

THE NUGGET



Centers closed May 18th & 25th

May, 2026

Making the Most of May: Simple Tips & Meaningful Days for Seniors



May is a month that naturally encourages renewal—longer days, warmer weather, and more opportunities to get outside and reconnect with others. For seniors, it's an ideal time to ease back into routines that support both physical and emotional well-being while enjoying the simple pleasures of spring.

Spending time outdoors can make a noticeable difference. Even a short daily walk, sitting in the sun, or tending to a small garden can lift mood, improve mobility, and support overall health. Fresh air and sunlight are powerful, and as temperatures begin to rise, staying hydrated and dressing in layers helps keep things comfortable throughout the day.

Social connection is just as important. May is a great time to re-engage with group activities—whether that's a class at a senior center, a walking group, or a casual meet-up with friends. These interactions don't have to be big to be meaningful. A shared conversation, a laugh, or even a quick check-in can help reduce isolation and keep the mind active.

The month also offers a gentle reminder to stay on top of health. With National Stroke Awareness Month, it's a good time to check in on blood pressure, nutrition, and daily movement. Simple habits—like light stretching, balanced meals, and consistent sleep—can have a lasting impact when practiced regularly.

May also includes meaningful moments for reflection and celebration. Mother's Day provides an opportunity to honor relationships, share memories, and celebrate the many forms of care and connection in our lives. Later in the month, Memorial Day offers a time to remember and reflect, often bringing communities together in quiet appreciation.

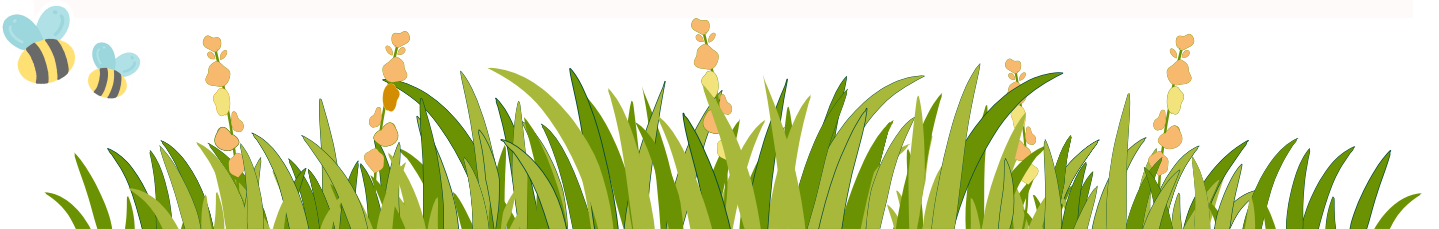
In between these larger moments, May is filled with opportunities to create your own. Trying a new hobby, revisiting an old interest, organizing photos, or simply enjoying a peaceful routine can bring a renewed sense of purpose. The goal isn't to do more—it's to do what feels meaningful. At its heart, May is about balance: staying active while also making space for rest, connection, and reflection. With a few small, intentional choices, the month can feel both energizing and fulfilling.

MAY WORD FINDER



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Merrymakers Membership Maintenance Massage Magnificent Massiveness
Movement Measuring Meditation Memorable Motivation Medicinal Matters
Miracles Makings Magnolia Minding Maturing Marigold Modified Mindset
Myself Magical Morality Muscle Mistake Musical May Marvel Mother



NORTH BERKELEY SENIOR CENTER FIELD TRIPS

Sign-Up & Trip Policies

Field trip requests are handled through a lottery system, with a maximum of 3 trips per month across both senior centers. If space is available, call 1 week before the trip to sign up. Trips may change at staff discretion. Drivers wait 15 minutes maximum at pickup time before departing; if you miss the bus, you must arrange your own transportation home. After returning to the senior center, all rides (Paratransit, family, taxi, etc.) must arrive before 4:30 PM.

Walking Key

= Easy walking ** = Moderate walking *** = Higher walking / uneven terrain

May Field Trip Schedule & Information

Thursday, May 14 | Filoli Gardens (Woodside)

Time: 9:00 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Seniors \$45 / EBT Free | **Lunch:** On your own

Tuesday, May 19 | Muir Woods National Monument

Time: 9:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** \$15 | **Lunch:** Bring your own

Thursday, May 21 | Treasure Island Park & Mersea Restaurant

Time: 11:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Menu prices

Thursday, May 28 | Japantown (San Francisco)

Time: 9:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Thursday, June 4 | Jack London State Park

Time: 9:00 AM – 4:00 PM | **Walking Score:** *** | **Cost:** \$4 | **Lunch:** Bring your own

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING TRIPS Guidelines

For Shopping Trips our bus capacity is *Eight(8) 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. 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.

May Shopping Trip Schedule & Information

Monday, May 11 | Where: Walmart (Martinez) | **Time:** 8:30 AM – 12:00 PM

Monday, May 11 | Where: Costco (Richmond – Membership Required)| **Time:**12:30 PM – 4:00 PM

Tuesday, May 26 | Where: Powell St Plaza / Bay St (Emeryville) | **Time:** 8:30 AM – 12:00 PM

Tuesday, May 26 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30 PM – 4:00 PM

Monday, June 2 | Where: El Cerrito Plaza | **Time:** 8:30 AM – 12:00 PM

Monday, June 2 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30 PM – 4:00 PM

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

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May Schedule & Important Information

Wednesday, May 13 | Cowell–Purisima Coastal Trail (Half Moon Bay)

Time: 9:00 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free

Lunch: Menu prices at Sam’s Chowder House

Friday, May 15 | Downtown Sausalito

Time: 10:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Wednesday, May 20 | Serramonte Center (Daly City)

Time: 9:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Friday, May 22 | Filoli Gardens

Time: 9:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** \$32 or Free w/ EBT

Lunch: On-site café (card only) or bring your own

Wednesday, May 27 | Blue & Gold Fleet SF Bay Cruise

Time: 9:00 AM – 4:00 PM | **Walking Score:** * | **Cost:** \$33 | **Lunch:** Bring your own

Wednesday, June 3 | Presidio Tunnel Tops (San Francisco)

Time: 9:30 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring your own

Friday, June 5 | Vacaville Premium Outlets

Time: 9:30 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** On your own

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

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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.

May Schedule & Important Information

Friday, May 29 | Walmart (San Leandro) | **Time:** 8:30 AM – 12:00 PM

Friday, May 29 | Sprouts (San Leandro) | **Time:** 12:30 PM – 4:00 PM

Monday, June 1 | El Cerrito Plaza | **Time:** 8:30 AM – 12:00 PM

Monday, June 1 | Grocery Outlet | **Time:** 12:30 PM – 4:00 PM

MAY CAFÉ DINE-IN MENU

Notes* 12 oz soup days | "+" nutrient-enhanced | "*" dietary notes | peanuts labeled | menu subject to change

Fri 5/1: Chicken Enchilada Casserole | Zucchini, Corn & Peppers+ | Mexican Coleslaw+* | Diced Mango & Pineapple+

Mon 5/4: Thai Basil Ground Turkey | Asian Vegetable Blend+ | Rice | Citrus Cutie+

Tue 5/5: Beef Brisket | Mashed Potatoes | Green Beans | Roll | Fruit+

Wed 5/6: Beef & Barley Soup (12 oz) | Spinach Salad* | V-8 Juice+ | Roll | Fruit

Thu 5/7: Pasta Primavera+ | White Bean Ragu | Grapes

Fri 5/8: Meatball Stroganoff | Noodles | Broccoli & Carrots+* | Pear

Mon 5/11: Mongolian Meatballs | Bok Choy & Mushrooms+* | Rice | Apple

Tue 5/12: Tuna Noodle Casserole | Broccoli+ | Coleslaw+* | Grapes

Wed 5/13: Turkey Jook (12 oz) | V-8 Juice+ | Fruit+

Thu 5/14: Shepherd's Pie (veg) | Red Cabbage+ | Roll | Pear

Fri 5/15: Chicken Fried Steak | Collard Greens+* | Sweet Potatoes+ | Roll | Citrus+

Mon 5/18: CLOSED

Tue 5/19: Pork Loin | Mashed Potatoes | Veg+ | Banana | Roll

Wed 5/20: Italian Wedding Soup (12 oz) | Roll | Coleslaw+ | Pear

Thu 5/21: Cheese Ravioli | Broccoli & Carrots+* | Bean Salad | Roll | Apple

Fri 5/22: Latin Roast Pork | Rice | Black Beans | Cracker | Coleslaw+ | Apples

Mon 5/25: CLOSED

Tue 5/26: Chicken Adobo | Brown Rice | Veg+* | Citrus+

Wed 5/27: Albondigas Soup (12 oz) | Crackers | Salad+ | Banana

Thu 5/28: Sweet Potato Peanut Stew* (**contains peanuts**) | Quinoa | Collard Greens+* | Grapes

Fri 5/29: Chicken Parmesan | Whole Wheat Pasta | Ratatouille+ | Banana

Senior Center Dining Information & Dates:

North Berkeley Senior Center: Mon, Wed, Fri 11:30–12:30 | 510-981-5190

South Berkeley Senior Center: Mon, Tues, Thurs 11:30–12:30 | 510-981-5170

Albany: Mon–Fri at 12pm | 510-524-9122

Emeryville: Mon–Fri at 12pm | 510-596-3730

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.

FOOD AND MEAL 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 offers healthy hot meals at South Berkeley Senior Center (SBSC), North Berkeley Senior Center (NBSC), and the Emeryville and Albany Senior Centers.

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

Mercy Brown Bag groceries are available for pickup at Berkeley Senior Centers, with no distributions on holidays. North Berkeley participants pick up at the South Berkeley Senior Center on the 1st and 3rd Fridays.

South Berkeley distribution dates are 5/1/26 and 5/15/26 from 11:00 AM–2:00 PM

Berkeley Meals on Wheels provides up to 7 meals per week for eligible residents. To check eligibility, call (510) 981-5250 or email Seniors@cityofberkeley.info. Meals on Wheels participants are considered homebound and do not participate in senior center meal programs at the same time.

Other 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 (SNAP) provides funds for groceries for those who meet income guidelines. For assistance with the application process, please contact Alameda County at (510) 272-3663.

Alameda County Food Bank offers same-day connections to groceries and hot meals. Call (510) 635-3663 or visit <https://www.accfb.org/get-food/>

Berkeley Food Network is located at 1925 Ninth Street and is open Tuesdays and Thursdays from 11:00 AM–6:00 PM

South Berkeley Senior Center Pantry (with Berkeley Food Network)

Held on the 2nd and 4th Mondays of each month from 2:00–3:00 PM (excluding holidays)

Please bring a reusable bag. May dates are 5/11/26 and 5/25/26

Introducing the Dash Diet



DASH stands for **D**ietary **A**pproach to **S**top **H**ypertension; it is a flexible and balanced eating plan aimed to promote heart healthy eating habits. The Dash diet aids in lowering blood pressure, lowers LDL cholesterol levels (the “bad” cholesterol), and reduces the risk of Type 2 diabetes and heart disease.

Following the Dash Diet

Whole Grains



Recommended serving: 5-6 per day.
Serving size: 1 slice bread, 1 oz of dry cereal, ½ cup of cooked rice pasta or cereal
Examples: Oatmeal, brown rice, whole grain cereal, quinoa, whole grain bread.

Vegetables



Recommended serving: 3-4 per day.
Serving size: 1 cup of raw leafy vegetable, ½ of cut-up raw or cooked vegetable, ½ cup vegetable juice.
Examples: Collards, kale, green beans, green peas, lima beans, sweet potato, broccoli, carrots.

Fruits



Recommended serving: 4 per day.
Serving size: 1 medium fruit, ¼ cup dried fruit (unsweetened), ½ cup cut fruit.
Examples: Apples, apricots, bananas, grapes, oranges, pears.

Sweets and Added Sugar



Recommended serving: LESS THAN 3 per week.
Serving size: 1tbsp table sugar, 1tbsp jelly or jam, ½ cup sorbet, 8oz (1 cup) serving of sweetened lemonade.

Sodium



Recommended Serving: LESS THAN 2300mg per day. (~1 teaspoon), *individuals with heart disease can benefit from reducing sodium to <1,500 mg daily to improve heart health and further lower their blood pressure.

*The recommendations are based on 1400kcal-1600kcal daily.

Dairy



Recommended serving: 2-3 per day.
Serving size: 1 cup milk/yogurt, 1.5 oz cheese.
Examples: (Reduced fat dairy products are recommended) Fat-free milk, skim milk, reduced fat cheese, fat-free cheese.

Lean Meats



Recommended serving: 3-4 per day.
Serving size: 1oz cooked meat, fish, or poultry, 1 egg.
Examples: Chicken or turkey without skins, salmon, tuna, lean beef and pork.

Fats and Oils



Recommended serving: 1-2 per day.
Serving size: 1 tbsp of oil, 2 tbsp of salad dressing.
Examples: Vegetable oil (canola, corn, olive) soft margarine.

Nuts, Seeds, and Legumes



Recommended serving: 3-4 per week.
Serving size: ½ cup nuts, 2 tbsp peanut butter, 2tbsp of seeds, ½ cup cooked legumes.
Examples: Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, chickpeas, black-eyed peas, lentils.

Visit the following Link for a sample week meal plan and menus:

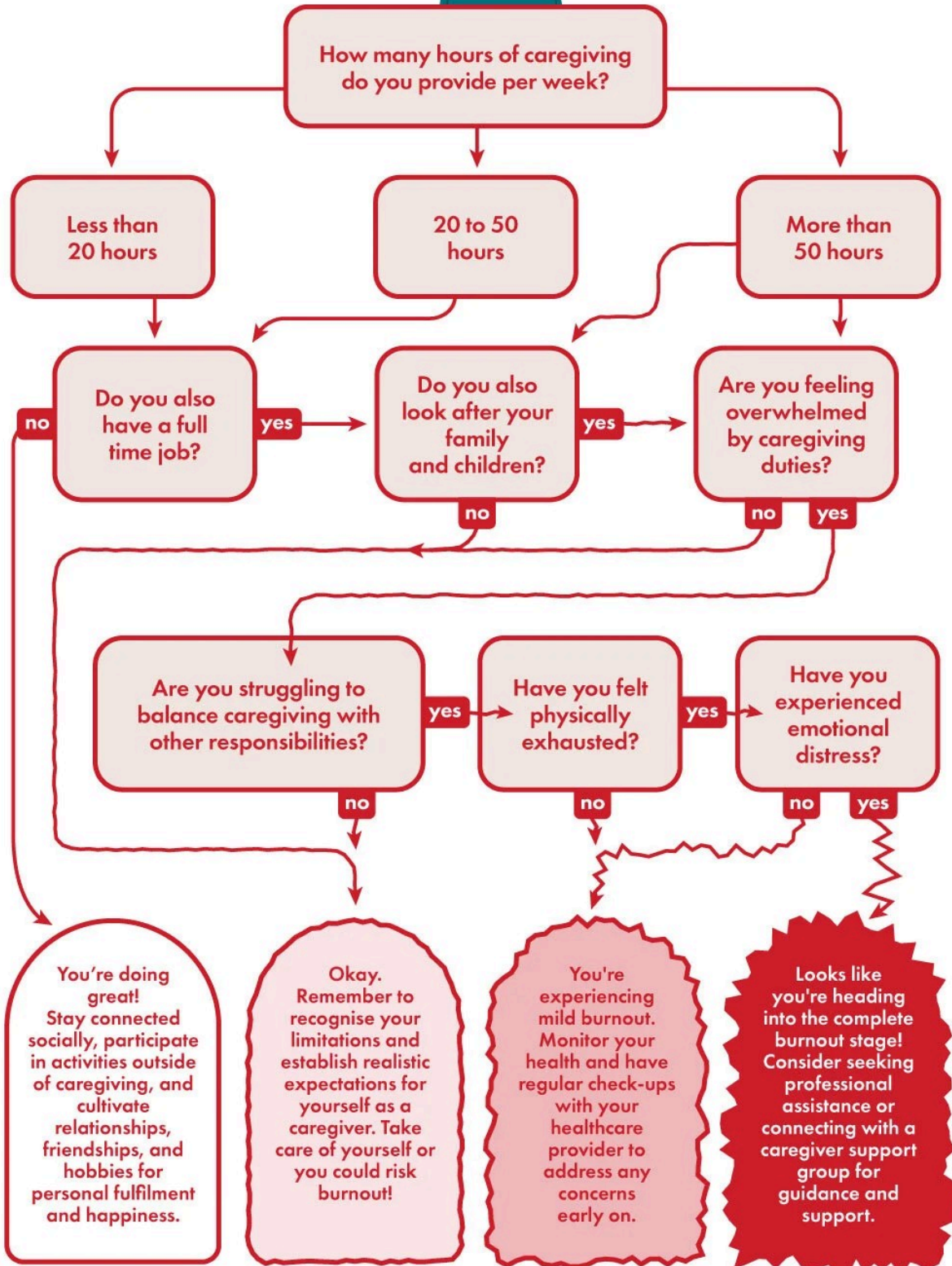
<https://www.eatingwell.com/article/289964/7-day-dash-diet-menu/>

*The information provided is for educational and informational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before making any changes to your diet, exercise routine, or medical treatment.

Check if you're suffering from



CAREGIVER BURNOUT



BULLETIN BOARD

Support & Resources –

Get help accessing services, resources, and support. Senior Service Assistants are available by appointment at both centers or by phone. Social Services Case Managers are also available by phone.

Programs:

Information & Assistance: Referrals to services and community resources

Family Caregiver Support: Guidance and support for caregivers

Contact:

North Berkeley Senior Center | Mon, Wed–Fri 9:00 AM–4:00 PM | (510) 981-5190

South Berkeley Senior Center | Mon–Thurs 9:00 AM–4:00 PM | (510) 981-5170

Social Services Unit – Now Accepting Referrals- Free Information & Assistance services are available.

Targeted Case Management (TCM) supports Berkeley residents who are Medi-Cal eligible, uninsured, or under-insured.

Services Include: Medical care and benefits, transportation, food resources, legal aid, utility/energy assistance, and other essential services. Eligibility screening provided by case managers.

Contact:

Social Services Unit ((510) 981-5180 Phone Only) | Mon–Fri 9:00 AM–4:00 PM |

Email: agingssu@berkeleyca.gov

Berkeley Rides for Seniors & the Disabled (BRSD) – ***Program Update***

The BRSD program waitlist is currently full and not accepting new applications. If you applied before March 1, 2025, you will receive a letter by mail if approved.

Contact: (510) 981-7269 | **Email:** BRSD@berkeleyca.gov | **Website:** [Transportation Services](https://www.berkeleyca.gov/transportation-services) | [City of Berkeley \(berkeleyca.gov\)](https://www.berkeleyca.gov)

GoGo Rides Orientation

Need help using your GoGo account? Assistance is available for participants already enrolled in the BRSD program.

When: Wednesdays | 9:00 AM–12:00 PM **Schedule:** Call (510) 981-5176.

Note: Must be enrolled in BRSD to receive assistance.

NORTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Free Blood Pressure Checks:

When: Wednesdays & Fridays | 10:00 AM–12:00 PM in the Dining Room Hallway

Brain & Memory Presentation:

When: Friday, May 1 | 10:00 AM–11:00 AM in the Gooseberry Room

Description: Interactive session focused on brain health and strategies to help prevent cognitive decline.

CalFresh Enrollment Tabling:

When: Friday, May 1 | 10:00 AM–12:00 PM in the Hallway

Description: Alameda County Food Bank staff will assist with CalFresh applications. Please bring ID, Social Security number, and proof of income and expenses (rent, utilities, medical).

Tech Support by Ashby Village:

When: Thursday, May 7 | 1:00 PM–3:00 PM in the Dining Room

Description: Drop-in help with smartphones, apps (Uber/Lyft), and general tech questions.

May Birthday Party:

When: Friday, May 8 | 1:00 PM–2:00 PM in the Aspen Room

Description: Celebrate May birthdays with live music by the Jazz Therapist Band, cake, and community.

Alzheimer's Care-Partners Circle – Creating Your Family Care Team:

When: Friday, May 15 | 10:00 AM–11:00 AM in the Fuchsia Room

Description: Learn strategies to build a support system for caregiving and navigate family dynamics.

HICAP Tabling (Medicare Counseling):

When: Wednesday, May 20 | 10:30 AM–12:30 PM in the Hallway

Description: Free health insurance counseling and support for Medicare questions.

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Medi-Cal/Medicare by LifeLong Medical:

When: Tuesdays | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Get answers about 2026 changes to Medicare and Medi-Cal.

Heart 2 Heart Blood Pressure Screening:

When: Thursdays | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Get your blood pressure checked and track your readings.

Music and Sing Along:

When: Tuesday, May 5 | 10:00 AM–12:00 PM in the Multipurpose Room

Description: Enjoy live classics from UC Berkeley musicians and sing along. Feel free to bring lunch.

CalFresh Enrollment Clinic:

When: Tuesdays, May 5 & 19 | 10:30 AM–12:00 PM in the Dining Room

Description: Get help applying for CalFresh. Bring ID, Social Security number, and proof of income and expenses.

Tenants: Know Your Rights (East Bay Community Law Center):

When: Tuesday, May 5 | 12:30 PM–1:30 PM in the Dining Room

Description: Learn about tenant rights, deposits, rental assistance, and landlord issues.

Caregiver Support Group (6 Weeks):

When: Wednesdays, May 6–June 10 | 10:30 AM–11:30 AM in Conference Room A

Description: Connect, learn strategies, and share support. Registration required; call 510-981-5202.

PACE Program:

When: Mondays, May 11 & 25 | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Learn about coordinated healthcare services designed for seniors.

Travel Training with Chonita:

When: May 12 (10:00 AM–2:00 PM, Conference Room A) & May 13 (9:30 AM–TBA, field trip)

Description: Two-day training with classroom instruction and a BART field trip. Lunch provided; \$35 Clipper card for first-time participants. Call 510-981-5170 to register.

ChatGPT and Me (Berkeley Public Library):

When: Tuesday, May 12 | 1:00 PM–2:00 PM in the Computer Room

Description: Introduction to AI and how to use tools like ChatGPT.

Tech Support (Ashby Village):

When: Thursday, May 14 | 1:00 PM–3:00 PM in the Dining Room

Description: Drop-in help with smartphones, apps, and general tech questions.

FREE Class

Introduction to Ceramics

No experience necessary! Join the fun!
Handbuilding only, no wheel, low fire

SEVEN 2-hour classes
plus lots of free open studio time.

Tuesdays 9:15 - 11:15

May 12 - June 23

Class is FREE, with a suggested glaze fee donation of \$25.
Please bring your own low fire clay or use free reclaim in the studio

This class is at the South Berkeley Senior Center
2939 Ellis St, Berkeley

Berkeley Senior Center Member requirements: 55 years or older,
Berkeley residency NOT necessary, membership is free!

Class size is limited, so register now!

If you are reasonably certain that you can attend all 7 classes,
then please register: Email your name and phone number to

CeramicsAtSBSC@gmail.com

HEALING THROUGH GRIEF

A Grief Processing Therapy Group.



a supportive space to share and process loss.

WHO CAN BENEFIT:
? - This group is for individuals who have experienced the loss of a loved one within the last 6 - 24 months. Find connection, understanding, and coping strategies.

GROUP DETAILS:

8 weeks, 90 minutes each session. 🕒

Starting Tuesday May 5th 📅

LOCATION: 1918 University Avenue 📍

COST:

- \$12 a session
- Free for Berkeley residents.

TO REGISTER AND LEARN MORE CALL: (510) 239-2017
Older Adult Counseling and Psychological Services



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

**If you would like to receive 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:

South Berkeley Senior Center: Mon, Tues & Thurs | 11:30 AM

North Berkeley Senior Center: Mon, Wed & Fri | 11:30 AM

Service Details:

First-come, first-served

While supplies last (unless otherwise noted)

Cost:

\$3 suggested contribution (ages 60+)

\$10 mandatory fee (ages 55–59)

Cash and weekly or monthly checks accepted. No one age 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**

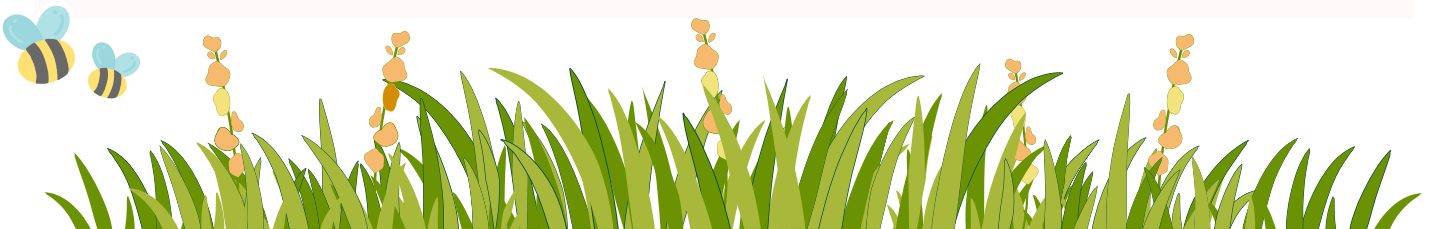


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J B G B N T N M D L A N I C I D E M D B M D

Merrymakers Membership Maintenance Massage Magnificent Massiveness
Movement Measuring Meditation Memorable Motivation Medicinal Matters
Miracles Makings Magnolia Minding Maturing Marigold Modified Mindset
Myself Magical Morality Muscle Mistake Musical May Marvel Mother



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Time: 9:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** \$15 | **Lunch:** Bring your own

Thursday, May 21 | Treasure Island Park & Mersea Restaurant

Time: 11:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Menu prices

Thursday, May 28 | Japantown (San Francisco)

Time: 9:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Thursday, June 4 | Jack London State Park

Time: 9:00 AM – 4:00 PM | **Walking Score:** *** | **Cost:** \$4 | **Lunch:** Bring your own

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING TRIPS Guidelines

For Shopping Trips our bus capacity is *Eight(8) 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. 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.

May Shopping Trip Schedule & Information

Monday, May 11 | Where: Walmart (Martinez) | **Time:** 8:30 AM – 12:00 PM

Monday, May 11 | Where: Costco (Richmond – Membership Required)| **Time:**12:30 PM – 4:00 PM

Tuesday, May 26 | Where: Powell St Plaza / Bay St (Emeryville) | **Time:** 8:30 AM – 12:00 PM

Tuesday, May 26 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30 PM – 4:00 PM

Monday, June 2 | Where: El Cerrito Plaza | **Time:** 8:30 AM – 12:00 PM

Monday, June 2 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30 PM – 4:00 PM

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Sign-Up & Trip Policies

Field trip requests are handled through a lottery system, with a maximum of 3 trips per month across both senior centers. If space is available, call 1 week before the trip to sign up. Trips may change at staff discretion. Drivers wait 15 minutes maximum at pickup time before departing; if you miss the bus, you must arrange your own transportation home. After returning to the senior center, all rides (Paratransit, family, taxi, etc.) must arrive before 4:30 PM.

Walking Key

= Easy walking ** = Moderate walking *** = Higher walking / uneven terrain

May Schedule & Important Information

Wednesday, May 13 | Cowell–Purisima Coastal Trail (Half Moon Bay)

Time: 9:00 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free

Lunch: Menu prices at Sam’s Chowder House

Friday, May 15 | Downtown Sausalito

Time: 10:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Wednesday, May 20 | Serramonte Center (Daly City)

Time: 9:30 AM – 4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Friday, May 22 | Filoli Gardens

Time: 9:00 AM – 4:00 PM | **Walking Score:** ** | **Cost:** \$32 or Free w/ EBT

Lunch: On-site café (card only) or bring your own

Wednesday, May 27 | Blue & Gold Fleet SF Bay Cruise

Time: 9:00 AM – 4:00 PM | **Walking Score:** * | **Cost:** \$33 | **Lunch:** Bring your own

Wednesday, June 3 | Presidio Tunnel Tops (San Francisco)

Time: 9:30 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring your own

Friday, June 5 | Vacaville Premium Outlets

Time: 9:30 AM – 4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** On your own

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING TRIPS Guidelines

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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. 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.

May Schedule & Important Information

Friday, May 29 | Walmart (San Leandro) | **Time:** 8:30 AM – 12:00 PM

Friday, May 29 | Sprouts (San Leandro) | **Time:** 12:30 PM – 4:00 PM

Monday, June 1 | El Cerrito Plaza | **Time:** 8:30 AM – 12:00 PM

Monday, June 1 | Grocery Outlet | **Time:** 12:30 PM – 4:00 PM

MAY CAFÉ DINE-IN MENU

Notes* 12 oz soup days | "+" nutrient-enhanced | "*" dietary notes | peanuts labeled | menu subject to change

Fri 5/1: Chicken Enchilada Casserole | Zucchini, Corn & Peppers+ | Mexican Coleslaw+* | Diced Mango & Pineapple+

Mon 5/4: Thai Basil Ground Turkey | Asian Vegetable Blend+ | Rice | Citrus Cutie+

Tue 5/5: Beef Brisket | Mashed Potatoes | Green Beans | Roll | Fruit+

Wed 5/6: Beef & Barley Soup (12 oz) | Spinach Salad* | V-8 Juice+ | Roll | Fruit

Thu 5/7: Pasta Primavera+ | White Bean Ragu | Grapes

Fri 5/8: Meatball Stroganoff | Noodles | Broccoli & Carrots+* | Pear

Mon 5/11: Mongolian Meatballs | Bok Choy & Mushrooms+* | Rice | Apple

Tue 5/12: Tuna Noodle Casserole | Broccoli+ | Coleslaw+* | Grapes

Wed 5/13: Turkey Jook (12 oz) | V-8 Juice+ | Fruit+

Thu 5/14: Shepherd's Pie (veg) | Red Cabbage+ | Roll | Pear

Fri 5/15: Chicken Fried Steak | Collard Greens+* | Sweet Potatoes+ | Roll | Citrus+

Mon 5/18: CLOSED

Tue 5/19: Pork Loin | Mashed Potatoes | Veg+ | Banana | Roll

Wed 5/20: Italian Wedding Soup (12 oz) | Roll | Coleslaw+ | Pear

Thu 5/21: Cheese Ravioli | Broccoli & Carrots+* | Bean Salad | Roll | Apple

Fri 5/22: Latin Roast Pork | Rice | Black Beans | Cracker | Coleslaw+ | Apples

Mon 5/25: CLOSED

Tue 5/26: Chicken Adobo | Brown Rice | Veg+* | Citrus+

Wed 5/27: Albondigas Soup (12 oz) | Crackers | Salad+ | Banana

Thu 5/28: Sweet Potato Peanut Stew* (**contains peanuts**) | Quinoa | Collard Greens+* | Grapes

Fri 5/29: Chicken Parmesan | Whole Wheat Pasta | Ratatouille+ | Banana

Senior Center Dining Information & Dates:

North Berkeley Senior Center: Mon, Wed, Fri 11:30–12:30 | 510-981-5190

South Berkeley Senior Center: Mon, Tues, Thurs 11:30–12:30 | 510-981-5170

Albany: Mon–Fri at 12pm | 510-524-9122

Emeryville: Mon–Fri at 12pm | 510-596-3730

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.

FOOD AND MEAL 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 offers healthy hot meals at South Berkeley Senior Center (SBSC), North Berkeley Senior Center (NBSC), and the Emeryville and Albany Senior Centers.

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

Mercy Brown Bag groceries are available for pickup at Berkeley Senior Centers, with no distributions on holidays. North Berkeley participants pick up at the South Berkeley Senior Center on the 1st and 3rd Fridays.

South Berkeley distribution dates are 5/1/26 and 5/15/26 from 11:00 AM–2:00 PM

Berkeley Meals on Wheels provides up to 7 meals per week for eligible residents. To check eligibility, call (510) 981-5250 or email Seniors@cityofberkeley.info. Meals on Wheels participants are considered homebound and do not participate in senior center meal programs at the same time.

Other 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 (SNAP) provides funds for groceries for those who meet income guidelines. For assistance with the application process, please contact Alameda County at (510) 272-3663.

Alameda County Food Bank offers same-day connections to groceries and hot meals. Call (510) 635-3663 or visit <https://www.accfb.org/get-food/>

Berkeley Food Network is located at 1925 Ninth Street and is open Tuesdays and Thursdays from 11:00 AM–6:00 PM

South Berkeley Senior Center Pantry (with Berkeley Food Network)

Held on the 2nd and 4th Mondays of each month from 2:00–3:00 PM (excluding holidays)

Please bring a reusable bag. May dates are 5/11/26 and 5/25/26

Introducing the Dash Diet



DASH stands for **D**ietary **A**pproach to **S**top **H**ypertension; it is a flexible and balanced eating plan aimed to promote heart healthy eating habits. The Dash diet aids in lowering blood pressure, lowers LDL cholesterol levels (the “bad” cholesterol), and reduces the risk of Type 2 diabetes and heart disease.

Following the Dash Diet

Whole Grains



Recommended serving: 5-6 per day.
Serving size: 1 slice bread, 1 oz of dry cereal, ½ cup of cooked rice pasta or cereal
Examples: Oatmeal, brown rice, whole grain cereal, quinoa, whole grain bread.

Vegetables



Recommended serving: 3-4 per day.
Serving size: 1 cup of raw leafy vegetable, ½ of cut-up raw or cooked vegetable, ½ cup vegetable juice.
Examples: Collards, kale, green beans, green peas, lima beans, sweet potato, broccoli, carrots.

Fruits



Recommended serving: 4 per day.
Serving size: 1 medium fruit, ¼ cup dried fruit (unsweetened), ½ cup cut fruit.
Examples: Apples, apricots, bananas, grapes, oranges, pears.

Sweets and Added Sugar



Recommended serving: LESS THAN 3 per week.
Serving size: 1tbsp table sugar, 1tbsp jelly or jam, ½ cup sorbet, 8oz (1 cup) serving of sweetened lemonade.

Sodium



Recommended Serving: LESS THAN 2300mg per day. (~1 teaspoon), *individuals with heart disease can benefit from reducing sodium to <1,500 mg daily to improve heart health and further lower their blood pressure.

*The recommendations are based on 1400kcal-1600kcal daily.

Dairy



Recommended serving: 2-3 per day.
Serving size: 1 cup milk/yogurt, 1.5 oz cheese.
Examples: (Reduced fat dairy products are recommended) Fat-free milk, skim milk, reduced fat cheese, fat-free cheese.

Lean Meats



Recommended serving: 3-4 per day.
Serving size: 1oz cooked meat, fish, or poultry, 1 egg.
Examples: Chicken or turkey without skins, salmon, tuna, lean beef and pork.

Fats and Oils



Recommended serving: 1-2 per day.
Serving size: 1 tbsp of oil, 2 tbsp of salad dressing.
Examples: Vegetable oil (canola, corn, olive) soft margarine.

Nuts, Seeds, and Legumes



Recommended serving: 3-4 per week.
Serving size: ½ cup nuts, 2 tbsp peanut butter, 2tbsp of seeds, ½ cup cooked legumes.
Examples: Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, chickpeas, black-eyed peas, lentils.

Visit the following Link for a sample week meal plan and menus:

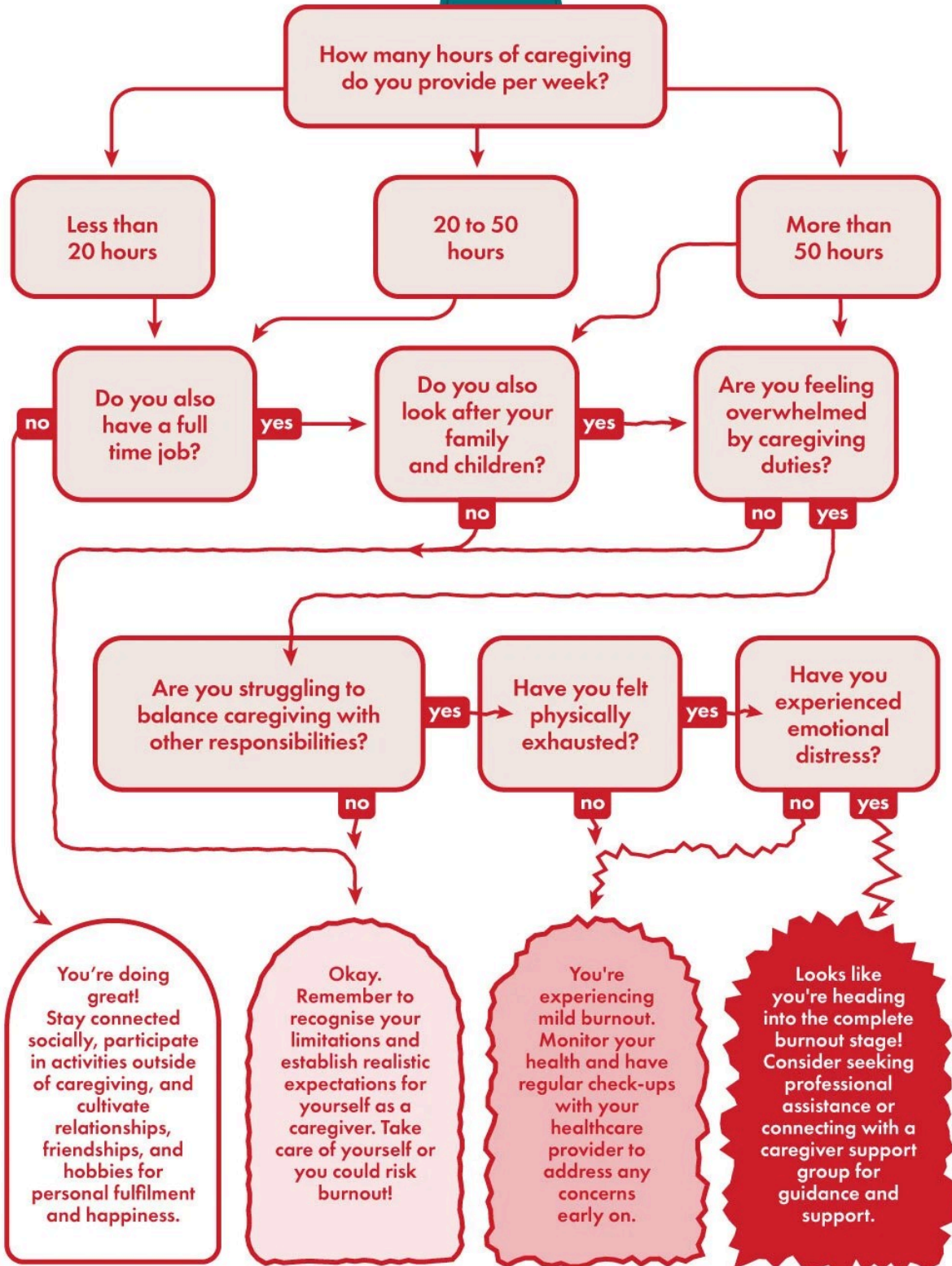
<https://www.eatingwell.com/article/289964/7-day-dash-diet-menu/>

*The information provided is for educational and informational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before making any changes to your diet, exercise routine, or medical treatment.

Check if you're suffering from



CAREGIVER BURNOUT



BULLETIN BOARD

Support & Resources –

Get help accessing services, resources, and support. Senior Service Assistants are available by appointment at both centers or by phone. Social Services Case Managers are also available by phone.

Programs:

Information & Assistance: Referrals to services and community resources

Family Caregiver Support: Guidance and support for caregivers

Contact:

North Berkeley Senior Center | Mon, Wed–Fri 9:00 AM–4:00 PM | (510) 981-5190

South Berkeley Senior Center | Mon–Thurs 9:00 AM–4:00 PM | (510) 981-5170

Social Services Unit – Now Accepting Referrals- Free Information & Assistance services are available.

Targeted Case Management (TCM) supports Berkeley residents who are Medi-Cal eligible, uninsured, or under-insured.

Services Include: Medical care and benefits, transportation, food resources, legal aid, utility/energy assistance, and other essential services. Eligibility screening provided by case managers.

Contact:

Social Services Unit ((510) 981-5180 Phone Only) | Mon–Fri 9:00 AM–4:00 PM |

Email: agingssu@berkeleyca.gov

Berkeley Rides for Seniors & the Disabled (BRSD) – ***Program Update***

The BRSD program waitlist is currently full and not accepting new applications. If you applied before March 1, 2025, you will receive a letter by mail if approved.

Contact: (510) 981-7269 | **Email:** BRSD@berkeleyca.gov | **Website:** [Transportation Services | City of Berkeley \(berkeleyca.gov\)](https://www.berkeleyca.gov/transportation-services)

GoGo Rides Orientation

Need help using your GoGo account? Assistance is available for participants already enrolled in the BRSD program.

When: Wednesdays | 9:00 AM–12:00 PM **Schedule:** Call (510) 981-5176.

Note: Must be enrolled in BRSD to receive assistance.

NORTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Free Blood Pressure Checks:

When: Wednesdays & Fridays | 10:00 AM–12:00 PM in the Dining Room Hallway

Brain & Memory Presentation:

When: Friday, May 1 | 10:00 AM–11:00 AM in the Gooseberry Room

Description: Interactive session focused on brain health and strategies to help prevent cognitive decline.

CalFresh Enrollment Tabling:

When: Friday, May 1 | 10:00 AM–12:00 PM in the Hallway

Description: Alameda County Food Bank staff will assist with CalFresh applications. Please bring ID, Social Security number, and proof of income and expenses (rent, utilities, medical).

Tech Support by Ashby Village:

When: Thursday, May 7 | 1:00 PM–3:00 PM in the Dining Room

Description: Drop-in help with smartphones, apps (Uber/Lyft), and general tech questions.

May Birthday Party:

When: Friday, May 8 | 1:00 PM–2:00 PM in the Aspen Room

Description: Celebrate May birthdays with live music by the Jazz Therapist Band, cake, and community.

Alzheimer's Care-Partners Circle – Creating Your Family Care Team:

When: Friday, May 15 | 10:00 AM–11:00 AM in the Fuchsia Room

Description: Learn strategies to build a support system for caregiving and navigate family dynamics.

HICAP Tabling (Medicare Counseling):

When: Wednesday, May 20 | 10:30 AM–12:30 PM in the Hallway

Description: Free health insurance counseling and support for Medicare questions.

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Medi-Cal/Medicare by LifeLong Medical:

When: Tuesdays | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Get answers about 2026 changes to Medicare and Medi-Cal.

Heart 2 Heart Blood Pressure Screening:

When: Thursdays | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Get your blood pressure checked and track your readings.

Music and Sing Along:

When: Tuesday, May 5 | 10:00 AM–12:00 PM in the Multipurpose Room

Description: Enjoy live classics from UC Berkeley musicians and sing along. Feel free to bring lunch.

CalFresh Enrollment Clinic:

When: Tuesdays, May 5 & 19 | 10:30 AM–12:00 PM in the Dining Room

Description: Get help applying for CalFresh. Bring ID, Social Security number, and proof of income and expenses.

Tenants: Know Your Rights (East Bay Community Law Center):

When: Tuesday, May 5 | 12:30 PM–1:30 PM in the Dining Room

Description: Learn about tenant rights, deposits, rental assistance, and landlord issues.

Caregiver Support Group (6 Weeks):

When: Wednesdays, May 6–June 10 | 10:30 AM–11:30 AM in Conference Room A

Description: Connect, learn strategies, and share support. Registration required; call 510-981-5202.

PACE Program:

When: Mondays, May 11 & 25 | 11:00 AM–12:30 PM in the Multipurpose Room

Description: Learn about coordinated healthcare services designed for seniors.

Travel Training with Chonita:

When: May 12 (10:00 AM–2:00 PM, Conference Room A) & May 13 (9:30 AM–TBA, field trip)

Description: Two-day training with classroom instruction and a BART field trip. Lunch provided; \$35 Clipper card for first-time participants. Call 510-981-5170 to register.

ChatGPT and Me (Berkeley Public Library):

When: Tuesday, May 12 | 1:00 PM–2:00 PM in the Computer Room

Description: Introduction to AI and how to use tools like ChatGPT.

Tech Support (Ashby Village):

When: Thursday, May 14 | 1:00 PM–3:00 PM in the Dining Room

Description: Drop-in help with smartphones, apps, and general tech questions.

FREE Class

Introduction to Ceramics

No experience necessary! Join the fun!
Handbuilding only, no wheel, low fire

SEVEN 2-hour classes
plus lots of free open studio time.

Tuesdays 9:15 - 11:15

May 12 - June 23

Class is FREE, with a suggested glaze fee donation of \$25.
Please bring your own low fire clay or use free reclaim in the studio

This class is at the South Berkeley Senior Center
2939 Ellis St, Berkeley

Berkeley Senior Center Member requirements: 55 years or older,
Berkeley residency NOT necessary, membership is free!

Class size is limited, so register now!

If you are reasonably certain that you can attend all 7 classes,
then please register: Email your name and phone number to

CeramicsAtSBSC@gmail.com

HEALING THROUGH GRIEF

A Grief Processing Therapy Group.



a supportive space to share and process loss.

WHO CAN BENEFIT:
? - This group is for individuals who have experienced the loss of a loved one within the last 6 - 24 months. Find connection, understanding, and coping strategies.

GROUP DETAILS:

8 weeks, 90 minutes each session. 🕒

Starting Tuesday May 5th 📅

LOCATION: 1918 University Avenue 📍

COST:

- \$12 a session

- Free for Berkeley residents.

TO REGISTER AND LEARN MORE CALL: (510) 239-2017
Older Adult Counseling and Psychological Services

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

Come learn about
your Brain!

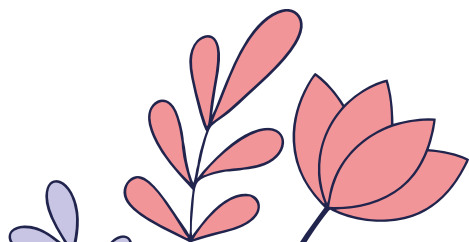
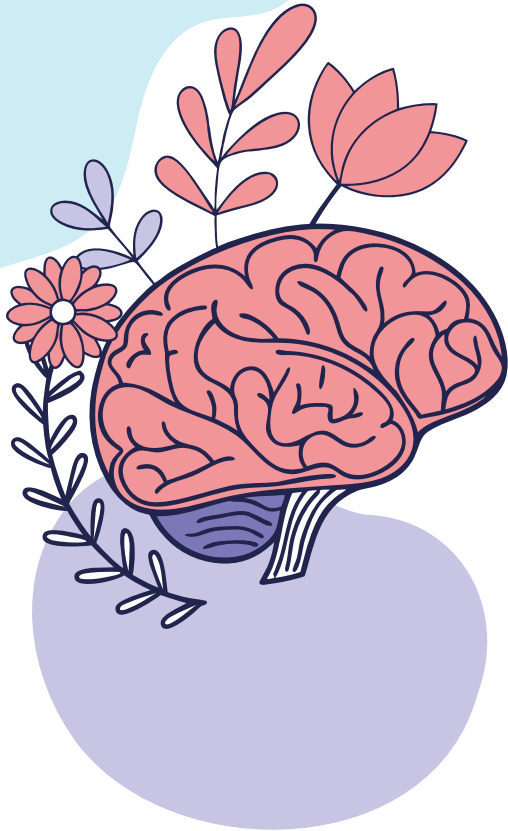
May 1, 2026 10:00
am-11:00 am
Gooseberry Room

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 MAY CLASS SCHEDULE

HOURS: MON, WED-FRI | 9:00 AM-4:00 PM
(CLOSED TUESDAY)

Monday

- Alexander Technique** | Time: 9:00-10:00 AM | Cost: Donation | Room: Juniper Room
- Country Western Line Dance** | Time: 9:00-11:00 AM | Cost: FREE | Room: Aspen Room
- Ceramics Collective Drop-in** | Time: 9:00 AM-4:00 PM | Cost: FREE | Room: Lupine Art Room
- Memoir Writing** | Time: 10:00 AM-12:00 PM | Cost: FREE | Room: Morning Glory Room
- Iyengar Yoga** | Time: 10:00-11:30 AM | Cost: Donation | Room: Juniper Room
- Italian Conversation** | Time: 10:30 AM-12:00 PM | Cost: FREE | Room: Gooseberry Room
- Advanced Line Dance** | Time: 11:00 AM-12:00 PM | Cost: FREE | Room: Aspen Room
- Brazilian Samba** | Time: 12:00-1:00 PM | Cost: Donation | Room: Juniper Room
- Memoir Reading Group** | Time: 1:00-3:00 PM | Cost: FREE | Room: Deergrass Room
- Poetry Aloud (BAS)** | Time: 1:00-3:00 PM | Cost: \$45 | Room: Poppy Room
- Ping Pong** | Time: 1:00-4:00 PM | Cost: FREE | Room: Aspen Room
- Speaking & Reading French** | Time: 2:00-4:00 PM | Cost: FREE | Room: Morning Glory Room
- Toning - Jam4Joy** | Time: 4:30-5:30 PM | Cost: Donation | Room: Aspen Room
- Zumba - Jam4Joy** | Time: 5:30-6:30 PM | Cost: Donation | Room: Aspen Room

Wednesday

- Country Western Line Dance** | Time: 9:00-11:00 AM | Cost: FREE | Room: Aspen Room
- Mindful Movement** | Time: 10:00-11:15 AM | Cost: Donation | Room: Juniper Room
- Tech Support (Walk-in)** | Time: 10:00 AM-12:00 PM | Cost: FREE | Room: Golden Star Room
- Conversational French** | Time: 10:30 AM-12:00 PM | Cost: FREE | Room: Gooseberry Room
- Ear Acupuncture Clinic** | Time: 12:15-1:45 PM | Cost: FREE | Room: Poppy Room
- Moving Qi (BAS)** | Time: 12:30-2:00 PM | Cost: \$45 | Room: Juniper Room
- Spanish Conversation (intermediate)** | Time: 1:00-2:00 PM | Cost: FREE | Room: Deergrass Room

NORTH BERKELEY SENIOR CENTER MAY CLASS SCHEDULE CONTINUED

HOURS: MON, WED-FRI | 9:00 AM-4:00 PM
(CLOSED TUESDAY)

Wednesday- Continued

Art Painting | Time: 1:00-3:00 PM | Cost: FREE | Room: Lupine Art Room

Moderated Musings | Time: 2:00-4:00 PM | Cost: FREE | Room: Deergrass Room

Ballroom Dancing | Time: 2:00-4:00 PM | Cost: FREE | Room: Juniper Room

Thursday

Ceramics (BAS) | Time: 9:00 AM-4:00 PM | Cost: \$45 | Room: Lupine Art Room

Gentle Yoga (BAS) | Time: 9:45-11:45 AM | Cost: Donation | Room: Juniper Room

Tai Chi Chih | Time: 10:00-11:00 AM | Cost: Donation | Room: Aspen Room

Senior Support Group | Time: 10:30 AM-12:00 PM | Cost: FREE | Room: Morning Glory Room

World Music in Motion (BAS) | Time: 11:00 AM-12:00 PM | Cost: \$45 | Room: Aspen Room

Older & Out LGBTQ Social (1st Thursdays) | Time: 12:00-3:00 PM | Cost: FREE | Room: Poppy Room

Beginning Chinese Dance | Time: 12:00-1:00 PM | Cost: FREE | Room: Juniper Room

Chinese Ethnic Dance | Time: 1:00-3:00 PM | Cost: FREE | Room: Aspen Room

Feldenkrais (1st & 3rd Thursdays) | Time: 1:45-3:15 PM | Cost: Donation | Room: Juniper Room

Tai Chi (2nd & 4th Thursdays) | Time: 2:00-3:00 PM | Cost: FREE | Room: Juniper Room

Tech Support (1st Thursdays) | Time: 2:00-4:00 PM | Cost: FREE | Room: Dining Room

Yogic Therapy | Time: 2:30-4:00 PM | Cost: FREE | Room: Gooseberry Room

Friday

Tap Dance Club | Time: 9:00-11:00 AM | Cost: FREE | Room: Aspen Room

Chinese Art Painting | Time: 9:00 AM-12:00 PM | Cost: FREE | Room: Lupine Art Room

Iyengar Yoga (BAS) | Time: 9:15-11:15 AM | Cost: \$45 | Room: Juniper Room

Iyengar Yoga (Drop-in) | Time: 11:15 AM-12:30 PM | Cost: Donation | Room: Juniper Room

NORTH BERKELEY SENIOR CENTER MAY CLASS SCHEDULE CONTINUED

HOURS: MON, WED-FRI | 9:00 AM-4:00 PM
(CLOSED TUESDAY)

Friday- Continued

Alzheimer's Care-Partners Circle (3rd Fridays) | **Time:** 10:00-11:00 AM

Cost: FREE | **Room:** Fuchsia Room

Awe in Improv | **Time:** 10:00-11:30 AM | **Cost:** FREE | **Room:** Gooseberry Room

Cultivating Calm | **Time:** 10:00-11:30 AM | **Cost:** \$10 | **Room:** Morning Glory Room

Pre-Registration required - Contact: 510-239-2017 Ext 706 or Ext 712

Chinese Karaoke | **Time:** 12:00-3:00 PM | **Cost:** FREE | **Room:** Deergrass Room

Older & Out LGBTQ+ Support Group | **Time:** 1:00-3:00 PM | **Cost:** FREE | **Room:** Poppy Room

Registration required - Call (510)548-8283 | Email: olderandoutgroups@pacificcenter.org

Crafting & Crochet | **Time:** 1:00-4:00 PM | **Cost:** Donation | **Room:** Lupine Art Room

Guided Autobiography | **Time:** 2:00-4:00 PM | **Cost:** FREE | **Room:** Morning Glory Room

Pre-registration required - Contact (510)239-2017 Ext 722 to register

Weight Training | **Time:** 3:00-4:00 PM | **Cost:** FREE | **Room:** Juniper Room

SOUTH BERKELEY SENIOR CENTER

MAY CLASS SCHEDULE

HOURS: MON-THURS | 9:00 AM-4:00 PM
(CLOSED FRIDAY)

Monday

Dominoes & Pinochle | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Lounge

Pool | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Pool Room

Open Computer Lab | Time: 9:00 AM-12:30 PM | Cost: FREE | Room: Computer Lab

Open Ceramics Lab | Time: 9:00 AM-12:00 PM | Cost: FREE | Room: Ceramics/Art Room

Yoga for Seniors (Zoom) | Time: 10:00-11:30 AM | Cost: \$45 | Contact: yogayoko@gmail.com

Chair Exercise | Time: 10:00-11:00 AM | Cost: FREE | Room: Multipurpose Room

Wellness Dance | Time: 12:00-1:00 PM | Cost: FREE | Room: Multipurpose Room

Comedy Class | Time: 12:30-1:30 PM | Cost: FREE | Room: Computer Lab

Ukulele & Singing | Time: 1:00-3:00 PM | Cost: FREE | Room: Sewing Room

Beginning Weight Training | Time: 1:30-2:30 PM | Cost: FREE | Room: Multipurpose Room

Open Computer Lab | Time: 2:30-3:45 PM | Cost: FREE | Room: Computer Lab

Tuesday

Dominoes & Pinochle | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Lounge

Pool | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Pool Room

Open Computer Lab | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Computer Lab

Open Ceramics Lab | Time: 9:30 AM-3:45 PM | Cost: FREE | Room: Ceramics/Art Room

Clutterers Anonymous | Time: 10:00-11:30 AM | Cost: FREE | Room: Conference Room A

Soul Line Dancing | Time: 1:00-2:30 PM | Cost: Donation | Room: Multipurpose Room

SOUTH BERKELEY SENIOR CENTER MAY CLASS SCHEDULE CONTINUED

HOURS: MON-THURS | 9:00 AM-4:00 PM
(CLOSED FRIDAY)

Wednesday

Dominoes & Pinochle | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Lounge

Pool | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Pool Room

Open Computer Lab | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Computer Lab

Open Ceramics Lab | Time: 9:30 AM-3:45 PM | Cost: FREE | Room: Ceramics/Art Room

Sewing Circle | Time: 10:00 AM-1:00 PM | Cost: FREE | Room: Sewing Room

Folk Dancing | Time: 10:00-11:30 AM | Cost: FREE | Room: Multipurpose Room

Tai Chi | Time: 11:45 AM-12:45 PM | Cost: FREE | Room: Multipurpose Room

Figure Drawing Circle | Time: 1:30-3:30 PM | Cost: FREE | Room: Conference Room A

Signup: markoyamagata@gmail.com

Toning - Jam4Joy | Time: 5:00-5:45 PM | Cost: Donation | Room: Multipurpose Room

Zumba - Jam4Joy | Time: 6:00-7:00 PM | Cost: Donation | Room: Multipurpose Room

Thursday

Dominoes & Pinochle | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Lounge

Pool | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Pool Room

Open Computer Lab | Time: 9:00 AM-3:45 PM | Cost: FREE | Room: Computer Lab

Open Ceramics Lab | Time: 9:30 AM-3:45 PM | Cost: FREE | Room: Ceramics/Art Room

Yoga (Zoom) | Time: 8:30-9:45 AM | Cost: Donation | [Zoom link](#)

Tap Dance Club | Time: 9:00-11:00 AM | Cost: FREE | Room: Multipurpose Room

Inspirational Hour | Time: 10:00-11:30 AM | Cost: FREE | Room: Phone

Tech Support | Time: 1:00-3:00 PM | Cost: FREE | Room: Dining Room



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

**If you would like to receive 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:

South Berkeley Senior Center: Mon, Tues & Thurs | 11:30 AM

North Berkeley Senior Center: Mon, Wed & Fri | 11:30 AM

Service Details:

First-come, first-served

While supplies last (unless otherwise noted)

Cost:

\$3 suggested contribution (ages 60+)

\$10 mandatory fee (ages 55–59)

Cash and weekly or monthly checks accepted. No one age 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**

