



RIVERTOWN REPORT

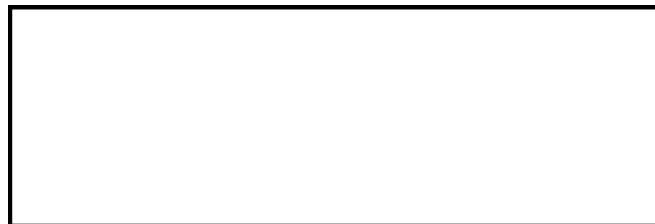


Antioch Senior Center | September- October 2025



Antioch Senior Center
415 W. 2nd Street
Antioch CA, 94509

PRST STD
U.S POSTAGE PAID
MAILED FROM ZIPCODE 94509
PERMIT No. 14



Open Mondays-Fridays
8:00am - 4:00pm

Holiday Hours- Center Closed
LABOR DAY- Monday, September 1



Front Desk: (925) 779-7074



Email: seniors@antiochca.gov



ANTIOCHCA.GOV/SENIOR

STAY CONNECTED



Supervisor Message- Jun Gandia

As we gear up for the fall season at the Antioch Senior Center, I am thrilled to announce that we have an array of exciting events and trips planned for you to enjoy. From seasonal festivities to trips to fabulous destinations, there is something for everyone to look forward to.

I am also pleased to update you on the roof renovation project. The renovation will continue throughout September, with plans to start in late fall and be completed by the end of the year. Rest assured, we will keep you informed every step of the way. I am truly excited to be a part of this vibrant senior community, and I am committed to providing you with amazing activities and resources at the center. Let's make this fall season one to remember!

Wishing you all a fantastic autumn season ahead!

SAVE THE DATE

Join us for the next Coffee and Conversation!

September 15th at 10am

- Stay up-to-date with the latest news, events, and announcements from the center
- Learn about new resources, services, and support available for seniors
- Ask questions and get direct answers in a relaxed, friendly environment



What's New?

Check Out Our New Fall/Winter Trips!

Get ready to explore—our latest trips are here! We've got something exciting for every kind of traveler. Spaces are limited, so book early and make your next getaway unforgettable!



Interested In Becoming A Vendor?

Do you have crafts, vintage items, or unique treasures you'd love to share? Join us as a vendor at Trinkets & Treasures.

For more information or to sign up, visit our Front Desk.

Spaces are limited!



NEW! Pump It Up Zumba

Mondays & Fridays
10:00am-10:30am



A fun, low-impact dance workout class! This 30-minute class uses easy-to-follow moves set to upbeat music to boost heart health, balance, and coordination.

Employee Highlight- Sabrina Alvarado



Sabrina was born and raised in Los Angeles but moved to the Bay Area around age eight. She split her school years between both places. After her time at the center, she heads to her second job at a law firm, and she's also planning to return to school to pursue a degree in criminal justice.

Her favorite season is fall, and she's a big fan of Halloween! In her downtime, she loves binge-watching documentaries and horror movies. Sabrina calls the Senior Center her happy place—and we couldn't agree more. We're so lucky to have her on our team!



A Message from Antioch Friends of Seniors (FRIENDS)

Greetings to all Antioch Seniors. Hope your Summer was enjoyable.

It is that time of year when we get ready for Board elections. There are several Board positions that are up for election and a couple of them are vacancies that need to be filled. If you are interested in applying for a Board position, the applications will be available at the Senior Center starting 1 September. They must be submitted by 30 September. Elections will take place between October 16th to 30th. Results will be published in November and the New Board Members will begin their 4-year term in January 2026. You must be a member of the Senior Center in good standing to apply.

All members of the Senior Center are eligible to vote for Board candidates. Ballots will be available at the Front Desk. If you have any questions please contact a current Board Member.

Kind Regards and be safe,
Pat Jeremy, President



WEEKLY ACTIVITIES

We are pleased to offer a variety of activities for our senior center members. All activities are on a drop-in basis, so you can join us whenever it fits in your schedule. ****Must be an Antioch Senior member to participate******

MONDAY

- Inner Work of Age 9:30am-10:30am
- Drop-In Tech Support 9:00am-11:00am
- Cane-Do 9:30am-10:30am
- Beginner Ukulele 9:00am-10:00am
- Kani Ka Pila 10:00am-12:30pm
- Pump It Up Zumba Class ***M/F*** 10:00am-10:30am
- Beginner Exercise ***M/W/Fri*** 10:30-11:15am
- Painting Club ***M/W*** 12:00pm-3:00pm
- Pickleball 1:00pm-3:00pm

TUESDAY

- Pump It Up Reading Class 9:00am-10:00am
(1st & 3rd Tuesday of every month)
- Beginning Sewing 9:30am-11:30am
- Mindfulness Class 9:30am-10:00am
- Happiness Is... 10:00am-11:00am
- Knitting & Crocheting 12:00pm-3:00pm
- Cribbage 12:00pm-2:00pm
- Women's Friendship Circle: 12:00pm-1:00pm
(2nd & 4th Tuesday of every month)
- Advanced Spanish 1:00pm-2:00pm

WEDNESDAY

- Ukulele 10:00am-11:30am
- Men's Friendship Circle 10:00am-11:00am
(2nd & 4th Wednesday of every month)
- Pickleball 1:00pm-3:00pm

THURSDAY

- Rivertown Band 9:30am-11:00am
- Hula Dance 8:30am-10:00am
- Ballet Folklórico 10:00am-11:00am
- Line Dancing 10:00am-11:00am
- Bingo 1:00pm-3:00pm

FRIDAY

- Piano Class 9:15am-10:15pm
- Arts & Crafts 9:30am-10:30am
- Guitar Class 10:30am-11:30am
- Movie Friday 12:15pm movie starts



UPCOMING FALL TRIPS

Plan your next getaway with us!

HORNBLOWER: FLEET WEEK

OCTOBER 12



Antioch Resident Rate: \$173
Non-Resident Rate: \$190
Trip Level: 2
Sponsored By FRIENDS

COLUSA CASINO

OCTOBER 25



Antioch Resident Rate: \$75
Non-Resident Rate: \$85
Trip Level: 2

CIRQUE DE SOLIEL

NOVEMBER 21



Antioch Resident Rate: \$173
Non-Resident Rate: \$190
Trip Level: 2

TRIP LEVELS



Level 1: At a leisure pace, this trip involves minimal physical activity, such as light walking (up to a few walks) and short period of standing. This level is wheelchair, cane and walker accessible

Level 2: This trip may require some periods of standing and walking along stairs, inclines, uneven surfaces. This level is wheelchair, cane and walker accessible.



Level 3: This trip may require substantial periods of walking and standing. This can include uneven terrain or stairs. This level would be more difficult for wheelchairs, canes or walkers.

UPCOMING FALL EVENTS

Due to roof renovations, our upcoming events are currently **to be determined**. We hope to host all scheduled events, but please understand that some may need to be canceled as work progresses. We'll keep you updated with the latest information, and we truly appreciate your patience and support during this process.



Crazy Sock Day

October 8- Dress-up Day ONLY



Monster Mash & Mingle

October 31 at 10am



Gratitude Gathering

November 20 at 10am

SENIOR CENTER

SENIOR CENTER MEMORIES



SERVICES & RESOURCES

HEALTH

- HICAP, Health Insurance Counseling & Advocacy Program:

DATE: Every 3rd Tuesday of the month | 1:00AM-3:00PM

RSVP: Call (925) 655-1393 to make an appointment.

COST: Free **Appointment Only**

LEGAL

- General Legal Advice | 2nd Monday of every month
- Will Services | 3rd Monday of every month

RSVP: Call (925) 609-7900 or email info@ccsls.org.

COST: Free **Appointment Only**

COUNSELING

• Senior Peer Counseling: 10am-12pm **Appointment Only**
Please contact our front desk at 925-779-7074 for more information and to schedule a one on one appointment with a counselor.

- Friendship Circles- **Drop- In no appointment required**
 - Women's Circle- 2nd & 4th Tuesday at 12pm
 - Men's Friendship Circle 2nd & 4th Wednesday at 10pm



FOOD BANK – For Seniors 50 +

WHEN: 2nd & 4th Wednesday of every month

TIME: 9:00am-10:00am. Arrive early to ensure a spot in line!

**** Distribution is on a first come first serve basis****

HOW TO REGISTER

- Applications available at Antioch Senior Center front desk.
 - Proof of Antioch residency is required to register.

DRIVER SAFETY

- AARP Driver Safety Course: A 2-day driver safety class.

DATE: October 2nd & 19th ***Must attend both dates***

TIME: 9:30AM-2:30PM with a 30 minute lunch break.

Please bring a lunch.

****If you would like lunch from Cafe Costa these dates please call ahead for a reservation. **There will be no walk ins allowed****

RSVP: (925) 779-7074

COST: \$20 AARP Members / \$25 Non-Members

FINANCIAL ASSISTANCE

- Are you 50 or older and interested in taking a class, joining a program, or going on a trip—but need a little financial help to make it happen? Our 50+ Scholarship Program is here for you!
- **Starting January 1st**, you can apply for financial assistance to participate in enriching activities offered through the Senior Center.
- Applications will be available at the front desk and online. Don't miss this chance to try something new.

TRANSPORTATION

- Tri Delta Transit's Paratransit transportation includes two programs. ADA Paratransit transportation and Senior (65+) Paratransit transportation.

CALL: 925-754-6622 for more information

CAFE COSTA

Café Costa offers nutritionally balanced meals daily. Café Costa promotes social interaction and companionship among seniors. There are no income restrictions.



HOW TO RESERVE

- Registration & reservation 1-day prior
- **MUST** call before 11:15am 1-day prior
- Vegetarian and salad option is available with a request.
- Call 925-779-7072; Please leave a detailed message if there is no answer.
- Ages 50-60 Mandatory \$6 | Ages 60+ \$3 Donation

MONTHLY MENUS

- Menus are available at the Senior Center Nutrition Desk and Online.

SENIOR HIGHLIGHT

Nia Wafer

Meet Nia Wafer, a vibrant member of our community who brings warmth, wisdom, and a love for service wherever she goes. Nia was born on May 1, 1960, in Jamaica, Queens, NY. Shortly after, her family relocated to Sacramento, where she spent most of her childhood and teenage years.

As a teen, Nia worked alongside her father at his dry-cleaning business, where she gained valuable experience in customer service, cash handling, and the day-to-day operations of running a small business.

Nia went on to earn her bachelor's degree in Public Administration from Sacramento State University. Following graduation, she worked for the Sacramento Police Department for seven years before moving to Oakland. There, she served as a Sheriff's Technician with the Alameda County Sheriff's Department for two years. She then transitioned to the Alameda County Social Services Agency, where she dedicated 28 years of service before retiring. After retiring, Nia volunteered for a few months as an English teacher at a church in Oakland.

Nia is a proud mother of two and grandmother of two. She shares that becoming a parent was a life-changing experience that taught her to think beyond herself and focus on the well-being of her family. In her free time, Nia enjoys tending to her tomato garden, playing with her dog Rufus, and going to the movie theater with her husband. Her favorite genre is Sci-Fi!

Nia was introduced to our center through her father, a longtime member whose positive experience inspired her to get involved. She began as a volunteer and quickly found joy in giving back—especially during lunch service, where she enjoys engaging with fellow seniors. In addition to her volunteer work, Nia serves as the Secretary of the Antioch Friends of Seniors Board, where she continues to support the senior community.



We're so lucky to have Nia as part of our community!

SENIOR CENTER

SMILES AROUND THE CENTER



Front Desk: (925) 779-7074



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Email: seniors@antiochca.gov