CITY OF BERKELEY

THE NUGGET

Centers will be **closed on November 11th** in observance of Veterans Day
Centers will be **closed on November 26th** & **27th** in observance of Thanksgiving Holiday

TABLE OF CONTENTS

Page 2 — A Season of Gratitude
Pages 4–5 — North Berkeley Senior Center Field Trips & Shopping
Pages 6–7 — South Berkeley Senior Center Field Trips & Shopping
Page 8 — Café Menu
Page 9 — Food & Meal Resources
Page 10 — Food Labeling
Page 11 — Fall health Tips
Page 13 — Housing Resources
Page 14 — North Berkeley Senior Center Events & Presentations
Page 15 — South Berkeley Senior Center Events & Presentations

NORTH BERKELEY SENIOR CENTER

1901 Hearst Ave
Berkeley, 94709
(510) 981-5190
Open: Monday, Wednesday -Friday
Hours: 9:00 a.m.-4:00 p.m.

JUDGE HENRY RAMSEY JR. SOUTH BERKELEY SENIOR CENTER

2939 Ellis Street
Berkeley, 94703
(510) 981-5170
Open: Monday- Thursday
Hours: 9:00 a.m. -4:00 p.m.

A SEASON OF GRATITUDE: THE POWER OF GIVING THANKS

November is a time to reflect, appreciate the people around us, and celebrate the connections that make our lives meaningful. As the holiday season approaches, practicing gratitude can be a simple yet powerful way to support our emotional well-being and strengthen our sense of community

Appreciate the Little Things
Gratitude doesn't have to come from big moments. A warm meal, a friendly conversation, a favorite song, or a beautiful fall day can bring joy. Take a moment each day to recognize something that makes you smile.

Stay Connected
The holidays can be joyful, but they can also bring feelings of loneliness. Reach out to friends, family, or neighbors, attend a senior center activity, or share a meal with others. Small acts of kindness and connection can make a meaningful difference.

Give Back to Your Community
November is also National Family Caregivers Month, a time to recognize those who provide care and support to loved ones. Consider expressing appreciation to a caregiver, volunteering, or simply offering a helping hand to someone in need.

Care for Yourself
As the weather gets cooler, remember to stay active, eat nutritious meals, get enough rest, and make time for activities you enjoy. Taking care of yourself is just as important as caring for others.

Celebrate Together
At the North Berkeley Senior Center, we are thankful for the friendships, experiences, and contributions that make our community special. Whether you're joining a class, attending an event, or connecting with friends over lunch, every moment together helps build a stronger community.

This November, embrace gratitude, spread kindness, and remember that even the smallest gestures can make a lasting difference. Wishing everyone a warm, healthy, and joyful season!

NOVEMBER WORDFINDER

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

Gracious Heartfelt Overflow Altruistic Bountiful Kindness Affection Patience
Encourage Gratitude Fruitfulness Tolerance Goodness Generosity Blessings
Forgiveness Thanksgiving Appreciate Acceptance Remembrance Compassion
Quality Crucial Worthy Giving Rejoice Purpose Peace Receive Inspire
Virtue Faith Acts Trust Joyful Favor

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 one 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

Schedule & Important Information

Thursday, November 12 | SOMArts: Día de los Muertos Exhibit **(San Francisco)**
Time: 10:00 AM–4:00 PM **| Walking Score:** * **| Cost:** $3 Donation **| Lunch:** On Your Own

Thursday, November 19 | Great Mall **(Milpitas)**
Time: 9:30 AM–4:00 PM **| Walking Score:** ** **| Cost:** Free **| Lunch:** On Your Own

Tuesday, December 1 | Holidays at Filoli Gardens **(Woodside)**
Time: 9:15 AM–4:00 PM | Walking Score: *** **| Cost:** $35 (Ages 65+) / Up to 4 Free Tickets with EBT **|**
Lunch: On Your Own

Thursday, December 3 | Aqua Terra Grill Holiday Buffet & Miller Knox Regional Park
Time: 10:00 AM–4:00 PM **| Walking Score:** * **| Cost:** Free **| Lunch:** Holiday Buffet **($18)**

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

Shopping Trip 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, including 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. Shopping time in the store is limited to 1 to 1.5 hours.

Schedule & Important Information

Tuesday, November 17 | Grocery Outlet
Time: 8:30 AM–12:00 PM

Tuesday, November 17 | Walmart
Time: 12:30 PM–4:00 PM

Friday, November 20 | Costco
Time: 12:45 AM–12:00 PM

Friday, December 4 | Costco
Time: 12:45 PM–4:00 PM

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Sign-Up & Trip Policies

Field trip requests are handled first-come, first-served, with a maximum of three (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

Schedule & Important Information

Monday, November 9 | Oxbow Public Market **(Napa Riverfront)**
Time: 9:00 AM–4:00 PM **| Walking Score:** ** **| Cost:** Free **| Lunch:** On Your Own

Friday, November 13 | Super Walmart **(American Canyon)**
Time: 9:00 AM–4:00 PM **| Walking Score:** ** **| Cost:** Free **| Lunch:** Stop for Lunch

Wednesday, November 18 | San Francisco Premium Outlets **(Livermore)**
Time: 9:00 AM–4:00 PM **| Walking Score:** ** **| Cost:** Free **| Lunch:** On Your Own

Wednesday, December 2 | Holidays at Filoli Gardens
Time: 9:00 AM–4:00 PM **| Walking Score:** ** **| Cost:** $32 **/ Free with EBT Card**
Lunch: Bring Your Own or Purchase On-Site
Note: No cash accepted.

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

Shopping Trip 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, including wearing masks and using hand sanitizer.

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. Shopping time in the store is limited to 1 to 1.5 hours.

Schedule & Important Information

Friday, November 13 | Grocery Outlet
Time: 8:30 AM–12:00 PM

Friday, November 13 | Dollar Tree
Time: 12:30 PM–4:00 PM

Monday, November 30 | El Cerrito Plaza
Time: 8:30 AM–12:00 PM

M**onday, November 30 | Target**
Time: 12:30 PM–4:00 PM

NOVEMBER CAFÉ DINE-IN MENU

Mon 11/2: Chicken Bulgogi | Carrots & Mung Bean Sprouts Stir Fry* | White & Brown Rice Blend | Citrus Cuties+
Tue 11/3: Pork Loin w/ Gravy | Mashed Potatoes | Broccoli & Cauliflower+ | Banana | Whole Wheat Roll
Wed 11/4: Italian Wedding Meatball Soup (Beef) | Whole Wheat Roll | Creamy Coleslaw+* | Fresh Pear
Thu 11/5: Cheese Ravioli w/ Marinara | Herbed Broccoli & Carrots+* | White Bean Salad | Whole Wheat Roll Seasonal Apple
Fri 11/6: Latin Roast Pork | Yellow Rice | Cuban-Style Black Beans | Mexican Coleslaw+ | Diced Mango+
Mon 11/9: Ginger Scallion White Fish | Stir-Fried Carrots & Cabbage+* | Brown Rice | Fresh Pear
Tue 11/10: Elsie's Chicken Adobo | Brown Rice | Mixed Vegetables+* | Citrus Cuties+
Wed 11/11: SENIOR CENTERS CLOSED – Veterans Day
Thu 11/12: Sweet Potato Peanut Stew* w/ Quinoa (Vegan) | Seasoned Collard Greens+* | Grapes Contains Peanuts
Fri 11/13: Chicken Parmesan | Whole Wheat Pasta | Ratatouille+ | Banana
Mon 11/16: Beef & Tomato Stir Fry | Seasoned Carrots & Cabbage* | Vegetable Fried Brown Rice Pineapple & Mango+
Tue 11/17: Beef & Bean Chili | Brown Rice | Southern Green Beans | Orange+
Wed 11/18: Chicken & Tortellini Soup | Green Salad* w/ Ranch Dressing | Whole Wheat Roll | Seasonal Apple
Thu 11/19: Homemade Baked Macaroni & Cheese | Lima Beans | Braised Collard Greens+* | Whole Wheat Roll | Mixed Fruit+
Fri 11/20: Chicken & Sausage Gumbo | Brown Rice | Collard Greens+* | Green Salad w/ Italian Dressing Grapes
Mon 11/23: Teriyaki Chicken | Asian Vegetable Medley Stir Fry+ | Brown Rice | Citrus Cuties+
Tue 11/24: Turkey Meat Loaf w/ Gravy | Whipped Sweet Potatoes* | Steamed Broccoli+ | Whole Wheat Roll Seasonal Pear
Wed 11/25: Roast Turkey w/ Gravy | Savory Dressing | Whole Wheat Roll | Mashed Sweet Potatoes* Green Beans | Pumpkin Bisque | Orange+ | Pumpkin Muffin
Thu 11/26: SENIOR CENTERS CLOSED – Thanksgiving Day
Fri 11/27: SENIOR CENTERS CLOSED – Thanksgiving Holiday

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 enroll in only one meal program at a time: Onsite Lunch or Meals on Wheels.

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 11/6/26 & 11/20/26 from 11:00 AM–2:00 PM.
North Berkeley distribution dates are 11/6/26 & 11/20/26 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. November dates are 11/9/26 and 11/23/26.

How to Read a Food Label

The Nutrition Facts label tells you what is in your food. Learning to read it can help you make healthy choices. Match each color to the label.

1. Start with the serving size.

All the numbers on the label are for one serving. If you eat two servings, you get double the calories, salt, and sugar.

2. Check the calories.

Calories tell you how much energy a food gives you.

3. Use the % Daily Value (%DV).

This shows how much of your daily need one serving gives you. If sodium says 25%, one serving is a quarter of your salt for the day. 5% or less is LOW for a nutrient. 20% or more is HIGH for a nutrient.

Nutrition Facts

8 servings per container	
Serving size	**1 cup (240g)**
Calories	**180**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Cholesterol	0%
Sodium 520mg	23%
Total Carbohydrate 24g	23%
Dietary Fiber 5g	18%
Total Sugars 6g	18%
Includes 3g Added Sugars	
Protein 6g	6%
Vitamin D 2mg	10%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 340mg	

*The % Daily Value tells you how much a nutrient in one serving contributes to a daily diet.

4. Aim for LESS of these:

Sodium (salt), saturated fat, and added sugars. Too much sodium can raise your blood pressure.

5. Aim for MORE of these:

Fiber, calcium, vitamine D, and potassium. They help keep your heart, bones, and gut healthy

6. Read the ingredients list.

Ingredients are listed from most to least. If salt or sugar is near the top, the food has a lot of it.

INGREDIENTS

Water, vegetables, whole grain oats, beans, tomato paste, olive oil, salt, cane sugar, natural flavors.

Tip: Canned foods can be high in sodium. Rinsing canned beans and vegetables can wash some of it away

11 *Smartest* Fall Health Tips to Stay Well This Season

With the changing of seasons comes the need to make lifestyle changes, too. It's a great time to reset your health routines and continue healthy habits. A cornerstone of healthy fall habits will keep your immunity strong and your mind clear as you wrap up another busy year. Here we share 11 tips for keeping you and your team healthy all fall long.

Tip #1: Moisturize

Dry fall air can suck the moisture out of your skin, causing excessive dryness and cracks. After showering and throughout the day, be sure to moisturize with lotion to prevent skin issues like infections due to cracking.

Tip #2: Check Safety Alarms

Since most house fires increase during the fall and winter, remind employees to check both their smoke alarms and carbon monoxide alarms to ensure they're in working order. CO poisoning in particular can cause symptoms to come and go including chest pain, dizziness, and headaches.

Tip #3: Get a Flu Shot

Before the end of October, opt to get your full shot to keep influenza away. Aside from keeping the flu away, new research shows a flu shot may also lower stroke risk by as much as 12 percent.

Tip #4: Mask Up Indoors

Those living in medium-to-high risk areas where Covid is spreading may want to continue masking up indoors. For the immune-compromised, it's also a good idea to mask up during cold and flu season as an extra precaution.

Tip #5: Focus on Financial Wellness

With the holidays coming up, it's easy to fall into the trap of spending too much. This fall, start looking at ways to regain financial stability. This may mean working with a financial advisor and/or therapist to start conversations about what that looks like to keep spending habits in check.

Tip #6: Book Those Health Appointments

Consider booking your annual eye exam, physical, and other specialist appointments now. The end of the year tends to get busy for many providers as people try to snag appointments in-between holidays.

Tip #7: Consume Healthy Foods

Unique in-season produce is available starting now. Opt to fill your plate with fibrous pumpkin, sweet pears, kale, beets, and more. Roasting squashes and root veggies make for an excellent side dish.

Tip #8: Try Crockpot Meals

Cut meal time prep down by using crockpot meals that are well-planned and nutritious. Lower cooking temperatures may help preserve nutrients that can be lost when food is cooked too fast in high heat.

Tip #9: Take Time for Self-Care

Make it a priority to take time for yourself. Doing so will keep you refreshed and ready to spend time doing your best at work and giving your full attention to loved ones. Remember, self-care is far from selfish!

Tip # 10: Get Active Outside

Whether you enjoy apple picking, hiking, running, or even yard work, spend time outdoors for a mental and physical boost this fall.

Tip #11: Take Vitamin D

In colder climates, a lack of sunshine exposure can cause vitamin D levels to plummet. Consider adding a vitamin D supplement to your diet if you don't intake a lot through cereal, soy milk, orange juice or yogurt. A

BULLETIN BOARD

SBSC Advisory Council Election

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, November 2, 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, November 30, 2026.**

Project J.O.Y. (Joining Old and Young) at the North Berkeley Senior Center

Mondays, October 5 & 19; November 2, 16 & 30; December 7 | 9:00 AM–9:45 AM

Project J.O.Y. is an intergenerational arts program bringing together students from Berkwood Hedge Elementary School and participants from the North and/or South Berkeley Senior Centers through poetry. Participants will share stories, memories, and experiences while collaboratively creating a poetry booklet that celebrates their lives and identities.

Through creativity and conversation, Project J.O.Y. encourages meaningful connections, empathy, storytelling, and a stronger sense of community across generations.

Information & Assistance (I&A)

Available to seniors and caregivers who need help finding services or resources. Senior Services Assistants can help identify needs, provide information and referrals, and connect you with community programs and benefits. I&A can also help determine whether a referral to case management may be appropriate.

How to Access I&A:

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

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

Social Services Unit (SSU) – Case Management

For older adults with more complex or ongoing needs, SSU provides time-limited case management to help coordinate services related to food, transportation, healthcare, benefits, legal resources, home safety, caregiver support, and other essential needs. Eligibility screening is required. Case managers do not provide housing placement or housing navigation services.

How to Access SSU:

Call (510) 981-5180 | Mon–Fri, 9:00 AM–4:00 PM

Email: agingssu@berkeleyca.gov

OUT AND ABOUT WITH
BERKELEY RIDES FOR SENIORS & THE DISABLED

PROGRAM IS OPEN AND ACCEPTING NEW APPLICATIONS

Berkeley Rides for Seniors & the Disabled (**BRSD**) assists City of Berkeley older adults and disabled adults with travelling throughout Berkeley and neighboring cities by supplementing their transportation costs with **subsidized** GoGo (Uber/Lyft) and accessible wheelchair van rides.

Eligibility Requirements:

- Berkeley resident **and** 70 years old and older; **OR**
- Active enrollment with East Bay Paratransit and 18 years and older

Program Includes:

- **GoGo**: GoGo is a call center that arranges rides with Uber/Lyft within Berkeley and surrounding cities. Riders pay a $4 share of cost per ride and BRSD pays up to $16 per ride.
- **Accessible Wheelchair Van Program:** Provides wheelchair lift-equipped van transport services within Berkeley and surrounding cities. Rider pays a $4 share of cost per ride (up to 18 miles).
- **High Medical Need Program**: Current and presently enrolled BRSD participants who have at least **four (4)** medical appointments **per month,** can get additional subsidized GoGo or wheelchair van rides. This program is limited and based upon funding availability.
- **Free Travel Training:** Berkeley older adults and people with disabilities can attend free trainings to learn how to safety and effectively use public transportation. You do not need to be enrolled in BRSD to participate in a training. For upcoming training dates, call (510) 981-7269,

To receive an application or more information, please go to https://berkeleyca.gov/community-recreation/senior-services/transportation-services. You can also email or call at BRSD@berkeleyca.gov or call (510) 981-7269 and request an application.

**** Berkeley Rides for Seniors & the Disabled is supported by Alameda County Measure BB Funds****

NORTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Free Blood Pressure Checks
When: Mondays & Wednesdays**| 10:00 AM–12:00 PM | Dining room Hallway**
Description: Stop by for a free blood pressure check

Tech Support by Ashby Village
When: Thursday, November 5th | 2:00 PM–4:00 PM in the Dining Room
Description: Drop-in help with smartphones, apps (Uber/Lyft), and general tech questions.

Brain Health Workshop with a Special Guest Speaker!
When: Friday, November 6 | Time & Location: To Be Confirmed
Description: Join Rachel Su for a special Brain Health Workshop featuring a guest speaker. Learn about brain health and ways to support cognitive well-being.

HICAP Counseling
When: 1 & 3 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.

CalFresh Enrollment Clinic by Alameda County Food Bank
When: Friday, November 6th | 1:00 PM–2:00 PM Hallway
Description: Get help applying for CalFresh ("food stamps"). Bring ID, Social Security number, and proof of income and expenses (rent, utilities, medical).

November Birthday Party
When: Friday, November 6th | 1:00 PM–2:00 PM in the Aspen Room
Description: Celebrate November birthdays with live music by the Jazz Therapist Band and cake! All members and good vibes are welcome!

Living/Dying Project
When: Last Friday, Monthly | 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 who are grieving. Everyone is welcome - come as you are.

Speak with a Berkeley Rent Board Representative
When: Friday, November 6th | 11:00 AM–12:30 PM | Dining Room
Description: Learn about local housing resources and landlord and tenant rights.

Alzheimer's Care-Partners Circle
When: Friday, November 20th | 10:00 AM–11:00 AM in the Gooseberry Room

Jewelry Making Class
When: Wednesday, November 25 (4th Wednesday) | Time:10:30 AM-12:00 PM | Location: Lupine Art Room
Description: Get creative and explore jewelry making in this monthly hands-on class! Enjoy a fun, welcoming environment as you design your own jewelry and connect with others.

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Free Blood Pressure Checks with LifeLong Medical
When: Thursdays | **Time:** 11:00 AM–12:30 PM |Multipurpose Room
Description: Stop by for a free blood pressure check with LifeLong Medical.

CalFresh Enrollment Clinic by Alameda County Food Bank
When: Monday, November 2 | **Time:** 10:30 AM–12:00 PM | Dining Room
Description: Get help applying for CalFresh ("food stamps"). Bring ID, Social Security number, and proof of income and expenses (rent, utilities, medical).

Pop-Up Flu Clinic with City of Berkeley Public Health Department
When: Monday, November 9 | **Time:** 10:00 AM–12:00 PM
Description: Protect yourself and others with a free flu shot! No appointment, ID, or insurance required.

Eviction Defense Center (EDC)
When: Mondays, November 9 & 23 | **Time:** 2:00 PM–3:00 PM | **Multipurpose Room**
Description: Free legal services for tenants facing eviction in Alameda County and Richmond.

Cookies with Rhianna Babka, Aging Services Manager
W**hen:** Tuesday, November 17 | **Time:** 11:00 AM–12:00 PM | **Multipurpose Room**
Description: Stop by to meet Rhianna, ask questions, enjoy a conversation, and have a cookie!

Two-Day Travel Training with Chonita
When: Wednesday, November 18 | **Time:** 9:30 AM–2:00 PM | **Dining Room**
W**hen:** Thursday, November 19 | 9:30 AM–3:00 PM | Meet at Senior Center
Description: Learn to navigate public transit! Day 1 includes classroom instruction, followed by a field trip on Day 2 using AC Transit, BART, SF cable cars, and ferries. Adults 55+ who complete both days receive free Clipper cash. A Senior Clipper card is required before Day 1. To register or discuss mobility device accommodations, call 510-981-5202.

Mark Hummel, Blues Legend & Band
When: Thursday, November 19 | **Time:** 12:30 PM–1:30 PM | Multipurpose Room
Description: Enjoy live blues music with Grammy-nominated, two-time Blues Music Award winner and harmonica legend Mark Hummel!

Living/Dying Project
When: Thursday, November 19 |**Time:** 11:00 AM–12:30 PM | Multipurpose Room
Description: Compassionate support for those facing serious illness, life challenges, and spiritual transformation.

Holiday Music Concert & Sing-Along by UC Berkeley Heart Strings
When: Monday, December 7 | **Time:** 1:00 PM–3:00 PM | Multipurpose Room
Description: Celebrate the holiday season with a festive musical performance, sing-along, and karaoke!

NORTH BERKELEY SENIOR CENTER
NOVEMBER 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 AM | **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

Poetry Allowed: 8/24 – 10/5 (BAS) | Time: 1:00 PM – 3:00 PM | **Cost:** $99/quarter | **Room:** Poppy Room

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

Total Body Workout | **Time:** 2:00–3:00 PM | **Cost:** Donation | **Room:** Dining Room

Club Du Livre Francais | **Time:** 2:00–4:00 PM | **Cost:** FREE | **Room:** Fuchsia Room

Tech Assistance with Stephen (NEW)| **Time:** 2:30–3:30 AM | **Cost:** FREE | **Room:** Goldenstar 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

Peer Chat| **Time:** 10:00–11:00 AM | **Cost:** Free | **Room:** Deergrass Room

Mindful Movement| **Time:** 10:00–11:15 AM | **Cost:** Donation | **Room:** Juniper Room

Tech Support (Walk-in) | **Time:** 10:00 AM–12:00 PM | **Cost:** FREE | **Room:** Golden Star Room

Conversational French | **Time:** 10:30 AM–12:00 PM | **Cost:** FREE | **Room:** Gooseberry Room

Current Events: 10/28–12/16 (BAS) | **Time:** 10:30 AM–12:00 PM | **Cost:** $99/quarter | **Room:** Morning Glory

Jewelry Making (4th Wednesdays)| Time: 10:30 AM–12:00 PM | **Cost:** FREE | **Room:** Lupine Art Room

NORTH BERKELEY SENIOR CENTER
NOVEMBER CLASS SCHEDULE

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

Wednesday- Continued

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

Moving Qi: 8/26 - 12/6 (BAS) | Time: 12:30–2:00 PM **| Cost:** $139/semester **| Room:** Juniper Room

Art Painting (see front desk for supply list) | Time: 1:00–3:00 PM **| Cost:** FREE **| Room:** Lupine Art Room

Spanish Conversation (Intermediate)| Time: 1:00–2:00 PM | Cost: FREE | Room: Deergrass 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: 9/3–12/17 (BAS) | **Time:** 10:00 AM–11:45 AM | **Cost:** $139/semester | **Room:** Juniper Room

Ceramics AM: 9/3–10/15 (BAS) | **Time:** 10:00 AM–12:00 PM | **Cost:** $69 +$10 supplies | **Room:** Lupine

Ceramics PM: 9/3–10/15 (BAS) | **Time:** 12:30 PM–2:30 PM | **Cost:** $69 +$10 supplies | **Room:** Lupine

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:** Gooseberry Room

World Music in Motion: 9/3–1/17 (BAS) | **Time:** 11:00 AM–12:00 PM | **Cost:** $139/semester

Room: Aspen Room

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

Karaoke Club| Time: 1:00–2:30 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

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

NORTH BERKELEY SENIOR CENTER
NOVEMBER CLASS SCHEDULE

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

Friday

Tap Dance Club | **Time:** 9:00 AM–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: 9/4–12/18 (BAS) **| Time:** 9:30–11:15 AM **| Cost:** $139/semester **| Room:** Juniper Room

Drop-in Iyengar Yoga:| Time: 11:15–12:30 AM | Cost: $139/semester | Room: Juniper Room

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

Awe in Improv | Time: 10:00–11:30 AM **| Cost:** FREE **| Room:** Fuschia Room

Cultivating Calm 11/6-2/15/26 **Time:** 10:00–11:30 AM | **Cost:** $10 | **Room:** Morning Glory Room

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

Exploring Aging Support Group| Time: 10:30–12:00 AM | **Cost:** FREE| **Room:** Juniper Room

Chinese Karaoke | **Time:** 12:00–3:00 PM | **Cost:** FREE | **Room:** Lilac Room

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

Challenges of Aging Support Group | **Time:** 2:00–3:30 AM | **Cost:** FREE| **Room:** Deergrass Room

Light Weight Training | **Time:** 3:00–4:00 PM | **Cost:** Donation | **Room:** Juniper Room

SOUTH BERKELEY SENIOR CENTER
NOVEMBER 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 (1st & 3rd Mondays)| **Time:** 12:00–1:00 PM | **Cost:** FREE | **Room:** Multipurpose Room

Comedy Class | **Time:** 12:30–1:30 PM | **Cost:** FREE | Computer Lab

Ceramics: 8/24-10/5 (BAS) | **Time:** 12:30pm-2:30pm | **Cost:** $69 +$10 supplies | Ceramics Room

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
NOVEMBER CLASS SCHEDULE

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

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

Figure Drawing Circle | **Time:** 1:30–3:30 PM | **Cost:** $5 Fee | **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–11:00 AM | **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

YOU ARE INVITED TO THE

November Birthday Party

Enjoy a live perfromance from the Jazz Therapists Band, cake and light refreshements!

ALL MEMBERS WELCOMED!

Friday November 6

1PM – 2PM

North Berkeley Senior Center

NORTH BERKELEY SENIOR CENTER

SPOOKY FALL FESTIVAL

LIVE MUSIC AND COSTUME KARAOKE!

SING
DRESS UP
HAVE FUN!

FRIDAY, OCTOBER 30TH
1 P.M. – 3 P.M.

NORTH BERKELEY SENIOR CENTER
ALL ARE WELCOME!

GOOD COMPANY • MUSIC • COMMUNITY

Internal

The United Seniors of Oakland and Alameda County

&

Senior Public Transportation Training and Education Program

Presents: FREE Travel Training for Older Adults

If you are 55 and older and would like to expand your horizons and travel options – sign up for a free USOAC Travel Training session:

The Travel Trainer will guide you through a **TWO-DAY** course where you will learn to ride Alameda County's public transit to get where you want to go with confidence, independence, and ease. You will receive guidance and training while learning the necessary skills to ride AC Transit, BART, and other Bay Area forms of public transit.

WHEN: **Wednesday, November 18th, 2026 - 10:00 AM - 2:00 PM (Class instruction)**

Thursday, November 19th, 2026 - 9:30 AM - 3:00 PM (S. F. field trip)

****FREE LUNCH PROVIDED ON November 19th, 2026****

WHERE: **South Berkeley Senior Center**
2939 Ellis Street
Berkeley, CA

**** Older adults (55+) who complete both days get free clipper cash. You must have a Senior Clipper card before day 1****

(Part of it will be used for field trip to S.F.)

CALL TO REGISTER: 510-981-5202 (space is limited)

Chonita Chew, Travel Trainer & Organizer w/ United Seniors of Oakland and Alameda County
510.729.0851

ALAMEDA County Transportation Commission

Travel Training is organized by USOAC, and is funded by a grant from Alameda CTC

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 is available for senior center members:
South Berkeley Senior Center: Phone: 510-981-5170 | Mon, Tue & Thurs at 11:30 AM
North Berkeley Senior Center: Phone: 510-981-5190 | Mon, Wed & Fri at 11:30 AM

Service Details:
First-come, first-served
While supplies last, unless otherwise noted

Cost:
Adults age 60 and older: $3 suggested contribution
Adults age 55–59: $10 mandatory fee

Cash and weekly or monthly checks accepted. No one age 60 or older will be turned away because of an 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

The County of Alameda
Area Agency on Aging