AGING SERVICES DIVISION
DECEMBER 2025

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

December: Winter Wellness Tips for Seniors 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

Winter Wellness Tips for Seniors

Winter in the Bay Area may not bring snow, but it still brings colder mornings, early sunsets, and the kind of damp chill that settles into the bones. As we move through the season, it's a good time to slow down a bit and take extra care of ourselves.

Staying warm is key. Even mild cold can make joints feel stiff or sap your energy. Keeping a cozy sweater nearby, wearing warm socks or slippers, and checking for drafts around windows and doors can help make your home more comfortable. Many people also find that layering clothing allows them to stay warm without overheating.

Rainy days can make sidewalks and entryways slippery, so moving a little slower and using handrails can help prevent falls. Shoes with good grip make a big difference this time of year. And when the days get shorter, a little sunlight—whether from a brief walk, a few minutes on the porch, or simply sitting by a bright window—can help maintain energy and mood.

Hydration is one thing people often forget in winter. Warm tea, water, or broth can keep you feeling your best. This season is also perfect for comforting meals: soups, stews, roasted vegetables, and citrus fruits all bring warmth and nourishment. Preparing a few easy meals ahead of storms or rainy stretches can make life simpler.

Most importantly, stay connected. Winter can feel isolating, especially when nights come early. A phone call with a friend, a visit to the senior center, or joining an activity can brighten the whole week. Social connection is just as important as physical wellbeing during the colder months.

Helpful Winter Resources

- **East Bay Paratransit Services**
  East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, like those operated by AC Transit and BART.

Website: Welcome to East Bay Paratransit
Phone number: 510-287-5000

- **24/7 Senior Warmline**
  A friendly phone line for seniors who want someone to talk to.

Phone number: 1-888-670-1360

- **211 Bay Area**

Information on housing resources, shelter during storms, and emergency assistance.
Dial **2-1-1** or visit https://211bayarea.org/

- **PG&E Medical Baseline Program**

Helps reduce heating and utility costs for eligible seniors.
Website: https://www.pge.com/medicalbaseline

Holiday Closure Notice

The City of Berkeley Senior Centers will be closed from
Monday, December 22nd - Friday, December 26th.

We will resume regular service hours, Monday, December 30th.

Wishing you a joyful holiday season!

DECEMBER IN THE BAY AREA

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

Appetizers Attractions Ballet Basketball Boat Parade Broadway Ceremonies Cocktails
Cocoa Collections Countdown Crafts Dancing Festivals Fireworks Gingerbread Guests
Holiday Ice Skating Kinship Lantern Lights Markets Museum Music Halls Nightlife
Nutcracker Ornaments Peppermint Performance Productions Relatives Restaurants
Symphony Tailgating Theater Tours Twilight Warriors Waterfront Wineries

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*

*****Please call the senior center a few days after the 1st of month to see if you won the lottery*****

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
Tuesday	12/9	9:30 am - 4:00 pm	*	Gingerbread House at Fairmont Hotel (SF)	Free	Menu Prices
Thursday	12/11	11:15 am - 4:00 pm	*	Rialto Big Screen Classics: It's a Wonderful Life (El Cerrito)	Free	Menu Prices
Tuesday	12/16	9:45 am - 4:00 pm	**	San Francisco Premium Outlets (Livermore)	Free	On Your Own
Thursday	12/18	9:45 am - 4:00 pm	***	Cantor Arts Center at Stanford University	Free	On Your Own
Tuesday	12/30	9:45 am - 4:00 pm	**	Art in the Park: Big Break Visitor Center at the Delta	Free	Bring Your Own
Tuesday	1/6	9:00 am - 4:00 pm	***	Legion of Honor (SF)	Free	On Your Own
Thursday	1/8	9:30 am - 4:00 pm	***	Holidays at Filoli	$39/ EBT 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 *5(5) 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	12/8	Grocery Outlet (Oakland)	8:30 am - 12:00 pm
Monday	12/29	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm
Monday	1/5	Dollar Tree (Hilltop/Richmond)	8:30 am - 12:00 pm
Monday	1/5	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm

EAST BAY SENIOR STROLL

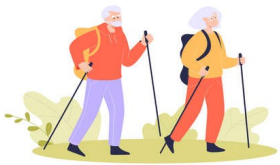
Join us for a rejuvenating walk with the East Bay Senior Stroll group! Embark on a delightful stroll commencing at the North Berkeley Senior Center. Engaging in regular walks not only enhances the physical well-being of seniors but also fosters social connections and contributes to mental wellness. We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

When & Where

North Berkeley Senior Center front lobby

Wednesdays 10am-12pm

Call Buddy Activist at **925-628-9325 for more information**



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	12/10	9:00am - 4:00pm	***	Gamble Gardens & Celia's Mexican Restaurant (Palo Alto)	Free	Menu Prices
Friday	12/12	9:00am - 4:00pm	***	Temple Hill Oakland & Fenton's	Free	Menu Prices
Wednesday	12/17	9:00am - 4:00pm	**	A Christmas Carol (Lesher Center for the Arts)	$10	Will stop for lunch
Friday	12/19	9:00am - 3:30pm	***	SF Union Square / Fairmont hotel & Tad's Steakhouse	Free	Menu Prices
Wednesday	12/31	9:00am - 4:00pm	***	Thrive City SF: Winter Wonderland Kwanzaa & Noon Years Eve Celebration	Free	On your own
Friday	1/2	9:00am - 3:30pm	***	San Francisco Premium Outlets (Livermore)	Free	On your own
Tuesday	1/6	9:00am - 4:00pm	***	DeYoung Museum	Free	Bring your own
Wednesday	1/7	9:00am - 4:00pm	**	California Historical Radio Society Museum (Alameda)	Free	Will stop for lunch
Friday	1/9	10:00am - 3:30pm	***	Berkeley Art Museum	Free	Bring 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 *Five(5) 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 1:30 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	12/15	El Cerrito Plaza	9:00am - 12:00pm
Monday	12/15	Ikea	1:30pm - 4:30pm
Monday	12/29	Sprouts	9:00am-12:00pm
Monday	1/5	Berkeley Food Pantry	1:30pm - 4:00pm
Thursday	1/8	Costco	1:30pm - 4:30pm

DECEMBER 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

DECEMBER CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Beef and Tomato Stir Fry** Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Seasonal Pear	**2** **Beef and Bean Chili** Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Fresh Apple	**3** *Soup is a large 12 ounces* **Southwest Chicken Vegetable Soup** Garden Salad with Carrots* & Ranch Dressing Whole Wheat Bread & Butter Fresh Citrus Cutie+	**4** **Homemade Baked Macaroni & Cheese (Vegetarian)** Lentil/ Bean Soup Braised Collard Greens* Whole Wheat Crackers Pineapple Chunks+	**5** **Meatloaf with Gravy** Mashed Potatoes Herbed Green Beans Whole Wheat Roll Orange+
8 **Teriyaki Chicken** Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+	**9** **Whole Wheat Penne Pasta with Marinara and Meatballs** (beef/turkey) Steamed Broccoli & Carrots+* Grapes	**10** *Soup is a large 12 ounces* **Thai Fish Curry Soup+** Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Banana	**11** **Spinach & Mushroom Lasagna* (Vegetarian)** Three Bean Salad* Caesar Salad (Romaine+)- no crouton Whole Wheat Crackers Grapes	**12** **Chicken Enchilada Casserole** Zucchini, Corn & Peppers+ Mexican Coleslaw+* Whole Wheat Crackers Pineapple & Mango Chunks+
15 **Chicken and Mushroom in Black Bean Sauce** Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+	**16** **Beef and Vegetable Stew*** Brown Rice Zucchini Tangerine+ French Roll & Butter	**17** *Soup is a large 12 ounces* **Chicken Pozole** Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Mango Chunks+	**18** **Cheese Ravioli with Marinara** Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread & Butter Seasonal Pear	**19** **Holiday Meal** **Roasted Turkey with Gravy** Mashed Potatoes Seasoned Green Beans Savory Dressing Whole Wheat Roll Apple Cranberry Crisp
North and South Berkeley Senior Centers closed for the week of 12-22 through 12-26 ***Please note that the South Berkeley Senior Center will be using a temporary menu throughout December 2025. To inquire about the items on the menu, please consult the front desk.***				
29 **Thai Basil Ground Turkey** Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad w/ Shredded carrots & Cilantro Lime Dressing Steamed Rice Blend (Half Brown) Orange +	**30** **Pulled Pork Sandwich on Whole Wheat Bun** Southern Green Beans Coleslaw+* Grapes	**31** **Happy New Year!** **Herb Roasted Chicken Thigh/Gravy** Black Eye Peas Braised Greens* Whole Wheat Bread & Butter Tangerine+	1 ***NEW YEAR'S DAY*** ***ALL CENTERS CLOSED***	**2** **Swedish Meatballs (turkey or chicken)** Egg Noodles Steamed Broccoli and Carrots+* Whole Wheat Crackers Seasonal Pear
	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.	**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.	**+denotes vitamin C-rich foods** *** denotes vitamin A-rich foods** 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	**All meals include 1% milk.** **Menu is subject to change without notice.**

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

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

HOLIDAY SELF-CARE TIPS FOR CAREGIVERS

FINDING MOMENTS OF JOY

- TAKE A MOMENT TO ENJOY HOLIDAY DECORATIONS AND LIGHTS.
- LISTEN TO YOUR FAVORITE HOLIDAY MUSIC.
- WATCH A HOLIDAY MOVIE OR SHOW.
- SPEND A FEW MINUTES EACH DAY REFLECTING ON POSITIVE MOMENTS.
- ENGAGE IN A FUN HOLIDAY CRAFT OR ACTIVITY.



MINDFULNESS & RELAXATION TECHNIQUES

- PRACTICE DEEP BREATHING EXERCISES.
- ENGAGE IN GUIDED MEDITATION FOR 10 MINUTES.
- USE PROGRESSIVE MUSCLE RELAXATION TO EASE TENSION.
- TRY MINDFUL WALKING AND FOCUS ON YOUR SURROUNDINGS.



QUICK DAILY SELF-CARE PRACTICES

- TAKE A 5-MINUTE BREATHING EXERCISE.
- ENJOY A CUP OF HERBAL TEA.
- STRETCH FOR A FEW MINUTES TO RELEASE TENSION.
- WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR.
- LISTEN TO YOUR FAVORITE SONG OR PODCAST.



PHYSICAL ACTIVITY

- TAKE A BRISK WALK IN THE PARK.
- JOIN A VIRTUAL FITNESS CLASS.
- DO SOME LIGHT STRETCHING OR YOGA AT HOME.
- DANCE TO YOUR FAVORITE HOLIDAY MUSIC.



NUTRITION AND HYDRATION

- KEEP HEALTHY SNACKS LIKE NUTS AND FRUIT ON HAND.
- DRINK PLENTY OF WATER THROUGHOUT THE DAY.
- LIMIT SUGARY AND CAFFEINATED BEVERAGES.
- MAKE SURE TO EAT REGULAR MEALS, EVEN IF YOU'RE BUSY.



PRIORITIZING SLEEP

- STICK TO A REGULAR SLEEP SCHEDULE.
- CREATE A CALMING BEDTIME ROUTINE.
- AVOID SCREENS AT LEAST AN HOUR BEFORE BED.
- KEEP YOUR SLEEPING ENVIRONMENT COOL AND QUIET.



ASKING FOR HELP

- DELEGATE TASKS TO FAMILY MEMBERS OR FRIENDS.
- HIRE A PROFESSIONAL CAREGIVER FOR RESPITE CARE.
- REACH OUT TO LOCAL COMMUNITY ORGANIZATIONS FOR ASSISTANCE.
- CONNECT WITH OTHER CAREGIVERS FOR MUTUAL SUPPORT.



STAYING CONNECTED

- SCHEDULE REGULAR VIDEO CALLS WITH FAMILY AND FRIENDS.
- JOIN ONLINE SUPPORT GROUPS FOR CAREGIVERS.
- SEND A QUICK TEXT OR VOICE MESSAGE TO CHECK IN.
- PLAN A VIRTUAL HOLIDAY CELEBRATION.



Caring for the Caregiver

UT Health San Antonio School of Nursing

GOGO RIDES ORIENTATION

DO YOU NEED ASSISTANCE WITH GETTING START-ED WITH YOUR GOGO ACCOUNT?

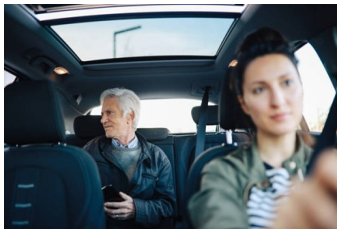
If you are **already enrolled in Berkeley Rides for Seniors & the Disabled** and need assistance with learning how to use your GoGo account, have specific questions, registration/account issues, you can schedule yourself for in person or telephone support during the day and time noted below:

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.



BERKELEY RIDES FOR SENIORS & THE DISABLED DROP ON BY TO PROVIDE PROGRAM FEEDBACK

We will be hosting some time for enrolled Berkeley Rides for Seniors & the Disabled members and non-members to drop on by and provide program feedback regarding our current and future programs. Time will be scheduled at both City of Berkeley senior centers:

North Berkeley Senior Center
1901 Hearst Ave, Berkeley CA
When: December 10th & December 17th
Time: 10:00 AM-2:00 PM

South Berkeley Senior Center
2939 Ellis Street, Berkeley CA
When: December 9th & December 16th
Time: 11:00 AM- 2:00 PM

Support and Resources from the Aging Services Division

The Aging Services Division has resources and services to support you!

Information & Assistance and Family Caregiver Support Programs

Our friendly Senior Service Assistants are available **by appointment only** at both the North and South Berkeley Senior Centers, or by phone. Case Managers from our Social Services Unit can also assist you **over the phone.**

- Information & Assistance Program: Get information and referrals to services and resources that meet your specific needs.
- Family Caregiver Support Program: Find helpful information, guidance, and resources for those who care for others.

How to Connect with Us:

▫ **North Berkeley Senior Center**
Hours: Monday, Wednesday-Friday, 9:00 AM-4:00 PM
Phone: (510) 981-5190

▫ **South Berkeley Senior Center**
Hours: Monday-Thursday, 9:00 AM-4:00 PM
Phone: (510) 981-5170

▫ **Social Services Unit (Phone Support Only)**
Hours: Monday-Friday, 9:00 AM-4:00 PM
Phone: (510) 981-5180

We're here to help you navigate available resources and connect you to the support you deserve.

Social Services Unit is accepting new referrals!

All Information & Assistance services are offered at NO charge. Our Targeted Case Management (TCM) Program supports Berkeley residents who are Medi-Cal eligible, uninsured or under-insured .

The Social Services Unit focuses on helping low-income seniors connect with medical access and benefits, transportation needs, access to food, legal aide, resources for utilities/ energy assistance, social and other essential services. Please note that eligibility screening will be provided by the case managers.

If you would like to consult or submit a referral, feel free to contact us at 510-981-5180 or via email agingssu@berkeleyca.gov

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 **: 12/5/25 1:00PM-3:00PM / 12/19/25**

South Berkeley Senior Center Dates: 1st & 3rd Friday's **: 12/5/25 11:00AM-2:00PM / 12/19/25**

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-6pm, ***UPCOMING HOLIDAY CLOSURES: 12/25, 12/30 & 1/1/26***

Berkeley Food Pantry
Where: 1600 Sacramento St
When: Monday, Wednesday & Friday from 2pm-4pm, ***UPCOMING HOLIDAY CLOSURES: 12/26, & 1/2/26***

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

UPDATE – additional pantry day! Starting in August 2025, the Pantry at South Berkeley Senior Center in Collaboration with the Berkeley Food Network will be held every Second AND Fourth Monday of each month 2pm-3pm (excluding holidays). Please bring a reusable bag for seasonal produce, eggs , protein, bread, shelf-stable items and frozen vegetarian meals.

December pantry dates: 12/8/25 AND 12/22/25

North Berkeley Senior Center

Events & Presentations

Breathe, Move, Play
Day & Date: Fridays
Time: 2:30 pm - 4:00 pm
Location: Deergrass Room
Description: Join Jojo Gabuya, a certified interplay instructor on interplay to promote self- exploration, connection, expression, and Fun! RSVP by emailing: josefina.gabuya@cst.edu

Holiday Party!
Date: Friday, December 5th
Time: 1pm- 3:00 pm
Location: Aspen Room
Description: Join us for festive fun with raffle prizes, a performance by the Jazz Therapists Band, the Berkeley Chamber Singers, and delicious holiday treats. Don't miss this one!

First Aid & Step the Bleed Presentation
Date: Monday, December 8th
Time: 1:00pm- 3:00 pm
Location: Poppy Room
Description: First Aid and Stop the bleed presentation provided by Berkeley Medical Reserve Corps

Cooking Demo!
Date: Wednesday, December 10th
Time: 1:00 pm – 2:00pm
Location: Dining Room
Description: Join us for an engaging and informative healthy food demonstration presented by Healthy Black Families, Inc. This session is specially tailored for seniors and will highlight simple, nutritious recipes and practical tips for healthy eating.

Scam Prevention Presentation
Date: Friday, December 12th
Time: 1:30 pm – 2:30pm
Location: Dining Room
Description: The East Bay Community Law Center will host a Scam Prevention Workshop designed to help community members recognize common scams, to protect themselves, and how to mitigate the harms of scams that you have impacted your lives.

Laugh out Loud with Stagebridge!
Date: Wednesday, December 17th
Time: 1pm- 2:00 pm
Location: Aspen Room
Description: Stagebridge actors take your ideas and turn them into wild characters and crazy stories on the spot! Improv magic, lots of laughs, and guaranteed good vibes—don't miss it!

CalFresh Enrollment Tabling
Date: Friday, December 19th
Time: 10:00am – 12:00pm
Location: Hallway
Description: Alameda County Food Bank representative will be available to assist seniors with Cal Fresh ("food stamps") applications. Please bring: ID, social security number, proof of income and expenses (rent, utilities, medical).

Matter of Balance
Date: January 8th—March 12th (No class on February 12th & March 5th)
Time: 1pm- 3:00 pm
Location: Gooseberry Room
Description: Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. **Registration is required, sign up at the front desk of North Berkeley Senior Center**.

Cultivating Calm
Date: Fridays starting January 16th- March 8th
Time: 1:00pm- 3:00 pm
Location: Morning Glory Room
Description: Join us for Cultivating Calm, an 8 week mindfulness group for adults (55+) that can help increase well-being and lower symptoms of stress and anxiety. No charge for Berkeley residents, otherwise $10 a session! If you are interested or have any questions or to register, please contact Tanisha Dhamrait 510-239-2017 EXT 706 or Reanna Wadhwani 510-239-2018 EXT 712. **Registration is required**

South Berkeley Senior Center

Events & Presentations

PACE Program
Day & Date: Mondays
Time: 11:00am – 12:30pm
Location: Multipurpose Room
Description: PACE is a health plan designed exclusively for seniors. PACE provides coordinated healthcare services—including medical care.

Heart 2 Heart Blood Pressure Screening
Day & Date: Thursdays
Time: 11:00am – 12:30pm
Location: Multipurpose Room
Description: Get your blood pressure checked and record your reading in your blood pressure pocket pamphlet.

CalFresh Enrollment Clinic
Day & Date: Monday, December 1st and 15th
Time: 10:30am – 12:00pm
Location: Dining Room
Description: Alameda County Food Bank representative will be available to assist seniors with CalFresh ("food stamps") applications. Please bring: ID, social security number, proof of income and expenses (rent, utilities, medical).

Quarterly Birthday Party special performance by The Tap Dance Club
Day & Date: Thursday, December 4th
Time: 12:30pm – 2:00pm
Location: Multipurpose Room
Description: Come celebrate October, November and December birthdays with bingo (no fee), win prizes and enjoy cake and ice cream.

eBooks and audiobooks by the Berkeley Public Library
Day & Date: Tuesday, December 9th
Time: 1:00pm - 2:0pm
Location: Computer Room
Description: Learn how to use Libby, Hoopla, and other top library resources to read and listen to eBooks and audiobooks.

Travel Training with Chonita
Dates: Wednesday, December 10 & Thursday, December 11th
Time & Location: Wednesday, Morning Conference Room A / Thursday Lounge (fieldtrip)
Description: Two-day travel training, first day classroom instruction. Second day field trip taking Bart. Lunch will be provided on field trip day. $35 Value clipper card provided for first time participants. Call 510-981-5170 **to register.**

LifeLong Dental
Day & Date: Thursday, December 11th
Time: 10:30am – 12:30pm
Location: Dining Room
Description: Lifelong Dental will provide one-to-one oral health education, water bottles and toothbrush kits.

Berkeley Community Chamber Singers Holiday Concert
Day & Date: Thursday, December 11th
Time: 12:30pm – 1:30pm
Location: Multipurpose Room
Description: The **Berkeley Community Chamber Singers** (BCCS) is an a cappella group that serves as Berkeley Community Chorus and Orchestra's outreach arm.

South Berkeley Senior Center Holiday Party
Day & Date: Thursday, 12/18/25
Time: 12:30pm – 3:30pm
Location: Multipurpose Room
Description: Celebrate the holidays with us! There will be food, music, dancing, vendors to purchase last minute gifts and a raffle!

DECEMBER 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	Monday	10:30 AM	12:00 PM	FREE	Fuchsia 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
Beginning Weight Training for Seniors	Monday	3:00 PM	4:00 PM	FREE	Dining 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
Jakes tech support **(walk-ins)**	Wednesday	10:00 AM	12:00 PM	FREE	Goldenstar Room
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

Ceramics **(BAS)**	Thursday	9:00 AM	4:00 PM	$45	Lupine Art Room
Gentle Yoga **(BAS)**	Thursday	9:45 AM	11:45 PM	Donation	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	12:00 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
Tap Dance Club	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	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
Older & Out LGBTQ + Support Group **(Registration required)**	Friday	1:00 PM	3:00 PM	FREE	Poppy Room
Poetry Writing Class	Friday	2:00 PM	3:30 PM	Donation	Fuchsia Room
Guided Autobiography Group **(Pre-registration Required)**	Friday	2:00 PM	4:00 PM	FREE	Morning Glory Room
Breathe, Move, and Play **(Starts 11/21)**	Friday	2:30 PM	4:00 PM	Donation	Gooseberry Room

NOVEMBER 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: yogayoko@gmail.com
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	Multipurpose Room
Wellness Day Class	Monday	12:00 PM	1:00 PM	Donation	Multipurpose Room
Comedy Class	Monday	12:30 PM	1:30 PM	FREE	Computer Lab
Ukulele & Singing	Monday	1:00 PM	3:00 PM	FREE	Sewing Room
French Class	Monday	1:30 PM	2:30 PM	FREE	Computer Lab
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
Beginning Weight Training For Seniors	Tuesday	2:30 PM	3:30 PM	FREE	Multipurpose Room
Quilting with Fern	Wednesday	10:00 AM	1:00 PM	FREE	Sewing 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
Figure Drawing Circle	Wednesday	1:30 PM	3:30 PM	FREE	Conference Room A Signup:markoyamagata@gmail.com
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*

South Berkeley Senior Center Continued					
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
Tech Support(2nd Thursday of Month	Thursday	1:00 PM	3:00 PM	FREE	Dining Room
Open Computer Lab	Thursday	1:00 PM	3:45 PM	FREE	Computer Lab

BERKELEY FIREFIGHTERS INVITES YOU TO ...

HOLIDAY FOOD BASKETS

DATE AND TIME

Saturday 12/20/25

Recipients are required to be over the age of 60 and less than 50k of annual income

Sponsors

Berkeley Firefighters Random Acts

Berkeley Firefighters Association

Lions Clubs

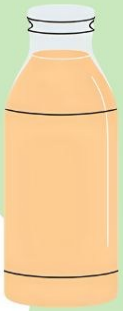
Berkeley Bowl

Lions Club



Last day to sign-up is 12/5/25
Must be a Berkeley Resident

Oral Nutrition Supplements and Malnutrition



Malnutrition

As we get older, our bodies lose the ability to absorb certain nutrients as well as they used to. Our bodies are also prone to loss of muscle mass as we age, making eating less energy or protein than your body needs a malnutrition concern. When you are malnourished and lose muscle mass, you are more likely to get an infection or have poor wound healing because your immune system is compromised.

Less energy (nutrients) entering your body can leave you feeling weak and unable to take part in your daily activities.

Oral Nutrition Supplement

Oral nutrition supplements are meant to be used in addition to the food you usually eat. They are designed to give you the extra energy and protein you need if you cannot get enough from the food you eat. Taking oral nutrition supplements can prevent you from becoming malnourished or replenish your energy and nutrients if you are malnourished.

Individuals who are malnourished might have longer hospital stays and are more likely to be readmitted. Oral nutrition supplements replenish the body with the energy and nutrients needed to support healing, recovery, and prevention of future issues.

Oral nutrition supplements come in a liquid form that is ready to drink, powders that can be added to your food, or as puddings. They are in a condensed form so you do not have to consume a large volume of them to get the extra nutrients and energy you need. They are convenient and can be included in your day without taking up much time.

Source:
https://nutritioncare.org/wp-content/uploads/2025/07/MAW-ONS-Practice-Tool-Consumer.pdf



THE WRIGHT INSTITUTE

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 from *January 16, 2026 - March 6, 2026*

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

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

Please contact either group faciliator mentioned below in advance to register or for more details:

Tanisha Dhamrait
tdhamrait@secure.wi.edu
510.239.2017 EXT 706

Reanna Wadhwani
rwadhwani@secure.wi.edu
510.239.2017 EXT 712

WRIGHT INSTITUTE CLINIC

OLDER ADULT COUNSELING & PSYCHOLOGICAL SERVICES

FREE OR LOW COST THERAPY

Free for Berkeley Residents Age 55+

Sliding Scale for non-Berkeley Residents Age 55+

What Services We Offer

- Weekly, individual 1-hour therapy at our clinic in downtown Berkeley
- Group Therapy at The South and North Berkeley Senior Centers
  - Cultivating Calm
  - Exploring Aging
  - Expressive Arts
  - Guided Autobiography

What We Support You In

1. Adapting to life transitions
2. Navigating relationship issues
3. Building community and reducing loneliness
4. Managing depression and anxiety
5. Coping with stress, grief, and loss
6. Processing and healing from trauma

and more...

About The Wright Institute

In collaboration with Berkeley Aging Services, The Wright Institute provides counseling and psychological services by training clinicians who are devoted to inclusive, culturally sensitive, evidence-based services.

Contact us:

510-239-2017

For more information on how to begin, please call (510) 239-2017. We will contact you about scheduling an initial appointment.

Expressive Arts Group

NO ART EXPERIENCE REQUIRED
COME TALK AND MAKE THINGS



**Gather and create, share, reflect,
through paint, paper, pencil, collage, and more.**

CALL TO REGISTER :

Please call **The Wright Clinic at 510-239-2017 ext 713** and leave a voicemail or email us at **cchen@secure.wi.edu** with your name and phone number.We will reach out to you. Thank you.

FREE FOR BERKELEY RESIDENTS

PLEASE CALL:)

South Berkeley Senior Center

2939 ELLIS ST
BERKELEY, CA 94703

Sessions run from
JAN 26th to **Mar 23rd**
Monday
1:00 - 2:30pm

Soulful Winter Spirit Celebration

Good food, good music, and good vibes — all in one soulful celebration! This is an event you won't want to miss!

Enjoy:

- Delicious Food
- Music by our Live DJ
- Local Vendors & Shopping
- Exciting Raffles & Prizes

Thursday, December 18th

12:30-3:30 pm

South Berkeley Senior Center

2939 Ellis Street, Berkeley, CA 94703

For more information, please call 510-981-5170

CITY OF BERKELEY
HEALTH, HOUSING, AND COMMUNITY SERVICES

YOU ARE INVITED TO

SOUTH BERKELEY SENIOR CENTER

QUARTERLY BIRTHDAY PARTY

THURSDAY, DECEMBER 4TH, 2025

12:30PM-2:00PM

PERFORMANCE BY THE TAP DANCE CLUB
PLAY BINGO(NO FEE) & WIN PRIZES
CAKE & ICE CREAM

2939 Ellis St., Berkeley, CA
510-981-5170

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

Participants will learn to:

- Set goals for being more active
- Control falling and overcome your fear
- Practice new personal skills for safety
- Exercise for better strength, balance and flexibility
- Make changes to your home to reduce the risk of falling
- Meet new friends in familiar community places
- Get moving, stop worrying, enjoy living



98% of class participants would recommend A Matter of Balance to other older adults with fears about falling – so what are you waiting for?

CLASS DATES: Thursday, Jan. 8 – Mar. 12, 2026, 10am-12pm. Plan to attend all class sessions. Taught by two certified A Matter of Balance Coaches. Limited to 12 participants. A waitlist will start when the participant limit is met. No class on Feb. 12 and Mar. 5.

For more information or to enroll, contact the North Berkeley Senior Center at (510) 981-5190.

ALAMEDA HEALTH SYSTEM

EMERGENCY MEDICAL SERVICES E M S ALAMEDA COUNTY HEALTH

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