HEALTH, HOUSING, & COMMUNITY SERVICES DEPARTMENT
AGING SERVICES DIVISION

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
APRIL 2025

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

April: Preparing for Seasonal Changes Pg. 2

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ONE CENTER, TWO LOCATIONS:

NORTH BERKELEY SENIOR CENTER
1901 HEARST AVE
BERKELEY, 94709
(510) 981-5190
OPEN MON/WED/THURS/FRIDAY
HOURS: 9:00 AM-4:00PM

JUDGE HENRY RAMSEY JR.
SOUTH BERKELEY SENIOR CENTER
2939 ELLIS STREET,
BERKELEY, 94703
(510) 981-5170
OPEN MON/TUES/WED/THURS
HOURS: 9:00 AM-4:00PM

PREPARING FOR SEASONAL CHANGES

One of the main concerns during spring rains is the risk of slipping on wet or slippery surfaces. For seniors, falls can lead to serious injuries, so it's essential to take precautions:

- **Secure Outdoor Paths:** Clear away any debris from sidewalks, driveways, or porches that may become slippery when wet. Look for cracks or uneven surfaces that could be tripping hazards and have them repaired.
- **Use Non-slip Mats:** Place non-slip mats in entry-ways, bathrooms, and areas where you might encounter water inside the home.

April showers can bring significant rainfall, and it's essential to make sure your home is prepared to handle the seasonal weather. Here are a few steps to ensure your home remains safe and dry:

- **Inspect Gutters and Downspouts:** Clean out gutters and downspouts to prevent water from accumulating and overflowing. Blocked gutters can cause water damage to the roof or walls of your home, creating a dangerous environment.
- **Check Windows and Doors:** Ensure that windows and doors are properly sealed to prevent drafts and leaks. Use weather stripping or caulking where needed to keep your home warm and dry.

The spring weather in Berkeley can change rapidly, and temperatures can fluctuate dramatically during the day. Dressing in layers is an easy way to stay comfortable:

- **Wear Layers:** Light sweaters, long-sleeve shirts, and jackets can easily be added or removed as temperatures change.
- **Waterproof Outerwear:** Consider a waterproof rain jacket or poncho to keep dry

Spring showers can sometimes lead to power outages, especially when storms bring heavy winds or fallen trees. It's important to be prepared in case the power goes out:

- **Emergency Kit:** Keep a small emergency kit with essentials such as a flashlight, extra batteries, a portable phone charger, a first-aid kit, and bottled water.
- **Backup Power:** If you rely on medical equipment or need additional support during power outages, consider investing in a backup generator or ar-ranging a plan with friends, family, or community resources

For mobility or socialization. Here are a few tips to help:

- **Stay Connected:** Regularly check in with friends, family, or neighbors. Social connections are vital for emotional well-being.
- **Brighten Your Space:** Keep your home well-lit during gloomy weather to help lift your spirits. Consider light therapy lamps, which can help combat seasonal affective disorder (SAD).

April showers bring fresh beauty, but they also bring a need for preparation. By following these simple safety and weatherproofing tips, seniors can enjoy the season while staying safe and comfortable. Remember, if you need assistance or have questions about community resources or support, local senior centers and services are available to help. Stay dry, stay active, and take care of yourself during this rainy season!

APRIL SHOWERS WORD FINDER

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

Agriculture Atmosphere Biodiversity Carbon Emissions Climate Deforestation Earth Day
Ecological Ecosystem Electric Vehicle Eliminate Energy Environmental Geothermal
Global Green Harvest Health Heatwaves Humanitarian Invest Organic Planet
Pollution Protection Recycle Reduce Regenerative Renewable Resources Solar
Sustainable Transformation Upcycle Wildlife Worldwide

North Berkeley Senior Center Field Trips

Field Trip requests are now on a lottery basis. Members can sign up for a maximum of 3 field trips per month (this includes both senior centers). You may call 1 week prior to a field trip and if there is availability, you can sign up for that trip. *Fieldtrips are subject to change at the discretion of staff*

RETURN TRIP: Drivers will wait **no more than 15 minutes** after the agreed meeting time for field trip participants to board the bus. Once the bus departs, participants will be responsible for their own return transportation. Please plan accordingly! **Also**, once dropped off back at the senior center, if you plan to get a ride home from East Bay Paratransit, family/friend or taxi, please ensure your ride comes to pick you up before 4:30 p.m.

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other challenges. The key below will help identify challenges:

*** = Light Walking** *** * = Moderate Walking** *** * * = Heavy Walking**

Leaving North Berkeley Senior Center

Call (510)981-5190 to Register

Date:		Time	Score	Field Trip	Cost	Lunch Cost
Thursday	4/10	11:00 am - 3:00 pm	*	Rialto Cinemas: Lawrence of Arabia (El Cerrito)	Free	Menu Prices
Monday	4/14	9:30 am - 4:00 pm	**	Great Mall (Milpitas)	Free	On Your Own
Tuesday	4/15	9:30 am - 4:00 pm	**	Museum on Main and Downtown Pleasanton	Free	On Your Own
Thursday	4/17	9:30 am - 4:00 pm	**	Ardenwood Historic Farm (Fremont)	$3 Seniors	Bring Your Own
Tuesday	4/22	9:00 am - 4:00 pm	***	Muir Woods	$15	Bring Your Own
Thursday	4/24	9:00 am - 4:00 pm	**	Marin Farmers Market and Lagoon Park (San Rafael)	Free	On Your Own
Tuesday	4/29	10:00 am - 4:00 pm	*	City College SF/Culinary Institute (3 Course Meal)	Free	$28 (Cash Only + Optional Tip)
Thursday	5/1	9:00 am - 4:00 pm	***	Cantor Center for the Arts	Free	Bring Your Own
Monday	5/5	10:15 am - 3:00 pm	*	El Torito Mexican Restaurant & Marina Park (San Leandro)	Free	Menu Prices
Tuesday	5/6	9:00 am - 4:00 pm	**	Legion of Honor (SF)	Free	Bring Your Own
Thursday	5/8	9:00 am - 4:00 pm	**	Lafayette Reservoir and Downtown	Free	On Your Own

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is *(16) passengers. For Shopping Trips our bus capacity is *Eight(8) Passengers for regular shopping trips and Three(3) Passengers for short afternoon shopping trips. You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing covid19 safety protocols of wearing masks and hand sanitizing.

To register, call (510) 981-5190 Participants must call at least two (2) business days in advance to schedule.

If you must cancel, please do so at least 48 hours prior to your scheduled trip.

Only shop for items you can easily carry. If you need assistance with your shopping bags, please bring a caregiver or helper with you. Please be on time for your bus pickup. Pick up window for grocery shopping is between 1:30 p.m. and 2:15 p.m. Shopping time in the store is limited to 1 to 1.5 hours.

Day	Date	Where	Time
Monday	4/7	Costco (Richmond/Must Have Membership)	8:30 am – 12:00 pm
Monday	4/7	Walmart (Martinez)	12:30 pm – 4:00 pm
Wednesday	4/9	Berkeley Bowl West	1:30 pm – 4:00 pm
Friday	4/11	Safeway ($5 Fridays)/CVS	1:30 pm – 4:00 pm
Wednesday	4/16	El Cerrito Plaza (Trader Joe's/Lucky)	1:30 am – 4:00 pm
Monday	4/21	Dollar Tree (Hilltop Plaza)	8:30 pm – 12:00 pm
Monday	4/21	Costco (Richmond/Must Have Membership)	12:30 pm – 4:00 pm
Friday	4/25	Ranch 99 (Richmond)	1:30 pm – 4:00 pm
Monday	4/28	Costco (Richmond/Must Have Membership)	8:30 am – 12:00 pm
Monday	4/28	Grocery Outlet (Richmond)	12:30 pm – 4:00 pm
Wednesday	4/30	Target (Albany)	1:30 pm – 4:00 pm
Wednesday	5/7	Monterey Market (Berkeley)	1:30 pm – 4:00 pm
Friday	5/9	Powell Street Plaza (Ross/Marshalls)	1:30 pm – 4:00 pm

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

Field Trip Requests are taken on the first business day of the month after 9 AM, Requests are taken on a first serve first come basis. Members can sign up for a maximum of 3 field trips per month (this includes both senior centers). You may call 1 week prior to a field trip and if there is availability, you can sign up for that trip. *Fieldtrips are subject to change at the discretion of staff*

RETURN TRIP: Drivers will wait **no more than 15 minutes** after the agreed meeting time for field trip participants to board the bus. Once the bus departs, participants will be responsible for their own return transportation. Please plan accordingly! **Also**, once dropped off back at the senior center, if you plan to get a ride home from East Bay Paratransit, family/friend or taxi, please ensure your ride comes to pick you up before 4:30 p.m.

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other challenges .The key below will help identify challenges:

*** = Light Walking** *** * = Moderate Walking** *** * * = Heavy Walking**

LEAVING SOUTH BERKELEY SENIOR CENTER

CALL (510)981-5170 TO REGISTER

Date:		Time	Score	Field Trip	Cost	Lunch Cost
Wednesday	4/9	9:00am - 4:00pm	**	Ghirardelli Square/ Aquatic Park (SF)	Free	On your own
Friday	4/11	9:00am - 4:00pm	***	Marine Mammal Center (Sausalito)	Free	Bring your own
Wednesday	4/16	9:00am - 4:00pm	***	Santa Cruz Wharf/ Boardwalk	Free	On your own
Friday	4/18	9:00am - 4:00pm	**	USS Hornet Museum (Alameda)	EBT $2/ Senior $15	*Pack a snack* Lunch @Nations/ Menu Prices
Wednesday	4/23	9:00am - 4:00pm	***	Filoli Gardens (Woodside)	Free w/EBT-Senior$37	Bring your own/ Quail's Nest Café *Credit Card only*
Friday	4/25	9:00am - 3:30pm	**	Walmart Supercenter (American Canyon)	Free	Stop for lunch/ Menu Prices
Wednesday	4/30	9:00am - 4:00pm	***	Muir Woods (Mill Valley)	$15	Bring your own/ Muir Woods Café (menu prices)
Thursday	5/1	9:00am -4:00pm	**	SF MOMA	Free	Bring your own
Friday	5/2	9:00am - 3:30pm	**	Morcom Rose Garden & Fenton's	Free	Menu Prices
Wednesday	5/7	9:00am - 4:00pm	***	Napa Riverfront & Oxbow Public Market	Free	On your own
Friday	5/9	9:00am - 4:00pm	**	Stoneridge Shopping Center (Pleasanton)	Free	On your own

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is *(16) passengers. For Shopping Trips our bus capacity is *Eight(8) Passengers. Both shopping and field trips are offered on a first come first served basis trip requests left on voicemail cannot be accepted . You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing Covid19 safety protocols of warning masks and hand sanitizing.

To register, call (510) 981-5170 Participants must call at least two (2) business days in advance to schedule.

If you must cancel, please do so at least 48 hours prior to your scheduled trip.

Only shop for items you can easily carry. If you need assistance with your shopping bags, please bring a caregiver or helper with you. Please be on time for your bus pickup. pick up window for grocery shopping is between 1 p.m. and 1:45 p.m. Shopping time in the store is limited to 1 to 1.5 hours.

Day	Date	Where	Time
Monday	4/7	Costco (Richmond/ Membership required)	2:00 – 4:30pm
Thursday	4/10	99 Ranch Market (Richmond)	2:00 – 4:30pm
Monday	4/14	Dollar Tree/ Walgreens	2:00 – 4:30pm
Tuesday	4/15	Sprouts (Albany)	2:00 – 4:30pm
Thursday	4/17	Target (Emeryville)	2:00 – 4:30pm
Monday	4/21	Berkeley Food Pantry	1:30 – 3:30pm
Tuesday	4/22	El Cerrito Plaza	2:00 – 4:30pm
Thursday	4/24	Grocery Outlet	2:00 – 4:30pm
Monday	4/28	Emeryville Plaza	2:00 - 4:30pm
Tuesday	4/29	Costco (Richmond/ Membership Required)	2:00 - 4:30pm
Thursday	5/1	Target (Albany)	2:00 – 4:30pm

APRIL 2025 NBSC & SBSC CAFÉ DINE-IN MENU

LOCATION: South Berkeley Senior Center
WHEN: Mondays: 11:30am-12:30pm
Tuesday: 11:30am-12:30pm
Thursdays: 11:30am-12:30pm
COST: $3 Suggested donation
Last lunch is served at noon

Lunch is served on a first come, first served basis.

Other Tri-City Café locations outside of Berkeley

Albany Senior Center:
510-524-9122
846 Masonic Avenue in Albany
Monday-Friday at 12:00pm

Emeryville Senior Center:
510-596-3730
4321 Salem Street in Emeryville
Monday-Friday at 12:00pm

LOCATION: North Berkeley Senior Center
WHEN: Wednesdays: 11:30am-12:30pm
Fridays: 11:30am-12:30pm
COST: $3 Suggested donation
Last lunch is served at noon

APRIL CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to change without notice. All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.	**1** **Tuna Noodle Casserole** ***(Whole Wheat Noodles)*** Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing Orange+	**2** *Soup is a large 12 ounces* **Turkey Jook (Chinese rice porridge, a.k.a. Congee)** Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ * Diced Pears	**3** **Shepherd's Pie soy crumble (vegetarian, no crust)** Bavarian Red Cabbage+* Whole Wheat Bread & Butter Spiced Peach and Yogurt Parfait	**4** **Asian Chicken Salad +*** (Romaine, Cabbage, shredded Carrots, chicken breast shredded) Miso Soup Whole Wheat Cracker Mandarin Orange Segments+
7 **Chicken Bulgogi** Carrots & Mung Bean Sprouts Stir Fry* Steamed Rice Blend (Half Brown Rice) Pineapple cup+	**8** **Turkey and Cheddar Croissant** Green Salad (Romaine) with Dressing + Banana Sun Chips	**9** *Soup is a large 12 ounces* **Italian Wedding Meatball Soup (beef, x4)** Creamy Coleslaw+* Whole Wheat Roll Tangerine+	**10** **Three Sisters Stew** (beans, corn, mushrooms, squash - vegetarian) **+** Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp (oat-topping) over Vanilla Yogurt	**11** **Egg Salad Sandwich** with dill and peas on Whole Wheat Caesar Salad (Romaine) Mixed Fruit Parfait Sun chips
14 **White Fish with Oyster Sauce** Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+ ***Higher Sodium Meal***	**15** **Elsie's Chicken Adobo** Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana	**16** *Soup is a large 12 ounces* **Albondigas** (Mexican beef meatball soup) ***** Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Ambrosia	**17** **Sweet Potato Peanut Stew+ over Quinoa** (Vegan, with peanuts & chickpeas) Seasoned Greens* Spiced Peaches *Contains Peanuts*	**18** **Roast Beef and Monterey Jack Sandwich** on Whole Wheat Lettuce Leaf & Tomato Beet Salad Fresh Citrus Cutie+
21 ***Birthday Celebration Meal*** **Honey Glazed Ham** Mashed Red Potatoes w/ Gravy Garlic Green Beans Whole Wheat Roll & Butter Pineapple Chunks+ ***Higher Sodium Meal***	**22** **Beef and Bean Chili** Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Warm Cinnamon Apple Slices	**23** *Soup is a large 12 ounces* **Southwest Chicken Vegetable Soup** Garden Salad with Carrots* & Dressing Whole Wheat Bread & Butter Fresh Citrus Cutie	**24** **Homemade Baked Macaroni & Cheese** (Vegetarian) Lentil/ Bean Soup Braised Collard Greens* Pineapple Chunks+	**25** **Chicken and Vegetable Pasta Salad +** Vegetable Minestrone Whole Wheat Crackers Peaches
28 **Teriyaki Chicken** Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ ***Higher Sodium Meal***	**29** **Meat Loaf (Turkey) w/ Gravy** Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Peaches	**30** *Soup is a large 12 ounces* **Thai Fish Curry Soup+** Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fruit (pears, peaches, cherries)		**+denotes vitamin C-rich foods** *** denotes vitamin A-rich foods** **All meals include 1% milk.**

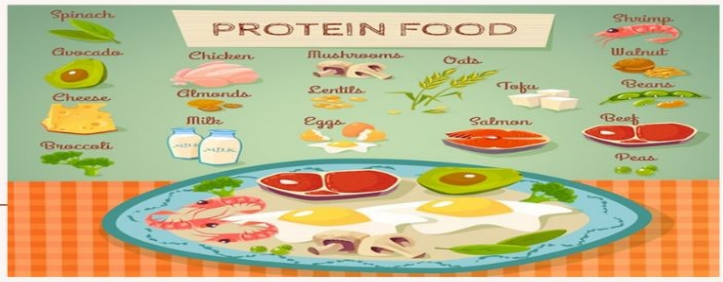
Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.

(No eligible member will be denied lunch Service due to inability to contribute)

Older Adults Need More Protein



Most of you know that we need to eat from each of the nutrient groups of proteins, carbohydrates—which includes simple sugars-- and fats (or lipids), fruits, vegetables, and dairy. As we age, Calorie needs and appetites go down so eating quality foods becomes even more important.

But did you know that your protein needs INCREASE as you get older? Protein requirements for older adults go up by as much as 50% as you age. Major reasons for the increase are:

- Your stomach enzymes don't break down the long chains of amino acids that make up protein as well as when you are younger. The amino acids are therefore not as well absorbed.
- · All muscles are protein. Muscle mass decreases as we age and only dietary protein can rebuild these muscles. Excess protein eaten will convert to fat or carbs, but fat and carbs cannot convert to protein. So, you must eat protein, and only protein, to keep your muscles from breaking down.
- · Protein is needed to maintain immune function and for wound healing.

Your body weight influences your protein needs. When you were younger you needed on average 0.8grams per kilogram of your body weight (to convert pounds to kilograms divide your weight by 2.2), but when you are over 60 you need as much as 1.2 grams of protein per kilogram of body weight daily. If you weigh 150 lbs. you needed about 55 grams of protein daily when you were young but you now need about 82 grams.

How much does that mean you need to eat practically speaking? Each ounce of lean fish, poultry, eggs (the best absorbed protein!!), cheese, and meat has about 8 grams. A cup of milk, yogurt or cottage cheese will give you about 8-10 grams of protein. So, two servings of 3-4 ounces each (think the size of a deck of cards) and a cup of yogurt provide a 150 lb. person with plenty of protein.

Beans, nuts and grains sources have less protein and less absorbed protein. Vegans and vegetarians should be even more focused on protein intake.

Suggestions include:
· Include a quality protein source at each meal.
· Eat your protein first; eat carbs, fats—and sweets, of course—afterward.
Avoid wasted Calories to eat wisely.

BERKELEY RIDES FOR SENIORS & THE DISABLED

Do you need help with transportation?



Berkeley Rides for Seniors & the Disabled (BRSD) assists City of Berkeley seniors and disabled adults with traveling throughout Berkeley and neighboring cities by supplementing their transportation costs with free Taxi, accessible wheelchair van and GoGoGrand-parent (Uber/Lyft) rides. BRSD is for Berkeley residents age 70 and older or Berkeley residents that are certified as disabled by East Bay Para-transit of ANY age.

Call 510-981-7269
or
Visit website: Transportation Services | City of Berkeley (berkeleyca.gov)



GOGO RIDES ORIENTATION

DO YOU NEED ASSISTANCE WITH GETTING STARTED WITH YOUR GOGO ACCOUNT?

If you are **already enrolled in Berkeley Rides for Seniors & the Disabled** and need assistance with learning how to use your GoGo account, have specific questions, registration/account issues, you can schedule yourself for in person or telephone support during the day and time noted below:

Wednesdays: 9 a.m. - 12 p.m.

Please **call in advance to schedule at

****(510) 981-5176****

****NOTE**: you must already be enrolled with Berkeley Rides for Seniors & the Disabled program in order to access assistance with your GoGo account.

Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+). Come learn about and practice Mindfulness Based Stress Reduction (MBSR) techniques that can help increase well-being and lower symptoms of stress and anxiety.

Date & Time:
4/25/25-6/13/25
Fridays 10am-11:30am
North Berkeley Senior Center
Morning Glory Room

Cost: Free for Berkeley residents, otherwise $10 a session

Participants must register in advance.
Please call us to register and for more details

Phone:510-239-2017 EXT 721
Email: dchernick@secure.wi.edu

THE WRIGHT INSTITUTE 1968

Lavender Seniors of the East Bay

Like others facing the challenges of aging, LGBTQ+ seniors deserve respectful, high quality health and human services. Lavender Seniors provides social support services that fosters a sense of belonging for all LGBTQ+ older adults. We also participate in local, statewide, and national advocacy efforts

Call 510-882-2286

or

Email: info@lavenderseniors.org.

LAVENDER SENIORS *of the East Bay*

9 WAYS TO REDUCE STRESS FOR CAREGIVERS





Healthy habits, strong connections and resources are important for the well-being of caregivers.

by Yvonne M. Feltman

STAY CONNECTED TO OTHERS



Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.

SEEK AND ACCEPT HELP



Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.

GET EDUCATED



It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging and Disability Resources Centers, Aging Info and Referral services, and other programs are trusted community links to information and services for older adults and their caregivers.

FIND RESPITE SOLUTIONS

Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends or neighbors may also be available to act as a respite provider.

PRACTICE SELF-CARE





Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is a must for caregivers!

EXERCISE REGULARLY





A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm & stress.

STAY HEALTHY

Reactions to stress can include lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.



KEEP A POSITIVE PERSPECTIVE

Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.



MEDITATION & BREATHING PRACTICES



There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.

Sources: https://www.womenshealth.gov/files/documents/caregiver-fact-sheet.pdf and https://www.caregiver.org/taking-care-you-self-care-family-caregivers
https://www.cms.gov/Outreach-and-Education/Outreach/Partnerships/Downloads/AskMedicareTipsForCaregiversCareForYourself.pdf
https://eldercare.acl.gov/public/resources/topic/Caregiver.aspx and http://www.caregiveraction.org/family-caregiver-toolbox
https://www.alzconnected.org/ and https://archrespite.org/respitelocator
https://archrespite.org/images/Caregiver_Fact_Sheets/9-Steps_Dementia-Caregiver.pdf
https://www.caregiver.org/taking-care-you-self-care-family-caregivers
https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967
https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response

SeniorAdvice
www.SeniorAdvice.com

MEAL & FOOD RESOURCES

PLEASE NOTE: Participants may not be enrolled in more than one meal program (Onsite Lunch or Meals on Wheels) at a time.

Tri-City Café Lunch

Delicious and healthful hot lunches are offered at SBSC, NBSC, Emeryville and Albany Senior Centers. Details on days, times and locations are listed on **page 5.**

For more information, contact NBSC at 510-981-5190 or SBSC at 510-981-5170.

Mercy Brown Bag

Mercy Brown Bags will be available for pickup at the Berkeley Senior Centers
No Distributions on Holidays

North Berkeley Senior Center Dates: 1st & 3rd Friday's **: 4/4/25 & 4/18/25 from 1:00 pm-3:00pm**

&South Berkeley Senior Center Dates: 1st & 3rd Friday's : **4/4/25 & 4/18/25 from 11AM -2:00PM**

Berkeley Meals on Wheels:

Meals on Wheels provides up to (7) meals per week to participants based on eligibility. If you live in Berkeley and want to find out if you qualify for Meals on Wheels, call (510) 981-5250 or email Seniors@cityofberkeley.info. **NOTE: Meals on Wheels participants are considered homebound and therefore would not be participating in the senior center activities & lunch program at the same time**

Other Local 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 (Formerly Food Stamps)

CalFresh provides money for nutritious food for those who meet income eligibility criteria.
Alameda County Food Bank can help with eligibility questions and getting signed up.
Phone number for application & interview:(510)272-3663

Alameda County Food Bank

Phone: (510) 635-3663 Website: https://www.accfb.org/get-food/
The helpline will connect you to a source for groceries and a hot meal the same day.

Berkeley Food Network

Where:1925 Ninth Street
When: Tuesday & Thursday 11am-3pm, 5pm-7pm

Berkeley Food Pantry

Where: 1600 Sacramento St
When: Monday, Wednesday & Friday from 2pm-4pm

Pantry at South Berkeley Senior Center in Collaboration the Berkeley Food Network

Second Monday of each month 2pm-3pm. Bring a reusable bag for seasonal produce, eggs , protein, bread, shelf-stable items and frozen vegetarian meals.

April pantry date: 4/14/25 Call 510-981-5170 for more information

North Berkeley Senior Center

Events & Presentations

Free Blood Pressure Checks
Days & time: Mondays 10:00 -11:30 AM / Wednesdays 10 am – 12 pm/ Fridays 10am-12pm
Location: Dining Room hallway

Tech Support provided by Ashby Village Tech Team Volunteers
Day & Date: Thursday, April 2nd, May 1st (**every first Thursday of the month)**
Location: Dining Room
Time: 2pm- 3:45pm
Description: Ashby Village Tech Team Volunteers will be providing 1 on 1 tech support at the North Berkeley Senior Center. Bring your working device in a clean condition and have questions ready!

Piano Recital
Day: Monday, April 7
Time: 1pm- 2:30 pm
Location: Juniper Room
Description: Join versatile pianist Elizabeth Swarthout and her piano students for a classical music recital

Nutrition Education Presentation
Day: Wednesday, April 9th
Time: 1pm- 2:00 pm
Location: Juniper Room
Description: Let's Talk About Protein! Please join local dietitian Mary Louise Zernicke to discuss how and why our protein needs change as we age. We will discuss what protein foods are, serving sizes of protein foods, and real food meal patterns to help you plan out your day.

East Bay Senior Stroll
Day: Wednesdays
Time: 10:00 am- 12:00 pm
Location: Meet at Front of Foxtail lounge
Description: Join us for a rejuvenating walk with the East Bay Senior Stroll group!

Tech Support provided by NBSC Volunteers
Day & Date: Wednesdays & Thursdays
Location: Front Desk
Time: Wednesday 10am-12pm / Thursday 11:30am-1:30 pm
Description: It is drop-in only with 30-minute sessions and sign-ups are on the day of for tech support. This is a volunteer-based program and If no volunteers are available, the support will be cancelled that day

April Birthday Party!
Day: Wednesday, April 23
Time: 1pm- 2:30 pm
Location: Aspen Room
Description: Celebrate the April birthday party's with live entertainment the Jazz Therapist with light refreshments!

HICAP Counseling
Day & Date: 1st and 3rd Thursdays, by appointment only,
Time: 1 pm – 2 pm
Location: Lilac Room
Description: Free counseling and advocacy to Medicare beneficiaries about Medicare, supplemental insurance, prescription drug plans, and more. To make an appointment, please call **510-832-3040.**

Cultivating Calm **by The Wright Institute**
Day: Fridays 4/25/25-6/13/25
Time: 10am- 11:30 am
Location: Morning Glory Room
Description: Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+) Come learn about and practice Mindfulness Based Stress Reduction techniques that can help increase well-being and lower symptoms of stress and anxiety. Free for Berkeley residents, otherwise $10 a session
REGISTRATION IS REQUIRED - Call 510-239-2017 EXT 721 or Email dchernick@secure.wi.edu

Wrap (Wellness Recovery Action Plan)
Day: Fridays
Time: 12:30 pm- 2:30 pm
Location: Fuchsia Room
Description: Improve your quality life with WRAP, your Personal Wellness System.

South Berkeley Senior Center

Events & Presentations

Free Blood Pressure Check sponsored by City of Berkeley Heart 2 Heart
Day & Date: Every Thursday
Time: 10:30am – 12pm
Location: Dining Room

Comedy/Laugh Class
Day & Date: Mondays 12:30pm-1:30pm
Location: Multipurpose Room
Description: Come laugh and learn how to make others laugh! Learn all about comedy, jokes and stand up. Impress your friends!

Rebuilding Together & Gateway
Day & Date: Tuesday 4/1/25 & 4/15/25
Time: 11am – 12:30pm
Location: Dining Room
Description: Offering services to resident of Berkeley, Albany & Emeryville that range from home modifications to estate clean out for low-income older adults and people with disabilities to improve accessibility, reduce falls & increase independence.

Short Plays by Stagebridge
Day & Date: Monday, April 7th 12:30pm-2:00pm
Location: Multipurpose Room
Description: 12 Actors from Stagebridge will perform four scenes from iconic plays—"August Osage County", "Independence" and "Steel Magnolias".

Internet Browser Basics taught by Berkeley Public Library Staff
Day & Date: Tuesday April 8th
Time: 1:00pm – 2:00pm
Location: Dining Hall
Description: Learn how to get the most out of your internet experience. This class will demonstrate different browser software, how to customize settings, manage passwords and bookmark webpages. Instructors Kelsey and Kasey

Tech Support **provided by Ashby Village & UCB Elder Welfare Program**
Day & Date: Monthly- Second Thursdays starting 4/10/25
Time: 12:30 -2:30pm
Location: Dining Room
Description: Free monthly drop-in technology assistance, general Q & A, assistance navigating smart phones, transportation apps (Uber/Lyft)

Meditation Class Taught by Bayon
Day & Date: 2nd & 4Th Thursdays 4/10/25 & 4/24/25
Time: 3:00pm -4pm
Location: Dining Hall
Description: This class will explore various styles of meditation from mantra to mindfulness. Gentle stretching, music, didactic material will be used to support lessons.

Neighborhood Pantry sponsored by Berkeley Food Network
Day & Date: Monday 4/14/25
Time: 2:00pm – 3:00pm
Location: Multipurpose Room
Description: Fresh produce and shelf stable food, at no cost-please bring your own bags.

Movie & Popcorn Showing
Day & Date: 4/16/25
Time: 12:30pm-2pm
Location: Conference Rm. A
Description: Come & join us for a movie and popcorn. Showing: Man on Fire or Wild Wild West

Coffee with a Cop
Day & Date: 4/22/25
Time: 10am-11:30am
Location: Dining Hall
Description: Please join us for a casual morning cup of coffee and conversation with some of our Berkeley Police Officers. Meet and discuss community concerns, city safety topics and ask questions.

APRIL SCHEDULE OF CLASSES / RECREATIONAL ACTIVITIES / SUPPORT GROUPS

NORTH BERKELEY SENIOR CENTER
1901 Hearst Ave, Berkeley, CA 94709
Mon/Wed/Thurs/Fri, 9:00 AM - 4:00 PM **Closed Tuesday**
(510) 981-5190

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
Country Western Line Dance	Monday	9:00 AM	11:00 AM	FREE	Aspen Room
Ceramics Collective Drop-in	Monday	9:00 AM	4:00 PM	FREE	Lupine Art Room
Memoir Writing	Monday	10:00 AM	12:00 PM	FREE	Morning Glory Room
Iyengar Yoga	Monday	10:00 AM	11:30 AM	Donation	Juniper room
Current Events Group **(NEW)**	Monday	10:30 AM	12:00 PM	FREE	Poppy Room
Italian Conversation	Monday	10:30AM	12:00 PM	FREE	Gooseberry Room
Advanced Line Dance	Monday	11:00 AM	12:00 PM	FREE	Aspen Room
Brazilian Samba	Monday	12:00 PM	1:00 PM	Donation	Juniper Room
Memoir Reading Group	Monday	1:00 PM	3:00 PM	FREE	Deergrass Room
Ping Pong	Mon/Wed/Fri	1:00 PM	4:00 PM	FREE	Aspen Room
Speaking & Reading French	Monday	2:00 PM	4:00 PM	FREE	Morning Glory Room
Zumba by Jam4joy ***Late Class***	Monday	5:30 PM	6:30 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Mindful Movement	Wednesday	10:00 AM	11:15 AM	Donation	Juniper Room
Breathe, Move, Play!	Wednesday	10:00 AM	11:30 AM	Donation	Fuchsia Room
Pool, Backgammon, Dominos, Mahjong	Wednesday	10:00 AM	12:00 PM	FREE	Foxtail Lounge
East Bay Senior Stroll **(Call 925-628-9325 for more info)**	Wednesday	10:00 AM	12:00 PM	FREE	Meet at Front desk/Lounge
Conversational French	Wednesday	10:30 AM	12:00 PM	FREE	Gooseberry Room
Moving Qi **(BAS)**	Wednesday	12:30 PM	2:00 PM	$45	Juniper Room
Spanish Conversation **(Intermediate Spanish Speakers)**	Wednesday	1:00 PM	2:00 PM	FREE	Deergrass Room
Art Painting	Wednesday	1:00 PM	3:00 PM	FREE	Lupine Art Room
Moderated Musings	Wednesday	2:00 PM	4:00 PM	FREE	Deergrass Room
Ballroom Dancing **(NEW)**	Wednesday	2:00 PM	4:00 PM	FREE	Juniper Room

North Berkeley Senior Center Continued					
Ceramics **(BAS)**	Thursday	9:00 AM	4:00 PM	$45	Lupine Art Room
Gentle Yoga **(BAS)**	Thursday	9:45 AM	11:30 PM	$45	Juniper Room
Tai Chi Chih	Thursday	10:00 AM	11:00 AM	Donation	Aspen Room
Senior Support Group	Thursday	10:30 AM	12:00 PM	FREE	Morning Glory Room
Ukulele Circle	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room
World Music in Motion **(BAS)**	Thursday	11:00 AM	12:30 PM	$45	Aspen Room
Older & Out LGBTQ Social Gathering **(1st Thursdays of Month)**	Thursday	12:00 PM	3:00 PM	FREE	Poppy Room
Beginning Chinese Ethnic Dance	Thursday	12:00 PM	1:00 PM	FREE	Juniper Room
Chinese Ethnic Dance	Thursday	1:00 PM	3:00 PM	FREE	Aspen Room
Feldenkrais **(1st & 3rd Thursdays)**	Thursday	1:45 PM	3:15 PM	Donation	Juniper Room
Tai Chi **(2nd and 4th Thursdays)**	Thursday	2:00 PM	3:00 PM	FREE	Juniper Room
Tech Support **(1st Thursday of Month)**	Thursday	2:00 PM	4:00 PM	FREE	Dining Room
Elementary Neti-Neti Meditation & Yoga	Thursday	2:30 PM	4:00 PM	FREE	Gooseberry Room
Tap Dance Class	Friday	9:00 AM	11:00 AM	FREE	Aspen Room
Chinese Art Painting	Friday	9:00 AM	12:00 PM	FREE	Lupine Art Room
Iyengar Yoga (**BAS)**	Friday	9:45 AM	11:45 AM	$45	Juniper Room
Awe in Improv **(NEW)**	Friday	10:00 AM	11:30 AM	FREE	Gooseberry Room
Chinese Karaoke	Friday	12:00 PM	3:00 PM	FREE	Deergrass Room
Peers Wellness Group	Friday	12:30 PM	2:30 PM	FREE	Gooseberry Room
Move Free with Alexander Technique	Friday	1:00 PM	2:00 PM	Donation	Juniper Room
Older & Out LGBTQ + Support Group **(Registration required)**	Friday	1:00 PM	3:00 PM	FREE	Poppy Room
Beginning Weight Training for Seniors	Friday	2:30 PM	3:30 PM	FREE	Juniper Room
Guided Autobiography Group **(Pre-registration Required)**	Friday	2:00 PM	4:00 PM	FREE	Morning Glory Room

APRIL SCHEDULE OF CLASSES / RECREATIONAL ACTIVITIES / SUPPORT GROUPS

SOUTH BERKELEY SENIOR CENTER
2939 Ellis Street, Berkeley, CA 94703
Mon-Thurs, 9:00 AM - 4:00 PM **Closed Friday**
(510) 981-5170

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
Dominoes, Pinochle	Mon/Tues/Wed/ Thurs	9:00 AM	3:45 PM	FREE	Lounge
Pool	Mon/Tues/Wed/ Thurs	9:00 AM	3:45 PM	FREE	Pool Room
Open Computer Lab	Mon/Tues/Wed	9:00 AM	3:45 PM	FREE	Computer Lab
Open Ceramics Lab	Monday	9:00 AM	12:00 PM	FREE	Ceramics/ Art Room
Yoga For Seniors **(Zoom Class)**	Monday	10:00 AM	11:30 AM	$45	Contact: bridget.frederick@gmail.com
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	Dining Room
Comedy Class **(NEW)**	Monday	12:30 PM	1:30 PM	FREE	Multipurpose Room
Ceramics (**BAS)**	Monday	12:30 PM	3:30 PM	$70	Ceramics/Art Room
Ukulele & Singing	Monday	1:00 PM	3:00 PM	FREE	Sewing Room
Open Ceramics Lab	Tues/Wed/Thurs	9:30 AM	3:45 PM	FREE	Ceramics/ Art Room
Clutterers Anonymous	Tuesday	10:00 AM	11:30 AM	FREE	Conference Room A
Soul Line Dancing	Tuesday	1:00 PM	2:30 PM	Donation	Multipurpose Room
Ming Tree & Crochet Class	Tuesday	12:30 PM	3:00 PM	FREE	Sewing Room
Quilting with Fern **(No class 4/2)**	Wednesday	10:00 AM	1:00 PM	FREE	Sewing Room
Chinese Water & Oil Painting Class	Wednesday	10:00 AM	12:00 PM	Donation	Conference Room A
Folk Dancing	Wednesday	10:00 AM	11:30 AM	FREE	Multipurpose Room
Tai Chi	Wednesday	11:45 AM	12:45 PM	FREE	Multipurpose Room
Wellness Dance	Wednesdays	1:00 PM	2:00 PM	FREE	Multipurpose Room
Toning Class by Jam4Joy ***Late Class***	Wednesday	5:00 PM	5:45 PM	Donation	Multipurpose Room
Zumba by Jam4Joy ***Late Class***	Wednesday	6:00 PM	7:00 PM	Donation	Multipurpose Room
Yoga (Zoom Class)	Thursday	8:30 AM	9:45 AM	Donation	Zoom Link:*https://forms.gle/456G6R12z1dJH9J96*
Tap Dance	Thursday	9:00 AM	11:00 AM	FREE	Multipurpose Room
Inspirational Hour	Thursday	10:00 AM	11:30 AM	FREE	Conference Call: (510)925-2032
Beginning Tap Dance	Thursday	11:00 AM	11:45 AM	FREE	Multipurpose Room
Drawing Session	Thursday	11:00 AM	1:00 PM	Donation	Sewing Room
Tech Support(2nd Thursday of Month)**(NEW)**	Thursday	12:30 PM	2:30 PM	FREE	Dining Room
Open Computer Lab	Thursday	1:00 PM	3:45 PM	FREE	Computer Lab
Meditation **(4/10 & 4/24)**	Thursday	3:00 PM	4:00 PM	Donation	Dining Room

Monthly, Second Thursdays
12:30-2:30pm

SOUTH BERKELEY SENIOR CENTER
2939 ELLIS STREET, BERKELEY
IN THE DINING ROOM

FREE MONTHLY DROP-IN TECHNOLOGY ASSISTANCE FOR SENIORS



ASHBY VILLAGE TECHNOLOGY TEAM & UCB ELDER WELFARE MENTORSHIP STUDENTS

Get help with general questions and topics including how to use transportation apps (maps, BART, Uber/Lyft); voice recording apps; assistive apps for low hearing and low vision; helpful features of your smartphone or tablet; and more!

Ashby VILLAGE

ELDER WELFARE MENTORSHIP



Feeling stressed? Experiencing pain?

Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+). Come learn about and practice Mindfulness Based Stress Reduction (MBSR) techniques that can help increase well-being and lower symptoms of stress and anxiety.

Date & Time:
Fridays 10AM-11:30AM, 4/25/25 - 6/13/25

Cost:
Free for Berkeley residents, otherwise $10 a session

Location:
Morning Glory Room, North Berkeley Senior Center, 1901 Hearst Ave, Berkeley, CA 94709

Registration:
Participants must register in advance. Please call us to register and for more details.

Voicemail: 510.239.2017 EXT 721

Danielle Chernick: dchernick@secure.wi.edu

HEALTH, HOUSING, & COMMUNITY
SERVICES DEPARTMENT
AGING SERVICES DIVISION
1901 HEARST AVE
BERKELEY, CA 94709
(510) 981-5200

If you would like this newsletter electronically
Email seniors@berkeleyca.gov or call the centers to be added to the email list.

Tri City Café Lunch Program

Lunch for members is served every Monday, Tuesday & Thursday at 11:30 a.m. at SBSC
Monday, Wednesdays & Friday at 11:30 a.m. at NBSC.

Lunch is first-come, first-serve

While supplies last (unless otherwise noted).

$3 for members 60 + (suggested contribution) **$5** cost for members 55 - 59

Cash and weekly or monthly checks accepted. No one 60+ is turned away for inability to contribute.

THE CITY OF BERKELEY AGING SERVICES DIVISION WELCOMES PARTICIPANTS REGARDLESS OF RACE, COLOR, RELIGION, ANCESTRY, NATIONAL ORIGIN, SEX, SEXUAL ORIENTATION, GENDER IDENTITY, MARITAL STATUS, POLITICAL AFFILIATION, VETERANS' STATUS, DISABILITIES (PHYSICAL & MENTAL), AND MEDICAL CONDITION (INCLUDING CANCER & HIV STATUS).

CITY OF BERKELEY SENIOR CENTERS ARE FUNDED IN PART BY THE CITY OF BERKELEY GENERAL FUND & ALAMEDA COUNTY AREA AGENCY ON AGING