

THE NUGGET



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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

STAYING ACTIVE AS A SENIOR



Healthy aging is a lifelong journey, and each season offers new opportunities to care for our bodies, minds, and overall well-being. As summer transitions into fall, it is important to maintain healthy habits that support independence, energy, and quality of life.

Staying physically active is one of the best ways to promote healthy aging. Regular movement—whether through walking, stretching, dance, or exercise classes—can improve strength, balance, and flexibility while reducing the risk of falls. Even small amounts of daily activity can have lasting benefits. Good nutrition also plays an essential role in maintaining health. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins helps support the immune system and provides the energy needed for everyday activities. During the warmer months, remember to stay hydrated by drinking water throughout the day.

Healthy aging involves more than physical health. Staying socially connected can boost mood, reduce feelings of isolation, and foster a sense of belonging. Joining a book club, attending a musical performance, volunteering, or simply spending time with friends and family can strengthen both emotional and mental well-being.

Lifelong learning is another important part of aging well. Exploring new hobbies, learning technology skills, and participating in educational programs can keep the mind active and engaged. Challenging ourselves with new experiences helps build confidence and enriches daily life.

Finally, remember to prioritize preventive care. Regular medical checkups, blood pressure screenings, and conversations with healthcare providers can help identify health concerns early and support long-term wellness.

At the Berkeley Senior Centers, we are committed to helping older adults stay active, connected, and engaged in every season. We encourage everyone to explore the many programs, classes, and resources available and take steps toward a healthier future.

AUGUST WORDFINDER

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

Adventures Astronomical Atmosphere Beach Camping Carnival
Celestial Coastal Constellations Cosmic Dog Days Events Extreme
Gladiolus Heat Humidity Lavendar Magic Night Sky Outdoors
Peridot Recreation Stargazing Summer Sunflowers Sunsets
Sweltering Temperature Transition Vacation

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

August Field Trip Schedule & Information

Tuesday, August 11 | Treasure Island Park & Mersea Restaurant (**San Francisco**)

Time: 10:30 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Menu Prices

Thursday, August 13 | Fort Mason Center for Arts & Culture (**San Francisco**)

Time: 10:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring Your Own

Thursday, August 20 | Yerba Buena Gardens Noontime Concert: Brazil in the Garden (**San Francisco**)

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

Tuesday, August 25 | Muir Woods National Monument

Time: 9:15 AM–4:30 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring Your Own

Tuesday, September 1 | Legion of Honor (**San Francisco**)

Time: 9:00 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Bring Your Own

Thursday, September 3 | Pacifica State Beach

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

*No Swimming or Wading

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 COVID-19 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.

August Shopping Trip Schedule & Information

Monday, August 10 | Walmart (Martinez)

Time: 8:30 AM–12:00 PM

Monday, August 10 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Tuesday, August 18 | Grocery Outlet (Pinole)

Time: 8:30 AM–12:00 PM

Tuesday, August 18 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Monday, August 24 | Tokyo Central & Bay Street (Emeryville)

Time: 8:30 AM–12:00 PM

Monday, August 24 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Sign-Up & Trip Policies

Field trip requests are handled first-come, first-served, 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 the 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

August Schedule & Important Information

Wednesday, August 12 | Half Moon Bay State Beach & Barbara's Fishtrap (**Half Moon Bay**)

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

Friday, August 14 | Oakland Museum & Towne Fare Café (**Oakland**)

Time: 9:45 AM–4:00 PM | **Walking Score:** *** | **Cost:** \$22 / \$1 with EBT Card | **Lunch:** Menu Prices

Wednesday, August 19 | Cantor Museum & Anderson Collection (**Palo Alto**)

Time: 9:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring Your Own

Friday, August 21 | Walmart & Harry's Hof Brau (**San Leandro**)

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

Wednesday, August 26 | Rodeo Beach & Sausalito for Lunch (**Marin**)

Time: 9:30 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free

Lunch: Bring Your Own or Purchase on Your Own | ***No Swimming or Wading**

Friday, August 28 | Treasure Island Museum & Mersea Restaurant (**San Francisco**)

Time: 9:30 AM–4:00 PM | **Cost:** Free | **Lunch:** Menu Prices

Wednesday, September 2 | Muir Woods (**Marin**)

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

Friday, September 4 | Lake Temescal & Fenton's Creamery (**Oakland**)

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

***No Swimming or Wading**

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 COVID-19 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.

August Schedule & Important Information

Friday, August 7 | Grocery Outlet

Time: 8:30 AM–12:00 PM

Friday, August 7 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Monday, August 17 | Target (Albany)

Time: 8:30 AM–12:00 PM

Monday, August 17 | El Cerrito Plaza

Time: 12:30 PM–4:00 PM

Monday, August 31 | Dollar Tree (Richmond)

Time: 8:30 AM–12:00 PM

Monday, August 31 | Powell Street Plaza (Emeryville)

Time: 12:30 PM–4:00 PM

AUGUST 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.

Mon 8/3: Teriyaki Chicken | Asian Vegetable Medley+ | Brown Rice | Citrus Cutie+

Tue 8/4: Turkey Meat Loaf w/ Gravy | Whipped Sweet Potatoes* | Broccoli+ | Whole Wheat Roll | Pear

Wed 8/5: Thai Fish Curry Soup | Whole Wheat Crackers | Coleslaw+ | Banana

Thu 8/6: Spinach & Mushroom Lasagna (Vegetarian) | Garlic Zucchini | White Bean Ragu | Citrus Cutie+

Fri 8/7: BBQ Chicken Thigh | Seasoned Greens+* | Coleslaw+ | Whole Wheat Crackers | Grapes

Mon 8/10: Chicken & Mushroom in Black Bean Sauce | Sesame Green Beans | White & Brown Rice Blend | Citrus Cutie+

Tue 8/11: Beef & Vegetable Stew | Zucchini | Brown Rice | Diced Mango+

Wed 8/12: Chicken Pozole | Green Salad w/ Vinaigrette* | Whole Wheat Crackers | Papaya+

Thu 8/13: Vegetable Enchilada Casserole | Zucchini, Corn & Peppers+ | Whole Wheat Crackers | Pineapple+

Fri 8/14: Butter Chicken | White & Brown Rice Blend | Herbed String Beans | Green Salad w/ Balsamic Vinaigrette*
Banana

Mon 8/17: Lemongrass Chicken | Squash Medley Stir Fry+ | White & Brown Rice Blend | Papaya+

Tue 8/18: Baked Cod in Lemon Garlic Cream Sauce | Malibu Blend Vegetables+* | Brown Rice | Banana

Wed 8/19: Chicken & Vegetable Tortilla Soup | Green Salad w/ Cilantro Lime Dressing+ | Tortilla Chips | Pineapple Chunks+

Thu 8/20: Indian Vegetable Curry with Tofu & Chickpeas (Vegan) | Roasted Sweet Potato* | Green Beans
Brown Basmati Rice | Citrus Cutie+

Fri 8/21: Sweet & Spicy Citrus Tilapia | Quinoa | Garlicky Spinach* | Broccoli+ | Seasonal Plum

Mon 8/24: Thai Basil Ground Turkey | Asian Vegetable Blend+* | White & Brown Rice Blend | Citrus Cutie+

Tue 8/25: Beef Brisket au Jus | Mashed Potatoes | Southern Green Beans | Whole Wheat Roll | Pineapple, Berries & Mango+

Wed 8/26: Beef & Barley Soup | Spinach Salad* w/ Balsamic Dressing | Low Sodium V-8 Juice+ | Whole Wheat Roll | Papaya & Mango Chunks+

Thu 8/27: Pasta Primavera w/ Whole Wheat Penne | White Bean Ragu | Grapes

Fri 8/28: Meatball Stroganoff (Chicken or Beef) | Whole Grain Egg Noodles | Steamed Broccoli & Carrots+* | Pear

Mon 8/31: Mongolian Meatballs (Pork & Chicken) | Mushroom & Bok Choy Sauté+* | Brown Rice w/ Green Onions

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 Americans 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 8/7/26 & 8/21/26 from 11:00 AM–2:00 PM.
North Berkeley distribution dates are 8/7/26 & 8/21/26 from 1:30 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. August dates are 8/10/26 and 8/24/26

Iron-Rich Foods



Lentils



Spinach



Tofu



Red meat



Chickpeas



Pumpkin seeds



Quinoa



Fortified cereal

Iron is an essential mineral that helps carry oxygen throughout your body and plays a key role in energy levels, immune function, and cognitive health. From plant-based to animal-based options, there are plenty of everyday foods that can help support your intake.

Iron-rich foods include: meat proteins, fortified cereals and breads, legumes, leafy greens, and whole grains.

Pro tip: Pair iron-rich foods with a source of vitamin C (like citrus or peppers) to help with iron- absorption.

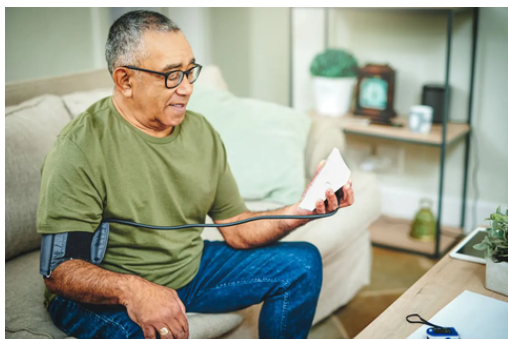
Recommended Dietary Allowance

Women & Men Age 51+: 8mg/day

If taking iron supplements, it is best to take on an empty stomach, or 1-hour before a meal in combination with a Vitamin C-rich food or supplement for optimal absorption.

Note: Side effects include metallic taste, heartburn, nausea, constipation, diarrhea.

5 Reasons Caregivers Should Keep a Journal



Journaling has long been known to be helpful for alleviating stress, and caregivers are often told to put their thoughts down on paper. Whether you've always loved writing or are ready to try anything, you can expect to enjoy the following five benefits when you choose to journal about your role.

1. Defuse Anger and Frustration

Throughout the day, you encounter situations where it isn't appropriate to yell, scream, or cry. However, your trusty journal is a silent confidant that allows you to write what you want. Whether you scribble angrily or choose to write in all capital letters, there are no limits to the amount of emotions you can let loose in the pages of your notebook. Writing about your frustrations helps you get them out of your head so you can approach each new day with a clear mind that's ready for the tasks at hand.

2. Find Solutions for Problems

Sometimes, writing about a problem is the best way to find a solution. Journaling allows your mind to enter a state of relaxation and work out issues that plague you throughout the day. The process of keeping a journal is similar to how your mind works when you sleep. If you've ever woken up from a dream with an answer to a problem, then you understand how powerful journaling is for helping you arrive at a solution to an issue.

3. Gain Personal Insight

One of the best things about a journal is that you can read through your earlier entries. As you do, don't be surprised if you discover things that make you slightly uncomfortable. For instance, you might notice a pattern of frustration with a specific task you handle every day. Alternatively, you might discover you're not as patient as you thought you were. When you gain new insight about your approach to caregiving, consider it a good thing. Gaining personal insight from your journal allows you to see things in a new light and make plans to address issues you haven't noticed before.

4. Practice Self-Care

Although you shouldn't make your journaling time feel stressful, you should try to make it a habit. Whether you write for 10 minutes or 30, sitting down every day to journal serves as a brief form of respite. You can also use your journaling time as an opportunity to practice deep breathing or light a scented candle to further enhance the relaxing sensations of writing. Self-care is important for caregivers to prevent burnout. Consider hiring a professional caregiver when you need time off from your caregiving responsibilities.

5. Share Your Lessons with Others

Your role as a caregiver is valuable to your loved one, and you can use your experiences to help others who may find themselves in your shoes. While you don't have to let people read all of the pages in your journal, you can take out excerpts to allow new caregivers to learn from your triumphs and mistakes. Knowing your experience can help other caregivers learn how to manage their role, which serves as additional motivation to continue journaling.

BULLETIN BOARD

****NOTICE****

If you are interested in running for election to the SBSC Advisory Council, please complete a "Responsibilities/Requirements of an Advisory Council Member" form available starting Monday, August 3, 2026, at the SBSC front desk and have your picture taken.

The form must be submitted to the SBSC front desk staff no later than
Monday, August 31, 2026.

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)

NORTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Farmers Market Voucher distribution:

When: Monday, August 3rd | 1:00 PM–3:00 PM in the Dining Room

Description: If you're a Berkeley resident over 60+ & low-income, you will be eligible for a farmers market voucher. While supplies last.

Free Blood Pressure Checks:

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

Tech Support by Ashby Village:

When: Thursday, August 6th | 2:00 PM–4:00 PM in the Dining Room

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

CalFresh Enrollment Tabling:

When: Friday, August 7th | 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 (such as rent, utilities, and medical bills).

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.

August Birthday Party

When: Friday, August 14th | 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!

Rent Board tabling

When: Friday, August 14th | 11:00 AM–12:30 PM in the Gooseberry Room

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

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

When: Friday, August 21st | 10:00 AM–11:00 AM in the Gooseberry Room

Description: Communication between the care-partner and their loved one is extremely important. We will practice advanced nonverbal and verbal techniques for handling difficult interactions. We will also discuss the symbolic content of what is being expressed.

Living/Dying Project

When: Friday, August 28th | 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

South Berkeley Senior Center Monthly Book Club

When: Monday, August 3 | 10:30 AM–11:30 AM | Conference Room A

Description: Join us for a friendly gathering to connect, share conversation, and discuss the books we're each reading.

CalFresh Enrollment Clinic

When: Monday, August 3 | 10:30 AM–12:00 PM | Dining Room

Description: An Alameda County Food Bank representative will be available to assist seniors with CalFresh ("food stamps") applications. Please bring your ID, Social Security number, and proof of income and expenses, including rent, utilities, and medical costs.

Speak with a Berkeley Rent Board Representative

When: Monday, August 3 | 11:00 AM–12:30 PM | Dining Room

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

Farmers Market Voucher distribution:

When: Monday, August 8th | 1:00 PM–4:00 PM in the Dining Room

Description: If you're a Berkeley resident over 60+ & low-income, you will be eligible for a farmers market voucher. While supplies last.

Selling & Buying Online by the Berkeley Public Library

When: Tuesday, August 11 | 1:00 PM–2:00 PM | Computer Room

Description: Learn about popular platforms for buying and selling goods online, including Craigslist, eBay, Etsy, and Facebook Marketplace. The workshop will also cover payment services such as Zelle, Venmo, and PayPal, along with tips for staying safe online.

Comedy Entertainment Open Mic

When: Tuesday, August 11 | 2:00 PM–4:00 PM | Dining Room

Description: Share your talent and the laughter while keeping performances clean and PG-rated.

Story Time Band

When: Thursday, August 13 | 11:15 AM–12:15 PM | Multipurpose Room

Description: Join us for a fun, interactive, intergenerational musical story time with the Berkeley Public Library's Story Time Band. Clap your hands, stomp your feet, and dance along.

Tech Support by Ashby Village

When: Thursday, August 13 | 1:00 PM–3:00 PM | Dining Room

Description: Free monthly drop-in technology assistance, including general Q&A, smartphone support, and help navigating transportation apps such as Uber and Lyft.

Hank Maninger & the Jukebox Charlies Band

When: Thursday, August 20 | 12:30 PM–1:30 PM | Multipurpose Room

Description: Enjoy classical country-western music that will have you dancing, singing along, clapping your hands, and stomping your boots. Light refreshments will be served.

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

**Come learn about
your Brain!**

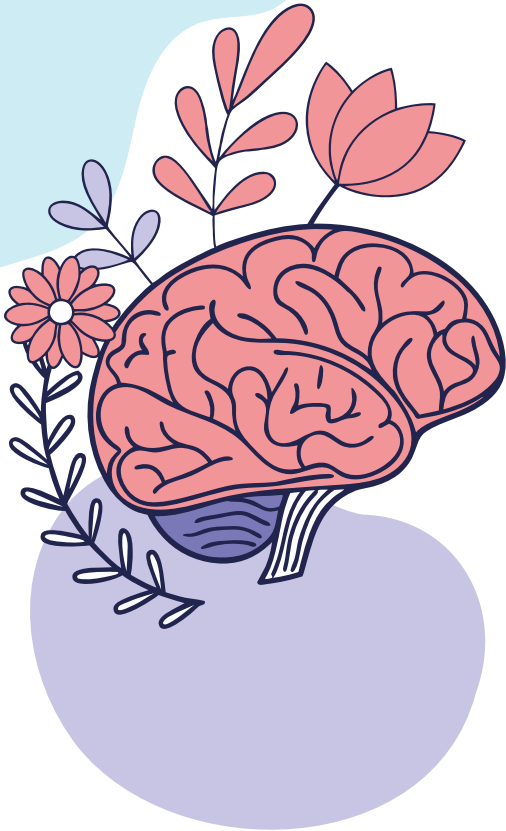
Sept 4, 2026 10:00
am-11:00 am
Gooseberry Room

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!





CITY OF
BERKELEY
www.berkeleyca.gov



The County of Alameda
Area Agency on Aging

Living Write Now

A POETRY
WRITING GROUP



Creatively express and explore language which resonates with what matters by way of feelings, strategies, needs, textures and angles to name a few and for starters.



WE MEET
1ST THURSDAY
OF EACH MONTH

FIRST MEETING: 8/6



10:00 AM – 11:00 AM



SOUTH BERKELEY SENIOR CENTER
2939 Ellis St.
Berkeley, CA 94703

MEET OUR VOLUNTEER INSTRUCTOR

Regina Shipman

Regina Shipman is a Berkeley native and a proud member of the Berkeley High School Class of 1976. She discovered her love of poetry at age 23 while taking her first poetry class at the North Berkeley Senior Center.

Regina spent 25 years as a Child Development Educator, followed by seven years working with girls in a residential group home. Her poetry has been featured in the East Bay Express and the Berkeley Voice.

In 2019, she appeared on KPFA's Talk It Out radio program to discuss the benefits of mindfulness. She also facilitated workshops on grief, loss, and abandonment for marginalized women of color at the Oakland Women's Center from 2018 to 2022.

All are welcome!

COME WRITE WITH US!

ALL ARE WELCOME!
COME WRITE WITH US!





COMEDY ENTERTAINMENT

SHARE
YOUR TALENT.
SHARE THE
LAUGHTER!



OPEN MIKE



★ **TUESDAY, 8/11/26** ★

2:00 PM – 4:00 PM



SOUTH BERKELEY SENIOR CENTER
2939 Ellis St. Berkeley, CA 94703



PG RATED

PLEASE KEEP IT CLEAN
NO FOUL LANGUAGE, RELIGION,
SPECIFIC NAMES, OR POLITICS



★ **ALL ACTS WELCOME!** ★
★ **ALL AGES WELCOME!**

IT'S YOUR TIME TO SHINE!
Laugh • Connect • Enjoy



★ **SIGN-UP FOR OPEN MIKE!** ★

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

★ *Thank you for keeping it positive and fun for everyone!* ★

NORTH BERKELEY SENIOR CENTER

AUGUST 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

Parkinson's Voice Exercise | Time: 10:30–11:45 PM | Cost: Donation | Room: Deergrass Room

Iyengar Yoga | Time: 10:15–11:45 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

Jewelry Making/Arts & Crafts (starting Aug 27th) | Time: 10:30 AM–12:00 PM | Cost: FREE
Room: Lupine Art Room

Ear Acupuncture Clinic | Time: 12:15–1:45 PM | Cost: FREE | Room: Poppy Room

NORTH BERKELEY SENIOR CENTER

AUGUST 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: 9:45-11:15 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

Chair Exercise | Time: 11:00-12:00 AM | Cost: Donation | Room: Aspen Room

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

Karaoke & Voice Lessons (starts July 30th) | Time: 1:00-2:00 PM | Cost: FREE | Room: Fuchsia 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: 9:30-10:45 AM | Cost: \$45 | Room: Juniper Room

NORTH BERKELEY SENIOR CENTER AUGUST 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

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:** Dining Room

SOUTH BERKELEY SENIOR CENTER

AUGUST 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

Book Club (1st Monday of the month) | Time: 10:30-11:30 AM | Cost: FREE | Room: Conference Room A

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

AUGUST 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 AM-9:45 AM | **Cost:** Donation | [Zoom link](#)

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

Poetry Writing Group (1st Thursdays) | Time: 10:00AM-3:00 PM | **Cost:** FREE | **Room:** Sewing Room

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

Tech Support | 11:00 AM-1:00 PM | Cost: FREE | Room: Computer Lab

Tech Support (2nd Thursdays) | 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

The Aging Services Division aims to work collaboratively: demonstrating a compassionate and empathetic commitment to each older adult and caregivers' quality of life and independence by providing essential services and resources rooted in equity, safety, and respect.

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

