



The Pinole Senior Center has gone virtual!

Check out some of the amazing FREE programs available all at the comfort of your home



Book Club

The Senior Center Book Club meets every third Friday of the month at 10:30 AM via ZOOM. The books for the upcoming months are the following:

February 19th, 2021: *The Vanishing Half* by Brit Bennett

March 19th, 2021: *A Promised Land* by Barack Obama

April 16th, 2021: *The Nightingale* by Kristin Hannah

May 21st, 2021: *Eugene Onegin* by Alexander Puskin

June 18th, 2021: *My Own Words* by Ruth Bader Ginsburg

July 16th, 2021: *The Bluest Eye* by Toni Morrison

August 20th, 2021: *Native Son* by Richard Wright

September 17th, 2021: *Interior Chinatown* by Charles Yu

October 15th, 2021: *On the Road* by Jack Kerouac

November 19th, 2021: *This Tender Land* by William Kent Kreuger

December 17th, 2021: *The Return* by Nicolas Sparks

ZOOM Meeting ID: 668 302 991 / ZOOM Meeting Password: Booklove



Craft Group

The Craft Group meets every Thursday at 10:00 AM via ZOOM. Any craft is welcome! Together the group can work on a project and have fun discussions.

ZOOM Meeting ID: 859 6873 8074 / ZOOM Meeting Password: 663979



Speak Up!

The Senior Center's *Speak Up!* Group has transitioned to Zoom. The group meets every Thursday on Zoom to talk about anything and everything. If you are looking for a way to connect with others and chat this is the group for you. If you are interested in participating please email Barry Schwartz at barrydschwartz@outlook.com so that he can send you the Zoom meeting information directly.



Exercise Classes

The Pinole Senior Center encourages all of you to continue to stay active even while at home. Some of our instructors are hosting virtual classes via ZOOM throughout the week:

Balance Range of Motion with Jacqueline Corl-Seidel

Monday's at 1:30 PM

ZOOM Meeting ID: 310 058 896 / ZOOM Meeting Password: 558140

Wednesday's at 10:00 AM

ZOOM Meeting ID: 864 405 132 / ZOOM Meeting Password: 120140

Stretch for Yoga and Balance with Jacqueline Corl-Seidel

Tuesday's at 10:00 AM

ZOOM Meeting ID: 864 405 132 / ZOOM Meeting Password: 120140

Thursday's at 1:30 PM

ZOOM Meeting ID: 310 058 896 / Zoom Meeting Password: 558140

Friday's at 10:00 AM

ZOOM Meeting ID: 864 405 132 / ZOOM Meeting Password: 120140