

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
FEBRUARY 2026

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

February: Combating loneliness & staying connected Pg.2

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ONE CENTER, TWO LOCATIONS:

NORTH BERKELEY SENIOR CENTER
1901 Hearst Ave
Berkeley, 94709
(510) 981-5190
Open Mon/Wed/Thurs/Friday
Hours: 9:00 AM-4:00PM

JUDGE HENRY RAMSEY JR.
SOUTH BERKELEY SENIOR CENTER
2939 Ellis Street
Berkeley, 94703
(510) 981-5170
Open Mon/Tues/Wed/Thurs

COMBATING LONELINESS: STAYING CONNECTED THIS WINTER

Winter can be a quieter time of year. Shorter days, cooler weather, and fewer outings can sometimes make it harder to stay socially connected. For many older adults, this can lead to feelings of loneliness—something that is more common than we often admit, and nothing to be ashamed of. The good news is that loneliness is not a permanent condition, and small, intentional steps can make a meaningful difference.

Loneliness is not simply about being alone; it is about feeling disconnected. You can be surrounded by people and still feel lonely, or live alone and feel deeply fulfilled. What matters most is having regular, meaningful contact—whether through conversation, shared activities, or a sense of belonging in your community.

One of the most effective ways to combat loneliness is maintaining routine social touchpoints. This could be something as simple as attending a weekly class, joining a discussion group, or stopping by the senior center for lunch. Familiar faces and predictable schedules help create connection and purpose, especially during the winter months.



Staying connected does not have to mean being busy all the time. Phone calls, handwritten notes, and video chats are powerful tools for maintaining relationships with friends and family. Even a short check-in call can lift spirits on both ends. If technology feels intimidating, Berkeley senior centers have programs that offer help with smartphones, tablets, and email to make staying in touch easier.

Volunteering is another meaningful way to reduce loneliness. Helping others—whether through meal programs, greeting visitors, or assisting with events—creates connection while reinforcing a sense of purpose and contribution. Giving time often brings as much benefit to the volunteer as it does to the recipient.

It is also important to pay attention to emotional well-being. If feelings of loneliness become persistent or overwhelming, reaching out for support is a sign of strength. Talking with a trusted friend, staff member, or health professional can open the door to helpful resources and support.

Berkeley is a community rich with opportunities for connection. Senior centers, libraries, support groups, and neighborhood organizations all provide spaces to gather, learn, and share. This winter, consider taking one small step toward connection—you may find it makes a big difference.

The City of Berkeley Senior Centers will be closed on:

Thursday, February 12th in observance of Lincoln's Birthday

Monday, February 16th in observance of Washington's Birthday

FEBRUARY WORD FINDER

E S E N O J D N A T T E R E V E O Z E A J O Z F K K I
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A Y A B U C A T E M F Z I N D I A N R O C K B A D Q V
C A Y A D V E N T U R E P L A Y G R O U N D J O S T E

Adventure Playground BART Bike Boulevards Botanical Garden Campus Cheese Board
Diversity Dog Parks Environmental Everett and Jones Expensive Farmers Market Fitness
Flea Market Fourth Street Grove Street Home Indian Rock Liberal Marina Offbeat
Rose Garden Senior Centers Shattuck Ave Students Stroll Paths Tacubaya The Claremont
Tilden Park University Ave Viks Chaat Wackiness Waterfront Zellerbach

NORTH BERKELEY SENIOR CENTER FIELD TRIPS

Field Trip requests are now on a lottery basis. Members can sign up for a maximum of 3 field trips per month (this includes both senior centers). You may call 1 week prior to a field trip and if there is availability, you can sign up for that trip. *Fieldtrips are subject to change at the discretion of staff*

Please call the senior center a few days after the 1st of month to see if you won the lottery

RETURN TRIP: Drivers will wait no more than 15 minutes after the agreed meeting time for field trip participants to board the bus. Once the bus departs, participants will be responsible for their own return transportation. Please plan accordingly! **Also**, once dropped off back at the senior center, if you plan to get a ride home from East Bay Paratransit, family/friend or taxi, please ensure your ride comes to pick you up before 4:30 p.m.

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other challenges. The key below will help identify challenges:

* = Light Walking

* * = Moderate Walking

* * * = Heavy Walking

LEAVING NORTH BERKELEY SENIOR CENTER

CALL (510)981-5190 TO REGISTER

Date:		Time	Score	Field Trip	Cost	Lunch Cost
Monday	2/9	10:00 am - 3:00 pm	**	USS Hornet: Sea, Air & Space Museum (Alameda)	\$15	On Your Own
Tuesday	2/17	9:00 am - 4:00 pm	**	Musée Mécanique and Fisherman's Wharf (SF)	Free	On Your Own
Thursday	2/26	8:00 am - 4:00 pm	*	Open Rehearsal: SF Symphony	Free	On Your Own
Tuesday	3/3	9:00 am - 4:00 pm	***	All Abilities Day at Big Break Regional Shoreline	Free	Bring Your Own

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is *(16) passengers. For Shopping Trips our bus capacity is *5(5) Passengers for regular shopping trips and Three(3) Passengers for short afternoon shopping trips. You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing covid19 safety protocols of wearing masks and hand sanitizing.

To register, call (510) 981-5190 Participants must call at least two (2) business days in advance to schedule.

If you must cancel, please do so at least 48 hours prior to your scheduled trip.

Only shop for items you can easily carry. If you need assistance with your shopping bags, please bring a caregiver or helper with you. Please be on time for your bus pickup.

Day	Date	Where	Time
Tuesday	2/10	Berkeley Bowl West	8:30 am - 12:00 pm
Tuesday	2/10	Bay Street/Tokyo Central Market (Emeryville)	12:30 pm - 4:00 pm
Tuesday	2/24	Dollar Tree (Hilltop Plaza)	8:30 am - 12:00 pm
Tuesday	2/24	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm
Monday	3/2	Walmart (Martinez)	8:30 am - 12:00 pm
Monday	3/2	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm

EAST BAY SENIOR STROLL

Join us for a rejuvenating walk with the East Bay Senior Stroll group! Embark on a delightful stroll commencing at the North Berkeley Senior Center. Engaging in regular walks not only enhances the physical well-being of seniors but also fosters social connections and contributes to mental wellness. We extend a warm invitation for you to be a part of this enriching experience.

When & Where

North Berkeley Senior Center front lobby

Wednesdays 10am-12pm

Call Buddy Activist at **925-628-9325** for more information



SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Field Trip Requests are taken on the first business day of the month after 9 AM, Requests are taken on a first serve first come basis. Members can sign up for a maximum of 3 field trips per month (this includes both senior centers). You may call 1 week prior to a field trip and if there is availability, you can sign up for that trip. *Fieldtrips are subject to change at the discretion of staff*

RETURN TRIP: Drivers will wait no more than 15 minutes after the agreed meeting time for field trip participants to board the bus. Once the bus departs, participants will be responsible for their own return transportation. Please plan accordingly! Also, once dropped off back at the senior center, if you plan to get a ride home from East Bay Paratransit, family/friend or taxi, please ensure your ride comes to pick you up before 4:30 p.m.

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other challenges .The key below will help identify challenges:

* = Light Walking

* * = Moderate Walking

* * * = Heavy Walking

LEAVING SOUTH BERKELEY SENIOR CENTER

CALL (510)981-5170 TO REGISTER

Date:		Time	Score	Field Trip	Cost	Lunch Cost
Wednesday	2/11	11:00am - 4:00pm	**	Museum of the African Diaspora	\$7	Bring your own
Wednesday	2/25	9:00am - 4:00pm	**	Jelly Belly Factory (Fairfield)	\$8	Hibachi Grill & Buffet Menu Prices
Friday	2/27	9:00am - 3:30pm	**	Walmart Hesperian Blvd (San Leandro)	Free	Harry's Hofbrau -Menu Prices
Wednesday	3/4	9:30am - 4:00pm	*	Dollar Tree (Mission Blvd, Hayward)	Free	Sizzler Hayward Menu Prices

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is *(16) passengers. For Shopping Trips our bus capacity is *Five(5) Passengers. Both shopping and field trips are offered on a first come first served basis trip requests left on voicemail cannot be accepted . You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing Covid19 safety protocols of wearing masks and hand sanitizing.

To register, call (510) 981-5170 Participants must call at least two (2) business days in advance to schedule.

If you must cancel, please do so at least 48 hours prior to your scheduled trip.

Only shop for items you can easily carry. If you need assistance with your shopping bags, please bring a caregiver or helper with you. Please be on time for your bus pickup. pick up window for grocery shopping is between 1:30 p.m. and 2:15 p.m. Shopping time in the store is limited to 1 to 1.5 hours.

Day	Date	Where	Time
Monday	2/23	Costco	1:30 - 4:30pm
Monday	3/9	El Cerrito Plaza	1:30 - 4:30pm

February 2026 NBSC & SBSC Café Dine-in Menu

LOCATION: South Berkeley Senior Center
 WHEN: Mondays: 11:30am-12:30pm
 Tuesday: 11:30am-12:30pm
 Thursdays: 11:30am-12:30pm
 \$3 Suggested voluntary contribution
Last lunch is served at noon

Please note that the South Berkeley Senior Center will be using a temporary menu. To inquire about items on the menu, please consult the front desk.

LOCATION: North Berkeley Senior Center
 WHEN: Mondays: 11:30am-12:30pm
 Wednesdays: 11:30am-12:30pm
 Fridays: 11:30am-12:30pm
 \$3 Suggested voluntary contribution
Last lunch is served at noon

Other Tri-City Café locations outside of Berkeley:

Albany Senior Center:
 510-524-9122
 846 Masonic Avenue in Albany
 Monday-Friday at 12:00pm

Emeryville Senior Center:
 510-596-3730
 4321 Salem Street in Emeryville
 Monday-Friday at 12:00pm

MONDAY NBSC/SBSC/ASC/ESC	TUESDAY SBSC/ASC/ESC	WEDNESDAY NBSC/ASC/ESC	THURSDAY SBSC/ASC/ESC	FRIDAY NBSC/ASC/ESC
<p>2 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+ <i>Higher Sodium Meal</i></p>	<p>3 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+ French Roll & Butter</p>	<p>4 <i>Soup is a large 12 ounces</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots & citrus vinaigrette+* Whole Wheat Crackers Mango Chunks+</p>	<p>5 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread & Butter Seasonal Pear</p>	<p>6 Chicken Fried Steak with Country Gravy Collard Greens* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+</p>
<p>9 Moo Shu Pork Squash Medley Stir Fry +* Steamed Rice Blend (Half Brown) Mandarin Oranges+ <i>Higher Sodium Meal</i></p>	<p>10 Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana</p>	<p>11 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+</p>	<p>12 Berkeley Senior Centers Closed Lincoln's Birthday</p>	<p>13 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Grapes</p>
<p>16 Berkeley Senior Center's Closed Washington's Birthday</p>	<p>17 Lunar New Year Soy Sauce Chicken Stir Fry Vegetable (carrots, broccoli, cauliflower) + Brown Rice Orange+ Fortune Cookie</p>	<p>18 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Grapes</p>	<p>19 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple Chunks+</p>	<p>20 Oven Baked "Fried" Chicken w/ Gravy Stir Fried Greens+* Roasted Sweet Potatoes+* Cornbread WW Cracker Warm Cinnamon Peaches</p>
<p>23 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onion Banana <i>Higher Sodium Meal</i></p>	<p>24 Tuna Noodle Casserole (Whole Wheat Noodles) Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing+ Seasonal mixed fruit (pineapple, berries, mango)</p>	<p>25 <i>Soup is a large 12 ounces</i> Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ * Seasonal Pear</p>	<p>26 Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread & Butter Pineapple/Mango Chunks+</p>	<p>27 Chicken & Sausage Gumbo over Brown Rice Cornbread Spinach Salad with Dressing* Cutie Citrus+</p>
				
		<p>Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>	<p>+denotes vitamin C-rich foods *denotes vitamin A-rich foods</p> <p>All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u></p>	<p>All meals include 1% milk. Menu is subject to change without notice.</p>

No eligible member will be denied lunch Service due to inability to contribute. Mandatory \$10 fee for non-eligible participants. Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

Caregiver Tips

Challenges Caregivers May Experience



- **Burnout**
- **Feeling stressed or overwhelmed**
- **Financial struggles**
- **Time management**
- **Feelings of loneliness, isolation, or helplessness**

Take Care of Your Own Health

Remember to take care of yourself while taking care of others by:

- **Joining a caregiver support group to feel less alone.**
- **Scheduling time and activities with loved ones outside of caregiving.**
- **Getting proper sleep each night.**
- **Maintaining physical health with regular exercise and a healthy diet.**
- **Engaging in hobbies and passions outside of caregiving.**



Ask for Help

You can't always do this on your own. Some ways to get support may be:



- **Seeking professional help or advice from a geriatric care manager, at-home nurse, etc.**
- **Talking with a therapist or counselor.**
- **Delegating tasks to others.**
- **Connecting with other caregivers.**
- **Knowing when it's time to transfer your loved one into a professional care facility.**

GOGO RIDES ORIENTATION

DO YOU NEED ASSISTANCE WITH GETTING STARTED WITH YOUR GOGO ACCOUNT?

If you are already enrolled in Berkeley Rides for Seniors & the Disabled and need assistance with learning how to use your GoGo account, have specific questions, registration/account issues, you can schedule yourself for in person or telephone support during the day and time noted below:

Wednesdays: 9 a.m. - 12 p.m.

****Please call in advance to schedule at**

**** (510) 981-5176 ****

****NOTE:** you must already be enrolled with Berkeley Rides for Seniors & the Disabled program in order to access assistance with your GoGo account.

Support and Resources from the Aging Services Division

The Aging Services Division has resources and services to support you!

Information & Assistance and Family Caregiver Support Programs

Our friendly Senior Service Assistants are available by appointment only at both the North and South Berkeley Senior Centers, or by phone. Case Managers from our Social Services Unit can also assist you over the phone.

- Information & Assistance Program: Get information and referrals to services and resources that meet your specific needs.
- Family Caregiver Support Program: Find helpful information, guidance, and resources for those who care for others.

How to Connect with Us:

- North Berkeley Senior Center
Hours: Monday, Wednesday-Friday, 9:00 AM-4:00 PM
Phone: (510) 981-5190
- South Berkeley Senior Center
Hours: Monday-Thursday, 9:00 AM-4:00 PM
Phone: (510) 981-5170
- Social Services Unit (Phone Support Only)
Hours: Monday-Friday, 9:00 AM-4:00 PM
Phone: (510) 981-5180

We're here to help you navigate available resources and connect you to the support you deserve.

BERKELEY RIDES FOR SENIORS & THE DISABLED

****PROGRAM UPDATE****

The Berkeley Rides for Seniors and the Disabled (BRSD) program waitlist is at capacity and is not accepting new applications at this time. If you have already submitted an application prior to 3/1/2025, you are on the waitlist and will receive a letter in the mail if you are approved.

Call **510-981-7269** or Email: **BRSD@berkeleyca.gov**

or

Visit website: [Transportation Services | City of Berkeley \(berkeleyca.gov\)](https://www.berkeleyca.gov/transportation-services)

Social Services Unit is accepting new referrals!

All Information & Assistance services are offered at NO charge. Our Targeted Case Management (TCM) Program supports Berkeley residents who are Medi-Cal eligible, uninsured or under-insured .

The Social Services Unit focuses on helping low-income seniors connect with medical access and benefits, transportation needs, access to food, legal aide, resources for utilities/ energy assistance, social and other essential services. Please note that eligibility screening will be provided by the case managers.

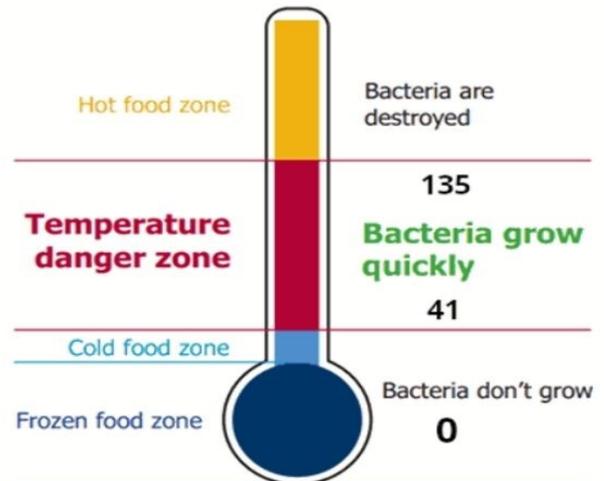
If you would like to consult or submit a referral, feel free to contact us at **510-981-5180** or via email agingssu@berkeleyca.gov

FOOD SAFETY

AT HOME

FOODBORNE ILLNESS:

Adults aged 65+ are at higher risk of developing foodborne illness (also known as food poisoning). Changes within our body affect our immune system's ability to fight off harmful bacteria and toxins. **Proper food safety practices** are one of the largest ways we can personally combat and prevent foodborne illnesses.



4 Core Practices we can take to ensure our food is safe are:

Clean

Always wash your hands!

Wash your cutting boards, dishes, utensils and countertops with hot soapy water before and after preparing each food item.

Consider using paper towels for clean ups in the kitchen, instead of kitchen towels to reduce the spread of bacteria.

Rinse fruit and vegetables under running tap water. Scrub rough skinned vegetables such as potatoes before use.

Separate

Keep ready-to-eat cooked food separate from raw food such as meat and eggs because they can spread germs and cause cross-contamination. Cross-contamination is how bacteria can be spread.

Tip: Use one cutting board for meat, poultry, and seafood. A separate cutting board should be used for fresh produce.

Cook

Food has been cooked safely once it reaches a **high enough internal temperature to kill the harmful bacteria** that **cause foodborne illness**. Each food type has a specific cooking temperature.

When **reheating meals**, make sure the food reaches a temperature of **165F**.

Chill

Refrigerate food promptly.

Refrigerate perishable food within 2 hours of purchase/ removing from the refrigerator. Keeping your refrigerator at 40F or below is one of the most effective ways to reduce risk of foodborne illness.

Tips:

Refrigerate or freeze meat, fish, dairy or other perishable foods as soon as you return from the grocery store.

Never thaw food at room temperature. 3 safe ways to thaw frozen foods include:

1. In the refrigerator
2. In cold water (food should be cooked immediately)
3. In the microwave (food should be cooked immediately)

For more information on internal cooking temperatures as well as proper storage and chilling of foods please visit:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

<https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

<https://www.fightbac.org/food-safety-education/40-or-below/>

<https://www.foodsafety.gov/people-at-risk/older-adults>

MEAL & FOOD RESOURCES

PLEASE NOTE: Participants may not be enrolled in more than one meal program (Onsite Lunch or Meals on Wheels) at a time.

Tri-City Café Lunch

Delicious and healthful hot lunches are offered at SBSC, NBSC, Emeryville and Albany Senior Centers. Details on days, times and locations are listed on [page 5](#).

For more information, contact NBSC at 510-981-5190 or SBSC at 510-981-5170.

Mercy Brown Bag

Mercy Brown Bags will be available for pickup at the Berkeley Senior Centers

No Distributions on Holidays

North Berkeley Senior Center Dates: 1st & 3rd Friday's : Mercy Brown Bag pick up will be at South Berkeley Senior Center for 2/6/26 , 2/20/26 , and 3/6/26

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 2/6/26 11:00AM-2:00PM / 2/20/26

Berkeley Meals on Wheels:

Meals on Wheels provides up to (7) meals per week to participants based on eligibility. If you live in Berkeley and want to find out if you qualify for Meals on Wheels, call (510) 981-5250 or email Seniors@cityofberkeley.info. **NOTE: Meals on Wheels participants are considered homebound and therefore would not be participating in the senior center activities & lunch program at the same time**

Other Local Meals on Wheels Programs

Albany: (510) 524-9122 Emeryville: (510) 209-1028

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: (510) 582-1263

West Contra Costa County: (510) 412-0166

CalFresh (also known as SNAP, Formerly Food Stamps)

CalFresh provides money for nutritious food for those who meet income eligibility criteria.

Alameda County Food Bank can help with eligibility questions and getting signed up.

Phone number for application & interview:(510)272-3663

Alameda County Food Bank

Phone: (510) 635-3663 Website: <https://www.accfb.org/get-food/>

The helpline will connect you to a source for groceries and a hot meal the same day.

Berkeley Food Network

Where:1925 Ninth Street

When: Tuesday & Thursday 11am-6pm

Pantry at South Berkeley Senior Center in Collaboration with the Berkeley Food Network

UPDATE - additional pantry day! Starting in August 2025, the Pantry at South Berkeley Senior Center in Collaboration with the Berkeley Food Network will be held every Second AND Fourth Monday of each month 2pm-3pm (excluding holidays). Please bring a reusable bag for seasonal produce, eggs , protein, bread, shelf-stable items and frozen vegetarian meals.

February pantry dates: 2/9/26 AND 2/23/26

North Berkeley Senior Center

Events & Presentations

Free Blood Pressure Checks

Days & time: Wednesdays & Fridays from 10 am - 12 pm

Location: Dining Room hallway

Brain and Memory Presentation

Date: Friday, February 6th

Time: 10:00am - 12:00pm

Location: Gooseberry Room

Description: Join us for a fun, interactive class on the brain! This month, we will explore specific preventative measures for cognitive decline. You'll learn about neuroscience research as well! This is part of a monthly seminar that will explore topics like the brain, aging, Alzheimer's disease, and ways to keep your brain healthy. Spots fill up quickly, so come early!

CalFresh Enrollment Tabling

Date: First Fridays of the month, February 6th

Time: 10:00am - 12:00pm

Location: Hallway

Description: Alameda County Food Bank representative will be available to assist seniors with Cal Fresh ("food stamps") applications. Please bring: ID, social security number, proof of income and expenses (rent, utilities, medical).

February Birthday Party!

Day: Friday, February 6th

Time: 1pm- 2:00 pm

Location: Aspen Room

Description: Join us as we celebrate January birthdays with live music by the Jazz Therapist Band and delicious cake! Come enjoy great tunes, sweet treats, and cheerful company.

Cultivating Calm

Date: Fridays starting January 16th- March 6th

Time: 10:00pm- 11:30 pm

Location: Morning Glory Room

Description: Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+) that can help increase well-being and lower symptoms of stress and anxiety. No charge for Berkeley residents, otherwise \$10 a session! If you are interested or have any questions or to register, please contact Tanisha Dhamrait 510-239-2017 EXT 706 or Reanna Wadhvani 510-239-2018 EXT 712. **Registration is required**

Lunar New Year Celebration!

Day: Friday, February 13th

Time: 1pm - 3 pm

Location: Aspen Room

Description: Immerse yourself in the vibrant sounds of Chinese music and culture, enjoy live entertainment and tasty treats. Don't forget to wear red for good luck!

Black History Month Celebration

Day & Date: Friday, February 27 from 1:00pm - 2:30pm

Location: Aspen Room

Description: Join us to celebrate black history month at the North Berkeley Senior Center with a special program including live entertainment and music. You don't want to miss!

Meet with an Attorney from the Homeless Action Center (HAC)

Date: Wednesday, March 4th

Time: 1:30 pm-2:30p

Location: Dining Room

Join us for a 15-minute info session with attorneys from the Homeless Action Center (HAC). Learn who they are, the services they provide, how they support individuals experiencing homelessness, and the HUD Unhoused Seniors Project, including eligibility and how seniors can apply. A Q&A will follow to answer your questions and provide more details.

Tech Support by Ashby Village

Day & Date: Thursday, March 5th

Time: 2:00pm - 4:00pm

Location: Dining Room

Description: Free monthly drop-in technology assistance, general Q & A, assistance navigating smart phones, transportation apps (Uber/Lyft)

South Berkeley Senior Center

Events & Presentations

PACE Program

Day & Date: Mondays

Time: 11:00am - 12:30pm

Location: Multipurpose Room

Description: PACE is a health plan designed exclusively for seniors. PACE provides coordinated healthcare services—including medical care.

Medi-Cal/Medicare by LifeLong Medical

DAY & Date: Tuesdays

Time: 11:00am - 12:30pm

Location: Multipurpose Room

Description: Lifelong Medical will be available to answer questions about changes that started January 2026 to Medicare and Medi-Cal.

Heart 2 Heart Blood Pressure Screening

Day & Date: Thursdays

Time: 11:00am - 12:30pm

Location: Multipurpose Room

Description: Get your blood pressure checked and record your reading in your blood pressure pocket pamphlet

Speak with a Berkeley Rent Board Representative

Day & Date: Monday, February 2nd

Time: 11:00 AM- 12:30 PM

Location: Dining Hall

Description: Meet a Berkeley Rent Board Housing Counselor to learn about local housing resources and information about landlord and tenant rights.

CalFresh Enrollment Clinic

Day & Date: Monday, February 2nd

Time: 10:30am - 12:00pm

Location: Dining Room

Description: Alameda County Food Bank representative will be available to assist seniors with CalFresh (“food stamps”) applications. Please bring: ID, social security number, proof of income and expenses (rent, utilities, medical).

Video Chatting by the Berkeley Public Library

Day & Date: Tuesday, February 10th

Time: 1:00pm - 2:00pm

Location: Computer Room

Description: In this workshop, you will learn how to use Zoom to video chat. We will cover how to join a meeting as well as how to create and send a meeting to others.

Berkeley Dancing Family- A Lunar New Year Celebration

Day & Date: Wednesday, February 18th

Time: 12:30pm - 2:00pm

Location: Multipurpose Room

Description: Join us to celebrate Chinese New Year with a dance performance by the Berkeley Dancing Family- a light lunch will be served.

South Berkeley Senior Center Renovation COMMUNITY MEETING #1

Day & Date: Thursday, February 19th

Time: 1:00pm-3:00pm

Location: Multipurpose Room

Description: Join the City of Berkeley to learn about and provide input for improvements to the South Berkeley Senior Center. Contact Priya Chopra at pchopra@berkeleyca.gov for questions, comments, or to be added to the project's email list.

South Berkeley Senior Black History Month Celebration

Day & Date: Thursday, February 26th

Time: 1:00pm-2:30pm

Location: Multipurpose Room

Description: Join us as we celebrate the 100 year Milestone of honoring and celebrating Black History, culture & contributions!

Cooking Matters: 6-week Cooking Class sponsored by 18 Reasons

Day & Date: Wednesdays, March 4th - April 8th

Time: 11:00pm - 1:00pm

Location: Dining Hall

Description: Participants meet weekly to learn cooking skills, discuss nutrition topics and prepare and eat a meal together. Please sign up by calling Karen @ 510-981-5202.

FEBRUARY SCHEDULE OF CLASSES / RECREATIONAL ACTIVITIES / SUPPORT GROUPS

NORTH BERKELEY SENIOR CENTER
 1901 Hearst Ave, Berkeley, CA 94709
 Mon/Wed/Thurs/Fri, 9:00 AM - 4:00 PM Closed Tuesday
 (510) 981-5190

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
Country Western Line Dance	Monday	9:00 AM	11:00 AM	FREE	Aspen Room
Ceramics Collective Drop-in	Monday	9:00 AM	4:00 PM	FREE	Lupine Art Room
Memoir Writing	Monday	10:00 AM	12:00 PM	FREE	Morning Glory Room
Iyengar Yoga	Monday	10:00 AM	11:30 AM	Donation	Juniper room
Parkinsons Voice Exercise	Monday	10:30 AM	11:30 AM	FREE	Deergrass Room
Italian Conversation	Monday	10:30AM	12:00 PM	FREE	Gooseberry Room
Advanced Line Dance	Monday	11:00 AM	12:00 PM	FREE	Aspen Room
Brazilian Samba	Monday	12:00 PM	1:00 PM	Donation	Juniper Room
Memoir Reading Group	Monday	1:00 PM	3:00 PM	FREE	Deergrass Room
Poetry Aloud (BAS)	Monday	1:00 PM	3:00 PM	\$45	Poppy Room
Ping Pong	Mon/Wed/Fri	1:00 PM	4:00 PM	FREE	Aspen Room
Speaking & Reading French	Monday	2:00 PM	4:00 PM	FREE	Morning Glory Room
Zumba by Jam4joy *Late Class*	Monday	5:30 PM	6:30 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Jakes tech support (walk-ins)	Wednesday	10:00 AM	12:00 PM	FREE	Goldenstar Room
East Bay Senior Stroll (Call 925-628-9325 for more info)	Wednesday	10:00 AM	12:00 PM	FREE	Meet at Front desk/Lounge
Conversational French	Wednesday	10:30 AM	12:00 PM	FREE	Gooseberry Room
Moving Qi (BAS)	Wednesday	12:30 PM	2:00 PM	\$45	Juniper Room
Spanish Conversation (Intermediate Spanish Speakers)	Wednesday	1:00 PM	2:00 PM	FREE	Deergrass Room
Art Painting	Wednesday	1:00 PM	3:00 PM	FREE	Lupine Art Room
Moderated Musings	Wednesday	2:00 PM	4:00 PM	FREE	Deergrass Room

North Berkeley Senior Center Continued

Ceramics (BAS)	Thursday	9:00 AM	4:00 PM	\$45	Lupine Art Room
Gentle Yoga (BAS)	Thursday	9:45 AM	11:45 PM	Donation	Juniper Room
Tai Chi Chih	Thursday	10:00 AM	11:00 AM	Donation	Aspen Room
Senior Support Group	Thursday	10:30 AM	12:00 PM	FREE	Morning Glory Room
Ukulele Circle	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room
World Music in Motion (BAS)	Thursday	11:00 AM	12:00 PM	\$45	Aspen Room
Older & Out LGBTQ Social Gathering (1st Thursdays of Month)	Thursday	12:00 PM	3:00 PM	FREE	Poppy Room
Beginning Chinese Ethnic Dance	Thursday	12:00 PM	1:00 PM	FREE	Juniper Room
Chinese Ethnic Dance	Thursday	1:00 PM	3:00 PM	FREE	Aspen Room
Tai Chi (2nd and 4th Thursdays)	Thursday	2:00 PM	3:00 PM	FREE	Juniper Room
Tech Support (1st Thursday of Month)	Thursday	2:00 PM	4:00 PM	FREE	Dining Room
Tap Dance Club	Friday	9:00 AM	11:00 AM	FREE	Aspen Room
Chinese Art Painting	Friday	9:00 AM	12:00 PM	FREE	Lupine Art Room
Iyengar Yoga (BAS)	Friday	9:15 AM	11:15 AM	\$45	Juniper Room
Awe in Improv	Friday	10:00 AM	11:30 AM	FREE	Gooseberry Room
Cultivating Calm (Pre-Registration required) Contact: 510-239-2017 Ext 706 or Ext 712	Friday	10:00 AM	11:30 AM	\$10 for non resident	Morning Glory Room
Peers Wellness Group	Friday	11:30 AM	2:30 PM	FREE	Gooseberry Room
Chinese Karaoke	Friday	12:00 PM	3:00 PM	FREE	Deergrass Room
Older & Out LGBTQ + Support Group (Registration required)	Friday	1:00 PM	3:00 PM	FREE	Poppy Room
Crafting & Crochet Class (NEW)	Friday	1:00 PM	4:00 PM	Donation	Lupine Art Room
Poetry Writing Class	Friday	2:00 PM	3:30 PM	Donation	Fuchsia Room
Guided Autobiography Group (Pre-registration Required)	Friday	2:00 PM	4:00 PM	FREE	Morning Glory Room
Beginning Weight Training for Seniors	Friday	3:00 PM	4:00 PM	FREE	Juniper Room

FEBRUARY SCHEDULE OF CLASSES / RECREATIONAL ACTIVITIES / SUPPORT GROUPS

SOUTH BERKELEY SENIOR CENTER
 2939 Ellis Street, Berkeley, CA 94703
 Mon-Thurs, 9:00 AM - 4:00 PM Closed Friday
 (510) 981-5170

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
Dominoes, Pinochle	Mon/Tues/Wed/Thurs	9:00 AM	3:45 PM	FREE	Lounge
Pool	Mon/Tues/Wed/Thurs	9:00 AM	3:45 PM	FREE	Pool Room
Open Computer Lab	Monday	9:00 AM	12:30 PM	FREE	Computer Lab
Open Ceramics Lab	Monday	9:00 AM	12:00 PM	FREE	Ceramics/ Art Room
Yoga For Seniors (Zoom Class)	Monday	10:00 AM	11:30 AM	\$45	Contact: yogayoko@gmail.com
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	Multipurpose Room
Wellness Day Class	Monday	12:00 PM	1:00 PM	Donation	Multipurpose Room
Comedy Class	Monday	12:30 PM	1:30 PM	FREE	Computer Lab
Ukulele & Singing	Monday	1:00 PM	3:00 PM	FREE	Sewing Room
French Class	Monday	1:30 PM	2:30 PM	FREE	Computer Lab
Beginning Weight Training For Seniors	Monday	1:30 PM	2:30 PM	FREE	Multipurpose Room
Open Computer Lab	Monday	2:30 AM	3:45 PM	FREE	Computer Lab
Open Computer Lab	Tues/Wed/Thurs	9:00 AM	3:45 PM	FREE	Computer Lab
Open Ceramics Lab	Tues/Wed/Thurs	9:30 AM	3:45 PM	FREE	Ceramics/ Art Room
Clutterers Anonymous	Tuesday	10:00 AM	11:30 AM	FREE	Conference Room A
Soul Line Dancing	Tuesday	1:00 PM	2:30 PM	Donation	Multipurpose Room
Sewing Circle	Wednesday	10:00 AM	1:00 PM	FREE	Sewing Room
Folk Dancing	Wednesday	10:00 AM	11:30 AM	FREE	Multipurpose Room
Tai Chi	Wednesday	11:45 AM	12:45 PM	FREE	Multipurpose Room
Figure Drawing Circle	Wednesday	1:30 PM	3:30 PM	FREE	Conference Room A Signup: markoyamagata@gmail.com
Toning Class by Jam4Joy *Late Class*	Wednesday	5:00 PM	5:45 PM	Donation	Multipurpose Room
Zumba by Jam4Joy *Late Class*	Wednesday	6:00 PM	7:00 PM	Donation	Multipurpose Room

South Berkeley Senior Center Continued

Yoga (Zoom Class)	Thursday	8:30 AM	9:45 AM	Donation	Zoom Link: https://forms.gle/456G6R12z1dJH9J96
Inspirational Hour	Thursday	10:00 AM	11:30 AM	FREE	Conference Call: (510)925-2032
Tap Dance Club	Thursday	9:00 AM	11:00 AM	FREE	Multipurpose Room
Tech Support(2nd Thursday of Month)	Thursday	1:00 PM	3:00 PM	FREE	Dining Room



COMMUNITY MEETING #1

South Berkeley Senior Center Renovation

DATE

Thu, Feb 19, 2026

TIME

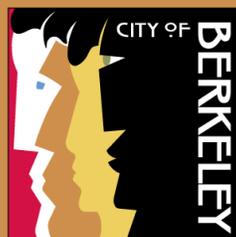
1:00 pm

LOCATION

South Berkeley
Senior Center
Auditorium

Join the City of Berkeley to learn about and provide input for improvements to the South Berkeley Senior Center.

To learn more, visit www.berkeleyca.gov and search “South Berkeley Senior Center Renovation”.



Contact Priya Chopra at pchopra@berkeleyca.gov for questions, comments, or to be added to the project's email list.



A LUNAR NEW YEAR CELEBRATION AT THE SOUTH BERKELEY SENIOR CENTER

Join us for a special Lunar New Year celebration featuring a dance performance by the Berkeley Dancing Family. A light lunch will be served.

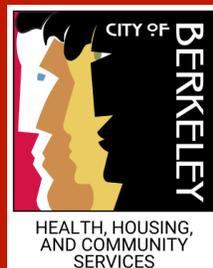
📍 2939 Ellis Street, Berkeley, CA
Multi-Purpose Room

 JUL 17 Wednesday, February 18

 12:30 – 2:00 PM

 510-981-5170

All are welcome—we hope to see you there!





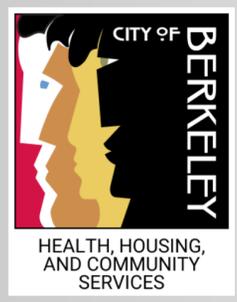
CELEBRATING 100 YEARS!

FEBRUARY **BLACK HISTORY MONTH**

**SOUTH BERKELEY SENIOR CENTER
2939 ELLIS STREET + MULTIPURPOSE ROOM
THURSDAY, FEBRUARY 26, 2026 + 1-2:30PM**

HISTORY ENTERTAINMENT LIGHT REFRESHMENTS

FOR MORE INFORMATION PLEASE CALL 510-981-5170





THE WRIGHT INSTITUTE

Feeling stressed? Experiencing pain?

Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+). Come learn about and practice Mindfulness Based Stress Reduction (MBSR) techniques that can help increase well-being and lower symptoms of stress and anxiety.

Date & Time:

Fridays 10AM-11:30AM starting in April 2026 - Exact date is TBD

Cost:

Free for Berkeley residents, otherwise \$10 a session

Location:

Morning Glory Room, North Berkeley Senior Center, 1901 Hearst Ave, Berkeley, CA 94709

Please contact either group faciliator mentioned below in advance to register or for more details:

Tanisha Dhamrait

Reanna Wadhvani

@ tdhamrait@secure.wi.edu

@ rwadhvani@secure.wi.edu

📞 510.239.2017 EXT 706

📞 510.239.2017 EXT 712

CRAFTING & CROCHET CLASS

*DONATIONS APPRECIATED TO
SUPPORT CRAFT SUPPLIES;
PERSONAL MATERIALS
WELCOME.



FRIDAYS (BEGINNING FEB 6TH)



1 PM - 4 PM



**North Berkeley Senior Center,
Lupine Art Room**

GET CREATIVE AND CRAFT WITH PURPOSE!

Join our Crocheting & Crafting Class and turn everyday materials into something beautiful. Learn crochet basics, upcycling ideas, and creative techniques in a relaxed, supportive setting. Taught by Rhonda, an experienced instructor with over 10 years of crafting expertise. Bring your own materials and let your creativity shine!

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

Come learn about
your Brain!

FEB. 6, 2026

10:00 am-11:00 am

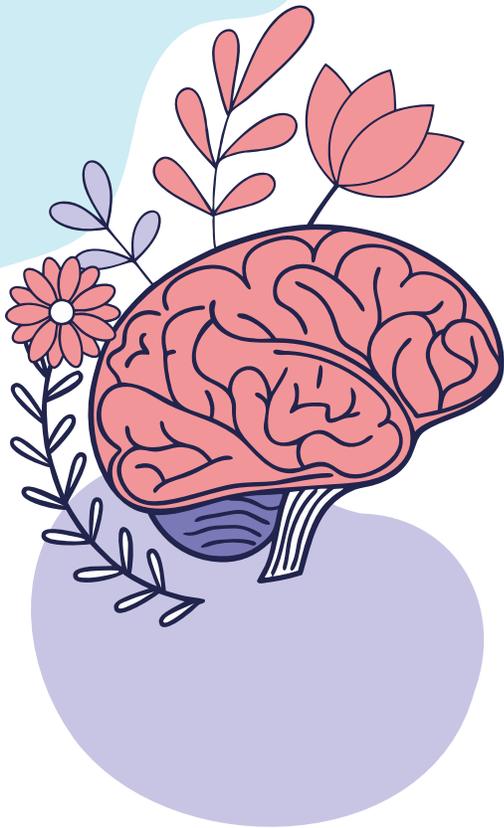
Gooseberry Room

About the Class

Join us for a fun, interactive class on the brain! This month, we will explore specific preventative measures for cognitive decline. You'll learn about neuroscience research as well!

This is part of a monthly seminar that will explore topics like the brain, aging, Alzheimer's disease, and ways to keep your brain healthy.

Spots fill up quickly, so come early!





LUNAR NEW YEAR CELEBRATION

JOIN US FOR A FESTIVE
CELEBRATION HOSTED BY
THE NBSC CHINESE
ETHNIC DANCE GROUP,
FEATURING TRADITIONAL
DANCE PERFORMANCES!

-  Friday, February 13th 2026
-  At 1:00 PM - 3:00 PM
-  Aspen Room

**NORTH BERKELEY
SENIOR CENTER**

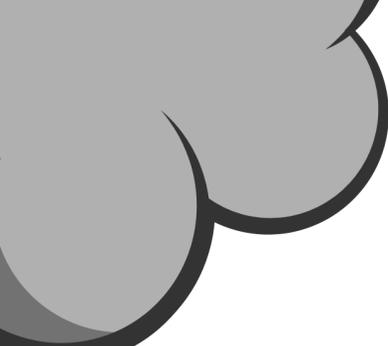


FEBRUARY
BIRTHDAY
Party

FRIDAY | **6** FEB | AT 1 PM-2PM

The North Berkeley Senior Center
invites you to celebrate all
February birthdays with the Jazz
Therapist Band and cake!





WRIGHT INSTITUTE OLDER ADULT COUNSELING AND
CLINICAL SERVICES

GUIDED AUTOBIOGRAPHY GROUP

EXPLORE THE CHAPTERS OF YOUR
LIFE THROUGH GUIDED WRITING
EXERCISES, WEEKLY THEMED
PROMPTS, AND SMALL GROUP
DISCUSSIONS.

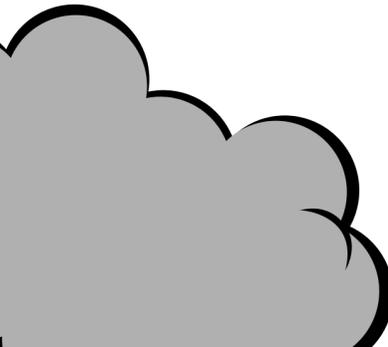
JANUARY 30TH - MARCH 27TH

2026 FRIDAYS FROM 2PM - 4PM

NORTH BERKELEY SENIOR CENTER
1902 HEARTST AVE, BERKELEY CA 94709

CALL (510) 239-2017 EXT. 722 FOR REGISTRATION

Free for Berkeley Residents
\$10/per session for non-residents





HEALTH, HOUSING, & COMMUNITY
SERVICES DEPARTMENT
AGING SERVICES DIVISION
1901 HEARST AVE
BERKELEY, CA 94709
(510) 981-5200

If you would like this newsletter electronically
Email seniors@berkeleyca.gov or call the centers to be added to the email list.



The County of Alameda
Area Agency on Aging

Tri City Café Lunch Program

Lunch for members is served every Monday, Tuesday & Thursday at 11:30 a.m. at SBSC.
Monday, Wednesdays & Friday at 11:30 a.m. at NBSC.

Lunch is first-come, first-serve

While supplies last (unless otherwise noted).

\$3 for members 60 + (suggested voluntary contribution) **\$10** mandatory fee for members 55 - 59

Cash and weekly or monthly checks accepted. No one 60+ is turned away for inability to contribute.

The City of Berkeley Aging Services Division welcomes participants regardless of race, color, religion, ancestry, national origin, sex, sexual orientation, gender identity, marital status, political affiliation, veterans' status, disabilities (physical & mental), and medical condition (including cancer & HIV status).

City of Berkeley Senior Centers are funded in part by the City of Berkeley General Fund & Alameda County Area Agency on Aging