

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
MARCH 2025

BERKELEY SENIOR CENTER NEWSLETTER



THE NUGGET

March: Springing into Fitness 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

SPRINGING INTO FITNESS

Springing into Fitness: Gentle Exercises for Seniors to Welcome the Season

As the days grow longer and the weather warms up, spring is the perfect time for seniors to embrace a renewed focus on fitness. After months of colder weather and indoor activities, the season offers an opportunity to step outside, breathe in the fresh air, and engage in gentle exercises that boost physical health, mental well-being, and overall vitality. Whether you're a seasoned fitness enthusiast or just starting your journey, here are some tips and activities to help you spring into fitness this season.

Why Spring is the Ideal Time to Focus on Fitness

Spring symbolizes renewal and growth, making it an excellent time to reevaluate your health and wellness goals. For seniors, regular physical activity can improve mobility, balance, strength, and cardiovascular health. It also helps reduce the risk of chronic conditions like arthritis, diabetes, and heart disease. Additionally, exercising outdoors in the sunshine can boost your mood, thanks to the natural dose of vitamin D and the uplifting effects of nature.

Gentle Exercises to Try This Spring

Walking is one of the simplest and most effective forms of exercise. Start with a 10-15 minute walk around your neighborhood or a local park, and gradually increase your time as your stamina improves. Gentle yoga or stretching can improve flexibility and reduce stiffness, while gardening offers light exercise and a sense of accomplishment. Tai Chi

is another excellent option, focusing on slow, flowing movements that enhance balance and mental focus. For those with access to a pool, water aerobics provides a low-impact workout that's easy on the joints. Finally, light strength training with dumbbells or resistance bands can help maintain muscle strength and support mobility.

Tips for Staying Safe While Exercising

Before starting any new exercise routine, consult your healthcare provider, especially if you have existing health conditions. Always begin with a gentle warm-up and end with a cool-down to prevent stiffness. Stay hydrated, wear supportive footwear, and listen to your body—stop any activity that causes pain or discomfort.

Making Fitness Fun and Social

One of the best ways to stay motivated is to make fitness enjoyable. Invite a friend to join you for a walk, sign up for a group class, or participate in community events like charity walks or outdoor yoga sessions. Socializing while exercising can make the experience more rewarding and help you stay consistent.

Embrace the Season of Renewal

Spring is a time of new beginnings, and there's no better way to celebrate than by prioritizing your health and well-being. By incorporating gentle exercises into your routine, you can improve your physical fitness, boost your mood, and enjoy all that this vibrant season has to offer. So, lace up your shoes, step outside, and let the beauty of spring inspire you to move, grow, and thrive!

**The Berkeley Senior Centers will be closed on:
Monday, March 31st in Observance of Cesar Chavez Day**

MARCH WORD FINDER

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

Alliance Amplify Aquamarine Aries Ash Wednesday Botanical Butterflies Cabbage
Cherry Blossom Connection Contribution Courage Corned Beef Daffodil
Daylight Savings Equinox Fat Tuesday Flowers Gardening Honor Ides of March Irish
Lucky Charms Mardi Gras Nature Pisces Planting Promote Recognition Reigniting
Respect Rosemary Seeds Shamrock Spring Cleaning St. Patrick Strength Transplant
Women's History Women's Suffrage Women's Rights



NORTH BERKELEY SENIOR CENTER FIELD TRIPS

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

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

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

* = Light Walking

* * = Moderate Walking

* * * = Heavy Walking

LEAVING NORTH BERKELEY SENIOR CENTER

CALL (510)981-5190 TO REGISTER

Date:		Time	Score	Field Trip	Cost	Lunch Cost
Tuesday	3/11	9:00 am - 4:00 pm	***	Bay Model Museum & Sausalito Boardwalk	Free	On Your Own
Thursday	3/13	9:00 am - 4:00 pm	***	Napa Riverfront and Oxbow Market	Free	On Your Own
Tuesday	3/18	9:00 am - 4:00 pm	***	Filoli Historic House & Gardens (Woodside)	Free EBT/ Seniors \$37	On Your Own
Thursday	3/20	9:00 am - 4:00 pm	**	Lindsay Wildlife Experience/ Broadway Plaza	\$3 EBT/ Seniors \$15	On Your Own
Monday	3/24	9:00 am - 4:00 pm	**	Japanese Tea Garden (SF)	Free EBT/ Seniors \$7	Bring Your Own
Tuesday	3/25	9:30 am - 4:00 pm	**	Japantown (SF)	Free	On Your Own
Thursday	3/27	8:30 am - 4:00 pm	*	SF Symphony: Open Rehearsal	Free	On Your Own
Tuesday	4/1	9:00 am - 4:00 pm	**	de Young Museum/California Academy of Science	Free (de Young)/\$3 EBT or \$36 Seniors (CAS)	Bring Your Own
Thursday	4/3	9:00 am - 4:00 pm	**	The Gardens at Heather Ridge/Broadway Plaza	Free	On Your Own

NORTH BERKELEY SENIOR CENTER SHOPPING TRIPS

SHOPPING AND FIELD TRIPS Guidelines

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

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

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

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

Day	Date	Where	Time
Monday	3/10	Costco (Richmond/Must Have Membership)	8:30 am - 12:00 pm
Monday	3/10	Walmart (Martinez)	12:30 pm - 4:00 pm
Wednesday	3/12	Target (Albany)	1:30 pm - 4:00 pm
Friday	3/14	Safeway (\$5 Fridays)/CVS	1:30 pm - 4:00 pm
Monday	3/17	Grocery Outlet (Richmond)	8:30 am - 12:00 pm
Monday	3/17	Costco (Richmond/Must Have Membership)	12:30 pm - 4:00 pm
Wednesday	3/19	Berkeley Bowl West	1:30 pm - 4:00 pm
Wednesday	4/2	Monterey Market	1:30 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

Every Wednesdays 10am-12 pm.

Meeting at the North Berkeley Senior Center lobby

Call Buddy Activist at **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. *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	3/12	9:00am - 4:00pm	***	Pier 39 San Francisco	Free	On your own
Friday	3/14	10:00am - 4:00pm	**	Aqua Terra Grill & Blake Gardens	Free	Menu Prices
Saturday *On your own Transportation*	3/15	11:00am - 6:00pm	**	Dance Theatre of Harlem/ Hoffman Theatre Walnut Creek	\$35	Will stop for dinner before show
Wednesday	3/19	9:00am - 4:00pm	***	Coit Tower/ North Beach SF	\$7	On your own/ Menu Prices
Friday	3/21	11:00am - 3:30pm	**	UCB Botanical Gardens	65+ \$12/ EBT \$3	Bring your own
Wednesday	3/26	9:00am - 4:00pm	***	Japan Town/ SF	Free	On your own
Friday	3/28	9:00am - 3:30pm	**	Hayward Japanese Gardens	Free	Lunch at IHOP or Elios/ Menu Prices
Wednesday	4/2	9:00am - 3:30pm	**	Vacaville Outlets	Free	Menu Prices Original Mel's Diner
Friday	4/4	9:00am - 3:30pm	**	Sam's Chowder/ Pacifica	Free	Menu Prices
Tuesday	4/8	9:00am - 4:00pm	***	SF Botanical Gardens/ Golden Gate Park	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 *Eight(8) Passengers. Both shopping and field trips are offered on a first come first served basis trip requests left on voicemail cannot be accepted . You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing Covid19 safety protocols of 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	3/10	Costco (Richmond/ Membership required)	2:00 - 4:30pm
Tuesday	3/11	El Cerrito Plaza	2:00 - 4:30pm
Thursday	3/13	99 Ranch Market (Richmond)	2:00 - 4:30pm
Monday	3/17	Dollar Tree/ Walgreens	2:00 - 4:30pm
Tuesday	3/18	Sprouts (Albany)	1:30 - 3:30pm
Thursday	3/20	Target (Emeryville)	2:00 - 4:30pm
Monday	3/24	Berkeley Food Pantry	2:00 - 4:30pm
Tuesday	3/25	Koreana Plaza Market (Oakland)	2:00 - 4:30pm
Thursday	3/27	Grocery Outlet	2:00 - 4:30pm
Tuesday	4/1	Las Montañas Supermarket/ San Pablo	2:00 - 4:30pm
Thursday	4/3	Costco (Richmond/ Membership Required)	2:00 - 4:30pm

MARCH 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.

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

Other Tri-City Café locations outside of Berkeley

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

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

MARCH

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ <i>Higher Sodium Meal</i></p>	<p>4 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Peaches</p>	<p>5 <i>Soup is a large 12 ounces</i> Thai Fish Curry Soup+ Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fruit Cup (pears, peaches, cherries)</p>	<p>6 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+)- no crouton Vanilla Yogurt and Berry parfait+</p>	<p>7 Turkey and Cheese Croissant Sandwich <i>Condiment packets available</i> Cucumber Salad Potato Salad+ Fresh Seasonal Pear</p>
<p>10 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+ <i>Higher Sodium Meal</i></p>	<p>11 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+ French Roll & Butter</p>	<p>12 <i>Soup is a large 12 ounces</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Pineapple Chunks+</p>	<p>13 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad* Whole Wheat Bread & Butter Applesauce (Vit C Fortified) +</p>	<p>14 Tex-Mex Chicken Taco Salad (chicken, romaine let- tuce mix, corn, black beans, bell pepper) +* Tortilla Chips Vegetable Tortilla Soup (8 oz) Banana</p>
<p>17 Happy St. Patrick's Day! Corned Beef Braised Green Cabbage+* Braised Carrots* Whole Wheat Bread Kiwi+ <i>Higher Sodium Meal</i></p> 	<p>18 Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana</p>	<p>19 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+</p>	<p>20 Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Spinach* Fresh Citrus Cutie+</p>	<p>21 Turkey & Cranberry Pinwheel Sandwich Garden Salad (Romaine)+ with Vinaigrette Sun chips Fresh Apple or Pear</p>
<p>24 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad with Shredded carrots & Cilantro Lime Dressing Steamed Rice Blend (Half Brown) Applesauce (Vit-C fortified) + <i>Higher Sodium Meal</i></p>	<p>25 Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Pineapple Coleslaw+* Warm Peach Crisp</p>	<p>26 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Seasonal Citrus Cutie+</p>	<p>27 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple and Vanilla Greek Yogurt Parfait+</p>	<p>28 Tuna Salad Sandwich on Whole Wheat Lettuce Leaf & Tomato <i>Condiment packets available</i> Chopped Vegetable Salad (cucumber, bell pepper, onion, tomato) + Ambrosia</p>
<p>Senior Centers Closed</p>  <p>Cesar Chavez Day</p>				

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

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

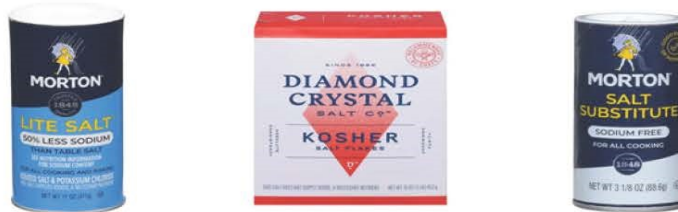
Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.

NATIONAL NUTRITION MONTH

MORE ON SALT: ANSWERING QUESTIONS FROM OUR PARTICIPANTS



Several people had questions after our Nugget article about salt and sodium. Here are answers to common questions.



Is Kosher Salt Better Than Traditional Salt?

Kosher salt, by weight, has the same amount of sodium as traditional salt. However, by volume, or by teaspoon, it has LESS sodium (because there is more air between the crystals). A teaspoon of regular salt has about 2300 mg of sodium—your daily recommended maximum—while a teaspoon of Kosher salt has about 1900 mg of sodium—with the same flavor. Be aware that Kosher salt has no iodine added.

Is Pink Salt, or Himalayan Salt, Better than Traditional Salt?

Pink Salt and Real Salt claim to have added minerals. They have such small amounts of added minerals that it is not worth the added cost if that is your reason for purchasing it. For you to get even 10% of the required additional minerals you might need up to 100 teaspoons of this salt.

Is Potassium Salt Better than Traditional Salt?

Many people now are aware that lower sodium combined with higher potassium in our diet helps to lower blood pressure. Some people are switching from sodium chloride (traditional salt) to Potassium Salt as a substitute, or Lite Salt, which has ½ of the sodium in the salt substituted with potassium. The upside? Less sodium in your salt and in your diet. The downside? Potassium has a bitter flavor and can affect the flavor of your food. And too much potassium is not recommended for people on several medications, including blood pressure medications. Talk to your health care provider before switching.

But you can reduce salt in your food when cooking by other flavors, such as garlic, lemon, pepper, vinegar, onions, and herbs.

Thank you to Nutrition Action, February 2025, for their great overview.

BERKELEY RIDES FOR SENIORS & THE DISABLED

Do you need help with transportation?

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



Call 510-981-7269
or

Visit website: [Transportation Services | City of Berkeley \(berkeleyca.gov\)](https://www.berkeleyca.gov/transportation-services)



GOGO RIDES ORIENTATION

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

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

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

****Please call in advance to schedule at**

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

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

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)



HICAP provides free, unbiased Medicare counseling to anyone in Alameda County. They help Medicare beneficiaries of any age make informed choices and provide advocacy

when their health care benefits and rights are threatened or denied. If COVID-19 caused someone to lose their health insurance or reduced their income a HICAP Counselor can provide information about Medicare options. Individual phone appointments with Counselors and virtual educational presentations to groups are available throughout the county.

Call for an appointment today:

HICAP: (510) 839-0393

Onsite Counseling times:

SBSC, 1st and 3rd Tuesday, 10am - 1pm

NBSC 1st and 3rd Thursday, 12pm

TRAVEL TRAINING

LEARN HOW TO RIDE PUBLIC TRANSPORTATION SAFELY AND EFFECTIVELY

(Must be 55 years and older)

The Travel Trainer will guide you through a **TWO-DAY** course where you will learn to ride Alameda County's public transit to get where you want to go with confidence, independence, and ease. You will receive guidance and training while learning the necessary skills to ride AC Transit, BART, and other Bay Area forms of public transit.

REGISTRATION IS REQUIRED

WHEN:

North Berkeley Senior Center

March 12, 2024 - 9:00 AM - 2:00 PM

March 13, 2024 - 9:30 AM - 3:15 pm

(field trip to San Francisco)

(Part of \$40 will be used for field trip to S.F.)

Call 510-981-5193 to register



Springtime Activities for Caregivers

Make someone feel more engaged while enjoying the season with these activities.

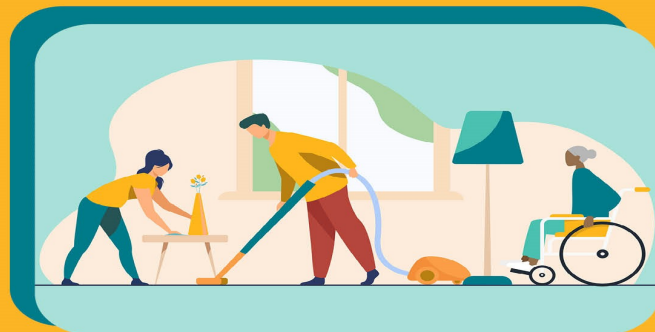


Take a walk together

A change of scenery with new flowers and clear skies can be refreshing and invigorating. A caregiver can make sure appropriate clothing and shoes are worn, that water and a snack are brought along, and that hat or sunscreen are on hand in the light of day.

Visit a local farmer's market

Talk about favorite or least favorite foods, plan a meal, soak up the sights and aromas. A caregiver can bring a shopping bag and carry any purchases as well as provide transportation to and from the market.



Tackle some spring cleaning

Whether it's decluttering and reorganizing, sweeping and mopping, or tidying up the garden beds, make this the season of clean(er). A caregiver can help with lifting items, setting up giveaway pick up service, and light house-keeping tasks.

Visit a local museum

Not all spring days are sunny so add something indoors to your schedule and learn about history or art as you explore. A caregiver can provide transportation and assistance with mobility in the museum.



For more information, visit [HWCG.com](https://www.hwcg.com)

MEAL & FOOD RESOURCES

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

Tri-City Café Lunch

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

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

Mercy Brown Bag

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

North Berkeley Senior Center Dates: 1st & 3rd Friday's : Pick up at South Berkeley Senior Center

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 3/07/25 & 3/21/25 from 11AM -2:00PM

Berkeley Meals on Wheels:

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

Albany: (510) 524-9122 Emeryville: (510) 209-1028
Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: (510) 582-1263
West Contra Costa County: (510) 412-0166

CalFresh (Formerly Food Stamps)

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

Alameda County Food Bank

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

Berkeley Food Network

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

Berkeley Food Pantry

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

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

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

March pantry date: 3/10/25

Call 510-981-5170 for more information

North Berkeley Senior Center

Events & Presentations

Free Blood Pressure Checks

Days & time: Mondays 10:00 -11:30 AM / Wednesdays 10 am - 12 pm

Location: Dining Room hallway

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**.

Tech Support provided by NBSC Volunteers

Day & Date: Wednesdays & Thursdays

Location: Front Desk

Time: Wednesday 10am-12pm / Thursday 11:30am-1:30 pm

Description: It is drop-in only with 30-minute sessions and sign-ups are on the day of for tech support. This is a volunteer-based program and If no volunteers are available, the support will be cancelled that day

Tech Support provided by Ashby Village Tech Team Volunteers

Day & Date: Thursday, March 6th, April 2nd (every first Thursday of the month)

Location: Dining Room

Time: 2pm- 3:45pm

Description: Ashby Village Tech Team Volunteers will be providing 1 on 1 tech support at the North Berkeley Senior Center. Bring your working device in a clean condition and have questions ready!

Wrap (Wellness Recovery Action Plan)

Day: Fridays

Time: 12:30 pm- 2:30 pm

Location: Fuchsia Room

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

Drive Safe, Drive Longer

Day: Thursday, March 6th

Time: 10am-12pm

Location: Poppy Room

Description: Berkeley Police Department will provide tips on how health conditions impact driving, tips to avoid risky situations on the road, vehicle comfort and safety, DMV licensing procedures and services.

RSVP by calling (510)981-5980 or emailing shill-williams@berkeleyca.gov

Pain Education Seminar by Pamela Perry

Day: Friday, March 7th

Time: 1pm - 2 pm

Location: Dining Room

Description: : Presentation on yoga to provide you with knowledge and skills that will help you change persistent pain, improve your mobility, and increase your overall sense of well-being.

Breathe, Move, Play!

Day & Date: Wednesday, March 12th from 1:00pm - 3:00pm

Location: Fuchsia Room

Description: Unmute your body. Bring in the creativity. Breath and heal your Body, Mind, and Spirit. Connect with your inner child and play! Tell a story through movement and find your own peace.

Travel Training with Chonita

Dates: Wednesday, March 12 & Thursday, March 13th

Time & Location: Wednesday, Morning Glory Room / Thursday Fox tail lounge (field trip)

Description: Two day travel training, one at NBSC Poppy room and next day is out in the field taking Bart. Lunch will be provided on field trip day. \$35 Value clipper card provided for first time participants.

Call 510-981-5193 to register.

March Birthday Party!

Day: Wednesday, March 26th

Time: 1pm- 2:30 pm

Location: Aspen Room

Description: Celebrate the March birthday party's with live entertainment the Jazz Therapist with light refreshments!

South Berkeley Senior Center

Events & Presentations

Free Blood Pressure Check sponsored by City of Berkeley Heart 2 Heart

DAY & Date: Every Thursday
Time: 10:30am - 12pm
Location: Dining Room

Wayfinders

Day & Date: Every Thursday
Time: 3:00pm - 4:30pm
Location: Conference Room A
Description: A women's addiction recovery support group.

Neighborhood Pantry sponsored by Berkeley Food Network

Day & Date: Monday, 3/10/25
Time: 2:00pm - 3:00pm
Location: Multipurpose Room
Description: Fresh produce and shelf stable food, at no cost-please bring your own bags.

HICAP Counseling

Day & Date: Tuesday, 3/4/25 & 3/18/25 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

Rebuilding Together & Gateway

Day & Date: Tuesday 3/4/25 & 3/18/25
Time: 11am - 12:30pm
Location: Dining Room
Description: Offering services to resident of Berkeley, Albany & Emeryville that range from home modifications to estate clean out for low-income older adults and people with disabilities to improve accessibility, reduce falls & increase independence.

Adult Storytime by the Berkeley Public Library

Day & Date: Monday, 3/10/25
Time: 11:00am - 11:30am
Location: Multipurpose Room
Description: Being read to is a beautiful thing at any age. Short works read aloud to you by Berkeley Public Library staff.

Quarterly Birthday Celebration

Day & Date: Thursday, 3/13/25
Time: 1:00pm - 2:00pm
Location: Multipurpose Room
Description: Calling all January, February & March Birthdays! Please join us for some birthday fun, cake & Live music performed by local Jazz quintet lead by Bob Roden.

St. Patrick's Day Bingo by Senior Avenue

Day & Date: Monday, 3/17/25
Time: 12:45pm-1:45pm
Location: Dining Room
Description: Who doesn't like a good fun game of Bingo? Come socialize & play!

Seminar on Managing Chronic Pain

Day & Date: Monday, 3/24/25
Time: 1:00 - 2:00pm
Location: Multipurpose Room
Description: Host by Yoga Therapist, Pain Care Specialist. Pamela Perry, PhD. Will share some of the scientific breakthroughs that have changed the ways that pain-care providers now think about & treat pain

Estate Planning 101

Day & Date: Tuesday, 3/25/25
Time: 10:00am - 11:15am
Location: Multipurpose Room
Description: An estate plan is essentially a set of instructions to help ensure that your wishes are followed during your life and after your death. The goal of an estate plan is to prepare for an uncertain future to ensure that your assets are organized

MARCH 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
Italian Conversation	Monday	10:30AM	12:00 PM	FREE	Gooseberry Room
Advanced Line Dance	Monday	11:00 AM	12:00 PM	FREE	Aspen Room
Brazilian Samba	Monday	12:00 PM	1:00 PM	Donation	Juniper Room
Memoir Reading Group	Monday	1:00 PM	3:00 PM	FREE	Deergrass Room
Ping Pong	Mon/Wed/Fri	1:00 PM	4:00 PM	FREE	Aspen Room
Speaking & Reading French	Monday	2:00 PM	4:00 PM	FREE	Morning Glory Room
Zumba by Jam4joy *Late Class*	Monday	5:30 PM	6:30 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Mindful Movement	Wednesday	10:00 AM	11:15 AM	Donation	Juniper Room
Breathe, Move, Play!	Wednesday	10:00 AM	11:30 AM	Donation	Fuchsia Room
Pool, Backgammon, Dominos, Mahjong	Wednesday	10:00 AM	12:00 PM	FREE	Foxtail Lounge
East Bay Senior Stroll (Call 925-628-9325 for more info)	Wednesday	10:00 AM	12:00 PM	FREE	Meet at Front desk/Lounge
Conversational French	Wednesday	10:30 AM	12:00 PM	FREE	Gooseberry Room
Moving Qi (BAS)	Wednesday	12:30 PM	2:00 PM	\$45	Juniper Room
Spanish Conversation (Intermediate Spanish Speakers)	Wednesday	1:00 PM	2:00 PM	FREE	Deergrass Room
Art Painting	Wednesday	1:00 PM	3:00 PM	FREE	Lupine Art Room
Moderated Musings	Wednesday	2:00 PM	4:00 PM	FREE	Deergrass Room
Ceramics (BAS)	Thursday	9:00 AM	4:00 PM	\$45	Lupine Art Room
Gentle Yoga (BAS)	Thursday	9:45 AM	11:30 PM	\$45	Juniper Room
Tai Chi Chih	Thursday	10:00 AM	11:00 AM	Donation	Aspen Room
Senior Support Group	Thursday	10:30 AM	12:00 PM	FREE	Morning Glory Room
Ukulele Circle	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room

North Berkeley Senior Center Continued

World Music in Motion (BAS)	Thursday	11:00 AM	12:30 PM	\$45	Aspen Room
Older & Out LGBTQ Social Gathering (1st Thursdays)	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
Reminiscence Group (ends March 27th)	Thursday	2:15 PM	3:45 PM	FREE	Morning Glory Room
Elementary Neti-Neti Meditation & Yoga	Thursday	2:30 PM	4:00 PM	FREE	Gooseberry Room
Tap Dance Class	Friday	9:00 AM	11:00 AM	FREE	Aspen Room
Chinese Art Painting	Friday	9:00 AM	12:00 PM	FREE	Lupine Art Room
Iyengar Yoga (BAS)	Friday	9:45 AM	11:45 AM	\$45	Juniper Room
Beginning Tap Instruction	Friday	11:00 AM	11:30 AM	FREE	Gooseberry Room
Chinese Karaoke	Friday	12:00 PM	3:00 PM	FREE	Deergrass Room
Peers Wellness Group	Friday	12:30 PM	2:30 PM	FREE	Gooseberry Room
Move Free with Alexander Technique (Ends 3/28)	Friday	1:00 PM	2:00 PM	Donation	Juniper Room
Older & Out LGBTQ + Support Group (Registration required)	Friday	1:00 PM	3:00 PM	FREE	Poppy Room
Beginning Weight Training for Seniors	Friday	2:30 PM	3:30 PM	FREE	Juniper Room
Guided Autobiography Group (Pre-registration Required)	Friday	2:00 PM	4:00 PM	FREE	Morning Glory Room

MARCH SCHEDULE OF CLASSES / RECREATIONAL ACTIVITIES / SUPPORT GROUPS

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

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
Dominoes, Pinochle	Mon/Tues/Wed/Thurs	9:00 AM	3:45 PM	FREE	Lounge
Pool	Mon/Tues/Wed/Thurs	9:00 AM	3:45 PM	FREE	Pool Room
Open Computer Lab	Mon/Tues/Wed	9:00 AM	3:45 PM	FREE	Computer Lab
Open Ceramics Lab	Monday	9:00 AM	12:00 PM	FREE	Ceramics/ Art Room
Yoga For Seniors (Zoom Class)	Monday	10:00 AM	11:30 AM	\$45	Contact: bridget.frederick@gmail.com
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	Dining Room
Ceramics (BAS)	Monday	12:30 PM	3:30 PM	\$70	Ceramics/Art Room
Ukulele & Singing	Monday	1:00 PM	3:00 PM	FREE	Sewing Room
Open Ceramics Lab	Tues/Wed/Thurs	9:30 AM	3:45 PM	FREE	Ceramics/ Art Room
Clutterers Anonymous	Tuesday	10:00 AM	11:30 AM	FREE	Conference Room A
Soul Line Dancing	Tuesday	1:00 PM	2:30 PM	Donation	Multipurpose Room
Ming Tree & Crochet Class	Tuesday	12:30 PM	3:00 PM	FREE	Sewing Room
Quilting with Fern (meets on 3/12, 3/19 & 3/26)	Wednesday	10:00 AM	1:00 PM	FREE	Sewing Room
Chinese Water & Oil Painting Class	Wednesday	10:00 AM	12:00 PM	Donation	Conference Room A
Folk Dancing	Wednesday	10:00 AM	11:30 AM	FREE	Multipurpose Room
Tai Chi	Wednesday	11:45 AM	12:45 PM	FREE	Multipurpose Room
Wellness Dance	Wednesdays	1:00 PM	2:00 PM	FREE	Multipurpose Room
Toning Class by Jam4Joy *Late Class*	Wednesday	5:00 PM	5:45 PM	Donation	Multipurpose Room
Zumba by Jam4Joy *Late Class*	Wednesday	6:00 PM	7:00 PM	Donation	Multipurpose Room
Yoga (Zoom Class)	Thursday	8:30 AM	9:45 AM	Donation	Zoom Link: https://forms.gle/456G6R12z1dJH9J96
Tap Dance	Thursday	9:00 AM	11:00 AM	FREE	Multipurpose Room
Inspirational Hour	Thursday	10:00 AM	11:30 AM	FREE	Conference Call: (510)925-2032
Beginning Tap Dance	Thursday	11:00 AM	11:45 AM	FREE	Multipurpose Room
Drawing Serssion	Thursday	11:00 AM	1:00 PM	Donation	Sewing Room
Open Computer Lab	Thursday	1:00 PM	3:45 PM	FREE	Computer Lab
Wayfinders (Women's addiction recovery support group)	Thursday	3:00 PM	4:00 PM	FREE	Conference Room A



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

BREATHE, MOVE, PLAY!

*Unmute your body. Bring in your creativity.
Breathe and Heal your Body, Mind, and Spirit.
Connect with your inner child and Play!
Tell a story through movement.
Find your own peace and transmit it.*



- **Balance Body-Heart-Mind-Spirit, through InterPlay**
- **Fuchsia Room**, North Berkeley Senior Center, 1901 Hearst Ave, Berkeley, CA 94709, **Wednesdays, starting March 12th, 2025; 10 am- 11:30 am PST**
- **Join for Free, Donate \$5.00/session, if you like it!**
Facilitator: Jojo V. Gabuya (**Certified InterPlay Leader/ Health and Wellness Coach**)

**Come as You Are!
Register at the door!**

North Berkeley Senior Center

March Birthday
PARTY



MARCH 26TH

1p - 2p

**Join us for a Jazz
Performance and Cake!**





Saint Patrick's Day Bingo!

WEDNESDAY MARCH 19TH

DINING ROOM

12:30 PM- 1:30 PM

See you there!

**The United Seniors of Oakland and Alameda County
&
Senior Public Transportation Training and Education Program
Presents: Travel Training for Older Adults**



If you are 55 and older and would like to expand your horizons and travel options – sign up for a USOAC Travel Training session:

The Travel Trainer will guide you through a two-day course where you will learn to ride Alameda County's public transit to get where you want to go with confidence, independence, and ease.

You will receive guidance and training while learning the necessary skills to ride AC Transit, BART, and other Bay Area forms of public transit.

Please Sign up:

Where: **North Berkeley Senior Center
Morning Glory Room**

When: **Wednesday, March 12th, 2025**

Time: **10:00AM to 2:00PM**

Fieldtrip: Thursday, March 13, 2025 starting at 9:30AM

To register, call Matthew at 510-981-5193

**Chonita Chew, Travel Trainer & Organizer w/ United Seniors of Oakland and Alameda County
510.729.0851**



Travel Training is organized by USOAC, and is funded by a grant from Alameda CTC