

CITY OF BERKELEY

THE NUGGET

Centers will be closed on October 12th in observance of Indigenous Peoples' Day



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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.

STAY STEADY AND STRONG THIS FALL



Stay Steady & Strong This Fall

October brings cooler weather, shorter days, and beautiful fall colors. It's also a great time to think about staying strong, active, and safe on your feet. While falls can become more common as we age, there are simple steps you can take to reduce your risk and maintain your independence.

Keep Your Body Moving

Regular physical activity helps maintain strength, flexibility, coordination, and balance. Walking, stretching, dancing, chair exercises, and light strength training are all great options. Choose activities that are comfortable for you and remember—even a little movement throughout the day counts!

Make Your Home Safer

Take a quick look around your home for potential tripping hazards. Keep floors and walkways clear, secure loose rugs, and make sure frequently used areas are well-lit. Use handrails on stairs and consider grab bars in the bathroom if additional support would be helpful.

Watch Your Step Outdoors

Fall weather can create slippery or uneven walking conditions. Wet leaves, rain, curbs, and cracked sidewalks can increase the risk of a fall. Wear supportive, properly fitting shoes and take your time when walking outdoors.

Check Your Vision & Medications

Changes in vision can make it harder to notice obstacles or changes in the ground. Keep up with regular eye exams and use your prescribed glasses when needed. Some medications may also cause dizziness or affect balance, so talk with your healthcare provider or pharmacist if you have concerns.

Stay Strong, Stay Connected

Staying active can be more enjoyable with others! Join an exercise class, take a walk with a friend, participate in a senior center activity, or try something new. Staying socially connected supports your overall well-being while giving you more opportunities to keep moving.

Small Steps Make a Difference

Fall prevention doesn't mean limiting your activities. It's about making thoughtful choices that help you continue doing the things you enjoy safely and confidently.

This fall, keep moving, stay aware of your surroundings, and take small steps toward staying strong, steady, and independent!

OCTOBER WORDFINDER

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 S I I W A S C L A S S E S N T W P F U F W U E N I A

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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, October 15 | Yerba Buena Gardens Noontime Concert: John Coltrane Tribute (**San Francisco**)

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

Thursday, October 22 | Marin Museum of Contemporary Art Guided Tour & Marin Country Mart

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

Tuesday, October 27 | di Rosa Center for Contemporary Art: Private Tour (**Napa**)

Time: 9:00 AM–4:00 PM | **Walking Score:** ** | **Cost:** \$3 | **Lunch:** Bring Your Own

Thursday, October 29 | Sonoma State Historic Park & Plaza

Time: 9:15 AM–4:00 PM | **Walking Score:** *** | **Cost:** \$3 | **Lunch:** On Your Own

Tuesday, November 3 | Legion of Honor (**San Francisco**)

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

Thursday, November 5 | Musée Mécanique & Fisherman's Wharf (**San Francisco**)

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

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, October 13 | Walmart (Martinez)

Time: 8:30 AM–12:00 PM

Tuesday, October 13 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Friday, October 16 | Berkeley Bowl West

Time: 12:45 PM–4:00 PM

Tuesday, October 20 | Grocery Outlet (Richmond)

Time: 8:30 AM–12:00 PM

Tuesday, October 20 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Friday, October 30 | Costco (Richmond)

Time: 12:45 PM–4:00 PM

Note: Membership required.

Friday, November 6 | Monterey Market (Berkeley)

Time: 12:45 PM–4:00 PM

SOUTH BERKELEY SENIOR CENTER FIELDTRIPS

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

Wednesday, October 7 | Salesforce Park: Rooftop Jazz (San Francisco)

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

Wednesday, October 14 | Sunvalley Mall (Concord)

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

Wednesday, October 21 | UC Berkeley Botanical Garden

Time: 9:30 AM–4:00 PM | **Walking Score:** ** | **Cost:** \$12 (Age 65+) / \$3 EBT Cardholders

Lunch: \$13 Lunch Specials at Eureka!

Friday, October 23 | Hike at Reinhardt Redwood Regional Park (Oakland)

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

Wednesday, October 28 | Joan's Farm & Pumpkin Patch (Livermore)

Time: 9:15 AM–4:00 PM | **Walking Score:** ** | **Cost:** Free | **Lunch:** Stop for Lunch

Note: Cash only at Joan's Farm & Pumpkin Patch.

Tuesday, November 3 | Legion of Honor (San Francisco)

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

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

Monday, October 19 | El Cerrito Plaza

Time: 8:30 AM–12:00 PM

Monday, October 19 | Grocery Outlet (San Pablo)

Time: 12:30 PM–4:00 PM

Monday, October 26 | 99 Ranch Market (Richmond)

Time: 8:30 AM–12:00 PM

Monday, October 26 | Las Montañas Supermarket (San Pablo)

Time: 12:30 PM–4:00 PM

Friday, October 30 | \$5 Friday Safeway Deals (College Ave.)

Time: 8:30 AM–12:00 PM

OCTOBER CAFÉ DINE-IN MENU

Thu 10/1: Spinach & Mushroom Lasagna (Vegetarian) | Garlic Zucchini | White Bean Ragu | Citrus Cuties+

Fri 10/2: BBQ Chicken Thigh | Seasoned Greens* | Coleslaw+ | Whole Wheat Roll | Grapes

Mon 10/5: Chicken & Mushroom in Black Bean Sauce | Sesame Green Beans | White & Brown Rice Blend | Citrus Cuties+

Tue 10/6: Beef & Vegetable Stew* | Zucchini | Brown Rice | Diced Mango+

Wed 10/7: Chicken Pozole | Green Salad* w/ Vinaigrette | Whole Wheat Roll | Papaya+

Thu 10/8: Vegetable Enchilada Casserole | Zucchini, Corn & Peppers+ | Whole Wheat Roll | Pineapple+

Fri 10/9: Butter Chicken | White & Brown Rice Blend | Herbed String Beans | Green Salad* w/ Vinaigrette | Banana

Mon 10/12: CENTERS CLOSED – Indigenous Peoples' Day

Tue 10/13: Baked Cod in Lemon Garlic Cream Sauce | Brown Rice | Malibu Blend Vegetables* | Banana

Wed 10/14: Chicken & Vegetable Tortilla Soup | Tortilla Chips | Green Salad+ w/ Cilantro Lime Dressing | Pineapple Chunks+

Thu 10/15: Indian Vegetable Curry w/ Tofu & Chickpeas (Vegan) | Brown Basmati Rice | Roasted Sweet Potato* | Green Beans | Orange+

Fri 10/16: Sweet & Spicy Citrus Tilapia | Quinoa | Garlicky Spinach* | Steamed Broccoli+ | Grapes

Mon 10/19: Thai Basil Ground Turkey | Asian Vegetable Blend* | White & Brown Rice Blend | Citrus Cuties+

Tue 10/20: Beef Brisket au Jus | Mashed Potatoes | Southern Green Beans | Whole Wheat Roll | Pineapple, Berries & Mango Medley+

Wed 10/21: Beef & Barley Soup | Spinach Salad* w/ Balsamic Dressing | Low Sodium V-8 Juice+ | Whole Wheat Roll | Papaya & Mango Chunks+

Thu 10/22: Pasta Primavera w/ Whole Wheat Penne | White Bean Ragu | Grapes

Fri 10/23: Chicken Meatball Stroganoff | Whole Grain Egg Noodles | Steamed Broccoli & Carrots* | Fresh Pear

Mon 10/26: Mongolian Meatballs (Pork & Chicken) | Mushroom & Bok Choy Sauté* | Rice w/ Green Onions | Seasonal Apple

Tue 10/27: Tuna Noodle Casserole w/ Carrots & Peas | Herbed Broccoli+ | Creamy Coleslaw* | Grapes

Wed 10/28: Turkey Jook (Chinese Rice Porridge/Congee) | Low Sodium V-8 Juice+ | Pineapple, Berries & Mango+ | Whole Wheat Roll

Thu 10/29: Vegetarian Shepherd's Pie | Bavarian Red Cabbage+ | Whole Wheat Roll | Fresh Pear

Fri 10/30 – Happy Halloween!: Crunchy Bones (Oven-Baked Chicken Drumstick) | "Scream" Beans | Polenta | "Candy Corn" Parfait

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

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 10/2/26 & 10/16/26 from 11:00 AM–2:00 PM.

North Berkeley distribution dates are 10/2/26 & 10/16/26 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. October dates are 10/12/26 and 10/26/26.

EATING WELL AS YOU AGE

GENERAL NUTRITION CONSIDERATION

Chef & Nutrition Tips

Keep Water Handy:

Keep a filled water bottle or pitcher on the table where it is easy to see and reach.



Flavor Without Salt:

Try garlic, fresh herbs, or a squeeze of citrus to brighten flavors while keeping blood pressure in mind!



In addition to nutrients that are of concern for the general population, including calcium, vitamin D, potassium, and fiber, older adults have some special nutritional considerations.

SPECIAL NUTRITION CONSIDERATIONS

Protein

As we get older, our bodies naturally lose muscle mass. Getting enough protein keeps your balance steady and legs strong!

Good sources



Vitamin B12

B12 protects nerve cells, helps make red blood cells, and fights fatigue. As we age, our stomachs absorb less of it naturally.

Good sources



Beverages

Our sense of thirst naturally fades over time. Drinking water helps us digest food, absorb nutrients, and prevents hydration related dizzy spells.

Good sources



Your **palm**, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.



A **fist** is about 1 cup or about 30 grams of carbohydrates for foods such as 1 cup ice cream or 1 cup cooked cereal.



Your **thumb** is about 1 tablespoon or 1 serving of regular salad dressing.



Your **thumb tip** is about 1 teaspoon or 1 serving of margarine, mayonnaise or other fats such as oils.



SELF-CARE TIPS FOR Caregivers



1. Eat Healthy Meals Regularly

Caregiving is hard on the mind & the body. Keep your body & mind healthy by replenishing your strength with nutritious meals. Be sure to include lots of fruits & vegetables, which will provide antioxidants to protect your health.



2. Stay Hydrated

It's important to make a conscious effort to drink water! Adequate water helps keep your mind clear. Although it's tempting to opt for more caffeinated & sugary beverages to help keep you going – water is by far the best option!



3. Sleep & Rest Regularly

Making sure you get some sleep – or at the very least a little rest – gives your body a break from stress. Adequate rest is critical for keeping you in good health.



4. Make time for Exercise

Exercise is an incredible way to help relieve stress – not to mention it's just plain good for you! Even something as simple as going for a walk outside at a gentle pace will do you a world of good. If you can't go outside, walk up and down the hall – anything to get your heart pumping.



5. Ask for & Accept Support!

Let family & friends know how they can help you. People are often very eager to help during difficult times. Accept the support that is offered by your friends & family. If you feel like you need to – don't be afraid to seek professional support from a counsellor or a spiritual care advisor.



6. Give Yourself A Break

Give yourself permission to take some YOU time, away from the bedside of your loved one, especially when you're feeling overwhelmed or exhausted. Although you might be reluctant, a little R&R can dramatically help ease your stress levels and renew your energy.

BULLETIN BOARD

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

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

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

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

HOUSING RESOURCES

AFFORDABLE HOUSING

Home Match (Front Porch)

Services: Matches older adults with homeowners offering a spare bedroom or ADU as an affordable housing option.

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 SF

Services: Provides housing and resource navigation, support and community programs for LGBTQ+ older adults and adults with disabilities.

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/>

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.

LEGAL RESOURCES

Eviction Defense Center

Services: Receive assistance with substandard housing conditions, subsidized housing, rent increases, fair housing matters and eviction defense. Also handles rental assistance applications. Phone: (510) 981-6240

East Bay Community Law Center

Services: Housing Services which include defending eviction lawsuits, enforcement of local rent and eviction control ordinances. Also provides defense of long term tenancies in rent controlled units.

Phone: (510) 548-4040

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

Bay Area Legal Aid

Services: Provides free legal counseling, representation and referrals for qualifying low income individuals regarding bankruptcy, eviction defense, foreclosure defense and fair housing. Phone 510-250-5270

Website:

<https://baylegal.org/get-help/>

Housing & Economic Rights Advocates (HERA)

Services: assist with homeowner problems such as HOA, foreclosure, escrow; fight against predatory lending of all kinds. Appointment only; no walk-ins.

Phone: 510-271-8443 Website: <https://www.heraca.org>

UNHOUSED RESOURCES

211 - Accessing Homeless Services

Services: Provides centralized intake for homeless services. Uses a coordinated process to assess and prioritize people with the highest level of need and coordinate services among providers. Phone: 211 or 1-800-273-6222 or text your ZIP code to 898211.

Bay Area Community Services

Services: Provides access to the North County Housing Resource Center and coordinated-entry services for homeless adults, including housing assessments, shelter coordination, and referrals to community resources. Phone: (510) 495-0131.

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

Insight Housing – Supportive Services for Veterans

Services: Roads Home program helping to end homelessness among veterans. Phone 888-479-1926

Website: <https://insighthousing.org/what-we-do/>

NORTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

Speak with a Berkeley Rent Board Representative

When: Friday, October 2nd | 11:00 AM–12:30 PM | Aspen Room

Description: Learn about local housing resources and information about landlord and tenant rights.

Brain Health Seminar

When: Friday, October 2nd | 10:00 AM–11:00 AM in the Gooseberry Room

Description: 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!

Tech Support by Ashby Village

When: Thursday, October 1st | 2:00 PM–4:00 PM in the Dining Room

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

Stop The Bleed - Provided by Lifelong Medical

When: Monday, October 5th | 9:00 AM–11:00 AM in the Poppy Room

Description: Learn lifesaving skills to control severe bleeding in an emergency. STOP THE BLEED training teaches participants how to apply direct pressure, pack wounds, and use tourniquets before professional help arrives.

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.

October Birthday Party

When: Friday, October 9th | 1:00 PM–2:00 PM in the Aspen Room

Description: Celebrate October birthdays with live music by the Jazz Therapist Band and cake! All members and good vibes are welcome!

Alzheimer's Care-Partners Circle

When: Friday, October 16th | 10:00 AM–11:00 AM in the Gooseberry Room

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.

Pop-up Flu Clinic

When: Friday, October 30th | 11:00 AM–1:00 PM

Description: Protect yourself this flu season! Berkeley Public Health will be providing a Pop-up Flu Clinic. Stop by and get your flu vaccine to help keep yourself and our community healthy this season.

Fall Festival at North Berkeley Senior Center

When: Friday, October 30th | 1:00 PM–3:00 PM in the Aspen Room

Description: Join us for an afternoon of fall fun! Enjoy live entertainment, costume karaoke, games, music, sparkling cider, and tasty treats as you celebrate the season with friends and our senior center community. Join the festivities!

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

CalFresh Enrollment Clinic by Alameda County Food Bank

When: Monday, October 5 | 10:30 AM–12:00 PM | Dining Room

Description: Get help applying for CalFresh (“food stamps”). Please bring 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, October 5 | 11:00 AM–12:30 PM | Dining Room

Description: Learn about local housing resources and information about landlord and tenant rights.

HICAP Counseling - By Appointment Only

When: Tuesdays, October 6 & 20 | 1:00 PM–3:00 PM | Sewing 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.

Belly Dance Performance

When: Thursday, October 8 | 12:30 PM–1:30 PM | Multipurpose Room

Description: Enjoy a captivating performance by professional belly dancer Chantal.

Eviction Defense Center (EDC)

When: Mondays, October 12 & 26 | 2:00 PM–3:00 PM | Multipurpose Room

Description: EDC provides free legal services to tenants facing eviction in Alameda County and Richmond.

AARP 8-Hour Smart Driver Class

When: Tuesdays, October 13 & 20 | 9:15–11:15 AM & 1:00–3:00 PM | Conference Room A

Description: Refresh your driving skills, review rules of the road, and learn techniques for safer driving. Cost: \$20 AARP Members | \$25 Non-Members (cash or check).

Vocalist Jefferson Bergey

When: Thursday, October 15 | 12:30 PM–1:30 PM | Multipurpose Room

Description: Enjoy a mini-concert featuring classical music by Sinatra, Sammy Davis Jr., and Tony Bennett.

Healthy Living with Diabetes - Presented by Alameda County Public Health Department

When: Tuesdays, October 20–December 8 | 1:00 PM–3:00 PM | Sewing Room

Description: This 8-week program, led by a Registered Dietitian, will help you manage diabetes with confidence and track your progress. Includes a workbook and weekly giveaways.

Estate Planning 101- Presented by Housing and Economic Rights Advocates (HERA)

When: Tuesday, October 27 | 10:00 AM–11:00 AM | Multipurpose Room

Description: Learn about wills, trusts, and advance directives to help ensure your wishes are honored during your lifetime and after your death.

Living/Dying Project

When: Thursday, October 29 | 11:00 AM–12:30 PM | Multipurpose Room

Description: Compassionate support for those facing serious illness, life challenges, and spiritual transformation.

Halloween Party: “When Pop Meets Purple”

When: Thursday, October 29 | 1:00 PM–3:00 PM | Multipurpose Room

Description: Join us for an afternoon of costumes—or come as you are—classic hits, delicious food, and nonstop fun!

NORTH BERKELEY SENIOR CENTER

OCTOBER 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

Speaking & Reading French | Time: 2:00-4:00 PM | **Cost:** FREE | **Room:** Morning Glory 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: 9/2-10/14 (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

OCTOBER 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 & Voice Lessons | 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

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

NORTH BERKELEY SENIOR CENTER

OCTOBER CLASS SCHEDULE

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

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: 9/4–12/18 (BAS) | Time: 9:30–11:15 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:** 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:** Lilac 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

OCTOBER 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

OCTOBER 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

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



South Berkeley Senior Center

HALLOWEEN PARTY

*When Pop
Meets
Purple!*

GET READY TO
GROOVE

THURSDAY, OCTOBER 29, 1:00–3:00 PM

Costumes Are Optional. Dress in a Halloween costume, an '80s-inspired outfit, or simply come as you are—we're just happy you'll join us!

*** Delicious Food, Music, Dancing, Costumes, and Festive fun!**

+ Bring your friends, your dancing shoes, and your Halloween spirit—we can't wait to celebrate with you!

SERVICES PROVIDED IN PART WITH SUPPORT FROM ALAMEDA COUNTY AREA AGENCY ON AGING (AAA) AND
CALIFORNIA DEPARTMENT OF AGING



Alameda Health System – Highland Hospital Trauma Center

T.I.P {trauma injury prevention} Series



Stop The Bleed Presentation

Minutes Count! Someone who is severely bleeding can bleed to death in as little as 5 minutes. That's why bleeding control – keeping the blood inside the body – is the purpose of STOP THE BLEED training.

Learning to stop the **Acupuncture Clinic** | **Time:** 12:15–1:45 PM | **Cost:** FREE | **Room:** Poppy Roombleed is a lifesaving skill. The number 1 cause of preventable death after injury is bleeding. With 3 quick actions, you can be trained and empowered to save a life.

This national public awareness campaign and training initiative empowers bystanders to take action and stop life-threatening bleeding in emergency situations. It aims to save lives by teaching people how to apply direct pressure, pack wounds, and use tourniquets before professional help arrives.

Uncontrolled bleeding is a major cause of preventative deaths. Approximately 40% of trauma-related deaths worldwide are due to bleeding or its consequences and is the most common cause of preventable death in trauma.

Average time
To bleed out



Average time
for 1st responders
to arrive



Trauma-related
Deaths worldwide
Due to bleeding



North Berkeley Senior Center

Where: Poppy Room

October 5th from 9am-10:30 am

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

**Come learn about
your Brain!**

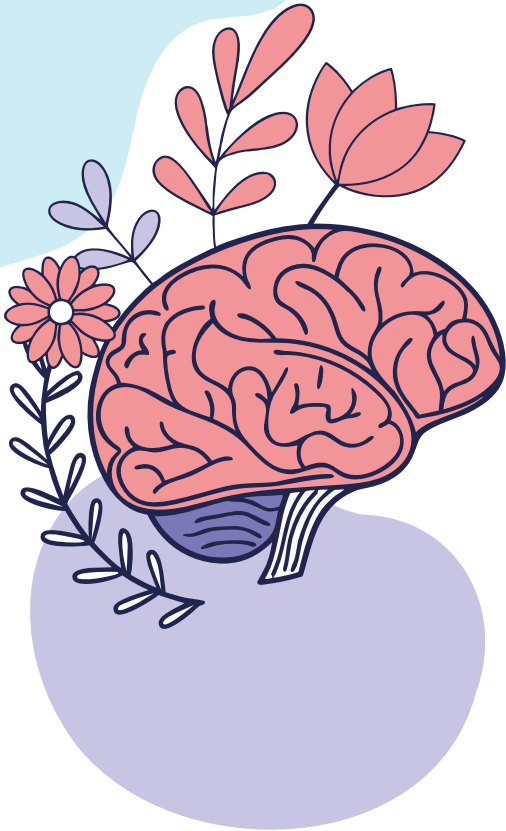
Oct 2, 2026
10:00a-11:00a
Gooseberry Room

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.

Seats fill up quickly, so come early!





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**

