

THE NUGGET

CENTERS CLOSED ON FRIDAY, JULY 3RD IN OBSERVANCE OF INDEPENDENCE DAY



TABLE OF CONTENTS

- Pg 2.** Senior Benefits & Discounts
- Pg 4 & 5.** NBSC Field Trip & Shopping
- Pg 6 & 7.** SBSC Field Trip & Shopping
- Pg 8.** Cafe Menu
- Pg 9.** Food & Meal Resources
- Pg 10.** Fight the heat with hydration
- Pg 11.** Caregivers: Prioritize your health
- Pg 13.** Housing resources
- Pg 14.** NBSC Events & Presentations
- Pg 15.** SBSC Events & Presentations

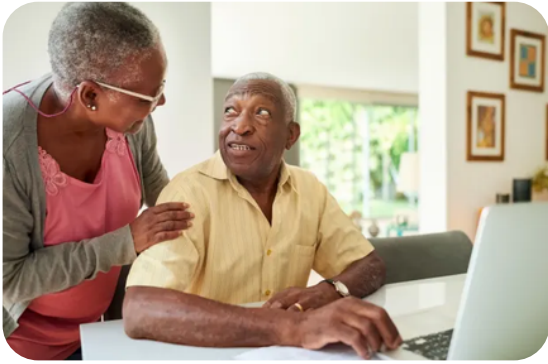
NORTH BERKELEY SENIOR CENTER

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

Are You Receiving All the Benefits You May Be Eligible For?



Many older adults are surprised to learn they may qualify for programs and services that can help lower expenses and improve their quality of life. As the costs of housing, food, healthcare, and utilities continue to rise, taking advantage of available benefits can make a meaningful difference.

Programs such as Medicare, Medi-Cal, CalFresh, utility assistance, transportation services, and caregiver support are designed to help older adults remain healthy, independent, and connected to their communities. However, many seniors assume they do not qualify or are unaware that these resources exist.

Healthcare benefits are among the most valuable. Reviewing your Medicare coverage annually can help ensure you have the plan that best fits your needs. Some individuals may also qualify for programs that help cover Medicare premiums, prescription drug costs, or other medical expenses.

Many seniors may also be eligible for discounts on monthly utility bills. Programs such as California's CARE (California Alternate Rates for Energy) and FERA (Family Electric Rate Assistance) can provide reduced energy rates for qualifying households through PG&E. These savings can help make monthly bills more manageable, especially during periods of higher energy usage.

Nutrition assistance is another commonly overlooked resource. Programs like CalFresh can help eligible seniors afford healthy groceries, while community meal programs and home-delivered meals provide additional support for those who may have difficulty preparing food or shopping independently.

Technology and internet access are increasingly important for staying connected. Many internet providers offer discounted service plans for eligible seniors and low-income households. California linelines may provide lower-cost internet options that help older adults access telehealth appointments, communicate with family, and stay informed.

Housing and transportation assistance can also play an important role. Affordable senior housing programs, rental assistance, and reduced-fare transportation options can help seniors remain active and engaged while reducing financial strain. Because affordable housing wait lists often exceed five years, it is wise to apply early whenever possible.

A good habit is to review your benefits each year. Changes in income, health, or living arrangements may make you eligible for new programs. If you are unsure where to start, local senior centers, benefits counselors, and community organizations can often help identify resources and assist with applications.

Taking a few minutes to explore available benefits today could lead to valuable savings and support tomorrow. These programs exist to help older adults thrive, maintain independence, and continue enjoying a high quality of life. Contact the senior centers if you have any questions regarding benefits and discounts.

JULY DISABILITY PRIDE MONTH

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

Ability Accommodations Accessibility ADA Advocacy Affirming Awareness
 Belonging Capacity Community Dignity Diversity Empowering Equal Rights
 Equitable Freedom Inclusion Identity Independence Movement Navigate Needs
 Opportunity People First Practices Recognition Resources Respect Self-Care
 Social Justice Spaces Supported Sustainable Veterans Visibility Voices

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 published monthly Nugget field trip schedule across both senior centers. If space is available, call 1 week before the trip to sign up. Trips may change at staff's 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

July Field Trip Schedule & Information

Tuesday, July 14 | SF Botanical Gardens

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

Thursday, July 16 | Shoreline Park & Main Street (Tiburon)

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

Thursday, July 23 | Marin Farmers' Market & Paradise Beach Park

No wading or swimming

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

Thursday, July 30 | Stinson Beach & Village

No wading or swimming

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

Tuesday, August 4 | SF Conservatory of Flowers

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

Thursday, August 6 | Petaluma Historical Library

Time: 9:15 AM–4:00 PM | **Walking Score:** ** | **Cost:** \$5 | **Lunch:** On 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 pickup so that they can be ready. While not required, we strongly encourage riders to continue practicing COVID19 safety protocols of wearing masks and hand sanitizing.

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. The 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.

July Shopping Trip Schedule & Information

Monday, July 13 | Walmart (Martinez)

Time: 8:30 AM–12:00 PM

Monday, July 13 | Costco (Richmond – Membership Required)

Time: 12:30–4:00 PM

Tuesday, July 21 | Grocery Outlet (Pinole)

Time: 8:30 AM–12:00 PM

Tuesday, July 21 | Costco (Richmond – Membership Required)

Time: 12:30–4:00 PM

Monday, July 27 | Tokyo Central & Bay Street (Emeryville)

Time: 8:30 AM–12:00 PM

Monday, July 27 | 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 published monthly Nugget field trip schedule across both senior centers. If space is available, call 1 week before the trip to sign up. Trips may change at staff's 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

July Schedule & Important Information

Wednesday, July 8 | Alameda County Fair (Pleasanton)

Time: 11:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** On your own

Friday, July 10 | Walmart (San Leandro)

Time: 10:00 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Harry's Hof Brau

Wednesday, July 15 | Napa Riverfront / Oxbow Public Market

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

Friday, July 17 | UC Botanical Gardens (Berkeley)

Time: 9:45 AM–4:00 PM | **Walking Score:** ** | **Cost:** \$12 (Age 65+) / \$3 (**EBT Cardholders**)

Lunch: \$13 Lunch Special at Eureka!

Wednesday, July 22 | Chinatown (San Francisco)

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

Friday, July 24 | Golden Corral & Sun Valley Mall (Concord)

Time: 10:00 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** \$16.67 Senior Price

Wednesday, July 29 | Pier 39 (San Francisco)

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

Friday, July 31 | Asian Art Museum (San Francisco)

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

Wednesday, August 5 | Japantown (San Francisco)

Time: 9:15 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.

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.

July Schedule & Important Information

Monday, July 20 | El Cerrito Plaza

Time: 8:30 AM–12:00 PM

Monday, July 20 | Costco (Richmond – Membership Required)

Time: 12:30–4:00 PM

Monday, August 3 | Dollar Tree (Richmond)

Time: 8:30 AM–12:00 PM

Monday, August 3 | Target (Albany)

Time: 12:30–4:00 PM

JULY CAFÉ DINE-IN MENU

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

NBSC kitchen use is limited during construction, so NBSC will be offering a rotating menu of chilled deli-bag lunches, until further notice. Sign in is per usual.

Wed 7/1: Beef & Barley Soup | Spinach Salad* w/ Balsamic Dressing | Low Sodium V-8 Juice+ | Pineapple & Mango Chunks+

Thu 7/2: BBQ Chicken on a Whole Wheat Bun | Creamy Coleslaw+* | Watermelon & Cantaloupe*

Mon 7/6: Mongolian Meatballs (Pork & Chicken) | Mushroom & Bok Choy Sauté+* | Steamed Rice w/ Green Onions
Fresh Nectarine

Tue 7/7: Tuna Noodle Casserole (Whole Wheat Noodles) | Herbed Broccoli+ | Creamy Coleslaw+* | Grapes

Wed 7/8: Turkey Jook (Chinese Rice Porridge) | Low Sodium V-8 Juice+ | Whole Wheat Roll | Mixed Fruit+

Thu 7/9: Shepherd's Pie (Vegetarian) | Bavarian Red Cabbage+ | Whole Wheat Roll | Fresh Pear

Fri 7/10: Chicken Fried Steak w/ Country Gravy | Collard Greens+* | Whipped Sweet Potatoes* | Whole Wheat Roll
Citrus Cutie+

Mon 7/13: Chicken Bulgogi | Carrots & Mung Bean Sprouts Stir Fry+* | White & Brown Rice Blend | Citrus Cutie+

Tue 7/14: Pork Loin w/ Gravy | Mashed Potatoes | Broccoli & Cauliflower+ | Whole Wheat Roll | Banana

Wed 7/15: Italian Wedding Meatball Soup | Creamy Coleslaw+* | Whole Wheat Roll | Melon Wedge

Thu 7/16: Cheese Ravioli w/ Marinara | Herbed Broccoli & Carrots+* | White Bean Salad | Whole Wheat Roll |
Fresh Apple

Fri 7/17: Latin Roast Pork | Yellow Rice | Cuban-Style Black Beans | Mexican Coleslaw+ | Diced Mango+

Mon 7/20: Ginger Scallion White Fish | Stir-Fried Carrots & Cabbage+* | Brown Rice | Fresh Plum

Tue 7/21: Elsie's Chicken Adobo | Mixed Vegetables+* | Brown Rice | Citrus Cutie+

Wed 7/22: Albondigas (Mexican Beef Meatball Soup) | Mixed Green Salad w/ Cilantro-Lime Dressing+
Whole Wheat Crackers | Pineapple & Mango Chunks+

Thu 7/23: Sweet Potato Peanut Stew (Vegan) | Quinoa | Seasoned Collard Greens+* | Grapes (Contains Peanuts)

Fri 7/24: Chicken Parmesan | Whole Wheat Pasta | Ratatouille+ | Banana

Mon 7/27: Beef & Tomato Stir Fry | Seasoned Carrots & Cabbage+* | Vegetable Fried Brown Rice |
Pineapple & Mango Chunks+

Tue 7/28: Beef & Bean Chili | Brown Rice | Southern Green Beans | Mandarin Orange+

Wed 7/29: Chicken & Tortellini Soup | Green Salad w/ Ranch Dressing | Whole Wheat Crackers | Seasonal Apple

Thu 7/30: Homemade Baked Macaroni & Cheese (Vegetarian) | Braised Collard Greens+* | Lima Beans |
Whole Wheat Roll | Mixed Melon

Fri 7/31: Chicken & Sausage Gumbo | Brown Rice | Collard Greens+* | Green Salad w/ Italian Dressing | Grapes

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.

South Berkeley distribution dates are 7/17/26 from 11:00 AM–2:00 PM.

North Berkeley distribution dates are 7/17/26 from 1:00 PM–3:00 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. July dates are 7/13/26 and 7/27/26

FIGHT THE HEAT WITH HYDRATION

Dehydration is when the body “dries out” due to drinking too little water, losing too much fluid, or both. Fluid loss can be caused by vomiting, diarrhea, sweating, urination, and medications (diuretics-water pills).

YOU MAY BE DEHYDRATED IF YOU EXPERIENCE:

- Dark colored urine
- frequent urination, but only small amounts
- dry mouth
- constipation/ small hard stools
- dry skin/ cracked lips
- Frequent UTI's
- headaches
- confusion
- dizziness/light-headedness
- fast heartrate
- dry eyes

WHAT CAN I DO TO PREVENT DEHYDRATION?

Stay Hydrated!

As a rule of thumb, it is recommended to take in about one-third of your body weight and drink that number of ounces in fluids. Examples include: water, smoothies and tea.

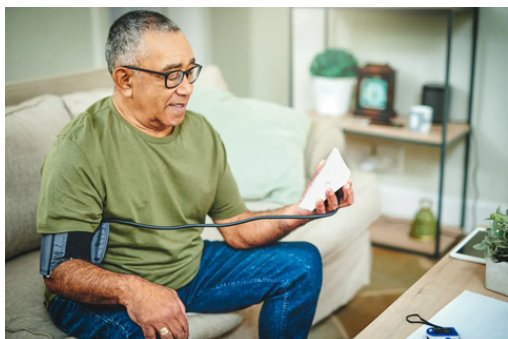
For example: if you weigh 150 pounds, aim to drink at least 50 ounces or 6 cups of water each day. The national Academy of Medicine suggests an adequate intake of daily fluids to be about 13 cups for men and 9 cups for women aged 51 or older.

TIPS:

- Choose foods high in water content, such as fruits and vegetables. This summer think melons, cucumbers, tomatoes.
- Get in the habit of carrying a reusable water bottle so you can always keep water with you.
- add lemon slices, or other fruit to "spice" up your water and add flavor
- Drink a glass of water with each meal and snack.



Make Your Health a Priority with Caregiver Checklists



How long has it been since your last physical? If it's been a while, make an appointment. Ditto for dental check-ups and eye exams. When you're caring for a loved one, it's easy to neglect your own health. But do your best job as a caregiver, putting yourself (and your health) on the priority list is important. Seeing to your own well-being can reduce stress, help manage caregiving responsibilities, and improve your quality of life.

Health Checklist for Doctor's Visits

Regular physicals are essential for caregivers. They allow your doctor to assess your overall health, and because they are usually longer than visits for specific conditions, you'll have more time to discuss any concerns, ask questions, and if your doctor says something you don't understand, ask for clarification. Find a doctor you're comfortable with, one you can talk to about your concerns. Choose a doctor who will help you to identify risk factors and take steps to prevent problems or catch them early, rather than simply treating conditions as they arise.

Think ahead to make the most of your appointment. Take time beforehand to think about any recent changes to your health and lifestyle. Remember to bring paper and a pen so you can take notes. Let your doctor know you're a caregiver! Plan to discuss how you're coping with stress, and be sure to mention any changes you or others have noted in your appearance or habits. Have you lost or gained weight? How are you sleeping? It's also a good idea to discuss your diet, stress level, and exercise program, or plans for one. If you don't exercise regularly and want to start, ask about any limitations and get the go-ahead from the doctor. Find out whether caregiving activities, such as lifting your loved one, are stressing your joints.

Ask about screening tests

Blood lipid panel, fasting blood sugar test every 3 years after age 45; screenings for colon and rectal cancers starting at age 50; skin exams to look for signs of skin cancer; eye exam every 3–5 years, including screens for glaucoma and cataracts, and dental check-ups twice a year.

For men: Screening for prostate cancer (with a prostate-specific antigen test) starting at age 45.

For women: Screening for breast cancer (with a mammogram) every year or two, starting at age 40; annual pelvic exams and a Pap test at least every 2–3 years; regular thyroid tests after age 45; and a bone density test after menopause.

Ask about vaccinations: Flu, pneumonia, and shingles vaccinations will help you stay healthy and minimize your loved one's exposure to preventable illnesses.

www.vnshealth.org/patient-family-support/health-library/make-your-health-a-priority-with-caregiver-checklists/

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)

HOUSING RESOURCES

Finding affordable senior housing can take time—many communities have waiting lists that may be several years long. If you're considering a move in the future, it's a good idea to apply to multiple housing programs as early as possible.

Home Match (Front Porch)

Services: Matches older adults with homeowners offering a spare bedroom or ADU, helping seniors age in place while providing more affordable housing options.

Phone (Alameda County): (510) 350-4367

Website: <https://frontporch.net/live/home-match>

Satellite Affordable Housing Associates (SAHA)

Services: Affordable housing communities for seniors, families, and individuals throughout the East Bay. Check regularly for open waitlists.

Phone: (510) 647-0700

Website: <https://www.sahahomes.org/apply-for-housing/>

Openhouse

Services: Affordable housing, support services, and housing navigation for LGBTQ+ older adults and adults with disabilities throughout the Bay Area.

Phone: (415) 296-8995

Website: <https://www.openhousesf.org>

Doorway Housing Portal

Services: A free Bay Area affordable housing search portal where you can browse listings, join waitlists, and receive notifications when new affordable housing opportunities become available.

Website: <https://housingbayarea.mtc.ca.gov/>

Covia Home Match

Services: Shared housing and home-sharing referrals that help older adults remain in their homes while connecting with compatible home seekers. (Now operated through Front Porch Home Match.)

Phone: (510) 350-4367

Website: <https://frontporch.net/live/home-match>

Helpful Tip: Many affordable senior housing communities have 5+ year waitlists. Applying to several programs and updating your applications regularly can improve your chances of finding housing when an opportunity becomes available.

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, July 2nd | 2:00 PM–4:00 PM in the Dining Room

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

HICAP Counseling

When: 1st & 3rd Thursdays (By Appointment) | 1:00 PM–2:00 PM in the Lilac Room

Description: Receive free, unbiased Medicare counseling and advocacy, including help with Medicare, supplemental insurance, prescription drug plans, and other health coverage options. To schedule an appointment, call (510) 832-3040.

July Birthday Party

When: Friday, July 10th | 1:00 PM–2:00 PM in the Aspen Room

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

Info Table: Eviction Defence Center

When: Friday, July 10th | 10:30 AM–1:00 PM

Afternoon Music With Friends

When: Wednesday, July 15th | 1:00 PM–2:00 PM in the Aspen Room

Description: Enjoy an afternoon of beautiful live classical music performed by talented student musicians on the clarinet, oboe, and violin. The program features a variety of timeless works by composers including Bach, Handel, Elgar, and Saint-Saëns.

Alzheimer's Care-Partners Circle – Accepting and Organizing Short-Term Respite

When: Friday, July 17th | 10:00 AM–11:00 AM in the Gooseberry Room

Description: Many care-partners find it difficult to accept respite support. Join us to discuss common concerns, share experiences, and create a personalized respite plan focused on safety and routine.

The Perennials Improv Troupe

When: Wednesday, July 22nd | 1:00 PM–2:00 PM in the Aspen Room

Description: The Perennials improv troupe challenges assumptions and stereotypes about aging. We're a group of women in our 60s and 70s who create light-hearted entertainment by weaving songs, scenes, and rhymes into our performances—all made up on the spot!

Living/Dying Project

When: Friday, July 31st | 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.

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Chinese Medicine Tongue, Pulse, and Ear Seed Session by Acupuncture & Integrative Medicine College

When: Monday, July 6 | **Time:** 1:00 PM–3:00 PM | **Where:** Multipurpose Room

Description: Students will observe tongue and pulse patterns as part of their clinical training and apply ear seeds based on individualized treatment considerations.

Tech Support by Ashby Village

When: Thursday, July 9 | **Time:** 1:00 PM–3:00 PM | **Where:** Dining Room

Description: Free monthly drop-in technology assistance, including smartphones, transportation apps (Uber/Lyft), and general technology questions.

AARP 8-Hour Smart Driver Class

When: Tuesday, July 14 & 21 | **Time:** 9:15–11:15 AM & 1:00–3:00 PM | **Where:** Conference Room A

Description: Refresh your driving skills, learn current rules of the road, and discover techniques to help keep you and your loved ones safe. Cost: \$20 AARP members | \$25 non-members (cash or check).

Home Match Shared Living

When: Tuesday, July 14 | **Presentation:** 10:30–11:00 AM | **Tabling:** 11:00 AM–12:00 PM | **Where:** Multipurpose Room & Dining Room

Description: Learn how Home Match connects homeowners with spare rooms or ADUs to individuals seeking affordable housing.

Computers & Cooking by the Berkeley Public Library

When: Tuesday, July 14 | **Time:** 1:00 PM–2:00 PM | **Where:** Computer Room

Description: Learn how to use online tools and digital resources to discover, organize, and save recipes.

Living/Dying Project

When: Thursday, July 16 | **Time:** 11:00 AM–12:30 PM | **Where:** Sewing Room

Description: The Living/Dying Project provides compassionate support and spiritual exploration for individuals facing serious illness, life challenges, or personal transformation.

Story Time Band

When: Thursday, July 16 | **Time:** 11:15 AM–12:15 PM | **Where:** Multipurpose Room

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

Cooking Matters: 6-Week Cooking Class Sponsored by 18 Reasons

When: Wednesdays, July 22–August 26 | **Time:** 11:00 AM–1:00 PM | **Where:** Dining Room

Description: Learn cooking skills, discuss nutrition topics, and prepare meals together. Registration required. Call Karen at (510) 981-5202.

Scam Targeting Seniors Tabling by Alameda County District Attorney's Office

When: Tuesday, July 28 | **Time:** 11:00 AM–12:30 PM | **Where:** Dining Room

Description: Learn about common scams targeting older adults and how to protect yourself from fraud and financial exploitation.

NORTH BERKELEY SENIOR CENTER JULY 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 JULY 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

Ping Pong | Time: 1:00-4:00 PM | Cost: FREE | Room: Aspen 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 JULY 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

Ping Pong | **Time:** 1:00-4:00 PM | **Cost:** FREE | **Room:** Aspen 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

JULY 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

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

JULY 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



The Perennials

Ageless Improv

We weave improvised songs, scenes, and rhymes
(and a touch of silliness) into a light-hearted show
that's sure to get you smiling.

Come and Laugh with Us!

Date: Wednesday, July 22nd

Time: 1 pm-2 pm in the Aspen Room

Location: North Berkeley Senior Center

PRESENTED BY THE
ACUPUNCTURE & INTEGRATIVE MEDICINE COLLEGE

Chinese Medicine

Tongue, Pulse & Ear Seed Sessions

Discover how traditional Chinese medicine uses tongue and pulse assessment to support individualized wellness.

 Date: Monday, July 6th

 Time: 1:00 PM – 3:00 PM

 Location: South Berkeley Senior Center Multipurpose Room
For more information, please call 510-981-5170

Services provided in part with support from Alameda County Area Agency on Aging (AAA)
and California Department of Aging

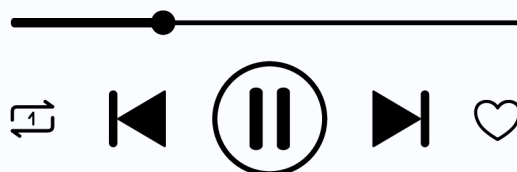


AFTERNOON MUSIC WITH FRIENDS

MUSICAL SELECTIONS WITH
JULIEANNA, KAI, KEVIN,
NATASHA, AND THOMAS



JULY 15TH 2026
1:00 PM - 2:00 PM
ASPEN ROOM
NORTH BERKELEY SENIOR CENTER



Cooking Matters Cooking Course



Come join a FREE 6-week cooking class at the South Berkeley Senior Center! Participants meet weekly to learn cooking skills, discuss nutrition topics and prepare a meal together. Groceries will be provided to participants.

Wednesdays

7/22/26- 8/26/26

(7/22, 7/29, 8/5, 8/12, 8/19 & 8/26/26)

11:00am-1:00pm

South Berkeley Senior Center

2939 Ellis St. Berkeley

Call 510-981-5170 to register

Course taught by 18 Reasons. 18 Reasons is a nonprofit cooking school on a mission to empower our community with the confidence and creativity needed to buy, cook, and eat good food every day.





AARP SMART DRIVER 8-HOUR COURSE MUST ATTEND BOTH DAYS

TUESDAY, JULY 14TH 9:15AM-11:15AM & 1PM - 3PM (LUNCH 11:15AM - 1:00PM)

TUESDAY, JULY 21ST 9:15AM-11:15AM & 1PM - 3PM (LUNCH 11:15AM - 1:00PM)

**SOUTH BERKELEY SENIOR CENTER
2939 ELLIS ST., BERKELEY, CA 94703**



AARP Member \$20/ Non-AARP Member \$25 (cash or check)



Claire Schooley, Instructor



MUST PRE-REGISTER by calling 510-981-5170 (20 students max)



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

