

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
APRIL 2026

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

April: Enjoying the outdoors 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

ENJOYING THE OUTDOORS THIS APRIL



April is a wonderful time to welcome the new season and enjoy the many benefits of spending time outdoors. With warmer temperatures, longer daylight hours, and blooming landscapes, spring offers the perfect setting to refresh daily routines and reconnect with nature in simple, meaningful ways.

Taking a short walk around the neighborhood or through a local park can help improve circulation, support balance, and boost overall mood. Even a relaxed stroll provides an opportunity to notice the changing season – colorful flowers beginning to bloom, trees filling with new leaves, and the cheerful sounds of birds and community life. These small moments outdoors can help reduce stress and encourage a positive outlook.

Outdoor spaces also create opportunities to connect with others. Gathering with friends in a sunny courtyard, joining a group stroll, or enjoying conversation on a bench can help strengthen social ties and foster a welcoming sense of community. Light activities such as stretching, chair exercises, or simple

games can make time outside both enjoyable and energizing.

Gardening is another popular way to embrace the season. Planting herbs, flowers, or small vegetables in containers, raised beds, or window boxes can provide gentle physical activity and a rewarding sense of purpose. Watching plants grow over time can bring joy and encourage regular time spent in fresh air.

April also includes **Earth Day on April 22**, a special time to appreciate the natural environment and reflect on the importance of caring for the spaces we share. Celebrating Earth Day can be as simple as enjoying a walk in nature, planting something new, reducing waste, or sharing memories and tips about how everyday habits can support a healthier planet. Many seniors already practice thoughtful ways of conserving and reusing, and passing these ideas along helps build stronger, more sustainable communities.

As you spend more time outdoors this month, remember to wear comfortable shoes, stay hydrated, and dress in layers to adjust to changing weather. A hat or sunscreen may also help on brighter days.

This April, take time to slow down, breathe deeply, and enjoy the beauty of the season. Whether through movement, relaxation, or social connection, celebrating the outdoors – and Earth Day – can bring renewed energy, purpose, and enjoyment throughout the month.

APRIL FOOLS WORD FINDER

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

Actions Amusement Annual Believe Caper Chaos Clues Comical
Confusion Deceit Embarrass Fake News False Fooling Funny
Harmless Hiding Hoaxes Humorous Irony Joking Laughter
Lampoon Mistake Mocking Playing Practical Pranks Props Satirical
Silly Startle Story Switching Tales Tricks



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
Tuesday	4/14	9:30 am - 4:00 pm	***	Botanical Gardens (SF)	Free	Bring Your Own
Thursday	4/16	9:30 am - 4:00 pm	**	Hayward Japanese Gardens and Sizzler Restaurant	Free	On Your Own
Thursday	4/23	9:30 am - 4:00 pm	***	Achadinha Cheese Co. Farm Tour and Cheese Tasting (Petaluma)	\$15	Bring Your Own
Tuesday	4/28	9:30 am - 4:00 pm	**	Transamerica Redwood Park: Earthseed Dome (SF)	Free	On Your Own
Thursday	4/30	9:15 am - 4:00 pm	**	Sonoma State Historic Park & Plaza	Free	On Your Own
Tuesday	5/5	9:45 am - 4:00 pm	*	El Torito Mexican Restaurant & San Leandro Marina	Free	Menu Prices
Thursday	5/7	9:30 am - 4:00 pm	**	Crane Cove Park & Museum of Craft and Design (SF)	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
Monday	4/13	Dollar Tree (Hilltop/Richmond)	8:30 am - 12:00 pm
Monday	4/13	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm
Tuesday	4/21	Berkeley Bowl West	8:30 am - 12:00 pm
Tuesday	4/21	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm
Monday	4/27	Grocery Outlet	8:30 am - 12:00 pm
Monday	4/27	Costco (Richmond/Must Have Membership)	12:30 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
Wednesday	4/15	9:30am - 4:00pm	*	Gateway Plaza shops (Fairfield)	Free	Menu Prices: Hibachi Grill & Buffet
Friday	4/17	10:00am - 4:00pm	*	Tokyo Central Market-Bay Street Shops (Emeryville)	Free	On your own
Wednesday	4/22	9:30am - 4:00pm	*	Super Dollar Tree (Mission Blvd, Hayward)	Free	Menu Prices: Sizzler Hayward
Friday	4/24	9:00am - 4:00pm	**	Pacifica State Beach *NO SWIMMING*	Free	Menu Prices: Nick's Rockaway
Wednesday	4/29	9:00am - 4:00pm	****	Muir Woods (Mill Valley)	\$15	Bring your own/ Muir Woods Café (menu prices)
Friday	5/1	10:00am - 4:00pm	**	Alameda Crown Beach *NO SWIMMING* & South shore Shopping Center	FREE	Bring your own/ Dining options @South Shore
Wednesday	5/6	9:30am - 4:00pm	**	The Gardens at Heather Farms (Walnut Creek)	Free	Menu Prices: Black Bear Diner
Friday	5/8	9:00am - 4:00pm	***	Three Nunns Farm U- Pick fruit (Brentwood)	Price per/lb Bring cash	Will stop for lunch

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	4/20	El Cerrito Plaza	1:30 - 4:30pm
Monday	5/4	Grocery Outlet	1:30 - 4:30pm

April 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
Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.	+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 <u>Higher Sodium Meal</u>	1 <u>Soup is an 8 ounce portion</u> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+ Whole Wheat Crackers Diced Mangos+	2 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread Seasonal Pear	3 Chicken Fried Steak with Country Gravy Collard Greens+* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+
6 Moo Shu Pork Squash Medley Stir Fry Steamed Rice Blend (Half Brown) Mandarin Orange+	7 Baked Cod in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana	8 <u>Soup is a large 12 ounces</u> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine & cabbage) w/ cilantro lime dressing+ Pineapple Chunks+	9 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicy Spinach+* Fresh Citrus Cutie+	10 Beef Stroganoff With Whole Grain Egg Noodles Broccoli & Carrots+* Seasonal Pear
13 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Steamed Rice Blend (Half Brown) Cutie Citrus+	14 Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Coleslaw+* Banana	15 <u>Soup is a large 12 ounces</u> Chicken & Tortellini Soup Green Salad (Romaine, Cabbage & Carrots) + with Ranch Dressing Whole Wheat Crackers Seasonal Apple	16 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing+ Pineapple & Mango Medley+	17 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Grapes
20 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Banana	21 Tuna Noodle Casserole (Whole Wheat Noodles) Broccoli+ Garden Salad with Vinaigrette Dressing+ Pineapple, Berries & Mango+	22 <u>Soup is a large 12 ounces</u> Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ Seasonal Pear	23 Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+ Whole Wheat Bread Pineapple/Mango Chunks+	24 Chicken & Sausage Gumbo over Brown Rice Collard Greens+* Cutie Citrus+
27 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry+* Steamed Rice Blend (Half Brown) Mango Chunks+	28 Pork Loin with Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread Grapes	29 <u>Soup is a large 12 ounces</u> Italian Wedding Meatball Soup (beef, x4) * Creamy Coleslaw+* Whole Wheat Roll Banana	30 Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) * Cheesy Mashed Potatoes Whole Wheat Crackers Mandarin Orange+	All meals include 1% milk. Menu is subject to change without notice.

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.



5 Stress Relief Tips For Caregivers

Reach Out to Others



Stay in touch with family and friends. Try joining some caregiver support groups.

Be Physically Active



Take out some time for yourself and schedule some physical activity to make the best of your free time.

Sleep Properly



Caregiving becomes easier when you are well-rested. Aim for at least 7-8 hours of sleep.

Accept Changes



Seniors/Elders might have some behavioral changes. Be prepared to adapt to certain changes.

Give Yourself Credit



Remember you're doing a great job. Give yourself enough credit for putting in your best efforts.



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)

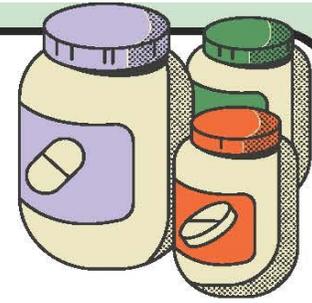
Social Services Unit is accepting new referrals!

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

Should Older Adults Take Supplements?



While most experts agree that getting our essential vitamins and minerals from food is better than from a pill, there are exceptions. **Older adults are at risk of deficiency from two vitamins, Vitamin D and Vitamin B12, even if they eat a well-balanced diet.** While low levels of nutrients such as calcium or Omega-3 fats are usually related to inadequate intake by diet, you are at risk of deficiency of these two vitamins simply because you are lucky enough to be an older adult!

You might remember **Vitamin D** as the "sunshine vitamin". Most of the Vitamin D we receive is from exposure to the sun. There is just not enough Vitamin D in foods—even though some food is fortified with Vitamin D—for older adults to get enough by diet. As we age, our skin loses its elasticity, and the dermis (outer layer) thins. As a result, an older adult absorbs less than 1/2 of the Vitamin D that same person absorbed when they were younger. If your skin is darker, you have absorbed less throughout your life, so you are at particular risk when you get older. If your skin is lighter, you are usually told to stay out of the sun. **For these reasons, all older adults should take supplemental Vitamin D, usually about 800–1,000 International Units (IU)s daily.**

You might know **Vitamin B12** as the supplement that vegans need, since it is found only in animal products. Up to 30% of older adults do not make as much acid in their stomach as they did when they were younger, a fairly benign condition called atrophic gastritis. This condition makes **Vitamin B12**, needed in only very small amounts, unavailable to the body. **Therefore, the FDA recommends a daily supplement of Vitamin B12.**

When choosing a supplement, you as the consumer needs to be alert. **It is a "buyers beware" market.** Manufacturers do not need to get FDA approval before producing or selling dietary supplements. The government does not provide oversight.

When buying supplements, keep this in mind:

- 1. Buy a supplement intended for older adults. Don't take duplicate amounts of one supplement.**
- 2. Buy your supplements from a store you know and trust. Generally, online supplements are expensive and may not contain what they say they do.**
- 3. Know which supplements you are taking, how much, and why you are taking them.**
- 4. Make sure the label has a USP mark. USP is a scientific nonprofit organization that establishes federally recognized standards for the quality of drugs, dietary supplements, and foods.**



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](#)

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 4/3/26 , 4/17/26 11:00AM-2:00PM

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.

April pantry dates: 4/13/26 AND 4/27/26

North Berkeley Senior Center

Events & Presentations

Tech Support by Ashby Village

Day & Date: Thursday, April 2nd

Time: 2:00pm - 3:45 pm

Location: Dining Room

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

Speak with a Berkeley Rent Board Representative

Day & Date: Friday, April 3rd

Time: 11:00 AM- 12:30 PM

Location: Aspen Room

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

Cancer Awareness Screening

Day: Wednesday, April 8th

Time: 12pm- 2:00 pm

Location: Gooseberry Room

Description: Learn about the importance of cancer screenings, how to access local resources, and ways to reduce your risk through healthy lifestyle choices.

Tenants: Know Your Rights! With the East Bay Community Law Center

Date: Friday, April 17th

Time: 1:30pm – 2:30pm

Location: Dining Room

Description: Join us for a free workshop covering tenant rights, security deposits, rental assistance resources, and what to do if you're experiencing landlord harassment.

Brain and Memory Presentation

Date: Friday, April 10th

Time: 10:00am - 11:00pm

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.

Alzheimer's Care-partners Circle—Managing Finances

Day: Friday, April 17th

Time: 10am-11am

Location: Fuchsia Room

Description: Seniors living with cognitive decline may have problems paying bills and managing money. We will look at ways to protect income and assets and plan for the future.

Celebrating the Water Cycle and How Plants Give Us Life—Earth day presentation

Day: Wednesday, April 22nd

Time: 10:00 am–11:00 am

Location: Poppy Room

Description: Discover the magic of the water cycle through fun animated videos and the latest science. Learn how plants help cool our planet – and how nature can bounce back when we work with it.

Wind & String Trio performance

Day: Wednesday, April 22nd

Time: 1:00 pm–2:00 pm

Location: Aspen Room

Description: Get ready for a fun and lively afternoon with the Wind and String Trio, featuring the sounds of clarinet, oboe, and violin. We'll be sharing a mix of classical favorites that are sure to lift your mood.

April Birthday Party!

Day: Wednesday, April 29th

Time: 1pm- 2:00 pm

Location: Aspen Room

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

South Berkeley Senior Center

Events & Presentations

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.

UC Berkeley Kidney Disease Screening and Awareness Program

Day & Date: Saturday, April 4th

Time: 10:00 AM - 2:00 PM

Location: Multipurpose Room

Description: Get free kidney disease screening and health education from UCB students and Physicians from UCSF and Stanford (no insurance or appointment required).

Speak with a Berkeley Rent Board Representative

Day & Date: Monday, April 6th

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: Mondays, April 6th & 20th

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).

Tech Support by Ashby Village

Day & Date: Thursday, April 9th

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).

News and Information by the Berkeley Public Library

Day & Date: Tuesday, April 14th

Time: 1:00pm - 2:00pm

Location: Computer Room

Description: In this workshop, you will learn about the different social media platforms and what makes each of them unique.

Self-Care Workshop

Day & Date: Wednesday, April 15th

Time: 10:30am - 11:30am

Location: Conference Room

Description: Come connect with others to share strategies, habits and positive mindsets in our daily lives that promote physical and emotional well-being. Facilitated by Deborah Kaplan, Ph.D.

South Berkeley Senior Center Book Club

Day & Date: Mondays beginning April 27th

Time: 10:30am - 11:30am

Location: Sewing Room

Description: Join us for our **first meeting** as we launch a brand-new book club at the senior center! This will be a friendly gathering where we'll get to know each other, & **choose our first book to read together.**

Caregiver Support Group (6 weeks)

Day & Date: Wednesday, May 6th - June 10th

Time: 10:30am - 11:30am

Location: Conference Room A

Description: Join our **6-week Caregiver Support Group** to connect with others, learn caregiving strategies and share support. **Registration is required**, and the group is **closed once the series begins** to maintain a safe, consistent space. Please register in advance to reserve your spot by calling Karen at 510-981-5202. Facilitated by Deborah Kaplan, Ph.D.

APRIL 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 (NEW)	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
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
Toning Class by Jam4Joy *Late Class*	Monday	4:30 PM	5:30 PM	Donation	Aspen Room
Zumba by Jam4joy *Late Class*	Monday	5:30 PM	6:30 PM	Donation	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
Ear Acupuncture Clinic	Wednesday	12:15 PM	1:45 PM	FREE	Poppy 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
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

North Berkeley Senior Center Continued

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
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
Feldenkrais (1st & 3rd Thursdays)	Thursday	1:45 PM	3:15 PM	Donation	Juniper 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
Yogic Therapy	Thursday	2:30 PM	4:00 PM	FREE	Gooseberry 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	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

APRIL 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 Dance Class	Monday	12:00 PM	1:00 PM	FREE	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
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



Earth Day Presentation

April 22th
North Berkeley Senior Center
Poppy Room
10AM-11AM



CELEBRATING THE WATER CYCLE!

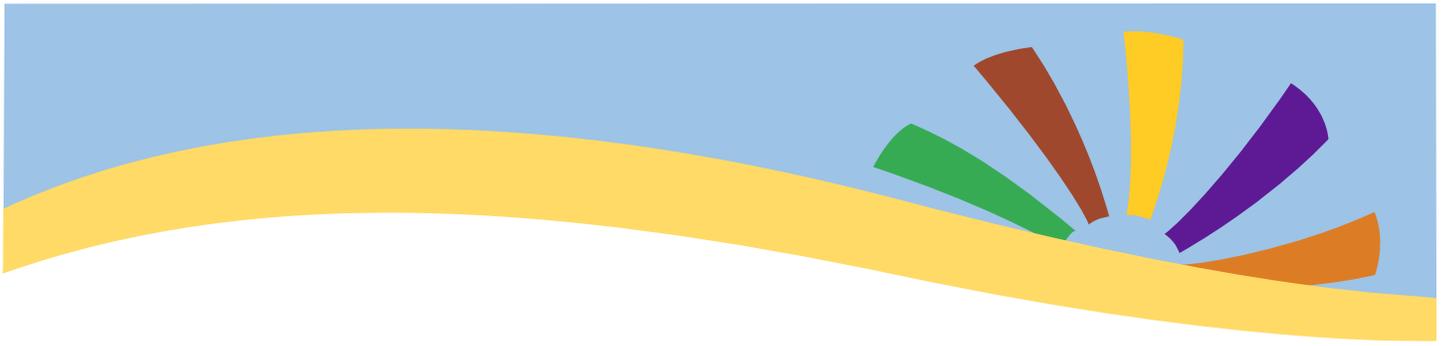


Celebrate Earth Day with an engaging talk on how plants and the water cycle keep our planet balanced.

Floods, droughts, fires, and rising temperatures are signs of a disrupted water cycle. Learn what's happening –and simple ways we can help restore it and support a healthier climate.

About the Presenter
Christina brings a lifelong passion for water—from creek exploration to plumbing and rainwater systems—and now focuses on restoring the water cycle and supporting a more resilient environment.





* Alzheimer's Care-partners Circle

Managing Finances

Seniors living with cognitive decline may have problems paying bills and managing money. They are vulnerable to scams and fraud.

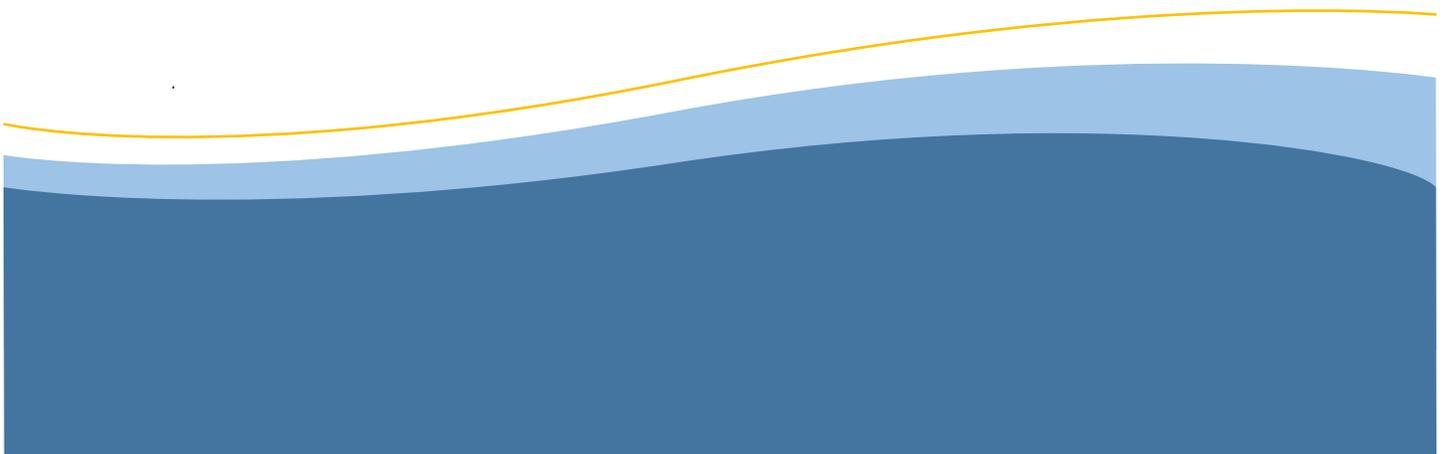
We will look at ways to protect income and assets and plan for the future.

Day: Friday, April 17th

Time: 10am–11am

Location: North Berkeley Senior Center

Fuchsia Room

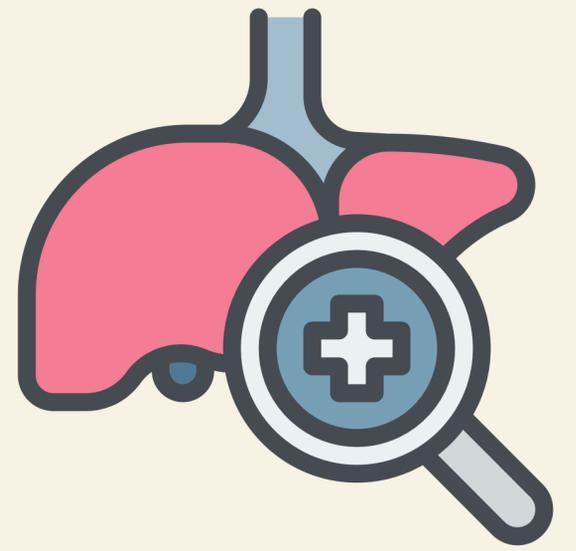


PREVENTION OF TYPE 2 DIABETES WORKSHOP

*Informational workshop on Causes of Type
2 diabetes, and prevention with the
National Diabetes Prevention Program*



**North Berkeley Senior Center
April 15h from 10am-11am
Fuchsia Room**



Cancer Risk and Prevention Workshop

North Berkeley Senior Center

Date: April 8th, 2026

Time: 12:00 PM - 2 PM

Location: Gooseberry Room

Presented by Fighting Cancer at Berkeley





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