flex for Fitness (Classrooms)  **D$**
- 10:00 am  Chess (Game Rm) 1st & 3rd  **MDF**
- 10:35 am  Flex for Fitness (Classrooms)  **D$**
- 11:30 am  Chef’s Lunch  **$D**
- 12:00 pm  C.C. Café Lunch (Dining Rm)  **$@**
- 12:30 pm  Chess (Game Rm) 2nd & 4th  **MDF**
- 1:00 pm  Friday Flik (Chateau Rm) See Schedule  **DF**
- 1:00 pm  Mah Jongg (Classroom)  **M$D**

**THURSDAY**
- 8:30 am  Explorers (Meet in Library) 2nd & 4th  **MD**
- 9:00 am  Boutique (Art & Craft Rm)  **MDF**
- 10:00 am  iHelp (Computer Rm) 2nd & 4th  **MDF**
- 10:00 am  Memory Screening (Conf. Rm) 2nd  **DF**
- 10:30 am  Mac Users (Computer Rm) 1st & 3rd  **MDF**
- 10:30 am  Wit & Wisdom (Game Rm)  **MDF**
- 12:00 pm  C.C. Café Lunch (Dining Rm)  **$@**
- 1:00 pm  Pinochle (Classrooms)  **M$D**
- 1:00 pm  Spanish Book Club (Game Room) 3rd  **MDF**
- 1:00 pm  Tea Dance (Chateau Rm)  **D$**

**FRIDAY**
- 9:00 am  Open Computer Lab (Computer Rm)  **MDF**
- 9:25 am  Flex for Fitness (Classrooms)  **D$**
- 10:00 am  Ted Talks (Computer Lab) 1st  **MDF**
- 10:35 am  Flex for Fitness (Classrooms)  **D$**
- 11:30am  Chef’s Lunch  **$D**
- 12:00 pm  C.C. Café Lunch (Dining Rm)  **$@**
- 12:30 pm  Chess (Game Rm) 2nd & 4th  **MDF**
- 1:00 pm  Friday Flik (Chateau Rm) See Schedule  **DF**
- 1:00 pm  Mah Jongg (Classroom)  **M$D**

**SUNDAY**
- 8:30 am  Pancake Breakfast (Chateau Rm) 1st  **$D**

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**CODES**

- $ = Fee attached
- @ = Res./Appt. Required
- R = Pre-registration Required
- M = Membership required
- D = Drop-in’s accepted
- F = Free activity/service/class

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Have old eyeglasses?
The Lions Club of PH has a donation box located on the counter in the Coffee Lounge.
We’re on the web!
www.pleasanthillrec.com

Submission deadline for May issue is April 6.

April 2020

“TIME VALUE” DATED MATERIAL

To: OR CURRENT RESIDENT

Due to the uncertainty of the current Covid-19 situation we have cancelled our April programs and events. Should there be a change we will be sure to reach out and let the membership know.

In the meantime we will give ongoing updates and announcements through our Facebook page and e-blasts.

Italicized events are trips being offered through our Travel Office. Call (925) 798-8747 for tickets.