

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
FEBRUARY 2024

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

February: Senior Independence Month

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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

NATIONAL SENIOR INDEPENDENCE MONTH

National Senior Independence Month is observed every year in February. This month allows senior citizens and community members to share resources that help the elderly live independent and full lives. Encourage the elderly you know to engage with senior centers — this allows them to have higher levels of health, social interaction, and life satisfaction.



National Senior Independence Month is about helping senior citizens find ways to live a dignified and happy life with the help of those around them. You might be familiar with how to create an environment of self-sufficiency for elder members at home. But how as a community do we ensure that every senior citizen is given the same opportunity? A senior citizen-focused lifestyle should be of concern to local administrative bodies. You can take up simple steps to ensure that public spaces are accessible to the elderly.

Simple changes to infrastructure — such as adding elevators and ramps can improve their quality of life several folds. Dedicated medical care, extra protection from the police, and accessible public spaces can be the first steps toward creating an inclusive society. Old age homes, retirement plans, and senior centers are a great way to create communities where senior citizens can participate, meet like-minded people, and share their interests and concerns. People, especially senior citizens, require a strong sense of community to be supported.

The advent of technology has also helped senior citizens become independent. Although it takes time to master new gadgets and technology, with some help and information, they can help the elderly look for and share information, and manage their day-to-day life. The availability of technology helps senior citizens monitor their health, take control of their assets, and keep in touch with their loved ones. National Senior Independence Month is a great time to make the elderly feel loved and valued. When we care for the previous generations, the future generations also learn to care for us.

Center for Independent living Residential Access program can assist with obtaining ramps, grab bars, hand rails and much more if eligible

[Residential Access](#) | [Center for Independent Living \(thecil.org\)](#) or call 510-841-4776

Important Dates to Remember!
Berkeley Senior Centers will be CLOSED
February 6th for a Department wide staff event
February 12th for Lincoln's Birthday
February 19th for Washington's Birthday

FEBRUARY WORD SEARCH

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

Achievements Amethyst Ancestry Aquarius Awareness Birding Black History
Candy Chocolates Civil Rights Dedication Dollar Douglass Federal Holiday
Flowers Groundhog Halftime Hearts Historical Figures Honor Iris Kindness
Leap Year Lincoln Love Lunar New Year Movement Nonviolence Observance
Pioneers Pisces Plantation Primrose Red Hots Resistance Rosa Parks Roses
Statehood Super Bowl Teddy Bear Valentine Violet Washington

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is a leading cause of death in America. While certain risk factors are genetic, many risk factors are preventable. Risk factors such as high blood pressure and high cholesterol can be managed with lifestyle changes and medication. Changing to our food choices, being active, and managing stress can have a large impact on our heart health, even with existing risk factors.

Below are some tips to get you on your way to a healthier heart!



MAKE HEALTHY FOOD CHOICES

- EAT MORE FRUITS, VEGETABLES, WHOLE GRAINS & LEGUMES. ONE HALF OF YOUR PLATE SHOULD BE FRUITS AND VEGETABLES.
- EAT FISH SUCH AS SALMON, LAKE TROUT, MACKEREL, AND ALBACORE TUNA 2 TIMES PER WEEK
- LEGUMES (BEANS, PEAS, LENTILS) ARE A GREAT SOURCE OF FIBER AND PROTEIN.THEY ARE HEART HEALTHY AND AFFORDABLE!
- EAT LESS FOODS WITH ADDED SUGARS, SALT AND FAT.
- LIMIT YOUR INTAKE OF SATURATED FAT AND AVOID TRANS FATS.

BE ACTIVE

- REGULAR PHYSICAL ACTIVITY OF MODERATE INTENSITY LOWERS BLOOD PRESSURE AND HELPS OUR BODIES CONTROL STRESS AND WEIGHT. AIM FOR ABOUT 15-20 MINUTES A DAY.
- BEING ACTIVE COMES IN MANY FORMS: GO FOR A WALK, PRACTICE BALANCING/ STRETCHING EXERCISES-- WHATEVER WORKS BEST FOR YOU!

MANAGE STRESS

- MEDITATION, YOGA, WALKING, PING PONG, AND LISTENING TO MUSIC ARE JUST A FEW EXAMPLES. FIND AN ACTIVITY YOU ENJOY THAT HELPS REDUCE LIFE'S STRESSES.

AVOID SMOKING

- SMOKING IS A RISK FACTOR FOR HEART DISEASE

SOURCES: <https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease/hypertension/love-your-heart-love-your-food>, www.heart.org
<https://www.heart.org/en/around-the-aha/reclaim-your-health-during-american-heart-month-in-february>

MEAL PROGRAM MENU

*****The Berkeley Senior Centers will no longer take reservations for lunch starting in February and will be first come first serve*****

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

LOCATION: South Berkeley Senior Center
WHEN: Mondays: 11:15am-12:15pm
 Tuesdays: 11:15am-12:15pm
 Thursdays: 11:15am-12:15pm

Other Tri-City Café locations outside of

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 12:00pm

FEBRUARY 2024 NBSC & SBSC CAFÉ DINE-IN MENU

MONDAY-SBSC/ASC/ESC	TUESDAY SBSC/ASC/ESC	WEDNESDAY NBSC/ASC/ESC	THURSDAY SBSC/ASC/ESC	FRIDAY NBSC/ASC/ESC *Deli Lunch Special*
+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk.	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging. Menu is subject to change without notice.		1 Black History Month Oven "Fried" Chicken with Gravy Creamy Mashed Potatoes Seasoned Collard Greens +* Cornbread Peach Cobbler	2 Chicken Caesar Salad+* Vegetable Minestrone French Bread with Butter Fruit Cocktail Cookie
5 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry Steamed White Rice Pineapple Cup+ Higher Sodium Meal	6 SBSC CLOSED, ASC and ESC OPEN Latin Roast Pork Yellow Rice Cuban-style Black Beans Pineapple Coleslaw+* Seasonal Fresh Fruit	7 Chicken and Sausage Gumbo Cornbread Potato Salad+ Ambrosia 	8 Lunar New Year! Soy Sauce Chicken Bok Choy & Mushrooms Steamed Rice Fortune Cookie Seasonal Fresh Citrus+ Higher Sodium Meal 	9 Tuna Salad Sandwich on Whole Wheat Bread Wedge Salad with Tomatoes Cucumbers, Cheese Crumble and Thousand Island Dressing Seasonal Fresh Citrus+
12 BERKELEY SENIOR CENTERS CLOSED ONLY ALBANY AND EMERYVILLE CENTERS OPEN White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	13 Beef Burgundy Smashed Red Potatoes+ Manhattan Blend Vegetables+ Whole Wheat Roll and Butter Seasonal Fresh Fruit	14 Happy Valentine's Day! Fish Chowder Oyster Crackers Creamy Coleslaw+* Banana Heart Cookie 	15 Chicken Alfredo (Breast) Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables+* Green Salad with Dressing (Caesar or Balsamic Vinaigrette) Fruit Cocktail	16 Egg Salad (w/olives) Sandwich Soft French Roll Butternut Squash Soup+ Berry Yogurt Parfait Small Sun Chips
19 ALL SENIOR CENTERS CLOSED Washington's Birthday 	20 Beef and Bean Chili Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Warm Apple Crisp	21 Southwest Chicken Vegetable Soup Garden Salad with Carrots* & Dressing Whole Wheat Roll Seasonal Fresh Citrus+	22 Jambalaya+* with Brown Rice Collard Greens+ Garden Salad with Dressing Peaches	23 Lemony White Bean Soup with Turkey and Greens+* Italian Chopped Salad with Vinaigrette+ Sourdough Roll Banana
26 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Seasonal Citrus+ Higher Sodium Meal	27 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Bread & Butter Seasonal Fresh Fruit	28 Chicken-Lentil Curry Soup Creamy Coleslaw+* Whole Wheat Roll Seasonal Fresh Fruit	29 Mexican Picadillo* (Ground beef & Potato stew) Cilantro Brown Rice Sautéed Summer Squash+* Carrot, Cabbage & Onion Slaw+* Cinnamon Applesauce cup	

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 that has pre-registered will be denied lunch Service due to inability to contribute)

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
Tuesday	3/5	9:30 AM- 4:30 PM	**	Legion of Honor	FREE	On Your Own

Legion of Honor:

The Legion of Honor in Lincoln Park make up one of 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.



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 *Eight (8) Passengers. 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 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	2/7	Berkeley Bowl (West) (Limited to 3 passengers)	2:30pm-4:30pm
Friday	2/9	CVS (Limited to 3 passengers)	2:30pm-4:30pm
Wednesday	2/14	Safeway (Limited to 3 passengers)	2:30pm-4:30pm
Wednesday	2/21	Costco (Richmond) (Must bring membership card)	2:30pm-4:30pm
Friday	2/23	Berkeley Bowl (West) (Limited to 3 passengers)	2:30pm-4:30pm
Wednesday	2/28	CVS (Limited to 3 passengers)	2:30pm-4:30pm
Wednesday	3/6	Berkeley Bowl (West) (Limited to 3 passengers)	2:30pm-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 February 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	2/20	9:30am-4:30pm	**	Jelly Belly Factory (Fairfield)	Free	On Your Own
Tuesday	2/27	9:30pm-4:30pm	***	Hard Knox (San Francisco)	Free	Menu Prices

Jelly Belly (Fairfield)

Retail store featuring the famous jelly beans and tours of the factory.

Hard Knox (San Francisco)

Easygoing bistro serving fried chicken, gumbo, catfish, collard greens & other Southern specialties.



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 *Eight (8) Passengers. 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 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 shopping is between 1 p.m. and 1:45 p.m. Shopping time in the store is limited to 1 to 1.5 hours.

Day	Date	Where	Time
Monday	2/5	El Cerrito Plaza (3 passenger limit)	2:00pm-4:30pm
Thursday	2/8	Costco (Must bring (3 passenger limit) (Must bring Costco membership card)	2:00pm-4:30pm
Thursday	2/15	Berkeley Food Network (3 passenger limit)	2:00pm-4:30pm
Thursday	2/22	Dollar Tree/Walgreens(3 passenger limit)	2:00pm-4:30pm
Monday	2/26	Sprouts (3 passenger limit)	2:00pm-4:30pm
Monday	3/4	99 Ranch Market (3 passenger limit)	2:00pm-4:30pm
Thursday	3/7	Berkeley Food Network (3 passenger limit)	2:00pm-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
Fridays 11:45 AM—12:45 PM
Classroom: Aspen Room

South Berkeley Senior Center
Mondays 11:30 AM—12:30 PM
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

CAREGIVERS CORNER

Caregivers are the unsung heroes who pour their hearts into others, often neglecting their own needs. Valentine's Day, with its focus on love and appreciation, can be a perfect opportunity for caregivers to show themselves some much-deserved TLC.



Here are some ways caregivers can care for themselves on Valentine's Day:

Prioritize Self-Care:

Plan ahead: Secure respite care or arrange with family/friends to watch your loved one for a few hours. This precious time is yours to reclaim.

Indulge in relaxation: Treat yourself to a spa day, massage, or meditation session. Even a long, hot bath with a good book can work wonders.

Move your body: Go for a solo walk, take a yoga class, or dance to your favorite music. Physical activity releases endorphins that boost mood and reduce stress.

Nourish your soul: Read a book, write in a journal, listen to calming music, or spend time in nature. Find activities that bring you joy and peace.

Connect with loved ones: Schedule a virtual call with friends or family who understand your journey. Laughter and positive connections can be incredibly restorative.

Celebrate your Uniqueness:

Treat yourself to something special: Get that book you've been eyeing, buy a beautiful bouquet for your home, or splurge on a luxurious bathrobe.

Dress up for yourself: Put on your favorite outfit, do your hair, and wear your smile. Feeling confident can instantly lift your spirits.

Cook a delicious meal for one: Experiment with a new recipe or indulge in your comfort food. Savor the flavors and enjoy the quiet peace of a solo meal.

Remember your "why": Reflect on the reasons why you became a caregiver. Reminding yourself of the positive impact you make can bring a renewed sense of purpose and motivation.

Bonus Tips:

Accept help: Don't be afraid to ask for assistance from others. Let family, friends, or neighbors lend a hand, even if it's just running errands or doing household chores.

Set boundaries: Learn to say "no" and prioritize your own needs. You can't be a good caregiver if you're running on empty.

Seek professional help: If you're feeling overwhelmed or struggling with stress, don't hesitate to talk to a therapist or counselor.

Remember, caregiver self-care isn't a luxury, it's a necessity. By taking care of yourself, you'll be better equipped to provide quality care for your loved ones and live a more fulfilling life. Happy Valentine's Day

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 CURBSIDE PICKUP at the Berkeley Senior Centers
No Distributions on Holidays

North Berkeley Senior Center Dates: 1st & 3rd Friday's : 2/02/24 & 2/16/24 from 1PM - 3:00PM

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 2/02/24 & 2/16/24 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.

February pantry date: 2/5/24

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

Winter Wellness with Azizi Traylor

Day & Date: Wednesday February 7th
Time: 10:30 am
Location: TBD

Cooking Matters by 18 Reasons

Day & Date: Thursdays until February 22nd
Time: 10:30 am-12:30 pm
Location: Dining Room

Description: 18 Reasons is a nonprofit cooking school on a mission to empower our community with the confidence and creativity needed to buy, cook, and eat good food every day. The class are limited to 15 persons max, first come first serve and is mandatory to attend each class for 6 weeks.

HICAP Info Table

Day & Date: Wednesday, February 21st
Time: 10:30 am-12:30 pm
Location: Center Lobby

Description: Onsite HICAP tabling with information on Medicare beneficiaries about Medicare, supplemental insurance, prescription drug plans, and more.

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.

Valentine's Day Party! sponsored by the NBSC Coffee Bar

Day: Wednesday February 14th
Time: 1pm- 3 pm
Location: Aspen Room

Description: Live performance by The Jazz Therapist Band. Cake and light refreshments will be served.



Chinese New Year Celebration! sponsored by the NBSC Coffee Bar

Day: Friday February 23th
Time: 1pm- 3 pm
Location: Aspen Room

Description: Immerse yourself in the vibrant sounds of Chinese music and culture, enjoy live entertainment and tasty treats . Don't forget to wear red for good luck!



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, 2/2/24 & 2/16/24 (Every 1st & 3rd Friday)
Time: 1pm - 3pm
Location: Dining Room

MUST BE REGISTERED WITH MERCY BROWN BAG



Medicare 101 Workshop * Upcoming Event!*

Day: Monday, March 4, 2024
Time: 10am- 3 pm
Location: Fuchsia Room

Description: Join Michael Perrilliat for a free and informative Medicare workshop to learn about when to enroll, what your options are, and how much everything costs.

South Berkeley Senior Center

Events & Presentations

Brown Bag Program donated by Mercy Retirement Care Center

Day & Date: Fridays, 2/2/24 & 2/16/24 (Every 1st & 3rd Friday)

Time: 11am - 2pm

Location: Lobby

Neighborhood Pantry

Day & Date: Monday 2/5/24

Time: 2:00pm - 3:00pm

Location: Multipurpose Room

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



Mindfulness Monday presented by the Wright Institute

Day & Date: Monday, 2/5, 2/26, 3/4, 3/11, 3/18, & 3/25

Time: 1pm - 2:30pm

Location: Conference Room

Description: A group to learn & practice mindfulness stress-based reduction techniques to improve well-being, lower anxiety & stress. Free for Berkeley residents or \$10/per session for non-residents.

Winter Wellness

Day & Date: Tuesday, 2/6/24

Time: 10:00am - 11:00am

Location: Conference Room

Description: Learn coping skills to beat the winter blues.

HICAP Counseling

Day & Date: Tuesdays, 2/6, 2/13, 2/20, 2/27 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.

Trip Planning Committee

Day & Date: Thursday, 2/8/24

Time: 10:30am - 11:00am

Location: Office A

YMCA Digital Literacy 10-week series

Day & Date: Thursday, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16

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, and mobile apps.

Valentine's Day Pizza and Ice Cream Party hosted by SBSC Advisory Council

Day & Date: Wednesday, 2/14/24

Time: 12:00pm - 2:00pm

Location: Dining Room



Free Blood Pressure Check

Day & Date: Thursday, 2/15/24

Time: 10:30am - 12pm

Location: Multi-purpose Room

Driver Safe, Drive Longer presented by Berkeley Police Department Traffic Bureau

Day & Date: Thursday, 2/8/24

Time: 10:00am - 12:00pm

Location: Conference A Room

Description: Learn tips to keep your driving skills sharp and stay in the driver's seat.



Black History Month Celebration

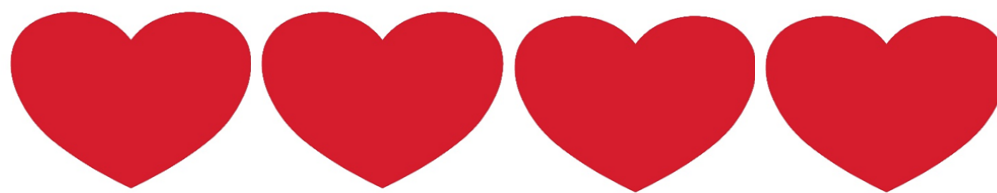
Day: Thursday, 2/29/24

Time: 12:30pm-2:30pm

Location: Multipurpose Room

Description: Shona Music of Zimbabwe by Erica Azim, Erica's presentation will include a performance, discussion, and a short period of instruction at the end for those who want to stay and try playing the mbira instrument.

For more information, click this link: <https://mbira.org/about-us/erica-azim/>.



South Berkeley Senior Center Advisory Council

VALENTINE'S DAY PIZZA

&

ICE CREAM PARTY

Wednesday, February 14, 2024

12:00pm – 2:00pm

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

Ukulele Circle

North Berkeley Senior Center

The North Berkeley Ukulele Circle is a class for beginning and Intermediate ukulele players who want to develop their skills and play ukulele in a fun and supportive environment.

We hope to work towards holiday performances.

Novices welcome!

Every Thursday Starting February 1st in the Deergrass room

10:30AM-12:30PM

Please bring your own ukulele, we will help tune it if needed,
if you don't own one, we'll give you suggestions on what and where to get one.

Game Day at The North Berkeley Senior Center!



Join us every Wednesday from 10 am to 12 pm in the Foxtail Lounge at the North Berkeley Senior Center for an engaging morning filled with a variety of games, including Backgammon, dominos, chess, cards and Pool! Don't miss out on the fun! Board games benefit seniors with mental stimulation, and a fun and engaging time with others.

North Berkeley Senior Center

Wednesday 10am-12pm

Foxtail Lounge

Call 510-981-5190 for more information

Guided Autobiography Group

Reminisce and write about your life from birth to the present in a supportive group. Explore key events, turning points, losses and joys. Each week focuses on a theme of your life such as family, health, and spirituality. Between meetings, participants write 2 pages on the theme and then share it with the group.

Fridays 10AM-12 PM

Starting February 9th

Call 510-239-2017 to register now! (Must be 55+)

Drive Safer Drive Longer



**Want to know how to keep your driving skills sharp
and stay in the driver's seat?**

The Berkeley Police Department, Traffic Bureau experts
have information to share on these topics:

- How health conditions impact driving
- Tips to avoid risky situations on the road
- Vehicle comfort and safety
- DMV licensing procedures and services
- Resources to promote safe driving

Date: Thursday, February 8, 2024

Time: 10:00 AM

Location: South Berkeley Senior Center

2939 Ellis Street

Berkeley, CA 94703

Please RSVP by calling (510) 981-5984

Funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration



TREDs
TRAINING, RESEARCH AND EDUCATION
FOR DRIVING SAFETY

MP

INSURANCE SERVICES

Medicare 101 Workshop

Join us for a free and informative Medicare workshop to learn about when to enroll, what your options are, and how much everything costs.



Michael Perrilliat

Health Insurance Agent

License#: 0A97726

(510) 648-8179

Call (510) 648-8179 to RSVP



**March 4, 2024
10:00 AM - 12:00 PM**



**North Berkeley Senior Center
1901 Hearst Avenue
Berkeley, CA 94709**



Not affiliated with the U.S. government or federal Medicare program. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

MULTIPLAN_F13_0423_M



CULTIVATING CALM

A MINDFULNESS GROUP

**8 SESSIONS (DROP INS
WELCOME FOR FIRST
SESSION, MUST REGISTER
BY SECOND SESSION)
2/23, 3/1, 3/8, 3/15, 3/22,
3/29, 4/19, 4/26**

Feeling stressed? Experiencing pain? Want to feel grounded in your body? Join us for Cultivating Calm, an 8 week mindfulness group for older adults (55+). Come learn about and practice Mindfulness Based Stress Reduction techniques that can help increase well-being and lower symptoms of stress and anxiety.

📍 **NORTH BERKELEY SENIOR CENTER**
1901 HEARST AVE., BERKELEY, CA, 94709

🕒 **FRIDAYS | 10:11:30AM**

💰 **\$40 TO REGISTER (\$5/SESSION)
FREE FOR BERKELEY RESIDENTS**

CONTACT OUR GROUP LEADERS FOR MORE DETAILS:

MAIJA ASSEF

✉ **MASSEF@SECURE.WI.EDU**
☎ 510.239.2017 EXT 705

JONATHAN VASQUEZ

✉ **JVASQUEZ@SECURE.WI.EDU**
☎ 510.239.2017 EXT 714



**WRIGHT INSTITUTE
OLDER ADULT CLINIC**

FEBRUARY 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
Memoir Reading Group	Monday	11:00 AM	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
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
PEER Group Support by CIL	Wednesday	10:00 AM	11:00 AM	FREE	Gooseberry Room
Pool, Backgammon, Cribbage, Dominoes, Majong	Mon/Wed/Thurs/Fri	9:00 AM	3:45 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
Advanced Line Dance	Wednesday	11:00 AM	12:00 PM	FREE	Aspen Room
Living Well Workshop by CIL	Wednesday	11:00 AM	12:00 PM	FREE	Gooseberry 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 *New Class*	Thursday	10:30 AM	12:30 PM	Donation	Deergrass Room
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
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

NORTH BERKELEY SENIOR CENTER Continued. Pg 2

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
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	Aspen Room
Zumba by Jam4Joy	Friday	11:30 AM	12:30 PM	Donation	Aspen 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
WRAP (Wellness Recovery Action Plan)	Friday	1:00 PM	3:00 PM	FREE	Fuchsia Room

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
Zumba by Jay4Joy	Monday	11:30 AM	12:30 PM	Donation	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
Zumba by Jay4Joy *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/456G6R12z1dIH9J96
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/5185167766?pwd=V3ozdWt5ODQsSXRkV3hhGV3WkR1OTp9



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 11:15A.M. AT SBSC
WEDNESDAYS & FRIDAY AT 11:30 A.M. AND AT 12:30 P.M. AT NBSC.

PLEASE CALL IN ADVANCE TO RESERVE A LUNCH!

WHILE SUPPLIES LAST (UNLESS OTHERWISE NOTED). RESERVATIONS ARE RECOMMENDED.
\$3 FOR MEMBERS 60TH (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