

CITY OF BERKELEY

THE NUGGET

Centers will be **closed September 7th** in observance of the **Labor Day holiday**.

On **September 30th**: South Berkeley will be closed for the Senior Wellness Fair. North Berkeley will host the Wellness Fair from **11 AM–2 PM**, with all classes canceled.



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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.

FALL INTO WELLNESS: A FRESH START FOR A HEALTHY SEASON



As summer winds down and fall begins, September is a great time to refresh your wellness routine. Healthy aging is about more than physical activity—it also includes caring for your mind, staying socially connected, eating well, and taking steps to support your overall health.

Start the season with small, achievable goals. Take a daily walk, try an exercise or dance class, drink plenty of water, and add more fruits and vegetables to your meals. Regular movement can help support strength, flexibility, and balance, while nutritious foods provide the energy your body needs.

Your emotional and social well-being are just as important. Stay connected by attending a class, having lunch with friends, trying a new activity, or participating in community events, like our Senior Wellness Fair (see information below). Making time for things you enjoy can support both your mental and physical well-being.

Fall is also a good time for a health check-in. Stay up to date with recommended screenings, review your medications with your healthcare provider, and talk with them about any changes or concerns you may have noticed.

This September, take a fresh approach to wellness—one small step at a time.

Fall into wellness at the Senior Wellness Fair!

Join the **City of Berkeley Senior Centers** for an afternoon of connection, resources, and wellness.

Wednesday, September 30 | 11:00 AM–2:00 PM
North Berkeley Senior Center

Connect with community organizations, explore health and wellness resources, and discover services available to support you year-round.

SEPTEMBER WORDFINDER

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

ADVENTURE SUNFLOWER SEPTEMBER FRIENDSHIP COMMUNITY EQUINOX
AUTUMN READING GARDEN FITNESS DANCING GOLDEN FALL PUMPKIN
CRAFTS BREEZE LEAVES SEASON ENERGY HEALTH FAMILY NATURE
KINDNESS BALANCE HARVEST LEARNING WALKING SWEATER SUNSHINE
LAUGHTER WELLNESS OUTDOORS MEMORIES TOGETHER GRATITUDE
ACORN MUSIC SMILE APPLE CRISP

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, September 10 | Botanical Gardens: Flower Piano (San Francisco)

Time: 9:30 AM–4:00 PM | **Walking Score:** ** | **Cost:** \$7 (Seniors 65+) | **Lunch:** Bring Your Own

Thursday, September 17 | Aqua Terra Grill (Culinary Academy) & Miller Knox Regional Shoreline

Time: 10:15 AM–4:00 PM | **Walking Score:** * | **Cost:** Free | **Lunch:** Menu Prices

Thursday, September 24 | Healthy Living Festival (Oakland Zoo)

Time: 9:30 AM–2:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Provided

Note: Meet at NBSC only. No home pick-ups/drop-offs.

Tuesday, September 29 | Benicia Historic Downtown & Waterfront

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

Thursday, October 1 | Oxbow Market & Napa Riverfront

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

Tuesday, October 6 | de Young Museum

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

Thursday, October 8 | Bear Valley Visitors Center (Point Reyes Station)

Time: 9:00 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Bring 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, September 8 | Walmart (Martinez)

Time: 8:30 AM–12:00 PM

Tuesday, September 8 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Friday, September 18 | Costco (Richmond)

Time: 12:45 PM–4:00 PM

Note: Membership required.

Tuesday, September 22 | Grocery Outlet (Richmond)

Time: 8:30 AM–12:00 PM

Tuesday, September 22 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

Friday, October 2 | Costco (Richmond)

Time: 12:45 PM–4:00 PM

Note: Membership required.

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

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Schedule & Important Information

Wednesday, September 9 | Japanese Tea Garden (San Francisco)

Time: 9:30 AM–4:00 PM | **Walking Score:** *** | **Cost:** \$7 | **Lunch:** Bring Your Own or On Your Own

Friday, September 11 | Presidio Tunnel Tops (San Francisco)

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

Wednesday, September 16 | Marin Senior Information Fair (Marin)

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

Monday, September 21 | Alameda Beach & South Shore Shopping Center

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

Note: No swimming or wading.

Wednesday, September 23 | Shoreline Park & Main Street (Tiburon)

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

Note: No swimming or wading.

Thursday, September 24 | Healthy Living Festival (Oakland)

Time: 8:15 AM–1:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** Provided

Note: Meet at SBSC only. No home pick-ups/drop-offs.

Friday, September 25 | Walmart & Harry's Hof Brau (San Leandro)

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

Monday, October 5 | Chinatown (San Francisco)

Time: 9:15 AM–4:00 PM | **Walking Score:** *** | **Cost:** Free | **Lunch:** On 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, September 14 | El Cerrito Plaza

Time: 8:30 AM–12:00 PM

Monday, September 14 | Costco (Richmond)

Time: 12:30 PM–4:00 PM

Note: Membership required.

SEPTEMBER 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 procedures remain the same.

Tue 9/1: Tuna Noodle Casserole (Whole Wheat Noodles) w/ Carrots & Peas | Herbed Broccoli+ | Creamy Coleslaw+* | Grapes
Wed 9/2: Turkey Jook (Chinese Rice Porridge/Congee) | Low Sodium V-8 Juice+ | Pineapple, Berries & Mango+ | Whole Wheat Roll
Thu 9/3: Shepherd's Pie (Vegetarian, No Crust) w/ Soy Crumble | Bavarian Red Cabbage+ | Whole Wheat Roll | Fresh Fruit Medley
Fri 9/4: Chicken Fried Steak w/ Country Gravy | Collard Greens+* | Whipped Sweet Potatoes* | Whole Wheat Roll | Fresh Citrus Cuties+

Mon 9/7: ALL CENTERS CLOSED FOR LABOR DAY

Tue 9/8: Pork Loin w/ Gravy | Mashed Potatoes | Broccoli & Cauliflower+ | Banana | Whole Wheat Roll
Wed 9/9: Italian Wedding Meatball Soup (Beef, x4) | Whole Wheat Roll | Creamy Coleslaw+* | Melon Wedge
Thu 9/10: Cheese Ravioli w/ Marinara | Herbed Broccoli & Carrots+* | White Bean Salad | Whole Wheat Roll | Seasonal Apple
Fri 9/11: Latin Roast Pork | Yellow Rice | Cuban-Style Black Beans | Mexican Coleslaw+ | Diced Mango+

Mon 9/14: Ginger Scallion White Fish | Stir-Fried Carrots & Cabbage+* | Steamed Brown Rice | Fresh Plum
Tue 9/15: Elsie's Chicken Adobo | Brown Rice | Mixed Vegetables (Green Beans, Broccoli & Carrots)+* | Fresh Citrus Cuties+
Wed 9/16: Albondigas (Mexican Beef Meatball Soup) | Whole Wheat Roll | Green Salad+ w/ Cilantro Lime Dressing | Roasted White Corn | Pineapple & Mango Chunks+
Thu 9/17: Sweet Potato Peanut Stew* over Quinoa (Vegan, w/ Peanuts & Chickpeas) | Seasoned Collard Greens+* | Grapes | Contains Peanuts
Fri 9/18: Chicken Parmesan | Whole Wheat Pasta | Ratatouille+ | Banana

Mon 9/21: Beef & Tomato Stir-Fry | Seasoned Carrots & Cabbage* | Vegetable Fried Brown Rice | Diced Mango+
Tue 9/22: Beef & Bean Chili | Brown Rice | Southern Green Beans | Fresh Orange+
Wed 9/23: Chicken & Tortellini Soup | Green Salad (Romaine & Spinach) w/ Shredded Carrots & Ranch* | Whole Wheat Crackers | Seasonal Apple
Thu 9/24: Homemade Baked Macaroni & Cheese (Vegetarian) | Braised Collard Greens+* | Whole Wheat Roll | Mixed Melon
Fri 9/25: Chicken & Sausage Gumbo | Brown Rice | Collard Greens+* | Green Salad (Romaine & Cabbage) w/ Italian Dressing | Grapes

Mon 9/28: Teriyaki Chicken | Asian Vegetable Medley Stir-Fry (Broccoli, Carrots & Snap Peas)+ | Steamed Brown Rice | Fresh Citrus Cuties+
Tue 9/29: Turkey Meatloaf w/ Gravy | Whipped Sweet Potatoes* | Steamed Broccoli+ | Whole Wheat Roll | Seasonal Plum
Wed 9/30: South Berkeley Senior Center Closed | Special Meal Served at North Berkeley Senior Center in conjunction with the Senior Wellness Fair

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 9/4/26 & 9/18/26 from 11:00 AM–2:00 PM.

North Berkeley distribution dates are 9/4/26 & 9/18/26 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. September dates are 9/14/26 and 9/28/26.

Preventing Malnutrition and Unintentional Weight Loss

It is normal to lose your appetite when you are sick, but you do not want to lose weight. If you have recently lost weight without trying, you should speak to your doctor and dietitian. Unintentional weight loss is one of the common signs of malnutrition.

What are signs of unintentional weight loss?

It is important to recognize and address the signs of unintentional weight loss as early as possible.

Some signs include:

- Eating less food than you normally do or skipping meals.
- Not enjoying your favorite foods.
- Your clothes, belt buckle, jewelry, or dentures are becoming loose.
- Your face looks thinner when you look in the mirror.

Tips to prevent weight loss:

- **Unless you have a medical need to avoid certain foods**, you do not need to follow any kind of strict diet.
- Eat with others. Being social can encourage you to eat more.
- Eat small amounts of food often. Try six, small nourishing snacks a day rather than three larger meals.
- Eat a source of protein at every meal and snack. Protein-rich foods include meat, seafood, eggs, dairy, tofu, legumes, and nuts.
- If you find yourself in residential care or a hospital, speak to your doctor and/or nurses about a high protein/high energy diet. Speak to the dietitian about a full nutrition assessment.

If you have recently lost weight without trying, please consult your doctor.

[Malnutrition resources | Dietitian Connection](#)



CAREGIVER CORNER: THRIVE THIS FALL

The air is getting cooler, the days are becoming shorter, and fall is just around the corner. September is Self-Care Awareness Month, making it an ideal time to check in with your physical, emotional, and social well-being. Seasonal changes can affect our mood, energy, sleep, and routines, so refreshing your habits and prioritizing self-care can help you adjust and enjoy the transition from summer to fall.

Soak Up the Daylight

Spend time in natural light by taking a walk, sitting outdoors, or relaxing near a sunny window. Daylight can support your mood, energy, and healthy sleep patterns.

Stay Active

Keep moving in ways that work for you. Walking, stretching, gardening, dancing, or joining an exercise class can help support your physical and emotional well-being.

Nourish Your Body

Enjoy seasonal foods such as apples, squash, pumpkin, and sweet potatoes. Warm soups and vegetable filled stews are nutritious fall favorites. Remember to drink plenty of water, even as temperatures cool.

Rest & Recharge

Maintain a regular sleep schedule and give yourself time to relax. Reading, listening to music, enjoying a warm cup of tea, or simply having quiet time are all forms of self-care.

Stay Connected

Spend time with friends and family, attend a senior center activity, volunteer, join a class, or call someone you haven't spoken with recently. Staying socially connected can make a meaningful difference in your mood and well-being.

Practice Gratitude

Take time to appreciate the little things. Try writing down three things you're grateful for each day, whether it's a good meal, a friend's phone call, sunshine, or something that made you smile.

Pay Attention to the "Fall Blues"

If sadness, low energy, sleep or appetite changes, or loss of interest in activities continue, talk with someone you trust and consider speaking with your healthcare provider.

Self-care doesn't have to be complicated. Take a walk, call a friend, enjoy a nutritious meal, get enough rest, and make time for yourself. This fall, embrace the changing season, stay connected, and remember to take good care of YOU!

BULLETIN BOARD

Need Help Finding Services?

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

Free Blood Pressure Checks with LifeLong

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

Brain Health & Alzheimer's Research

When: Thursday, September 3 | 1:00 PM–2:30 PM at the North Berkeley Senior Center

Description: Join Stanford neurologist Dr. Niyatee Samudra for an informative discussion on maintaining brain health, reducing dementia risk, and the latest advances in Alzheimer's treatments and clinical research. Open to older adults, caregivers, family members, and anyone interested in healthy aging.

Tech Support by Ashby Village

When: Thursday, September 3 | 2:00 PM–4:00 PM in the Dining Room

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

Eviction Defense Center

When: First Fridays | 10:30 AM–1:00 PM in the Hallway

Description: Meet with representatives from the Eviction Defense Center to learn about tenant rights, eviction protections, and available resources.

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.

September Birthday Party

When: Wednesday, September 23 | 1:00 PM–2:00 PM in the Aspen Room

Description: Celebrate September 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, September 18 | 10:00 AM–11:00 AM in the Gooseberry Room

Description: Connect with other care partners, share experiences, and receive support and practical resources in a welcoming environment.

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.

Moon Festival Celebration

When: Friday, September 25 | 1:00 PM–3:00 PM in the Aspen Room

Description: Celebrate the Moon Festival with the Chinese Ethnic Dance Group. Enjoy traditional dance performances and cultural bites while learning about this cherished celebration!

Senior Wellness Fair

When: Wednesday, September 30 | 11:00 AM–2:00 PM at the North Berkeley Senior Center

Description: Fall into Wellness at our Senior Wellness Fair! Connect with local community resources, explore health and wellness information, and enjoy activities designed to support healthy aging and well-being.

SOUTH BERKELEY SENIOR CENTER EVENTS & PRESENTATIONS

HICAP Counseling

When: 1st & 3rd Tuesdays (By Appointment) | 10:00 AM–12:00 PM in Classroom B

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.

LifeLong Dental

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

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

Tech Support by Ashby Village

When: Thursday, September 10 | 1:00 PM–3:00 PM | Dining Room

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

Eviction Defense Center

When: Mondays, September 14 & 28 | 2:00 PM–3:00 PM | Multipurpose Room

Description: Learn about free legal services available to tenants facing eviction in Alameda County and Richmond.

Vocalist Lynn Asher & Quarterly Birthday Celebration

When: Thursday, September 17 | 12:30 PM–1:30 PM | Multipurpose Room

Description: Enjoy a mini-concert featuring jazz and pop vocalist Lynn Asher, followed by cake and ice cream to celebrate quarterly birthdays!

Living/Dying Project

When: Thursday, September 24 | 11:00 AM–12:30 PM | Multipurpose Room

Description: Compassionate support and mutual exploration for those facing serious illness, difficult life situations, or seeking spiritual transformation.

Sunburst Circle

When: Thursday, September 24 | 1:00 PM–2:00 PM | Sewing Room

Description: Explore self-inquiry and reflection to better understand and navigate unsettling changes and challenges along life's path.

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, bringing graceful movement and musical expression to the stage.

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).

NORTH BERKELEY SENIOR CENTER

SEPTEMBER 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

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

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

Current Events: 9/2-10/14 (BAS) | Time: 10:30 AM-12:00 PM | **Cost:** \$99/quarter | **Room:** Morning Glory

Jewelry Making/Arts & Crafts | Time: 10:30 AM-12:00 PM | **Cost:** FREE | **Room:** Lupine Art Room

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

NORTH BERKELEY SENIOR CENTER

SEPTEMBER CLASS SCHEDULE

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

Wednesday- Continued

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

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 SEPTEMBER 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

SEPTEMBER 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

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

SEPTEMBER 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

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-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

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

2026 SENIOR WELLNESS FAIR

Fall Into Wellness



WEDNESDAY, SEPTEMBER 30, 2026

11:00 AM – 2:00 PM



30+
COMMUNITY
RESOURCES



FREE
HEALTH
SCREENINGS



**EXERCISE &
NUTRITION**
DEMONSTRATIONS



FREE
RAFFLE
PRIZES



NORTH BERKELEY SENIOR CENTER

1901 Hearst Ave, Berkeley, CA 94709



FOR MORE INFO CALL: **(510) 981-5190**



Lunch available while supplies last!

\$3 Donation (60+), \$10 Fee (under 60). ID required.



The County of Alameda
Area Agency on Aging

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





**TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY**



Highland Hospital Trauma Prevention Presents:

Drive Safer – Drive Longer

Topics Covered:

How aging and health can impact driving
Top collision factors
Safe driving strategies
Self-assessment tools
Tips for vehicle comfort and safety
DMV licensing procedures and services
Resources that support safe driving

What Are The Potential Benefits?

Improved safety and mobility of aging drivers
Safety for all roadway users

TredWise – Get there Safely

Topics Covered:

- Dangers faced by pedestrians
- Traffic rules for walking
- Defense walking strategies
- Personal risk factors

Where: North Berkeley Senior Center

Date: September 17, 2026

Time: 9:00am-11:00am

**First 20 participants to
register receive a FREE
motion LIGHT!**

Contact North Berkeley Senior Center to Register

North Berkeley
Senior Center

BRAIN AND MEMORY CLASS

**Come learn about
your Brain!**

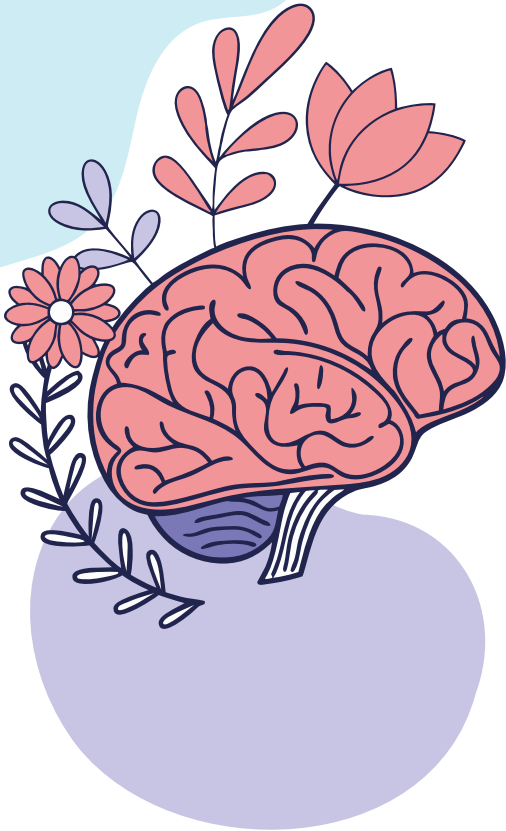
Sept 4, 2026 10:00
am-11:00 am
Gooseberry Room

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!



JEWELRY MAKING/ OPEN ART WORKSHOP

STARTING
AUGUST 26TH



JOIN US FOR JEWELRY MAKING (SUPPLIES PROVIDED) & TIME FOR COMPLETING PERSONAL ART PROJECTS.

EARRINGS, BRACELETS, NECKLACES
OR TIME TO PUT THE FINISHING TOUCHES ON
YOUR ART PROJECT

EVERY 4TH WEDNESDAY FROM 11:00 AM-12:45 PM
IN THE LUPINE ART ROOM
AT THE NORTH BERKELEY SENIOR CENTER

Vocalist *Lynn Asher* & Quarterly *Birthday Celebration!*

Celebrate
Life, Music
&
Birthdays!



When:
Thursday,
September 17



12:30 PM–
1:30 PM



Multipurpose
Room

DESCRIPTION

Enjoy a mini-concert featuring jazz and pop vocalist **Lynn Asher**, followed by cake and ice cream to celebrate quarterly birthdays!



South Berkeley Senior Center
2939 Ellis St., Berkeley, CA 94703



Bringing hope and healing
through live music.



The County of Alameda
Area Agency on Aging

Sunburst Circle



A Journey of Self-Discovery
and Growth



When: Thursday, September 24
| 1:00 PM–2:00 PM



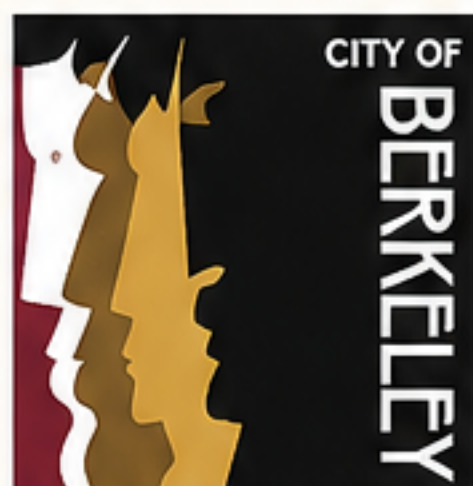
South Berkeley Senior Center
2939 Ellis St., Berkeley, CA 94703



Description:

Explore self-inquiry and reflection to better understand and navigate unsettling changes and challenges along life's path.

— All are welcome! Come be part of a supportive circle. —



**SOUTH BERKELEY
SENIOR CENTER**
2939 Ellis St., Berkeley, CA 94703
For more information,
call **510-981-5170**.



The background is a warm, light orange color. It features stylized white clouds with yellow outlines in the top left and bottom right. Scattered throughout are yellow stars of various sizes and small yellow flowers hanging from dotted lines. In the top right, two glowing yellow lanterns with red tassels are hanging. A large, bright yellow full moon is positioned in the center-right, partially obscured by white clouds and yellow leaves. At the bottom, a white rabbit is sitting on a pile of golden-brown mooncakes, surrounded by more white clouds.

North Berkeley Senior Center

MOON FESTIVAL

FRIDAY SEPTEMBER 25

1 PM - 3 PM

**Celebrate the
Moon Festival with
us!**

Enjoy a wonderful
afternoon of
performances,
delicious treats,
and joyful
traditions with
family and friends.



North Berkeley
Senior Center

September Birthday Party

This birthday party wouldn't be
the same without you. Come join
us and have some fun!

Wed | 1pm to
Sept 23 | 2 pm

Aspen 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 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**

