

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
MARCH 2026

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

March: Welcoming Spring Pg.2

Word Finder	Page. 3
Field Trips & Shopping Trips	Page. 4-7
Lunch Menu	Page. 8-9
12 Acts of Self-Care for Caregivers	Page. 10
Nutrition article: Fiber Intake	Page. 12
Meal & Food Resources	Page. 13
Workshops & Events	Page. 12-15

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

MARCH WORD FINDER

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

Beauty Beginnings Bloom Buddhism Cherish Cherry Blossom Chinese
Culture Delicate Displays Existence Festival Fleeting Folklore Fortune
Friendship Graceful Japan Lifespan Love Macon Nature Petals
Renewal Sacred Sakura Samurai Spirit Transient Trees Washington DC



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	3/9	10:00 am - 4:00 pm	**	Stoneridge Shopping Center (Pleasanton)	Free	On Your Own
Tuesday	3/10	9:00 am - 4:00 pm	**	SF Conservatory of Flowers	Free	Bring Your Own
Thursday	3/12	9:30 am - 4:00 pm	***	Quarry Lakes (Fremont) *NO SWIMMING*	Free	Bring Your Own
Tuesday	3/17	10:15 am - 4:00 pm	*	Aqua Terra Grill (Contra Costa College) & Miller Knox Regional Shoreline	Free	Easter Buffet \$17
Thursday	3/19	9:30 am - 4:00 pm	**	Gardens at Heather Farm & Broadway Plaza (Walnut Creek)	Free	On Your Own
Tuesday	3/24	9:30 am - 4:00 pm	**	Japanese Tea Gardens (SF)	\$7	Bring Your Own
Thursday	3/26	9:00 am - 4:00 pm	***	Napa Riverfront & Oxbow Market	Free	On Your Own
Tuesday	3/31	9:00 am - 4:00 pm	**	Bay Model Museum & Sausalito Boardwalk	Free	On Your Own
Thursday	4/2	9:45 am - 4:00 pm	***	University of California Botanical Garden & Cafe Ohlone	Free	Menu Prices
Tuesday	4/7	9:00 am - 4:00 pm	***	Legion of Honor (SF)	Free	Bring Your Own
Thursday	4/9	8:00 am - 4:00 pm	**	SF Symphony: Open Rehearsal	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 pickup 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
Wednesday	3/11	Berkeley Bowl West	1:30 pm – 4:00 pm
Friday	3/13	Safeway/CVS (\$5 Friday)	1:30 pm – 4:00 pm
Wednesday	3/18	Monterey Market (Berkeley)	1:30 pm – 4:00 pm
Monday	3/23	Grocery Outlet (Richmond)	8:30 am – 12:00 pm
Monday	3/23	Bay Street/Tokyo Central Market	12:30 pm – 4:00 pm
Wednesday	3/25	Pacific East Mall/99 Ranch (Richmond)	1:30 pm – 4:00 pm
Friday	3/27	El Cerrito Plaza	1:30 pm – 4:00 pm
Monday	3/30	Dollar Tree (Hilltop)	8:30 am – 12:00 pm
Monday	3/30	Costco (Richmond/Must Have Membership)	12:30 pm – 4:00 pm
Wednesday	4/1	Powell Street Plaza (Emeryville)	1:30 pm – 4:00 pm
Monday	4/6	Walmart (Martinez)	8:30 am – 12:00 pm
Monday	4/6	Costco (Richmond/Must Have Membership)	12:30 pm – 4:00 pm
Wednesday	4/8	Berkeley Bowl West	1:30 pm – 4:00 pm
Friday	4/10	Sprouts (Albany)	1:30 pm – 4:00 pm

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
Friday	3/6	9:00am -4:00pm	**	Tokyo Central Market - Bay Street Shops	Free	Own your own
Wednesday	3/11	9:00am - 4:00pm	*	Richmond Art Center (Art of the African Diaspora)	Free	Will Stop for Lunch
Friday	3/13	9:00am -4:00pm	**	San Leandro Marina	Free	El Torito/ Menu Prices
Wednesday	3/18	9:00am - 4:00pm	*	Blue & Gold Fleet SF Bay Cruise	\$33	Bring your own
Friday	3/20	9:00am -4:00pm	**	Serramonte Center (Daly City)	Free	On your own
Wednesday	3/25	9:00am - 4:00pm	***	Jack London State Park	\$4 *Collected by SBSC	Bring your own
Friday	3/27	9:00am-4:00pm	**	Japanese Tea Garden SF Golden Gate Park	\$7	Bring your own
Wednesday	4/1	9:00am - 4:00pm	*	MJ Musical 1pm Showtime SF	\$25	Will stop for lunch
Friday	4/3	9:00am - 4:00pm	***	SF MOMA	\$25	Bring your own OR Museum Dining options
Tuesday	4/7	9:00am - 4:00pm	**	DeYoung Museum	Free	Bring your own
Wednesday	4/8	9:00am - 4:00pm	**	Aqua Terra Grill & Blake Gardens (Contra Costa College)	Free	Menu Prices
Friday	4/10	9:00am - 4:00pm	*	Walmart (San Leandro)	Free	Denny's/ 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
Tuesday	3/10	Emeryville Plaza	1:30 - 4:30pm
Thursday	3/12	Berkeley Bowl West	1:30 - 4:30pm
Monday	3/16	El Cerrito	1:30 - 4:30pm
Tuesday	3/17	Grocery Outlet	1:30 - 4:30pm
Thursday	3/19	Dollar Tree	1:30 - 4:30pm
Monday	3/23	99 Ranch Market	1:30 - 4:30pm
Tuesday	3/24	Costco	1:30 - 4:30pm
Thursday	3/26	Target	1:30 - 4:30pm
Tuesday	3/31	Sprouts	1:30 - 4:30pm
Thursday	4/2	Dollar Tree	1:30 - 4:30pm
Monday	4/6	El Cerrito Plaza	1:30 - 4:30pm
Thursday	4/9	Costco	1:30 - 4:30pm

March 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 Bulgogi Carrots & Mung Bean Sprouts Stir Fry+ Steamed Rice Blend (Half Brown Rice) Mango Chunks+</p>	<p>3 Pork Loin with Gravy Mashed Potatoes Mixed Vegetables (broccoli, zucchini, carrots)+* Grapes Whole Wheat Bread</p>	<p>4 Soup/salad = 12 oz Italian Wedding Meatball Soup* (beef, x4) Creamy Coleslaw+* Whole Wheat Roll Tangerine+</p>	<p>5 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Fresh Seasonal Pear</p>	<p>6 International Women's Day Chicken Salad Croissant Sandwich WW Crackers "Winter" Salad (Greens, Butternut Squash, quinoa, cranberries, apples with vinaigrette) Cutie Citrus+</p>
<p>9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage* Steamed Brown Rice Fresh Citrus Cutie+</p>	<p>10 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana</p>	<p>11 Soup = 12 oz Albondigas (Mexican beef meatball soup) Whole Wheat Crackers Green Salad (Romaine)* with Cilantro Lime Dressing Pineapple & Mango Chunks+</p>	<p>12 Sweet Potato Peanut Stew+ over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens+* Grapes Contains Peanuts</p>	<p>13 Chicken Tikka Masala White & Brown Basmati Rice Blend Carrots and Peas* Green Salad w/ cilantro lime dressing* Peach Fruit Cup (Vitamin C- fortified) +</p>
<p>16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Pineapple/Mango Chunks+</p>	<p>17 St. Patrick's Day Corned Beef Hash (w/ potatoes and onions) Whole Wheat Roll Braised Cabbage+* Braised Carrots* Seasonal Pear Higher Sodium Meal</p>	<p>18 Southwest Chicken Vegetable Soup* Garden Salad with Carrots & Dressing (Romaine) Whole Wheat Bread Fresh Citrus Cutie+</p>	<p>19 Homemade Baked Macaroni & Cheese (Vegetarian) Whole Wheat Crackers Black Eyed Peas Braised Collard Greens+* Pineapple Chunks+</p>	<p>20 Sweet & Spicy Citrus Tilapia Quinoa Sautéed Spinach* Green Salad (Romaine & Cabbage) with shredded carrots with cilantro lime dressing Banana</p>
<p>23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+</p>	<p>24 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread Seasonal Pear</p>	<p>25 Soup = 12 oz Thai Fish Curry Soup+ Whole Wheat Bread Green Salad with Shredded Carrots* and Vinaigrette Banana</p>	<p>26 Spinach & Mushroom Lasagna* (Vegetarian) Whole Wheat Crackers Three Bean Salad* Caesar Salad (Romaine+)- no crouton Grapes</p>	<p>27 Swedish Meatballs Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Mixed Fresh Fruit (berries, grapes, mango, pineapple)</p>
<p>30 Berkeley Senior Center's Closed Cesar Chavez Day</p>	<p>31 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+</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 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 Higher Sodium Meal</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.



12 ACTS OF SELF-CARE FOR CAREGIVERS



STAY SOCIALLY
CONNECTED



ADD LAUGHTER
AND HUMOR TO YOUR LIFE



SEEK AND ACCEPT
SUPPORT

IDENTIFY, ACKNOWLEDGE AND LEARN FROM YOUR EMOTIONS



REDUCE
PERSONAL STRESS



ATTEND TO YOUR
OWN HEALTHCARE NEEDS



PRACTICE
SELF-COMPASSION

GET PROPER SLEEP NUTRITION AND HYDRATION

PARTICIPATE IN PLEASANT, NURTURING ACTIVITIES



CONNECT
TO NATURE



TAKE GUILT FREE
TIME FOR YOURSELF



CREATE
AN EXERCISE PLAN

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

How much fiber do you need to consume?

As we get older the body needs slightly less fiber, but most older adults still don't meet the daily recommendation. The recommendations for daily intake of fiber for adults are:

- **Women** over the age of 50 need 21 grams.
- **Men** over the age of 50 need 31 grams.

How do you increase fiber intake?

- Make **at least half** of all grains you consume whole grains.
- Eat at least **five servings of fruits and vegetables** every day.
 - Include **legumes** like beans or lentils in your diet.
- Choose **fiber-rich foods for snacks**, such as fresh fruit or nuts.
 - Add a **side salad** to your lunch or dinner.
- Read food labels for fiber content and chose **higher fiber options**.
 - Eat a **variety** of fiber-rich foods with every meal.

Food source	Serving size	Grams of fiber per serving
Lima beans, cooked	1 cup	13g
Green peas, cooked	1 cup	8g
Lentils, cooked	½ cup	8g
Artichoke, cooked	1 cup	10g
Brussels sprouts, cooked	1 cup	6g
Broccoli	1 cup	5g
Quinoa, cooked	1 cup	5g
Bulgur, cooked	½ cup	4g
Oatmeal, cooked	1 cup	4g
Raspberries	1 cup	8g
Pears, Asian	1 medium	6g
Kiwifruit	1 cup	5g
Pumpkin seeds	1 oz	5g
Chia seeds	1 Tbsp	5g
Almonds	1 oz	4g

Sources:

https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Fiber_FINAL-2.19-FINAL_508.pdf
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>
<https://health.clevelandclinic.org/fiber>

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-sources-fiber>

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 3/6/26 & At North Berkeley Senior Center from 1pm-2pm on 3/20/26

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

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: 3/11/26 AND 3/25/26

North Berkeley Senior Center

Events & Presentations

Supporting Brain Health in Our Community with the Alzheimer's Association

Date: Monday, March 9, 2026

Time: 1:30-2:30pm

Location: Dining Room

Description: Join the Alzheimer's Association for Supporting Brain Health in Our Community – Learn science-backed strategies to protect your brain health at any age, including the U.S. POINTER recipe. It's never too early – or too late – to start.

Brain and Memory Presentation

Date: Friday, March 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, March 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")

March Birthday Party!

Day: Friday, March 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.

Alzheimer's Care-partners Circle—Use of Symbols by People Living with Cognitive Decline

Day: Friday, March 20th

Time: 10am-11am

Location: Fuchsia Room

Description: **Topic for March:** In order to communicate, we need to understand the messages that are being sent by our loved ones. The more we understand, the more we can respond in a way that will stimulate a response in return. People who live with cognitive decline tend to lose the ability to categorize. Things that seem, feel, look, smell, taste, or sound similar, are often treated the same way or used interchangeably. Symbols are not only representative of things and people.

Piano Recital by Bread and Roses

Day: Friday March 27th

Time: 1:00 pm – 2:00 pm

Location: Juniper Room

Description: Bread & Roses presents an afternoon with Elizabeth Swartout, returning for a special master piano class performance. Join us for an intimate and inspiring showcase of musical artistry and excellence.

Everything to Know About End of Life Planning

Day: Friday, March 27th

Time: 12:30 pm–1:30 pm

Location: Morning Glory

Description: Join the Living/Dying Project, a support group offering education and resources for those facing life-threatening illness, caregivers, and anyone exploring conscious living and dying. Featuring special guest Rhyena Halpert, end-of-life death doula.

Tech Classes with the Berkeley Public Library

Day: Thursday, March 5th and Thursday April, 2nd

Time: 11:30 am- 12:30 pm

Location: Poppy Room

Description: Join librarians from BPL for free tech classes! Learn how to stream TV and movies on Thursday, March 5th, and master video chatting on Thursday, April 3rd.

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.

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.

CalFresh Enrollment Clinic

Day & Date: Mondays, March 3rd & 17th

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).

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.

News and Information by the Berkeley Public Library

Day & Date: Tuesday, March 10th

Time: 1:00pm - 2:00pm

Location: Computer Room

Description: In this workshop, you will discover free online resources that are offered for free with your library card as well as other great free sites.

LifeLong Dental

Day & Date: Thursday, March 12th

Time: 10:30am - 12:30pm

Location: Dining Room

Description: LifeLong Dental will provide one-to-one oral health education, water bottles and toothbrush kits.

Tech Support by Ashby Village

Day & Date: Thursday, March 12th

Time: 1:00pm - 3:00pm

Location: Dining Room

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

Quarterly Birthday Party featuring The Jazz Therapist Band

Day & Date: Thursday, March 19th

Time: 12:30pm - 2:00pm

Location: Multipurpose Room

Description: Let’s celebrate October, November & December birthdays with good music, dancing, cake and ice

Consumer Fraud Tabling by Legal Assistance For Seniors

DAY & Date: Tuesday, March 23rd

Time: 11:00am - 12:30pm

Location: Dining Room

Description: Provide information on consumer fraud-scams targeting seniors and tips for protection and prevention

MARCH 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
Alexander Technique (Starts March 16th)	Monday	9:00 AM	10:00 AM	Donation	Juniper Room
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
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
Creative Comics Workshop (NEW)	Monday	12:00 PM	1:15 PM	FREE	Morning Glory 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
Mindful Movement	Wednesday	10:00 AM	11:15 AM	Donation	Juniper Room
Jakes tech support (walk-ins)	Wednesday	10:00 AM	12:00 PM	FREE	Golden star Room
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
Iyengar Yoga (Drop in)	Friday	11:15 AM	12:30 PM	Donation	Juniper Room
Alzheimer's Care-partners Circle (3rd Friday of the month)	Friday	10:00 AM	11:00 AM	FREE	Fuchsia 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

MARCH 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

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

Come learn about
your Brain!

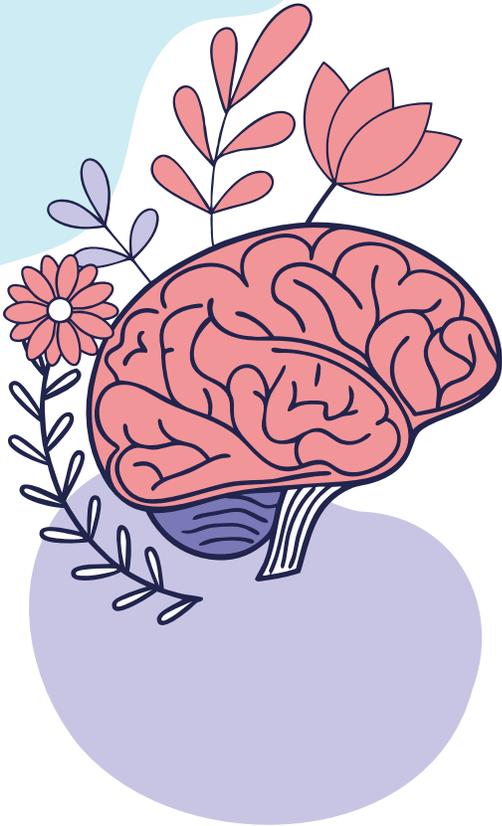
Mar. 6, 2026
10:00 am-11:00 am
Gooseberry Room

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!





North Berkeley Senior Center

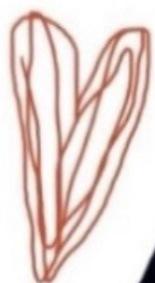
Creative Comics *Beginning* Workshop *March 2nd*

12-1:15PM
Mondays



Tell your story with words and pictures

You don't need
to be an artist
to make comics

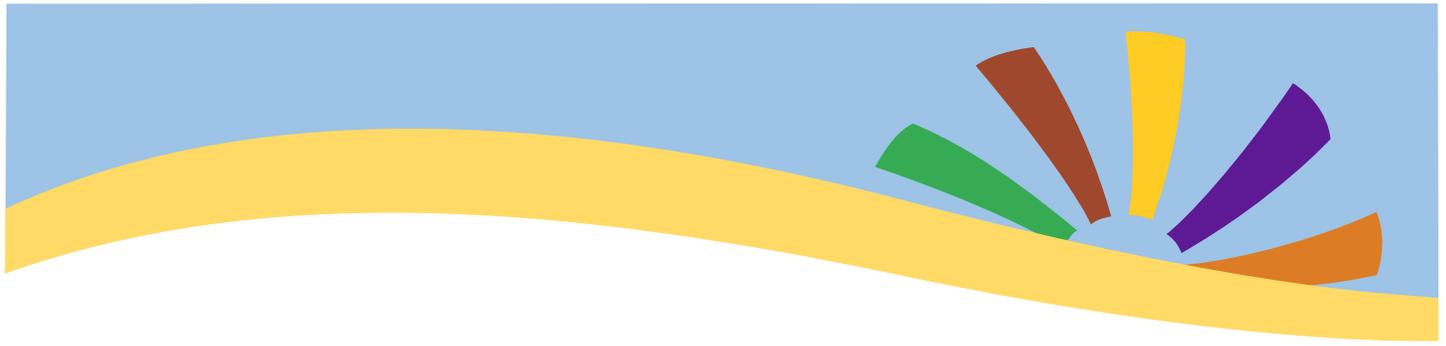


*Learn the basics
of creating self
published comics*

*Create
characters*



This workshop is led by published comic book, writer and artist Paula Lawrie



Alzheimer's Care-partners Circle

Use of Symbols by People Living with Cognitive Decline

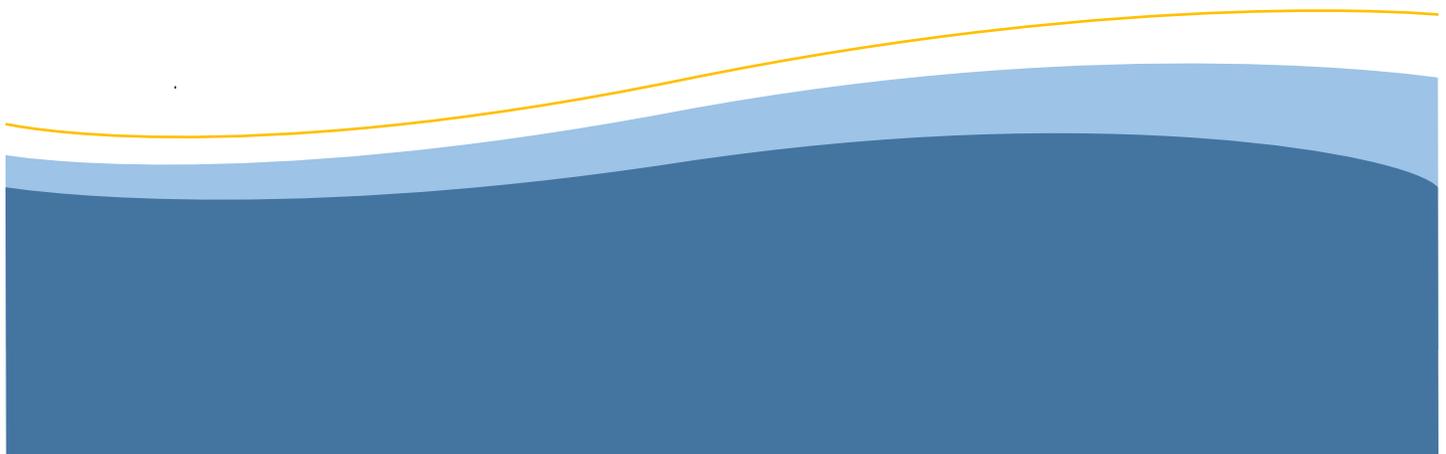
In order to communicate, we need to understand the messages that are being sent by our loved ones. The more we understand, the more we can respond in a way that will stimulate a response in return. People who live with cognitive decline tend to lose the ability to categorise. Things that seem, feel, look, smell, taste, or sound similar, are often treated the same way or used interchangeably. Symbols are not only representative of things and people. Symbols can also represent non-tangible things such as concepts and feelings. Being aware of symbols helps us understand the roots of statements and stories that seem “weird” or “inaccurate.”

Day: Friday, March 20th

Time: 10am-11am

Location: North Berkeley Senior Center

Fuchsia Room





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.



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