

LIVING YOUR BEST LIFE!

Aging Services Division
February 2023

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET



FEBRUARY: CELEBRATING BLACK HISTORY MONTH

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NORTH BERKELEY SENIOR CENTER
1901 HEARST AVE
BERKELEY, 94709
(510) 981-5190

JUDGE HENRY RAMSEY JR.
SOUTH BERKELEY SENIOR CENTER
2939 ELLIS STREET,
BERKELEY, 94703
(510) 981-5170

BLACK HISTORY MONTH

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, Carter G. Woodson, a historian and the founder of the Study of African American Life and History. In 1926, the group declared the second week of February to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Black History Week.



This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president [Abraham Lincoln](#). President Lincoln led the [United States](#) during the [Civil War](#), which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Black History Month has been celebrated in the United States every February since. Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are [Dr. Martin Luther King, Jr.](#), who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; [Mae Jemison](#), who became the first female African-American astronaut to travel to space in 1992; and [Barack Obama](#), who was elected the first-ever African-American president of the United States in 2008.

Today Black History Month continues the discussion of Black people and their contributions through activities such as museum exhibits and film screenings, and by encouraging the study of achievements by African Americans year-round.

Article Link: [Black History Month \(nationalgeographic.com\)](https://www.nationalgeographic.com/black-history-month/)

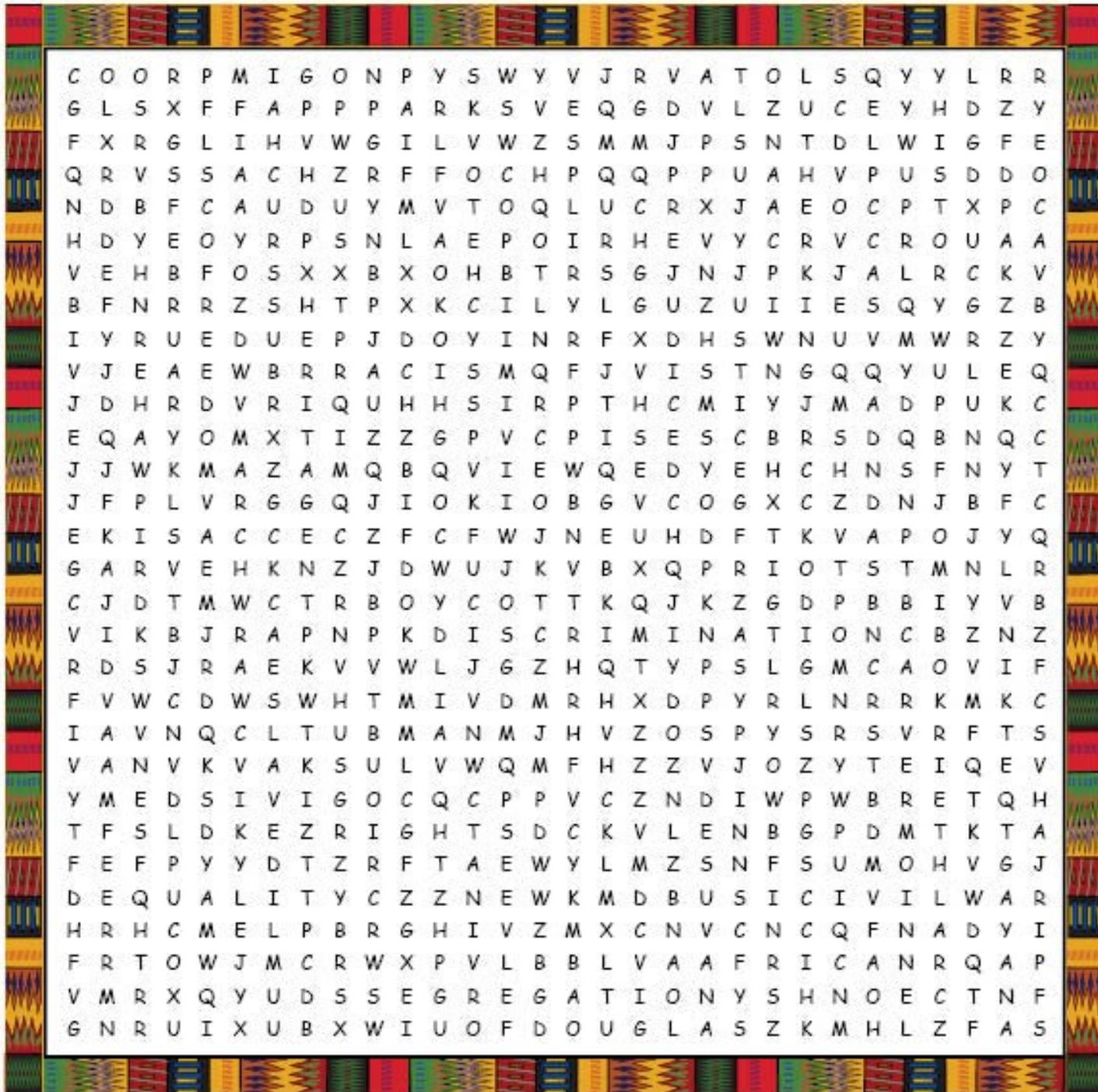
Important Dates to Remember!

Berkeley Senior Centers Will be **CLOSED** on These Dates:

Monday, February 12th in Observance of Lincoln's Birthday

Monday February 20th in Observance of Washington's Birthday

CROSSWORD PUZZLE



AFRICAN
BOYCOTT
BUS
CARVER
CIVIL WAR

DISCRIMINATION
DOUGLAS
EQUALITY
FEBRUARY
FREEDOM

HERITAGE
HISTORY
JUSTICE
LUTHER KING JR
MARCH

NAACP
PARKS
PREJUDICE
RACISM
RIGHTS

RIOTS
SEGREGATION
SLAVE
TUBMAN
VOTE

FEBRUARY IS AMERICAN HEART MONTH

Reduce Stress for a Healthier Heart

Stress can show up often in life, and our body reacts to it: our heart rate increases, blood vessels narrow—and over time, these little blows can add up and do damage to health, particularly the heart. With chronic stress, we're more likely to have high blood pressure, heart disease, diabetes, obesity, and poor sleep.



While we can't always limit the amount of stress in life, we can work on changing how we respond to it. Just like the automatic “fight or flight” response that kicks in when scared - our muscles tense, heart rate increases, and brain becomes more alert - our body also has a built-in, healthy relaxation response. When that's triggered, the opposite happens: our breathing and heart rate slow down, and blood pressure decreases.

Luckily, with practice, we can learn to trigger that response. Try these techniques on your own or find a teacher or class (through the senior centers!) to help you get started. Don't get discouraged if you don't get the hang of it quickly, and try some different methods. You can learn to de-stress in lots of ways.

Meditation. One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. Let distractions, including thoughts, come & go without judgment.

Progressive muscle relaxation. To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Deep breathing. Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

Guided imagery. This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden. Getting your mind and body to a place of calm doesn't always mean being still, however. Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or an art class, or meeting up with friends for a brisk walk. Being in nature can be very soothing for some people.

Resource: <https://www.nhlbi.nih.gov/health-topics>

MEAL PROGRAM MENU

North Berkeley Senior Center has started a second seating for lunch on Wednesday at 12:30PM
 South Berkeley Senior Center will start an additional dine in day on Tuesday

WHEN: Wednesdays 11:15am-12:15pm
 2nd seating 12:30pm-1:30pm
 COST: \$3 Suggested donation
 LOCATION: North Berkeley Senior Center

WHEN: Tuesday: 11:15am-12:30pm
 Thursdays: 11:15am-12:30 pm
 COST: \$3 Suggested donation
 LOCATION: South Berkeley Senior Center

Albany Senior Center:
 510-524-9122
 846 Masonic Avenue in Albany

North Berkeley Senior Center
 1901 Hearst Street
 510-981-5190

South Berkeley Senior Center:
 510-981-5170
 2939 Ellis Street in Berkeley

Emeryville Senior Center:
 510-596-3730
 4321 Salem Street in Emeryville

TUESDAY-ASC, ESC, SBSC	WEDNESDAY-ASC, ESC, NBSC	THURSDAY-ASC, ESC, SBSC	FRIDAY- ASC, ESC
	1 Lunar New Year Meal Turkey Jook (Chinese rice porridge, a.k.a. Congee) Asian Cabbage Salad+ Whole Grain Crackers x2 Fortune Cookie Cutie Citrus+ <i>Soup is a large 12 ounce serving</i> 	2 Ginger Lime Cod Coconut Brown Rice Garlic Green Beans x 2 portions (1 cup) Applesauce+	3 Vegetable Cheese Strata+ (Vegetarian - egg & bread casserole) Seasoned Red Potatoes+ Warm Spiced Fruit Fruited Yogurt
7 Black History Month Meal Jambalaya+ (with rice)  Collard Greens* Garden Salad with Ranch Dressing Spiced Peach Crumble	8 Italian Wedding Meatball Soup (beef, x4) Mixed Greens & Mandarins w/ Dressing Whole Wheat Roll Seasonal Fresh Citrus+ <i>Soup is a large 12 ounce serving</i>	9 Baked Lemon Caper Fish Mac & Cheese Creamed Spinach* Cinnamon Applesauce+	10 Three Sisters Stew+ (Vegetarian - beans, corn, squash stew) Cheesy Mashed Potatoes++ Mixed Green Salad with Italian Dressing Warm Apple Crisp
14 Happy Valentine's Day Spaghetti with Beef Bolognese+ (meat sauce) Squash Sauté with Peppers & Onions++ Sourdough Bread/ Butter Sweetheart Parfait (Vanilla Yogurt with Strawberries) 	15 Fish Chowder Oyster Crackers (1 pack) Coleslaw+ Ambrosia Salad <i>Soup is a large 12 ounce serving</i>	16 Baked Tilapia with Herbed Tomato Sauce Spanish Brown Rice Steamed Cauliflower+ Seasonal Fresh Fruit	17 Lentils Cacciatore+* (Vegetarian) with Creamy Parmesan Polenta Green Salad with Ranch Dressing Warm Cinnamon Peaches
21 Hearty Turkey Chili+ with Grated Cheddar Brown Rice Corn & Sweet Bell Peppers++ Coleslaw+ Spiced Pears	22 Mediterranean Fish Soup+ Whole Grain Crackers x2 Garden Salad with Italian Dressing Banana <i>Soup is a large 12 ounce serving</i>	23 Beef Cabbage Roll Casserole+ (with Brown Rice) Seasoned Carrots* Whole Wheat Bread & Butter Warm Fruit Compote	24 Homemade Baked Macaroni & Cheese (Vegetarian) Collard Greens* (double portion) Fresh Citrus+
28 5-Spice Chicken Thigh Green Onion Rice Broccoli & Cauliflower+ Asian Slaw+ Seasonal Fresh Fruit	All meals include 1% milk. 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 <u>Higher Sodium Meal</u> .	We welcome the return of Tuesday hot meals in our Senior Center dine-in Cafés. We look forward to serving you!
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	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 that has pre-registered will be denied lunch Service due to inability to contribute)

CITY SPONSORED MEAL & FOOD RESOURCES

PLEASE NOTE: Participants may not be enrolled in more than one meal program (Café Delivery, Grab & Go, or Meals on Wheels) at a time.

NUTRITION PROGRAM UPDATE

A friendly reminder that Berkeley Grab & Go program will cease in January 2023, with the last day of this program being Tuesday, January 31, 2023.

Starting Tuesday, February 7th, 2023, South Berkeley Senior Center will be serving hot lunch on Tuesdays at 11:30 am (in addition to Thursdays lunch)

North Berkeley Senior Center will offer an additional lunch seating on Wednesdays at 12:30 pm following their 11:30 am lunch seating

Our Information & Assistance team in our senior centers will be good resources for food access and programs to best meet the needs of our older adult community.

Contact the Senior Centers at 510-981-5170 or 510-981-5190

MERCY BROWN BAG

Mercy Brown Bags will be available for CURBSIDE PICKUP at the South Berkeley Senior Center located at 2939 Ellis Street in Berkeley.

Brown Bag distribution will be on the 1st and 3rd Friday* of each month between 11:00 am–2:00 pm. No Distributions on Holidays

February Distribution Dates: 1st & 3rd Friday's :2/03/23 & 2/17/23

*Brown Bags will not be distributed during City of Berkeley holidays

MEALS ON WHEELS

Meals on Wheels continues to provide up to seven (7) meals per week to participants on eligibility. Deliveries are scheduled for Tues, Wed & Fri, 10:00 am to 1:00 pm. If you live in Berkeley and want to find out if you qualify for Meals on Wheels the contact information is below. Call (510) 981-5250 or email Seniors@cityofberkeley.info.

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

COMMUNITY FOOD RESOURCES

ALAMEDA COUNTY FOOD BANK

Where: 7900 Edgewater Dr, Oakland CA

When: Mon-Friday 8:30am-5pm

Phone: (510) 635-3663 Web: <https://www.accfb.org/get-food/>

Helpline will connect you to a source for groceries and a hot meal the same day.

CAL FRESH (Formerly Food Stamps)

Cal Fresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table. Alameda County Food Bank can help with eligibility questions and with getting signed up.

Phone number for application & interview: (510) 272-3663

BERKELEY FOOD PANTRY

Where: 1600 Sacramento Street, Berkeley

Phone: (510) 525-2280

Web: <https://www.berkeleyfoodpantry.org/>

The Berkeley Food Pantry provides monthly emergency groceries to Berkeley and Albany families and individuals in need. Starting in June, BFP began regularly delivering to select clients, based on need, twice a month. Call for info!

BERKELEY FOOD NETWORK

1925 9th Street, Berkeley

Phone: (510) 616-5383

Web: <https://berkeleyfoodnetwork.org/>

On-site food pantry where Berkeley residents can select their own groceries from a selection of shelf-stable foods, meats, eggs, dairy, and produce. The pantry is open to individuals and families free of charge.

Berkeley Food Network Hours

Tuesday & Thursday: 11am–3pm & 5pm–7pm

Saturday: 10am–12pm

COMMUNITY RESOURCES SERVICES

INFO & ASSISTANCE AT SENIOR CENTERS

Information and Assistance provides basic information and assistance to help seniors and their families access a wide variety of private and public resources.

For additional information call Berkeley Senior Centers at 510-981-5190 or 510-981-5170
Appointments are preferred but walk-ins are accepted at both centers

Servicios de Información y Asistencia en Español cada tercer Jueves del mes, empezando 19 de Mayo, 2022 de 1-3pm.

Se brindará servicios en Español de información y asistencia para ayudar a las personas mayores y sus familias a acceder a una amplia variedad de recursos públicos y privados. La información y la asistencia se brindan por teléfono y en persona en el Centro para personas mayores Berkeley. Para obtener información adicional, llame a Richard Castrillon, director del centro para personas mayores 510-981.7777.

COVIA HOME MATCH

Home sharing is a creative living agreement between compatible home-mates. Shared homes come in all forms and can be a stable, enriching experience for many. PHONE:(925)956-7385

Share Your Home

As a homeowner or renter, turn an available room in your home into an opportunity for income and new social connections.

Find Your Home

As someone seeking a shared home, benefit from affordable housing in the community you love, plus the option to help with household activities for an even lower cost.

Espanol: <https://covia.org/programs/home-match/en-espanol/>

Mandarin: <https://covia.org/programs/home-match/中文/>

BERKELEY DROP - IN CENTER

The Berkeley Drop-In center is recovering unhoused and behavioral health partners inspiring each other to be all we can and want to be. Connecting us to your unique selves to each other and to the wider

Regular Services Include:

- **Drop-In Services:** Free Mail Service, Free Lockers, Refreshments (coffee, snacks, & hot food), Phone Service Computer Access, Urgent Needs (clothing, shoes, hygiene kits).
- **Community Resource Access and Referrals:** Payee Service, Housing: assistance with the application, connect to resources, housing retention, Employee Assistance, ID Application Assistance, Assistance in researching other resources as needed.

Link for Drop-in center website: <https://www.acnetmhc.org/berkeley-drop-in-center>

Address: 3238 Adeline Street, Berkeley CA 94703
Ph:(510)653-3808

THE BULLETIN BOARD

Transportation Assistance 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 travelling throughout Berkeley and neighboring cities by supplementing their transportation costs with free Taxi Scrip, Wheelchair Van Vouchers, or East Bay Paratransit Tickets. BRSD is for Berkeley residents **age 70 and older** or those certified as disabled by East Bay Paratransit of ANY age and income.



Web: www.cityofberkeley.info/berkeleyrides

Phone: (510) 981-7269

UC DAVIS ALZHEIMER'S DISEASE CENTER

The UC Davis Alzheimer's Disease Center in the East Bay is a nationally recognized center of excellence for advancing knowledge of Alzheimer's disease and other dementias through comprehensive patient evaluations, leading-edge research, and world class clinical science. Our patient-centered clinic provides diagnostics and advanced treatment of all the dementias. The East Bay ADC clinic offers personalized care and diagnostic services, clinical research programs and the most advanced clinical trials.

For more information,
please contact Aliyah Walker
(925) 357-6904

SENIOR PLANET FROM AARP

Senior Planet is a community of people 60 and older who are aging with attitude. Senior Planet's free online programs help older adults build technology skills to improve their health, make new friendships, save money, advocate in their communities, and thrive in the digital world.

To learn more, visit:
[Welcome to Senior Planet - Senior Planet from AARP](#)

To sign up for weekly newsletters visit:
[Sign Up for Newsletters - Senior Planet from AARP](#)



LIFE Eldercare's Health Forward Program provides free health and wellness interventions that can reduce the risk of falls & injury, improve strength and balance, and ensure that your home environment is safe as you age. Services include fall risk assessment, medication review, home safety assessment, minor home modifications (if eligible), education, exercise, care coordination / referrals, and more. Older adults age 60+ and living in Alameda County are eligible for the program; preference is given to seniors who have difficulty leaving the home.

Call 510-894-0370

or

Email info@LifeElderCare.org to sign up.

FIELD TRIPS

Field Trip Requests are taken on the first business day of the month after 9 AM,
Call South Berkeley Senior Center at 510-981-5170 to Register

Members Participating in Field Trips: Please do NOT park in the Senior Center parking lots. Be mindful of the parking restrictions in the area surrounding the senior centers, such as street cleaning; area time limits, etc.

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 : the key below will help identify challenges:

* = Light Walking

* * = Moderate Walking

* * * = Heavy Walking

De Young/Legion of Honor
(SF)

2/7/23 9am-5pm

Admission: FREE

Lunch: Bring Your Own

Mask is Required

Walk Score: **

Trip Description: Together, the de Young in Golden Gate Park and the Legion of Honor in Lincoln Park make up the Fine Arts Museums of San Francisco, the largest public arts institution in the city and one of the largest art museums in the United States. Both sit on the land of the Ramaytush Ohlone, the original inhabitants of the San Francisco Peninsula. Opened in 1895, the de Young is home to American art from the 17th century through today, textile arts and costumes, African art, Oceanic art, arts of the Americas, and international contemporary art. Opened in 1924, the Legion of Honor showcases European painting, sculpture, and decorative arts, ancient art, graphic arts, and contemporary art.

African Diaspora Museum
(SF)

2/28/23 9am-5pm

Admission: \$10

Lunch: Bring Your Own

Mask is Required

Walk Score: *

Trip Description: The Museum of the African Diaspora is a contemporary art museum in San Francisco, California. MoAD holds exhibitions and presents artists exclusively of the African diaspora, one of only a few museums of its kind in the United States.



SHOPPING & ERRAND TRIPS

SHOPPING AND FIELD TRIPS Guidelines

For field trips, our bus capacity is ***15 passengers**. For Shopping Trips our bus capacity is ***Eight (8) Passengers**. We will continue to practice COVID safety protocols with wearing masks, physical distancing and hand sanitizing. Both shopping and field trips are offered on a first come first served basis. You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pickup so that they can be ready

Berkeley Senior Centers will continue to follow COVID 19 precautions as directed by the City of Berkeley Health Officer, Dr. Lisa Hernandez

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.

Important Notices

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.

“NOTE: 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	Where	Time
2/6/23 Monday	Grocery Outlet (Oakland)	1 pm-4:30 pm
2/8/23 Wednesday	Walmart (Martinez)	1 pm-4:30 pm
2/9/23 Thursday	Sprout's Market	2:30 p.m-4:30 p.m. (limited to 3 passengers)
2/10/23 Friday	Safeway	1 pm-4:30 pm
2/22/23 Wednesday	Target (Albany)	1 pm-4:30 pm
2/23/23 Thursday	Monterey Market	2:30 p.m-4:30 p.m. (limited to 3 passengers)
2/24/23 Friday	Safeway (Berkeley)	1 pm-4:30 pm
2/27/23 Monday	El Cerrito Plaza (TJ's & Lucky's)	1 pm-4:30 pm
3/1/23 Wednesday	Costco (Richmond) Note: You must use your own Costco membership card	1 pm-4:30 pm
3/2/23 Thursday	Berkeley Bowl (West)	2:30 p.m-4:30 p.m. (limited to 3 passengers)
3/3/23 Friday	Walmart (Martinez)	1 pm-4:30 pm

CAREGIVERS CORNER

Mindfulness Exercises to Reduce Caregiver Stress

Mindfulness means maintaining our awareness of the present moment while calmly acknowledging our thoughts, feelings, bodily sensations, and surrounding environment.



Mindfulness also involves acceptance, meaning that we notice our thoughts and feelings without judging them as right or wrong. Learning to guide our thoughts towards what we're experiencing in the moment and away from judgment can help bring peace of mind when tensions or challenges arise.

Practicing mindfulness exercises has been shown to have a significant impact on reducing anxiety, improving quality of life, and easing some of the stress that caregivers experience. Additionally, sharing a mindfulness activity with your loved one is a valuable way to experience the present moment together.

Mindfulness Exercises: Do this activity as many times as you like throughout your day—we recommend trying the activity during any stressful moments.

You can do this mindfulness exercise alone or aloud with your loved one. If you are practicing together, keep in mind that there is no wrong way for you or your loved one to participate—it's all about spending time together and using mindfulness tools to connect with one another.
Instructions:

Find a comfortable seat and close your eyes. Begin by taking five deep breaths, breathing in through the nose and out through the mouth. After five breaths, let the breath return to normal.

I Wish You Peace: A simple Loving Kindness Meditation: In a Loving Kindness Meditation, we send compassion too ourselves and those around us. It is an excellent addition to traditional mindfulness meditation and e

You can practice this meditation alone or together with your loved one.

Gratitude Practice: Taking the time to reflect and celebrate the small things that occur every day is important when there is so much to do. Give yourself a moment to breathe and reflect

Dedicate a notebook or journal to your gratitude practice. Write down anything you feel grateful for during the day; a funny joke, a memory or a phrase your loved one happened to mention-it could be anything! For example, "I'm grateful for the sweet smell of the rosemary bush in my garden" or "he kissed my cheek today and we had a warm embrace for several moments."

When you are having a hard day, look back on your list. Allowing yourself time to acknowledge positive aspects of your day is valuable in providing you with a peace of mind.

Seniors At Home offers respite and other supportive [services for family caregivers](#). To learn more, call us today at 415-449-3700 or [contact us online](#).

Article link: [Three Mindfulness Exercises to Reduce Caregiver Stress - Seniors at Home \(jfcs.org\)](#)

SEEKING IHSS PROVIDERS



Alameda County's In-Home Supportive Services (IHSS) program is seeking IHSS Providers to assist eligible low-income seniors and individuals with disabilities with activities of daily living. IHSS Providers receive a salary, and optional training and benefits. Bilingual IHSS Providers are needed, especially those who speak Cantonese, Mandarin, or Spanish. We are also seeking IHSS Providers who live or are willing to work in the Tri-Valley area.

The IHSS program helps individuals remain safely in their own home and community through the care and support of a paid IHSS Provider. Types of care may include light housekeeping, meal preparation and clean up, laundry, shopping, accompaniment to/from medical appointments and personal care services (*i.e.*, *bathing, dressing, feeding*).

To become an IHSS Provider, you must:

- Complete the IHSS Provider Enrollment forms,
- Attend the IHSS Provider Orientation,
- Be fingerprinted and complete a criminal background check.

To apply, please call **510-577-5694** or visit:
[www.alamedacountysocialservices.org/our-services/Seniors-and-Disabled/
IHSS](http://www.alamedacountysocialservices.org/our-services/Seniors-and-Disabled/IHSS)

THE WRIGHT INSTITUTE

Free Groups and Workshops Offered by The Wright Institute

Call 510-239-2017 to register for groups and workshops.

The Emotional Efficacy Therapy (EET) group. In this weekly group you can expect to learn to experience and tolerate difficult emotions, become more effective in how you respond to emotions, and become more effective in experiencing and responding to emotions in a way that will help you create a better life. There may be a daytime in-person option, given client interest.

Please call for more information and to register! 510-239-2017

Tuesdays from 6pm-7:30pm on Zoom starting 2/28 and ending 4/25.

Exploring Gender and Sexuality Workshop

Learn and discuss challenges faced by Queer Folks. Explore your own sexual and gender identity in a respectful and welcoming setting.
One-time workshop.

Date: February 17th

Time: 10:30am-noon.

Location: North Berkeley Senior Center

Please call for more information and to register! 510-239-2017

Navigating Life's Challenges Support Group

Feeling overwhelmed by the stress of daily life? You are not alone. Join our 8-week support group where you can share your experiences and find the support you need to navigate through struggles of stress, burnout, anxiety, and relationship issues.

Every Thursday beginning February 9th, 2023

Time: 4pm-5:30pm

Location: 1918 University Ave, Berkeley, Suite 2B

Facilitated by: Rajika Mehra and Vaishali Sachdeva

To register, contact: 510-239-2012 Ext. 220

*Starting date is subject to change





Valentines Day Party

NORTH BERKELEY SENIOR CENTER
1901 HEARST AVE
ASPEN ROOM

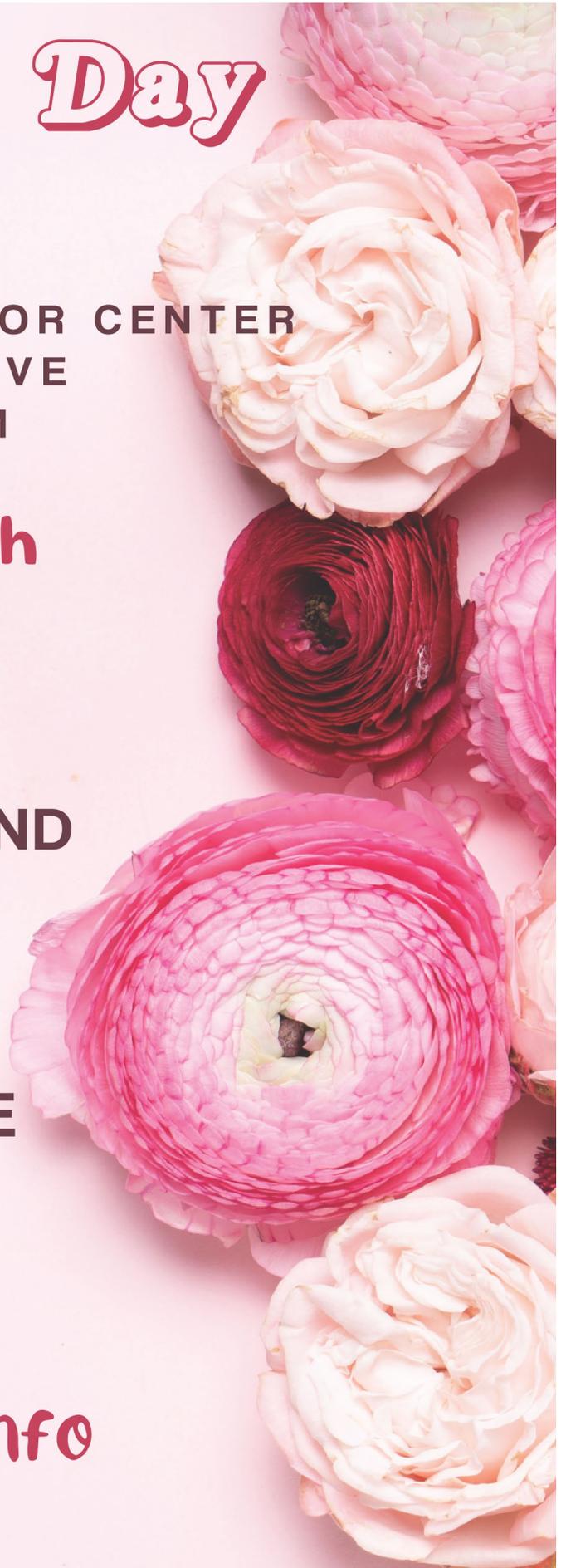
February 15th
1-3PM

Live Music
THERAPIST BAND
1-2PM

Dancing
CRAFT TABLE

Appetizers
BEVERAGES

Call for More Info
510-981-5190



Free Quit Smoking Classes



Facilitated by Tino Ratliff

Certified American Lung Association
Freedom From Smoking Facilitator



What: **FREE** 8-session quit smoking series (Those who complete the series are eligible for a **\$25 gift card**)

Who: **ANYONE 18+** who is ready to quit smoking for good and lives in Berkeley or the Bay Area

Where: **online classes** (login information given after registration is complete)



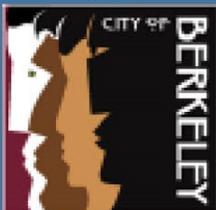
When: 1/12/23, 1/19/23, 1/26/23, 2/2/23, *2/6/23, 2/9/23, 2/16/23, & 2/23/23

**Thursday Evenings (*except for Monday 2/6/23)
from 6-8pm**

The American Lung Association's Freedom From Smoking classes are a comprehensive variety of evidence based, proven effective techniques, designed to help tobacco users gain control over their behavior and break their dependency.

To [Register click here](#) or for more information use the **QR code to the left.**

E-mail: QuitNow@cityofberkeley.info or
Call: **(510) 981-5330**



Health, Housing & Community
Services

Tobacco Prevention Program
1947 Center Street, 2nd Floor
Berkeley, CA 94704





A MATTER OF BALANCE

When:

Every Thursday
February 9 through
March 30, 2023

Where:

North Berkeley Senior
Center
Gooseberry Room
1901 Hearst Ave.,
Berkeley

Time:

10:00am - 12:00pm

Registration Required:

by January 24, 2023

To Register:

Contact Darlene at NBSC
510-981-5194

Voluntary Donation:

\$40 per person



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Spectrum Community Services Inc.

Fall Prevention Program

presents

“A Matter of Balance”

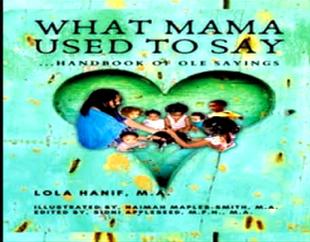
A Matter of Balance is an evidence-based, interactive, education program designed to reduce the fear of falling and increase activity and health among older adults.

Learn how to manage concerns about falls and begin exercises that improve flexibility, balance, and strength.

Participants will have social time at a special table together while enjoying a nutritious lunch after our peer-to-peer private class discussions.

Note: In-person classes require face coverings to help stop the spread of viruses.





Lola Hanif is the author of "What Mama Used To Say". This book is a historical account of traditional, and cultural, expressions used in the African American Community. It expands generations of verbal and nonverbal expressions from the undocumented beginnings of bondage, through our current situation. It is an intergenerational examination and comparison of sayings from past to present. Please join us in listening to Lola read excerpts from her book and signing your book.

Please join the Berkeley Senior Centers in celebrating

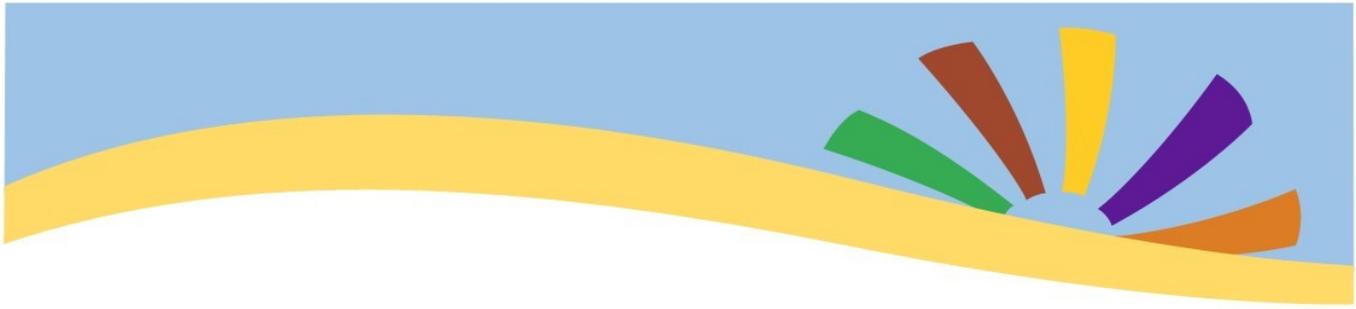
BLACK HISTORY MONTH W/BOOK READING & SIGNING

Books will be available for purchase

**THURSDAY
FEBRUARY 16, 2023
12:30-2PM**

**Judge Henry Ramsey Jr. South
Berkeley Senior Center
2339 Ellis St., Berkeley Ca**





Heart of the Matter Community Group



Heart of the Matter is a group about talking and sharing what still matters to you. This coed group is for adults 55+ who are interested in building friendship through rich and meaningful conversation about loss and change. There will be a 5 minute meditation followed by discussion. Further, topics for discussion include mortality, regret, faith, hope, and highlighting the appeal which life still offers. Lastly, the group focus is about feeling connected with one another.

Group facilitator is Den Reno, Ph.D., licensed psychologist. Den has led groups for over 35 years and receives satisfaction and oftentimes genuine happiness from being in the group experience.

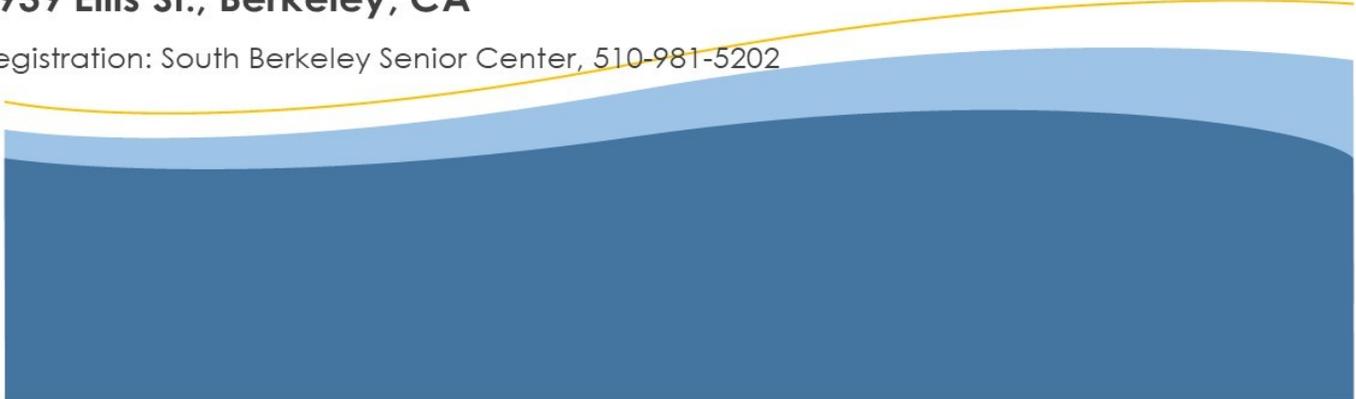
Every Thursday from February 16, 2023 through March 30, 2023

1:00pm - 2:30pm

South Berkeley Senior Center, Conference Room A

2939 Ellis St., Berkeley, CA

Registration: South Berkeley Senior Center, 510-981-5202





Health Housing, & Community
Services Department
Aging Services Division
1901 Hearst Ave
Berkeley, CA 94709
(510) 981-5200



Tri City Café Lunch Program

Lunch for members is served every Wednesday at the North Berkeley Senior Center at 11:30 AM & Thursdays at South Berkeley Senior Center while supplies last (unless otherwise noted). Reservations are recommended.

\$3 for members 60+ (suggested contribution)

\$5 cost for members 55 - 59

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