



THE NUGGET

CENTERS CLOSED ON FRIDAY, JUNE 19TH IN OBSERVANCE OF JUNETEENTH



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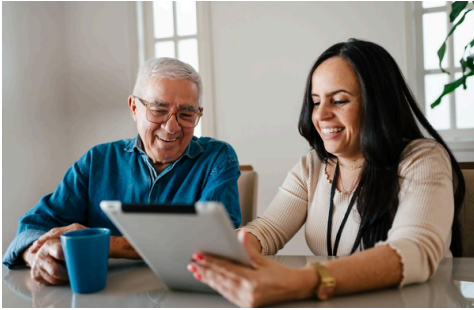
NORTH BERKELEY SENIOR CENTER

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
Hours: 9:00 AM-4:00PM

Tips for affordable senior housing



Finding affordable senior housing in the Bay Area can be challenging, and many older adults are surprised to learn just how long the process can take. In Alameda County and surrounding areas, affordable senior housing wait lists can often be five years or longer due to high demand and limited availability.

Because of this, Housing advocates strongly encourage seniors to apply as early as possible—even if housing is not immediately needed. One helpful resource is the [Doorway Housing Portal](#), a Bay Area affordable housing search website that allows users to search for affordable apartments, senior housing, and wait list openings across multiple counties. Several cities and housing agencies now direct applicants to Doorway as a central location for affordable housing opportunities.

Another important resource is [SAHA Homes](#), a nonprofit affordable housing provider with properties throughout the East Bay and beyond, including senior communities. SAHA periodically opens wait lists for senior housing and affordable apartments, though many properties use lotteries because of the large number of applicants.

Because wait lists can move slowly, applying to only one property is usually not enough. Housing organizations recommend applying to as many eligible properties and wait lists as possible. Seniors should also regularly check websites for new openings, as some wait lists remain open only for a short period of time.

A few important tips can make the process easier:

- Keep copies of all applications and confirmation numbers
- Use an email address that is checked regularly
- Update housing agencies immediately if your phone number or address changes
- Gather important documents early, such as ID, Social Security cards, income verification, and rental history
- Apply even if the wait seems long—time on the list matters

Many housing authorities note that applicants are sometimes removed from wait lists simply because they missed a letter, email, or update request. Keeping contact information current is extremely important.

While the process can feel overwhelming, persistence is key. Affordable housing applications are often a long-term investment in future stability. Applying early, staying organized, and checking for openings regularly can greatly improve the chances of eventually securing affordable senior housing.

JUNE WORD FINDER



L F F A T H E R S D A Y K I N F O L K R P D S Y
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Appreciation Barbecue Bride Celebrate Ceremonies Commencement Degrees
Diaspora Education Emancipation Families Father's Day Flags Freedom
Gatherings Gifts Golfing Gowns Graduates Honored Institution Juneteenth
Kinfolk Liberation Parades Parties Photographs Pride Rainbow Reunions
Traditions Venues Weather Weddings Cultural



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

June Field Trip Schedule & Information

Tuesday, June 9 | **Where:** U-Pick Cherry Adventure & Digger's Diner (Brentwood)
Time: 9:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Menu Prices

Thursday, June 11 | **Where:** Pacifica State Beach & Breakers Café
Time: 9:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Menu Prices

Thursday, June 18 | **Where:** Half Moon Bay & Main Street | **Time:** 9:15 AM–4:00 PM
Walking Score: *** | **Cost:** Free | **Lunch:** On your own

Tuesday, June 23 | **Where:** Palace of Fine Arts & Ghirardelli Square (SF) **Time:** 9:30 AM–4:00 PM
Walking Score: ** | **Cost:** Free | **Lunch:** On your own

Thursday, June 25 | **Where:** Alameda County Fair (\$3 Food Bites) **Time:** 11:00 AM–4:30 PM
Walking Score: *** | **Cost:** Free | **Lunch:** On your own

Tuesday, June 30 | **Where:** Bay Model Museum & Sausalito Boardwalk
Time: 9:45 AM–4:30 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** On your own

Thursday, July 2 | **Where:** Alameda County Fair (\$3 Food Bites) **Time:** 11:00 AM–4:00 PM
Walking Score: *** | **Cost:** Free | **Lunch:** On your own

Tuesday, July 7 | **Where:** de Young Museum (SF) **Time:** 9:15 AM–4:00 PM | **Walking Score:** **
Cost: Free | **Lunch:** Bring your own

Thursday, July 9 | **Where:** Di Rosa Center for Contemporary Arts (Napa) **Time:** 9:30 AM–4:00 PM
Walking Score: *** | **Cost:** \$20 | **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.

June Shopping Trip Schedule & Information

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

Monday, June 8 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30–4:00 PM

Tuesday, June 16 | Where: Berkeley Bowl West | **Time:** 8:30 AM–12:00 PM

Tuesday, June 16 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30–4:00 PM

Monday, June 22 | Where: Dollar Tree (Hilltop) | **Time:** 8:30 AM–12:00 PM

Monday, June 22 | Where: Costco (Richmond – Membership Required) | **Time:** 12:30–4:00 PM

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Sign-Up & Trip Policies

Field trip requests are handled first come -first serve, 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

June Schedule & Important Information

Wednesday, June 10 | Blake Gardens (Berkeley)

Time: 9:30 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Menu Prices – Nation’s Giant Hamburgers

Friday, June 12 | Walmart (San Leandro)

Time: 10:00 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Menu Prices – Chili’s Grill & Bar

Wednesday, June 17 | Jack London State Park

Time: 9:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** \$4 (Collected by SBSC) | **Lunch:** Bring your own

Wednesday, June 24 | Alameda County Fair (Pleasanton)

Time: 11:00 AM–5:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** On your own

Friday, June 26 | Morcom Rose Garden (Oakland)

Time: 9:30 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Menu Prices – Brenda’s Oakland

Wednesday, July 1 | Napa Riverfront / Oxbow Public Market

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

SOUTH 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 Schedule & Important Information

Monday, June 15 | Where: Emeryville Plaza | **Time:** 8:30 AM–12:00 PM

Monday, June 15 | Where: El Cerrito Plaza | **Time:** 12:30–4:00 PM

Monday, June 29 | Where: Target (Albany) | **Time:** 8:30 AM–12:00 PM

Monday, June 29 | Where: Las Montañas Supermarket (San Pablo) | **Time:** 12:30–4:00 PM

JUNE CAFÉ DINE-IN MENU

Notes* 12 oz soup days | "+" nutrient-enhanced | "*" dietary notes | peanuts labeled | menu subject to change. Please note that lunch service at the South Berkeley Senior Center will continue every Wednesday until further notice. This temporary arrangement is in place while the North Berkeley Senior Center is unable to provide meal service

Mon 6/1: Beef & Tomato Stir Fry | Seasoned Carrots & Cabbage+* | Vegetable Fried Brown Rice
Pineapple & Mango+

Tue 6/2: Beef & Bean Chili | Brown Rice | Southern Green Beans | Mandarin Orange+

Wed 6/3: Chicken & Tortellini Soup | Green Salad w/ Ranch | Whole Wheat Crackers | Apple

Thu 6/4: Vegetable Enchilada Casserole (Veg) | Zucchini, Corn & Peppers+ | Whole Wheat Crackers
Papaya+

Fri 6/5: Chicken & Sausage Gumbo | Brown Rice | Collard Greens+* | Green Salad w/ Italian Dressing
Grapes

Mon 6/8: Teriyaki Chicken | Asian Vegetable Stir Fry+ | Brown Rice | Citrus Cutie+ | Chocolate Chip
Cookie

Tue 6/9: Turkey Meat Loaf w/ Gravy | Whipped Sweet Potatoes* | Broccoli+ | Whole Wheat Roll | Pear

Wed 6/10: Thai Fish Curry Soup | Coleslaw+ | Whole Wheat Crackers | Banana

Thu 6/11: Spinach & Mushroom Lasagna (Veg) | White Bean Ragu | Garlic Zucchini | Citrus Cutie+

Fri 6/12: BBQ Chicken Thigh | Seasoned Greens+* | Coleslaw+ | Whole Wheat Crackers | Grapes

Mon 6/15: Chicken & Mushroom in Black Bean Sauce | Sesame Green Beans | White & Brown Rice
Blend | Citrus Cutie+

Tue 6/16: Beef & Vegetable Stew* | Zucchini | Brown Rice | Mango+

Wed 6/17: Chicken Pozole | Green Salad w/ Citrus Vinaigrette | Whole Wheat Crackers | Pear

Thu 6/18: Homemade Baked Mac & Cheese (Veg) | Braised Collard Greens+* | Lima Beans | Red Fruit
Salad

Fri 6/19: ALL CENTERS CLOSED - JUNETEENTH

Mon 6/22: Lemongrass Chicken | Squash Medley Stir Fry+ | White & Brown Rice Blend | Papaya+

Tue 6/23: Baked Cod w/ Lemon Garlic Cream Sauce | Brown Rice | Malibu Blend Vegetables+*
Banana

Wed 6/24: Chicken & Vegetable Tortilla Soup | Tortilla Chips | Green Salad w/ Cilantro Lime Dressing
Pineapple+

Thu 6/25: Indian Vegetable Curry w/ Tofu & Chickpeas (Vegan) | Brown Basmati Rice | Roasted Sweet
Potato* | Green Beans | Citrus+

Fri 6/26: Sweet & Spicy Citrus Tilapia | Quinoa | Garlicky Spinach* | Broccoli+ | Rainbow Fruit Salad+

Mon 6/29: Thai Basil Ground Turkey | Asian Vegetable Blend+* | White & Brown Rice Blend | Citrus
Cutie+

Tue 6/30: Beef Brisket au Jus | Mashed Potatoes | Southern Green Beans | Whole Wheat Roll
Pineapple, Berries & Mango+

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 12 pm | 510-524-9122

Emeryville: Mon-Fri at 12 pm | 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 date is 6/5/26 from 11:00 AM–2:00 PM.
No distribution on June 19th as the centers will be closed**

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. June dates are 6/8/26 and 6/22/26

DEMENTIA PREVENTION



WHAT IS DEMENTIA

Dementia is not a specific disease. It is an overall term that describes a decline in mental ability that interferes with daily life. It affects memory, thinking, and behavior. Alzheimer's is the most common type of dementia. It is estimated that 6.7 million older adults have Alzheimer's disease in the United States, and that number is expected to double by 2060.

LIFESTYLE FACTORS THAT CAN PREVENT DEMENTIA

Exercise

- Exercise is the most powerful tool to improve brain health.
- Doing **150** minutes of exercise **per week** has been shown to increase brain volume and reduce inflammation that damages brain tissue.
- Simply walking is a great exercise to start with.

Engage in activities that stimulate the brain

- Challenge your brain through learning new skills (take a class), solving puzzles, or reading complex texts.
- Attending social events and staying connected with friends and family.



Drinking & Smoking

- Drinking alcohol and smoking increase your risk of dementia.
- Quitting smoking and drinking in moderation (it is best to quit drinking completely) can reduce your risk of dementia

The MIND Diet

- Research suggests the following dietary pattern can reduce your risk of dementia.
- 3+ servings a day of whole grains
- 1+ servings a day of vegetables (other than green leafy)
- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ meals a week of beans
- 2+ servings a week of berries
- 2+ meals a week of poultry
- 1+ meals a week of fish
- Olive oil (healthy fats)
- Less than 5 servings a week of pastries and sweets
- Less than 4 servings a week of red meat (including beef, pork, lamb, and products made from these meats)
- Less than one serving a week of cheese and fried foods
- Less than 1 tablespoon a day of butter/stick margarine

Managing blood sugar and blood pressure

- Having high blood pressure and uncontrolled blood sugar has been shown to increase your risk of dementia.
- It is important to take your medications properly & make additional lifestyle (diet & exercise) changes.

Prevent or correct hearing loss.

- Having hearing loss may make the brain work harder and at the expense of thinking and memory.
- Correcting hearing loss (using hearing aids), can reduce your risk of dementia

5 TIPS TO MANAGE CAREGIVER ANXIETY & DEPRESSION



CAREGIVER ANXIETY

Caregiver stress and anxiety can be caused by managing too many responsibilities, loss of control, fear of a loved one's well-being, uncertainty about the future or worrying about healthcare finances.



CAREGIVER DEPRESSION



Caregivers often spend more time taking care of others needs over their own. Neglecting your needs to care for loved ones over a prolonged period, combined with strained or overwhelming work environments, can have serious mental health consequences and can result in depression.

TIPS TO MANAGE CAREGIVER BURNOUT

PRACTICE ACCEPTANCE

When faced with the unfairness of a loved one's illness, practice acceptance and try to avoid the emotional trap of feeling sorry for yourself or searching for someone to blame.

CELEBRATE YOURSELF

Find ways to acknowledge and remind yourself of all the help and effort that you are putting forth. It is important to celebrate the small victories and acknowledge your support as a caregiver.

ASK FOR HELP

Don't be afraid to ask others arounds for help or support.

FIND A BALANCE

Make sure caregiving doesn't take over your life. Try to incorporate self-care practices into your routine if you begin to feel overwhelmed.

FOCUS ON THINGS YOU CAN CONTROL

Rather than stressing over things you can't control, like wanting more hours in the day, focus on how you chose to react to problems when they present themselves.



Check out these helpful resources to learn more about [Caregivers and anxiety and depression](#). For more information visit:

WWW.ADAA.ORG

ADAA

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 | 10:00 AM–12:00 PM in the Dining Room Hallway

Tech Support by Ashby Village:

When: Thursday, June 4th | 2:00 PM–4:00 PM in the Dining Room

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

June Birthday Party:

When: Friday, June 5th | 1:00 PM–2:00 PM in the Aspen Room

Description: Celebrate June birthdays with live music by the Jazz Therapist Band at the North Berkeley Senior Center!

Speak with a Berkeley Rent Board Representative

When: Friday, June 12th | 11:00 AM–12:30 PM in the Aspen Room

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

Alzheimer's Care-Partners Circle – Communicating with People Living with Cognitive Decline

When: Friday, June 19th | 10:00 AM–11:00 AM in the Fuchsia Room

Description: Learn verbal and non verbal techniques to enter into the reality of seniors living with cognitive decline. Accept people just the way they are, without trying to change them. Learn the keys to unlocking the doors to continued relationships and opportunities for positive interactions.

Dragon Boat Festival

When: Friday, June 26th | 1:00 PM–3:00 PM in the Aspen Room

Description: Join the Berkeley Chinese Friends Association as we celebrate the Dragon Boat Festival at the North Berkeley Senior Center

Living/Dying project

When: Friday, June 26th | 12:30 PM–1:30 PM in the Morning Glory Room

Description: Join the Living/Dying project support group at the North Berkeley Senior Center. We offer compassionate, heartfelt support for anyone facing serious illness, caregivers, or those on a path of spiritual transformation. Everyone is welcome - come as you are.

CalFresh Enrollment Tabling:

When: Friday, July 3rd | 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).

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Medi-Cal/Medicare by LifeLong Medical

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

Description: LifeLong Medical representatives will answer questions about Medicare and Medi-Cal changes that began in January 2026.

Speak with a Berkeley Rent Board Representative

When: Monday, June 1 | 11:00 AM–12:30 PM | Dining Hall

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

CalFresh Enrollment Clinic

When: Tuesdays, June 2 & 16 | 10:30 AM–12:00 PM | Dining Room

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

Streaming Movies & TV Shows by the Berkeley Public Library

When: Thursday, June 18 | 1:00 PM–2:00 PM | Computer Room

Description: Learn how streaming works, how to access popular platforms, and how to watch programs on smart TVs, tablets, and computers.

LifeLong Dental

When: Thursday, June 11 | 10:30 AM–12:30 PM | Dining Room

Description: Receive one-on-one oral health education, water bottles, and toothbrush kits from LifeLong Dental.

Tech Support by Ashby Village

When: Thursday, June 11 | 1:00 PM–3:00 PM | Dining Room

Description: Free drop-in technology assistance, including smartphones, transportation apps, and general tech questions.

Story Time Band

When: Thursday, June 18 | 11:15 AM–12:15 PM | Multipurpose Room

Description: Enjoy an interactive intergenerational musical storytime with Berkeley Public Library's Story Time Band. Clap, sing, and dance along.

Juneteenth Celebration

When: Thursday, June 18 | 1:00 PM–3:00 PM | Multipurpose Room

Description: Celebrate Juneteenth with live Zydeco music by the California Blues Runner Band, dancing, and food.

Estate Planning 101 presented by Housing and Economic Rights Advocates

When: Tuesday, June 23 | 10:00 AM–11:00 AM | Multipurpose Room

Description: Learn about wills, trusts, and estate planning tools to help ensure your wishes are followed during your life and after your death.

NORTH BERKELEY SENIOR CENTER JUNE 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 Dance** | 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
- 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
- Peer Chat** | Time: 10:00-11:00 AM | Cost: Free | Room: Deergrass 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

NORTH BERKELEY SENIOR CENTER JUNE CLASS SCHEDULE CONTINUED

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

Wednesday- Continued

Spanish Conversation (intermediate) | Time: 1:00-2:00 PM | Cost: FREE | Room: Deergrass Room

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

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

Thursday

Gentle Yoga | 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

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

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

Berkeley Queer Seniors (LGBTQ) | **Time:** 1:00-3:00 PM | **Cost:** FREE | **Room:** Poppy Room

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

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

SOUTH BERKELEY SENIOR CENTER

JUNE 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

JUNE 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

Yiddish Conversation (start 6/10) | Time: 10:30 am-11:30 am | Cost: Free | Room: Conference Room A

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 (2nd Thursdays) | 1:00-3:00 PM | Cost: FREE | Room: Dining Room

GOGO RIDES ORIENTATION

Hosted by Berkeley Rides for Seniors & the Disabled



**FOR THOSE ENROLLED IN BERKELEY RIDES FOR SENIORS & THE DISABLED
COME LEARN HOW TO USE GOGO**

WHEN: June 11, 2026: 10:00 am-11:30 am

WHERE: North Berkeley Senior Center

1901 Hearst Ave. Berkeley, CA

OR

WHEN: June 16, 2026: 9:30 am-11:00 am

WHERE: South Berkeley Senior Center

2939 Ellis Ave. Berkeley, CA

****For More Info Call BRSD: (510) 981-7269****

NORTH BERKELEY SENIOR CENTER

DRAGON BOAT

FESTIVAL

FRI JUNE 26TH 1 PM - 3 PM

Join the Berkeley Chinese Friends
Association as we celebrate the Dragon
Boat Festival at the North Berkeley Senior
Center!





**NORTH BERKELEY
SENIOR CENTER**

**JUNE
BIRTHDAY
PARTY**

Please join us
to celebrate all June Birthdays
with the Jazz Therapists
Band and good vibes!

FRIDAY JUNE 5
1:00 PM



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: Phone number: 510-981-5170 | Mon, Tues & Thurs | 11:30 AM

North Berkeley Senior Center: Phone number: 510-981-5190 | 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**

