

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
APRIL 2024

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

April: Celebrating Earth Day! Pg 2

Word Finder	Page. 3
Field Trips & Shopping Trips	Page. 4-7
Lunch Menu	Page. 8-9
Spring into Healthy Habitats	Page. 10
Caregivers Corner	Page. 12
Meal & Food Resources	Page. 13
Workshops & Events	Page. 12-15

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

CELEBRATE EARTH DAY: EMBRACE SPRING & SUSTAINABILITY!

Spring has sprung, and with it comes Earth Day on April 22nd! This year, the Berkeley Senior Centers are dedicated to celebrating our beautiful planet and inspiring sustainable practices within our community.



Here's how you can join the fun:

Earth Day Activities & Events:

- **Berkeley Bay Festival (April 27th):** Celebrate the beauty of the Berkeley Bay with live music, fun activities and amazing views. Shorebird Park Nature Center, 160 University Ave, Berkeley, 11am - 4pm
- **Senior Stroll (Every Wednesday):** Celebrate Earth Day with a breath of fresh air and friendly faces. Wednesdays at the North Berkeley Senior Center from 10am - 12 pm. Meet at the front desk/lounge.
- **Saturday Shoreline Clean Up (April 20th):** This Earth Day, let's roll up our sleeves and make a positive impact on our local environment! 160 University Ave, Berkeley, 9am - 11am.

Simple Sustainable Steps for Seniors:

- **Reduce, Reuse, Recycle:** This timeless motto remains key. Donate unwanted items instead of throwing them away. Repurpose old containers for storage. Recycle paper, plastic, and cardboard diligently.
- **Embrace Energy Efficiency:** Turn off lights and electronics when not in use. Opt for energy-efficient light bulbs. Consider unplugging unused chargers and appliances to minimize phantom energy drain.
- **Enjoy the Outdoors Locally:** Explore the beauty of Berkeley with short walks in nearby parks or gardens. Public transportation and carpooling are great ways to reduce your carbon footprint.

Compost Kitchen Scraps: If you have a balcony or small garden, consider starting a compost bin. Turning food scraps into nutrient-rich compost is a fantastic way to reduce waste and benefit your plants.

Get Involved & Make a Difference:

- **Volunteer at Ohlone Mural Native Garden:** Consider giving back to the community by nurturing the environment at Ohlone Park, between Bonita and Milvia. In partnership with Friends of Ohlone Park, please email berkeleyfoop@gmail.com

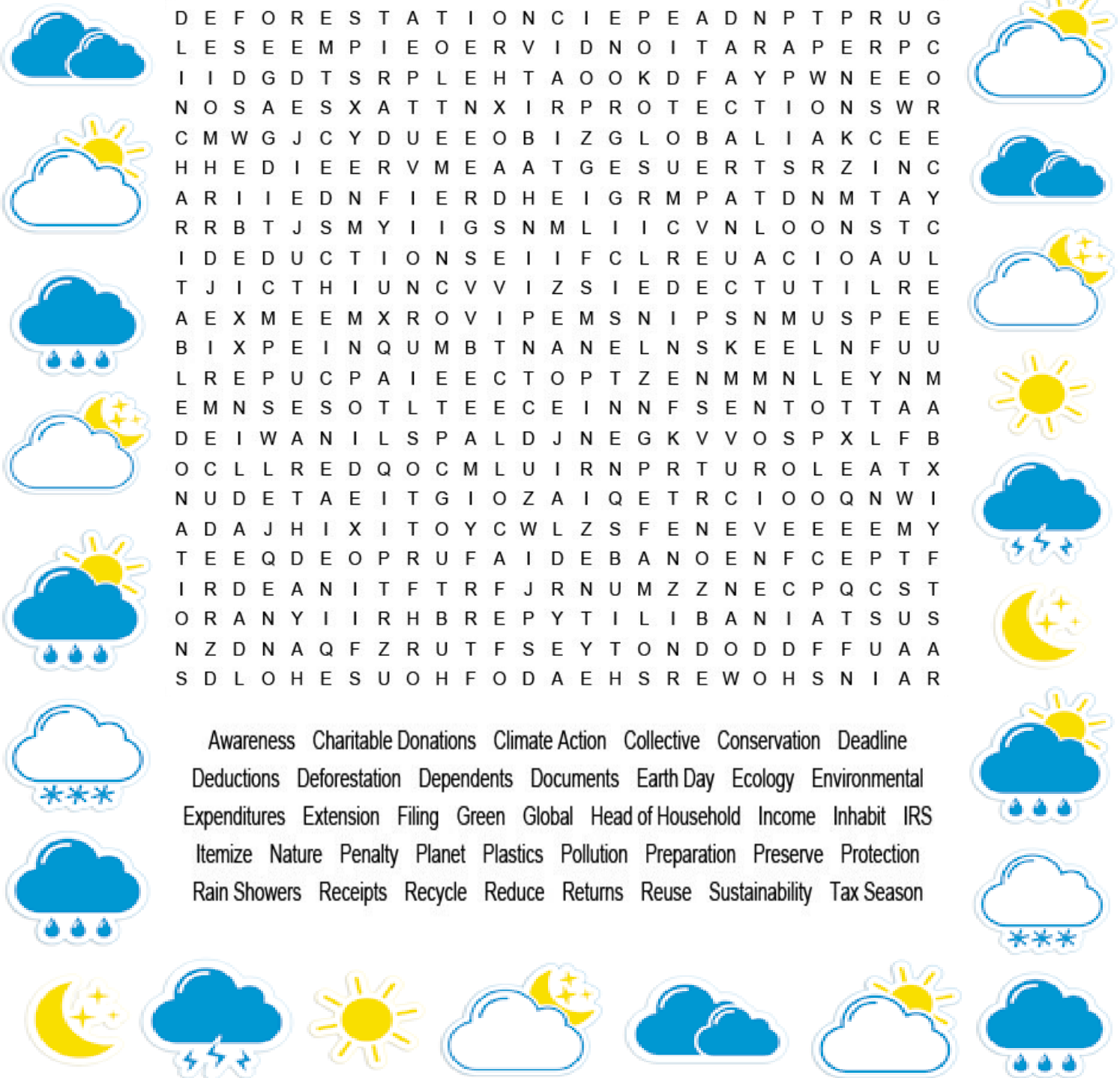
Advocate for Environmental Change: Contact your local representatives to voice your support for environmental protection initiatives.

By participating in Earth Day activities and incorporating these simple practices into your daily routine, you can make a positive impact on our planet. Let's celebrate Earth Day together and work towards a more sustainable future for ourselves and generations to come!

Important Dates to Remember!
Berkeley Senior Centers will be CLOSED
April 26th for Staff Training

APRIL SHOWERS





D E F O R E S T A T I O N C I E P E A D N P T P R U G
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 S D L O H E S U O H F O D A E H S R E W O H S N I A R

Awareness Charitable Donations Climate Action Collective Conservation Deadline
 Deductions Deforestation Dependents Documents Earth Day Ecology Environmental
 Expenditures Extension Filing Green Global Head of Household Income Inhabit IRS
 Itemize Nature Penalty Planet Plastics Pollution Preparation Preserve Protection
 Rain Showers Receipts Recycle Reduce Returns Reuse Sustainability Tax Season

NORTH 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 come first serve 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.

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!

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other 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	
Wednesday	4/10	9:30 AM- 4:30 PM	**	Japanese Tea Garden (San Mateo)	FREE	On Your Own
Friday	4/12	9:30 AM- 4:30 PM	**	Chinatown (S.F)	FREE	On Your Own
Wednesday	4/24	9:30 AM- 4:30 PM	***	Muir Woods	\$15 Admission	Bring Your Own

Japanese Tea Garden (San Mateo):

The Japanese Garden, in San Mateo Central Park is one of the finest gardens in California. It was designed by landscape architect, Nagao Sakurai of the Imperial Palace of Tokyo, and features a granite pagoda, tea house, koi pond and bamboo grove.

Chinatown (S.F)

This is one of the oldest and most established Chinatowns in the U.S. a bustling maze of streets and alleys brims with dim sum joints and other traditional eateries. Also found are herbalists, bakeries, souvenir shops and more. There are ornate temples, including the landmark Tien How, as well as the Chinese Historical Society of America Museum

Muir Woods

Muir Woods National Monument is part of California's Golden Gate National Recreation Area, north of San Francisco. It's known for its towering old-growth redwood trees. Trails wind among the trees to Cathedral Grove and Bohemian Grove, and along Redwood Creek.

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is ***(15) passengers**. For Shopping Trips our bus capacity is ***Three (3) 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 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 p.m. and 1:45 p.m. Shopping time in the store is limited to 1 to 1.5 hours.

Day	Date	Where	Time
Wednesday	4/17	Costco (Richmond) (Must bring membership card)	2:00pm-4:30pm
Thursday	4/18	El Cerrito Plaza (Limited to 3 passengers)	2:30pm-4:30pm
Wednesday	5/1	Costco (Richmond) (Must bring membership card)	2:00pm-4:30pm
Wednesday	5/8	Berkeley Bowl (West) (Limited to 3 passengers)	2:00pm-4:30pm
Friday	5/10	Safeway (Limited to 3 passengers)	2:00pm-4:30pm

EAST BAY SENIOR STROLL

Join us for a rejuvenating walk with the East Bay Senior Stroll group! Embark on a delightful stroll commencing at the North Berkeley Senior Center. Engaging in regular walks not only enhances the physical well-being of seniors but also fosters social connections and contributes to mental wellness. We extend a warm invitation for you to be a part of this enriching experience.

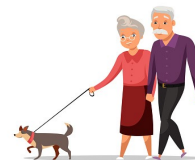
When & Where

Every Wednesdays in April 10am-12 pm.

Meeting at the North Berkeley Senior Center lobby

Call Buddy Activist

Phone number: 925-628-9325



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.

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!

Walk Score: Some Trips may include walking on unpaved or uneven surfaces or may have other 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	
Tuesday	4/16	9:30 PM-4:30 PM	**	Pier 39 (S.F)	FREE	On Your Own
Saturday	4/20	6:00 PM-10:30 PM	**	Dance Theatre of Harlem (Walnut Creek)	\$35	No Dinner Service
Tuesday	4/30	9:30 AM-2:30 PM	*	S.F City College Culinary School	FREE	Menu Prices
Tuesday	5/7	9:30 PM-4:30 PM	**	S.F Conservatory of Flowers & De young Museum	FREE	On Your Own

Pier 39 (San Francisco)

Put **PIER 39** on your list of your things to do in San Francisco, with sea lions, waterfront seafood restaurants, top shopping, attractions and bay views.

Dance Theatre of Harlem (Walnut Creek)

This multi-ethnic company performs a forward-thinking repertoire that includes treasured classics and innovative contemporary works that celebrate Black culture and empowerment through the arts for all.

S.F City College Culinary School

The Chef's Table at the Pierre Coste Room is a classroom laboratory run by students and staff of the Culinary Arts and Hospitality Studies department.

Sf Conservatory of Flowers and/or DeYoung (S.F)

Free on 1st Tuesday The Conservatory of Flowers is the oldest public wood and glass conservatory in North America. The Conservatory inspires awe and fascination with it's rare and exotic plant collection. The DeYoung is a fine arts museum in Golden Gate Park. Enjoy the new exhibit, Ansel Adams! Come See Adams' Love & Passion for Environmentalism & The Bay Area.

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is *(15) passengers. For Shopping Trips our bus capacity is *Three(3) 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 wearing 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

Day	Date	Where	Time
Monday	4/8	Costco (Richmond) (Must bring membership card)	2:30pm-4:30pm
Tuesday	4/9	Powell Street Plaza (3 passenger limit)	2:30pm-4:30pm
Thursday	4/11	Berkeley Food Network (3 passenger limit)	2:30pm-4:30pm
Monday	4/15	Ranch 99 (3 passenger limit)	2:30pm-4:30pm
Tuesday	4/23	Ranch 99 (3 passenger limit)	2:30pm-4:30pm
Thursday	4/25	Costco (Richmond) (Must bring membership card)	2:30pm-4:30pm
Monday	4/29	Powell Street Plaza (3 passenger limit)	2:30pm-4:30pm
Thursday	5/2	Berkeley Food Network (3 passenger limit)	2:30pm-4:30pm
Monday	5/6	Costco (Richmond) (Must bring membership card)	2:30pm-4:30pm
Thursday	5/9	Ranch 99 (3 passenger limit)	2:30pm-4:30pm

Zumba Class with Angie Shin!

Join Angie Shin for a fun-filled session that not only promotes physical well-being but also fosters social connections and a sense of community among seniors. Don't miss out on this opportunity to stay active and engaged in a welcoming and energetic environment! Donations are gladly accepted and will be used to cover expenses, then given to a local non-profit doing important work for our community.

North Berkeley Senior Center
Monday 5 PM—6 PM
Classroom: Aspen Room

South Berkeley Senior Center
Wednesdays 6:00 PM—7:00 PM
Classroom: Multipurpose Room

Weblink: [Zumba | Jam4Joy \(jam4joy2020.com\)](https://jam4joy.com)

Call the Senior Centers for more information

APRIL 2024 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


Reservations for lunch at the Berkeley Senior Centers are no longer required.
Lunch is now served on a first come, first served basis.

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

Other Tri-City Café locations outside of Berkeley

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

Emeryville Senior Center:
 510-596-3730
 4321 Salem Street in Emeryville
 Tuesday-Friday at 11:45am

MONDAY-SBSC/ASC/ESC	TUESDAY SBSC/ASC/ESC	WEDNESDAY NBSC/ASC/ESC	THURSDAY SBSC/ASC/ESC	FRIDAY NBSC/ASC/ESC Deli Lunch Special
<p>1 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal</p>	<p>2 BBQ Chicken Thigh Baked Beans Seasoned Greens* Creamy Coleslaw+* Whole Wheat Roll Applesauce Cup+</p>	<p>3 Fish Chowder Oyster Crackers Low Sodium V-8+ Carrot Raisin Salad* Seasonal Fresh Fruit <i>Soup is a large 12 ounces</i></p>	<p>4 Chicken Alfredo (breast) Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables*+ Green Salad with Dressing Fruit Cocktail</p>	<p>5 Tex-Mex Chicken Taco Salad+ *(Ranch Dressing) Tortilla Chips Vegetarian Tortilla Soup (8 oz) Banana Cookie</p>
<p>8 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Rice 5-Spice Poached Pears Higher Sodium Meal</p>	<p>9 Beef and Bean Chili Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Apple Crisp</p>	<p>10 Southwest Chicken Vegetable Soup Garden Salad with Carrots* & Dressing Whole Wheat Roll Seasonal Fresh Citrus+ <i>Soup is a large 12 ounces</i></p>	<p>11 Jambalaya+* (with brown rice) Collard Greens* Coleslaw+* Fresh Seasonal Fruit</p>	<p>12 Roast Beef & Sliced Monterey Jack on Whole Wheat Sandwich Bread with Lettuce Leaf & Tomato Mayo & Mustard Packs Fruit Cup Potato Salad+ Small Bag Chips</p>
<p>15 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Seasonal Citrus+ Higher Sodium Meal</p>	<p>16 Turkey Meatloaf with Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Bread & Butter Seasonal Fresh Fruit</p>	<p>17 Chicken-Lentil Curry Soup Creamy Coleslaw+* French Roll Seasonal Fresh Fruit <i>Soup is a large 12 ounces</i></p>	<p>18 Mexican Picadillo* (ground beef & potato stew) Cilantro Brown Rice Sautéed Summer Squash+* Carrot, Cabbage & Onion Slaw+* Cinnamon Applesauce cup</p>	<p>19 Egg Salad Sandwich (with peas and dill) on Whole Wheat Lettuce Leaf Lentil Soup (8oz) Pineapple Yogurt Parfait+</p>
<p>22 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed White Rice Mandarin Oranges+ Higher Sodium Meal</p>	<p>23 Beef and Vegetable Stew* Green Beans Tangerine+ French Roll & Butter</p>	<p>24 Thai Fish Curry Soup++ Whole Wheat Roll & Butter Asian Slaw+ Banana <i>Soup is a large 12 ounces</i></p>	<p>25 Indian Butter Chicken (cubed breast) Brown Rice with Cumin Seeds Curry Roasted Cauliflower+ Fruit Cup Higher Sodium Meal</p>	<p>26 BERKELEY SENIOR CENTERS CLOSED FOR STAFF TRAINING.</p>
<p>29 Moo Shu Pork Squash Medley Stir Fry +* Steamed White Rice Mandarin Oranges+ Higher Sodium Meal</p>	<p>30 Soy Ginger Chicken Green Onion Brown Rice Asian Blend Vegetables* Mixed Greens Salad with Dressing (Miso Dressing) Fruit Cup+</p>	<p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging. Menu is subject to change without notice.</p>	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk.</p>	

NOTICE! SLIGHT CHANGE IN LUNCH SERVICE TIME FOR SBSC
 Effective April 1 lunch service start and end times will be the same at both NBSC and SBSC

Lunch Service Start Time: 11:30 a.m. (no longer 11:15 a.m. at SBSC).
Last Lunch Served: 12 noon. If available, seconds will be offered at this time.
Lunch and conversation can be enjoyed in both center dining areas until 12:30 p.m.

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)

Spring into Healthier Habits



Smart shopping and Meal Planning

Spring is here! The start of a new season is the perfect time to add healthy habits into your routine that will be good for you and your wallet. Shopping smarter, planning ahead, and using what you have on hand can help you eat better while preventing food waste .

Below are some easy tips:

Shop your kitchen first: Plan meals around what you already have in your cupboard, refrigerator, or freezer. This will eliminate unnecessary trips to the store and help save money.

Visit your neighborhood food pantries: BFN hosts a food pantry at South Berkeley Senior Center every 2nd Monday of the month. Other pantry locations are available within Berkeley and Albany. Checkout the Food Resource page for more details or visit <https://www.berkeleyfoodnetwork.org/getfood/>

See what's on sale: Using paper ads (Safeway \$5 Fridays), or phone apps to see what's on sale at your local markets. Subscribing by email may give you access to digital coupons.

Use unit pricing: The unit price label (on the shelf tag) will show you the cost per ounce, pound, etc. This allows you to compare similar items with different packaging.

Start with a recipe: Shopping with a recipe prevents you from purchasing items you do not need. Visit SNAP-Ed Connection to see some healthy budget friendly recipes for families and individuals.

Save on produce in season: Buying fruits and vegetables in season may save you some money and provide better tasting items.

Source: <https://www.fns.usda.gov/>



WHAT IS ASHBY VILLAGE?

Ashby Village is a vibrant East Bay non-profit that empowers older adults to age in the diverse, multi-generational neighborhoods we call home. Our Village is built by and for older adults from different backgrounds and lived experiences. We're dedicated to the neighborly practice of helping each other stay connected and navigate life's curves to make aging easier, enriching and fun.

With the support of volunteers who span five generations, we have built an inclusive grassroots organization and culture that advances access to practical services, support, and social programs for older adults in Albany, Berkeley, El Cerrito, Emeryville, Kensington, Oakland and Richmond.

Ashby Village is funded by member dues (with a sliding scale), donations and grants. There are over 350 villages nationally, 45 in California. Founded in 2010, Ashby Village is one of the largest and most successful. Together, we are transforming how we age.

Essential Services for Members:

Transportation, Grocery Shopping, Med Pals, Tech Support, Decluttering and organizing help,
Walking buddies, Friendly Visitor's and more!

Social and cultural opportunities for members and volunteers:

Neighborhood groups, Social opportunities, arts and culture series and interest groups

For more information, visit www.ashbyvillage.org



Feldenkrais

Explore the soothing & restorative power of these gentle movements!

Experience greater ease, creativity, and wonder in your body & LIFE!



First Thursday of Each Month
North Berkeley Senior Center
Next Class: Thursday April 4, 2024
Classroom: Juniper Room (2nd floor)
Time 2:00-3:15 PM

NO prior experience necessary.

Donation Based Per Class

Call (510) 981-5190 for more information

Please wear comfortable clothing for easy movement.



CAREGIVERS CORNER

Caregiver Resources: A Guide to Support

Caregiving is a rewarding yet demanding responsibility. Fortunately, there are many resources available to help you navigate this journey and ensure the well-being of your loved one. Here's a breakdown of resources to explore:

Government Agencies:

National Family Caregiver Support Program: (<https://acl.gov/>) This federal program offers resources, support groups, and counseling to family caregivers.

Eldercare Locator: (https://eldercare.acl.gov/Public/About/Aging_Network/Services.aspx) This online tool helps you find local resources for seniors and their caregivers, including meal delivery services, transportation assistance, and in-home care providers.

Medicare & Medicaid: These government programs may offer benefits that cover some caregiving costs. Explore their websites or contact them for eligibility information.

Non-Profit Organizations:

Family Caregiver Alliance: (<https://www.caregiver.org/>) This organization provides a wealth of information, education, and support for caregivers on various topics. They offer online resources, publications, and a helpline.

AARP Caregiving Resource Center: (<https://www.aarp.org/caregiving/>) This website from AARP offers a vast collection of articles, guides, and tools specifically designed to support caregivers.

National Alliance for Caregiving: (<https://www.caregiver.org/>) This organization advocates for caregiver rights and provides resources on caregiving topics, including financial assistance and legal guidance.

Local Resources:

Area Agency on Aging (AAA): This government agency provides a variety of services for seniors and their caregivers, including information and referral services, case management, and caregiver support groups. You can find your local AAA by contacting your state's Department of Aging.

Local Libraries: Many libraries offer programs and resources for caregivers, such as workshops on managing stress or using technology to stay connected with loved ones

Additional Resources:

Online Support Groups: Connecting with other caregivers online can provide a sense of community, empathy, and valuable shared experiences. Look for caregiver forums or online support groups relevant to your specific situation.

Caregiver Apps: Several mobile apps offer tools and resources to help caregivers manage tasks, track medication schedules, and connect with other caregivers. Explore app stores for options that suit your needs.

Remember, you are not alone in this journey. By utilizing these resources and seeking support, you can empower yourself to provide the best possible care for your loved one while prioritizing your own well-being.

MEAL & FOOD RESOURCES

PLEASE NOTE: Participants may not be enrolled in more than one meal program

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

***** North Berkeley Senior Center will begin distribution in the Dining Room Distribution times & dates are provided below*****

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 : 4/05/24 & 4/19/24 from 1PM - 3:00PM

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 4/05/24 & 4/19/24 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.

Lutheran Church of the Cross Food Pantry

Where: 1744 University Ave, Berkeley CA
When: 10am-11am Every Thursday
When: 11am-1pm 2nd Saturday of the Month Phone: (510)848-1424

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: 4/8/24

Call 510-981-5170 for more information

North Berkeley Senior Center

Events & Presentations

Free Blood Pressure Check Provided by Lifelong Medical

Day & Date: Wednesdays

Time: 10 am - 12 pm

Location: Dining Room

Fall Prevention Presentation

Day: Wednesday, April 3, 2024

Time: 1pm- 3pm

Location: Poppy Room

Description: The discussion will focus on contributing factors that cause falls. Areas that will be discussed are Changing Behaviors, Nutrition & Medication Management, Fitness, and Home Safety Checklist. Participants will receive a Falls Prevention Material and program incentives.

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**.

Movie Monday

Day & Date: Monday, April 8th

Time: 1pm-3pm

Location: Dining Room

Movie: Roxanne(1987)

Description: Come join us for our Movie Monday, Light snacks and refreshments will be provided.

UC Berkeley Lifestyle Medicine Tabling

Day: Friday, April 12th

Time: 10 am- 12 pm

Location: Gooseberry Room

Description: Blood pressure checks and health screenings from UC Berkeley Lifestyle Medicine.

Nutrition Workshop by Berkeley Student food Collective

Day & Date: Monday, April 14th

Time: 11am- 1pm

Location: Fuchsia Room

Description: Come join the Berkeley Student food collective for a workshop in diet/recipe planning, food justice, activities, free food and more!

Don't Get Sponged!: Kitchen Sponge Hygiene with RD Jennifer Jalbert

Day & Date: Friday April 19th

Time: 10:30 am–11:00 am

Description: Come join us for a informative presentation on how to properly maintain your sponges with a FREE Swedish sponge for attendees at the end of the presentation. Light snacks will be provided.

April Birthday Party! sponsored by the NBSC Coffee Bar

Day: Friday, April 19th

Time: 1pm- 3 pm

Location: Dining Room

Description: Celebrating the April Birthdays with a live jazz performance and a bingo games afterwards. Light refreshments and cake will be provided.

Wrap (Wellness Recovery Action Plan)

Day: Fridays, January 5th –June 2024

Time: 1pm- 3 pm

Location: Fuchsia Room

Description: Improve your quality life with WRAP, your Personal Wellness System.

Mercy Brown Bag Program donated by Mercy Retirement Care Center

DAY & Date: Fridays, 4/5/24 & 4/19/24 (Every 1st & 3rd Friday)

Time: 1pm - 3pm

Location: Dining Room

MUST BE REGISTERED WITH MERCY BROWN BAG

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

Classical Piano Recital

DAY & Date: Thursday, 4/4/24

Time: 12:00pm - 1:00pm

Location: Multipurpose Room

Description: Enjoy a classical music recital by advanced piano students.

YMCA Digital Literacy 10-week series

DAY & Date: Thursday 4/4, 4/18, 5/2, 5/16/24

Time: 10:30am - 12pm

Location: Computer Lab

Description: The Digital Literacy Program is a 10-module literacy series to help seniors learn how to use a tablet/laptop, cellphone, internet search, mobile apps, etc.

Brown Bag Program donated by Mercy Retirement Care Center

DAY & Date: Fridays, 4/5 & 4/19/24 (Every 1st & 3rd Friday)

Time: 11am - 2pm

Location: Lobby

HICAP Counseling

DAY & Date: Tuesday 4/5 & 4/19/24 by appointment only

Time: 10am - 1pm

Location: Health 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.

Neighborhood Pantry

DAY & Date: Monday 4/8/24

Time: 2:00pm - 3:00pm

Location: Multipurpose Room

Description: Fresh, health groceries at no cost-please bring your own bags.

Trip Planning Committee

DAY & Date: Thursday, 4/11/24

Time: 10:30am - 11:00am

Location: Office A

UCB Oral Health Program

DAY & Date: Thursday, 4/11/24

Time: 10:30am - 12:30pm

Location: Dining Room

Description: Pre-dental students will share information on oral health and preventative care along with a Bingo learning activity.

Story Time with The Berkeley Public Library Band

Day: Thursday, 4/25/24

Time: 11:00am-12:00pm

Location: Multipurpose Room

Description: Please join us for a special musical story time series with Berkeley Public Library's Story Time Band.

Save the Date - Spring Tea Party

DAY & Date: Thursday, 5/9/24

Time: 12:30pm - 2:00pm

Location: Multipurpose Room

Description: Enjoy an afternoon sipping on tea accompanied by a light menu of finger sandwiches while enjoying the music of classical pianist Becky.

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
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	Multipurpose Room
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
Yoga For Seniors (Zoom Class)	Monday	10:00 AM	11:30 AM	\$45	Contact: bridget.frederick@gmail.com
Open Computer Lab	Monday	9:00 AM	3:45 PM	FREE	Computer Lab
Chinese Water & Oil Painting Class	Monday	10:00 AM	12:00 PM	Donation	Sewing Room
Ceramics (BAS)	Monday	12:00 PM	3:00 PM	\$45	Ceramics/Art Room
Ukulele & Singing	Monday	1:00 PM	3:00 PM	FREE	Sewing Room
Clutterers Anonymous	Tuesday	10:00 AM	11:30 AM	FREE	Conference Room A
Open Ceramics Lab	Tuesday	9:00 AM	3:45 PM	FREE	Ceramics/Art Room
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
Open Ceramics Lab	Wednesday	9:00 AM	3:45 PM	FREE	Ceramics/Art Room
Chair Exercise	Wednesday	10:15 AM	11:15 AM	FREE	Dining Room
Folk Dancing	Wednesday	10:00 AM	11:30 AM	FREE	Multipurpose Room
Tai Chi	Wednesday	11:45 AM	12:45 PM	FREE	Multipurpose Room
Chinese Ethnic Dance Class	Wednesday	1:00 PM	3:00 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
Ceramics (BAS)	Thursday	12:30 PM	3:00 PM	\$45	Ceramics/Art Room
Open Computer Lab	Thursday	1:00 PM	3:45 PM	FREE	Computer Lab
Bible as History and Literature *Zoom Class*	Friday	3:00 PM	4:30 PM	FREE	https://us06web.zoom.us/j/5105167766?pwd=V3ozdWtSODQxSXRkV3JsbGV3WkRlQT09

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 Drop-in	Monday	9:00 AM	4:00 PM	FREE	Foxtail Lounge
Memoir Writing	Monday	10:00 AM	11:00 AM	Donation	Morning Glory Room
Iyengar Yoga	Monday	10:00 AM	11:30 AM	Donation	Juniper 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	FREE	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
Advanced French Conversation	Monday	2:00 PM	4:00 PM	FREE	Deergrass Room
Zumba by Jam4joy *Late Class*	Monday	5:00 PM	6:00 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Pool Playing for Beginners & Intermediate	Wednesdays	10:00 AM	11:00 AM	FREE	Foxtail Lounge
PEER Group Support & Living Well by CIL	Wednesday	10:00 AM	11:30 AM	FREE	Gooseberry 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	Deergrass Room
Mindful Movement	Wednesday	10:30 AM	11:45 PM	Donation	Juniper 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
History by Hollywood (BAS)	Wednesday	2:00 PM	4:00 PM	\$45	Gooseberry Room
Practical Philosophy	Wednesday	2:00 PM	4:00 PM	FREE	Deergrass Room
Ceramics (BAS)	Thursday	9:00 AM	12:00 PM	\$45	Lupine Art Room
Gentle Yoga (BAS)	Thursday	9:45 AM	11:30 PM	\$45	Juniper Room
Documentary Films on World Affairs (BAS)	Thursday	10:00 AM	12:00 PM	\$45	Gooseberry 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
North Berkeley Ukulele Circle	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room

NORTH BERKELEY SENIOR CENTER Continued. Pg 2

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
World Music in Motion (BAS)	Thursday	11:00 AM	12:30 PM	\$45	Aspen Room
Older & Out LGBTQ Social Gathering (1st Thursdays)	Thursday	1:00 PM	3:00 PM	FREE	Gooseberry Room
Beginning Chinese Ethnic Dance	Thursday	12:00 PM	1:00 PM	FREE	Juniper Room
Ceramics Collective	Thursday	12:30 AM	4:00 PM	Donation	Lupine Art Room
Free writing (New Class!)	Thursday	1:30 PM	3:30 PM	FREE	Morning Glory Room
Chinese Ethnic Dance	Thursday	1:00 PM	3:00 PM	FREE	Aspen Room
Tai Chi (2nd and 4th Thursdays)	Thursday	2:00 PM	3:00 PM	FREE	Juniper Room
Feldenkrais (First Thursdays Only)	Thursday	2:00 PM	3:15 PM	Donation	Juniper 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
Beginning Tap Instruction	Friday	11:00 AM	11:30 AM	FREE	Gooseberry Room
WRAP (Wellness Recovery Action Plan)	Friday	12:00 PM	2:00 PM	FREE	Fuchsia Room
Chinese Karaoke	Friday	12:00 PM	3:00 PM	FREE	Deergrass Room
Older & Out LGBTQ + Support Group (Registration required)	Friday	1:00 PM	3:00 PM	FREE	Poppy Room
Water painting Class with Pat	Friday	1:00 PM	3:30 PM	FREE	Lupine Art Room
Bible as History and Literature *Zoom Class*	Friday	3:00 PM	4:30 PM	FREE	https://us06web.zoom.us/j/5105167766?pwd=V3ozdWt5ODQxSXRkV3JsbGV3WkRlQT09



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
Wednesdays & Friday at 11:30 a.m. and at 12:30 p.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