

LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION  
SEPTEMBER 2024

BERKELEY SENIOR CENTER NEWSLETTER



# THE NUGGET

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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

# POWERING CONNECTIONS AND INSPIRING LIVES

September is National Senior Center Month!

Senior centers are the heart of our communities, providing essential services, fostering friendships, and empowering older adults to live their best lives. This year's theme, "Powering Connections," highlights the vital role these centers play in connecting people, resources, and opportunities.

## A Hub of Health and Wellness

Did you know that senior centers offer more than just social activities? They are becoming increasingly important for overall health and well-being. From fitness classes and nutrition education to health screenings and chronic disease management programs, senior centers are committed to helping older adults maintain their independence and vitality.



## Technology: Bridging the Digital Divide

In today's digital age, it's essential for seniors to stay connected. Many senior centers offer technology classes to help older adults navigate the online world, from using smartphones and tablets to accessing essential services. By bridging the digital divide, these centers empower seniors to stay informed, connected, and engaged. **Check out our tech support sessions every Monday and Wednesday from 10:30 am-12:30pm—Drop ins only and 30 minute sessions at the North Berkeley Senior Center.**

## Creativity Unleashed

Senior centers are hotbeds of creativity! From painting and pottery to writing and music, these centers provide opportunities for older adults to explore their artistic talents and express themselves. Creative programs not only boost self-esteem but also promote cognitive health and social interaction. **Definitely look into the painting and ceramics classes we host at the Berkeley Senior Centers!**

## Volunteerism: Giving Back and Making a Difference

Volunteering is a powerful way to stay active, connected, and make a positive impact on the community. Many senior centers offer volunteer opportunities, allowing seniors to share their skills and experience while giving back. Whether it's mentoring young people, helping at a local food bank, or supporting environmental initiatives, volunteering can be incredibly rewarding. **Contact the Berkeley Senior centers for volunteer opportunities!**

## Social Connection: The Key to Happiness

Strong social connections are essential for overall well-being. Senior centers create a welcoming environment where older adults can socialize, make new friends, and participate in group activities. These connections help reduce feelings of loneliness and isolation, promoting mental and emotional health.

**National Senior Center Month is a time to celebrate the incredible work of senior centers and the positive impact they have on our communities. Let's come together to support these vital organizations and ensure that all older adults have the opportunity to thrive.**

**The Berkeley Senior Centers will be closed:**

**Monday, September 2nd for Labor Day**

**Thursday, September 19th for an All City Employee Event**

# SEPTEMBER WORDFINDER

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

Achievements Bargaining Benefits Breaks Champion Contracts Dignity  
Economy Factories History Industrial Labor Movement Members  
Negotiations Organize Paid Leave Proposal Rallies Recognition Respect  
Rights Solidarity Standards Stewards Strikes Support Unions Victory  
Wages Weekend Workers Working Class

# 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. \*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
Monday	9/9	9:00 am -4:00 pm	***	Academy of Sciences	\$3 EBT/Medi-Cal \$31.95 (65+) *	On Your Own
Thursday	9/12	9:00 am -4:00 pm	**	Korbel Champagne Cellars (Guerneville)	\$25	On Your Own
Tuesday	9/17	9:00 am -4:00 pm	**	Crissy Fields Beach (SF)	Free	Bring Your Own
Tuesday	9/24	10:15 am -4:00 pm	*	Aqua Terra Grill (Culinary Institute) and Blake Garden	Free	Menu Prices
Thursday	9/26	8:15am -1:00 pm	**	21 <sup>st</sup> Annual Healthy Living Festival	Free	Provided/Pre-register
Monday	9/30	9:00 am - 4:00pm	***	Sonoma Botanical Gardens	\$3 EBT/ \$12 (65+)	On Your Own
Tuesday	10/1	9:00 am -4:00 pm	***	Legion Honor	Free	On Your Own
Thursday	10/3	9:00 am -4:00 pm	***	Filoli Gardens (Woodside)	EBT (FREE)/ \$32 (65+)	On Your Own

## \*\*\*North Berkeley Senior Center Field Trip Update\*\*\*

Starting in October, the Field Trip requests will be entered into a lottery system and requests will be accepted before the 1st of the month. The requests will be entered into the lottery at the end of day of the first business day of the month.

# 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. Both shopping and field trips are offered on a first come first served basis trip requests left on voicemail cannot be accepted . You will be picked up from and dropped off at your home by our bus driver. The driver will contact passengers shortly before pick up so that they can be ready. While not required, we strongly encourage riders to continue practicing covid19 safety protocols of wearing masks and hand sanitizing.

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

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

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

Day	Date	Where	Time
Tuesday	9/10	Costco (Richmond) Must have Costco membership	8:30 am - 12:00 pm
Tuesday	9/10	South Berkeley Farmers Market	1:00 pm - 4:00 pm
Wednesday	9/11	Target (Albany)	2:00 pm - 4:00pm
Friday	9/13	Safeway (\$5 dollar Fridays)/CVS	2:00 pm - 4:00pm
Monday	9/16	Costco (Richmond) Must have Costco membership	8:30 am - 12:00 pm
Monday	9/16	El Cerrito Plaza (Ross/Marshalls/Lucky/Trader Joe's	12:30 pm - 4:00 pm
Wednesday	9/18	Berkeley Bowl West	2:00 pm - 4:00 pm
Monday	9/23	Walmart	9:00 am - 12:00 pm
Monday	9/23	Costco (Richmond) Must have Costco membership	12:30 pm - 4:00 pm
Wednesday	9/25	99 Ranch Market	2:00 pm -4:00pm
Wednesday	10/2	Berkeley Bowl West	2:00 pm - 4:00pm

## 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



# SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

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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
Wednesday	9/11	9:00am—4:00 pm	***	Academy of Sciences (S.F)	\$36.95/ EBT & Medi-Cal \$3 Menu Prices
Friday	9/13	9:00am—4:00 pm	***	Super Walmart (American Canyon)	Free On Your Own
Thursday	9/26	8:15am—1:00 pm	***	Healthy Living Festival (Oakland)	Free On Your Own
Friday	9/27	9:00am—4:00 pm	***	Chinatown (San Francisco)	None On Your Own
Tuesday	10/1	9:00am—4:00 pm	***	DeYoung Museum (SF)	Free On Your Own
Wednesday	10/2	9:00am—3:30 pm	***	Vacaville Premium Outlets (Vacaville)	Free On Your Own
Friday	10/4	9:00am—3:30 pm	***	Blue & Gold Fleet & Pier 39	\$24 Menu Prices

# 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
Tuesday	9/10/24	Farmer's Mkt./Goodwill	2:00pm-4:30pm
Thursday	9/12/24	El Cerrito Plaza	2:00pm-4:30pm
Monday	9/16/24	Dollar Tree/ Walgreen's	2:00pm-4:30pm
Tuesday	9/17/24	Costco (Richmond) (must use your own membership card)	2:00pm-4:30pm
Monday	9/23/24	Berkeley Food Network	2:00pm-4:30pm
Tuesday	9/24/24	Sprout's	2:00pm-4:30pm
Friday	9/27/24	Costco (Richmond) (must use your own membership card)	9:00am-12:00pm
Friday	9/27/24	Safeway	1:00pm-3:30pm
Monday	9/30/24	El Cerrito Plaza	2:00pm-4:30pm
Thursday	10/3/24	Target	2:00pm-4:30pm

# SEPTEMBER 2024 NBSC & SBSC CAFÉ DINE-IN MENU

LOCATION: South Berkeley Senior Center  
 WHEN: Mondays: 11:30am-12:30pm  
 Tuesday: 11:30am-12:30pm  
 Thursdays: 11:30am-12:30pm  
 COST: \$3 Suggested donation  
Last lunch is served at noon

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

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

## Other Tri-City Café locations outside of Berkeley

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

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

## SEPTEMBER 2024

## CAFÉ DINE-IN MENU

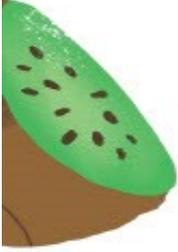
MONDAY-SBSC/ASC/ESC	TUESDAY SBSC/ASC/ESC	WEDNESDAY NBSC/ASC/ESC	THURSDAY SBSC/ASC/ESC	FRIDAY NBSC/ASC/ESC Deli Lunch Special
2 Labor Day Senior Centers Closed	3 Tuna Noodle Casserole (Whole Wheat Noodles) Herbed Carrots and Zucchini* Garden Salad with Dressing+ Fruit Cocktail	4 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Sesame Breadstick Asian Cabbage Salad+ * Seasonal Fresh Citrus+	5 Garlic-Rosemary Baked Chicken Brown Rice Pilaf Vegetable Bean Soup* Broccoli+ Spiced Peaches	6 Turkey and Cheese Croissant Green Salad with French Dressing+ Seasonal Melon Wedge
9 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed White Rice Pineapple chunks+ <i>Higher Sodium Meal</i>	10 Latin Roast Pork Yellow Rice Cuban-style Black Beans Pineapple Coleslaw+* Warm Apple Crisp	11 Italian Wedding Meatball Soup Green Salad with Cucumbers, Tomatoes & Dressing Whole Wheat Roll Seasonal Fresh Citrus+	12 Spaghetti with Beef Bolognese+* (meat sauce)- Whole Wheat Noodles Squash Sauté with Peppers & Onions+ Mixed Greens Salad & Dressing Seasonal Fresh Fruit	13 Chicken Salad Sandwich on Whole Wheat Lettuce Leaf/Tomato Slice Mustard/mayo packets Caesar Salad+
16 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+ <i>Higher Sodium Meal</i>	17 BBQ Chicken Thigh Baked Beans Creamy Coleslaw+* Whole Wheat Bread Melon Wedge	18 Fish Chowder French Roll & Butter Low Sodium V-8+ Seasonal Fresh Fruit	19 Chicken Alfredo (breast) Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables*+ Green Salad with Dressing Fruit Cocktail	20 Turkey Spinach and Cream Cheese Pinwheel Garden Salad with Shredded Carrots and Vinaigrette Dressing+* Sun Chips Ambrosia
23 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Rice Spiced Poached Peas <i>Higher Sodium Meal</i>	24 Beef and Bean Chili Cornbread Green Salad (Romaine)+ w/ Shredded Carrots & Thousand Island Dressing Warm Apple Crisp	25 Southwest Chicken Vegetable Soup "Cowboy" Salad+ (corn, black beans) with Dressing Whole Wheat Crackers Seasonal Fresh Citrus+	26 <i>Birthday Celebration Meal</i> Beef Burgundy Smashed red potatoes Seasoned Spinach* Whole Wheat Bread Seasonal Fresh Fruit+	27 Talent Show Chicken Apple Sausage with Bun Condiment packets available Potato Salad Coleslaw+* Fresh Melon Medley* 
30 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Seasonal Citrus+ <i>Higher Sodium Meal</i>		+denotes vitamin C-rich foods * denotes vitamin A-rich foods  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> .	*All meals include 1% milk.*

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

Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.  
 (No eligible member will be denied lunch Service due to inability to contribute)



# NATIONAL FRUIT & VEGGIES MONTH



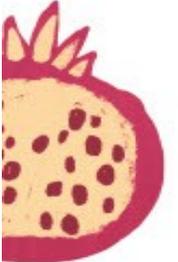
Fall is bursting with delicious produce! Now is the perfect time to add a pop of color to your plate with an extra fruit or vegetable with every meal or snack!



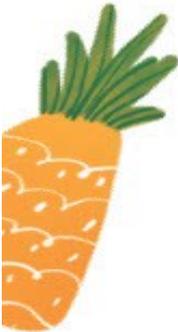
Have you heard of the **Senior Farmer's Market Nutrition Program (SFMNP)**? It is a federally funded program that provides coupons to low-income seniors to buy fresh fruits, vegetables, and honey. **Farmer's market vouchers are now available while supplies last.** Head to the information booth at your local market for more details.



## Check out some fun produce hacks below!

- 
1. Ripen pears, peaches, plums and avocados on the counter until they become soft, then store in the fridge until you're ready to eat them.
  2. If your bananas ripen too quickly, peel them and store in the freezer in a Ziploc bag. Use later for smoothies!
  3. For a quick and satisfying meal, top a frozen cheese pizza with your choice of veggies.
  4. To keep your lettuce crisp, add paper towels to the top and bottom of the packaging
  5. Need a quick appetizer? Slice bell peppers, carrots, or cucumbers and pair with your favorite dip-such as hummus!
  6. Want more bang for your buck? If you have already received farmer's market vouchers, look for Alameda County's participating markets and ask about market match to get up to \$25 in extra market cash!
- 

### What is market match?



Market match is California's healthy food incentive program that matches customers' CalFresh nutrition assistance benefits at farmers' markets and other farm-direct sites.

For each \$10 check voucher, receive an additional \$5 farmers' market voucher.

For more information visit [marketmatch.org](https://marketmatch.org)



## 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)

**Wright Institute Older Adult Counseling Program**  
Offering individual and group therapy for adults 55+. Groups, workshops, and individual therapy are led by Wright Institute doctoral trainees supervised by licensed psychologists.

Expressive Arts (SBSC)	<b>South Berkeley Senior Center. Mondays September 30,-December 9 1pm-2:30pm.</b> An expressive art therapy group for older adults. This group offers a supportive and creative environment where participants can explore and express their thoughts, <b>Registration required.*</b>
Exploring Aging (SBSC)	<b>South Berkeley Senior Center. Mondays 9/23-12/16 2:30-4pm.</b> How does this chapter fit into your life story? Explore the ups and downs of being an older adult and get peer support. <b>Registration required.*</b>
Cultivating Calm: Mindfulness (NBSC)	<b>North Berkeley SC. Fridays 10-11:30 am.</b> October 4-November 22, 2024. Mindfulness is a powerful way to increase well-being and reduce stress and anxiety. <b>Registration required.*</b>
Guided Autobiography (NBSC)	<b>North Berkeley Senior Center. Fridays 2-4pm. September 27-December 6.</b> Reminisce, write about, and share on themes from your life in a supportive environment. . Participants are asked to write 2 pages on the topic between sessions to share at the next session. <b>Registration required.</b>

All Wright Institute Older Adult Counseling Program offerings are free for members of Berkeley Aging Services. Groups cost \$5-15 per session sliding scale for non-residents. Payment for groups for non-residents is due after the first session. Call 510-239-2017 to register or for more

### \*\*IMPORTANT NOTICE\*\*

#### North Berkeley Senior Center Lupine Art Room participants

All day lockers in the Lupine Art Room must be emptied by:

**September 30th, 2024, at 12:00 PM**

Any belongings left in the lockers after this deadline will be removed and held for one week for pickup.

**Effective October 1st, 2024, lockers will be for daily use only.**

All belongings must be removed from the lockers at the end of each day and any personal locks will be **promptly removed.**

Thank you for your cooperation.

If you have any questions, call 510-981-519

### The Go Mobile Clinics will kick off a weekly Fresh Food Giveaway at the North Berkeley Senior Center!

**Wednesday, September 4th!**

The hours are from 10am to 12pm each week.

The Giveaway is limited to NBSC members only please, as supply is limited

So bring your own plastic or paper bags to carry home your fresh produce



# CAREGIVERS CORNER

## Essential Tools for Senior Safety: A Guide to Independence and Peace of Mind

As we age, maintaining independence and safety within our homes becomes increasingly important. Fortunately, a range of tools and technologies can enhance our security and well-being. From practical home modifications to advanced monitoring systems, these resources can provide seniors with the confidence and support necessary to live fulfilling lives.

Home modifications play a crucial role in preventing accidents. Non-slip mats and grab bars in bathrooms, for instance, can significantly reduce the risk of falls. Adequate lighting throughout the home, especially on stairs and walkways, is essential for safe navigation. Sturdy handrails and raised toilet seats can also contribute to a safer living environment.

Beyond physical modifications, personal emergency response systems (PERS) offer a vital safety net. These devices, often worn as pendants or bracelets, allow seniors to summon help with a simple push of a button. Whether it's a fall, medical emergency, or feeling of insecurity, these systems provide immediate access to assistance, offering peace of mind to both seniors and their loved ones.

Technology has also emerged as a valuable ally in senior safety. Smart home devices, such as voice assistants and security cameras, can enhance home monitoring and security. These tools can detect unusual activity, provide remote access to loved ones, and even assist with daily tasks. Additionally, wearable fitness trackers can monitor vital signs, detect falls, and provide valuable health data.

While these tools offer substantial benefits, it is essential to consider individual needs and preferences. Consulting with healthcare providers, occupational therapists, and home safety experts can help determine the most suitable solutions. Regular maintenance and updates of these tools are also crucial to ensure their effectiveness.

By incorporating these essential tools into daily life, seniors can enjoy a higher level of safety and independence. From simple home modifications to advanced technology, these resources empower individuals to age gracefully and confidently.



**Local Organizations that assist with home repairs or modifications:**

**Rebuilding together:** [Rebuilding Together East Bay Network \(rtebn.org\)](https://www.rtebn.org)

**Center for independent living:** [The Center for Independent Living | Access For All \(thecil.org\)](https://www.thecil.org)

**Habitat for humanity:** [Home Repair | Habitat for Humanity EBSV \(habitatebsv.org\)](https://www.habitatetsv.org)

# 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

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

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

North Berkeley Senior Center Dates: 1st & 3rd Friday's : 9/06/24 & 9/20/24 from 1PM-3PM

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 9/06/24 & 9/20/24 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](mailto: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.

**September pantry date: 9/9/24**    Call 510-981-5170 for more information

# North Berkeley Senior Center

## Events & Presentations

### Senior Advisory Council Meeting

Day & Date: Wednesday, September 4th

Location: Gooseberry Room

Time: 1pm-2pm

### September Birthday Party

Day: Friday, September 6th

Time: 1pm- 3 pm

Location: Dining Room

Description: Happy Birthday to all September seniors!. Enjoy live entertainment by the Jazz Therapist, light snacks  
You don't want to miss this one!

### Free Blood Pressure Check Provided by Lifelong Medical

Day & Date: Wednesdays

Time: 10 am - 12 pm

Location: Dining Room

### 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**.

### Produce Distribution at North Berkeley Senior Center

Date: Wednesdays

Time: 10:00 am- 12:00 pm

Description: Come pick up a bag of produce at the North Berkeley Senior Center. Please bring your own reusable bag!

### Medicare through playful exploration

Date: Wednesday, September 11th, 18th and 25th

Time: 12:30 am-1:30 pm

Description: Join a licensed insurance agent for a 3-week hands-on adventure where we'll sculpt, shape, and discover the world of Medicare through playful exploration, we'll tackle topics like: The basics of Medicare Who qualifies for Medicare Breaking down Medicare: Parts A, B, C, and D

### Rebuilding Together Tabling

Date: Wednesday, September 4th

Time: 11:00 am-12:30 pm

Description: Rebuilding together coordinate donors and volunteers to meet a critical need in our community for repairs, renovations, safety modifications and aging in place.

### Medicare 101 Presentation & Tabling

Day & Date: Wednesday, September 18th

Time: 10am-1pm

Description: Presentation and tabling on Medicare and the changes coming this open enrollment!

### PEERS presents P.E.A.R.L.S. Tabling

Day & Date: Last Friday of the Month

Time: 10 am -12 pm

Description: learn about this community based program designed to reduce depression in order adults and seniors 60+, visit the tabling near front desk for information.

### Moon Festival Celebration

Day & Date: Thursday, September 26th

Time: 1pm-3 pm

Description: Come join us for the Moon Festival Celebration at the North Berkeley Senior Center with performances by our community members!

### North Berkeley Senior Center Talent Show!

Date: Friday, September 27th

Location: Aspen Room

Time: 1:00 pm- 3:00 pm

Description: Join us for the North Berkeley Senior Center Talent Show! Let's celebrate our vibrant community and the wonderful talents that they have!

# South Berkeley Senior Center

## Events & Presentations

### Living Well In the Community presented by THE CIL

**Day & Date:** Every Monday

**Time:** 9:30am - 12pm

**Location:** Conference Room B

**Description:** In CIL's Living Well Program, a team of peer counselors leads coaching sessions to give seniors the tools and support to breakthrough new limitations, improve quality of life, and maintain independence.

### Clutterers Anonymous

**Day & Date:** Every Tuesday

**Time:** 9:30am - 12pm

**Location:** Conference Room A

**Description:** Clutterers Anonymous offers help to those with clutter problems through its own 12-Step recovery program, based on the original 12-Step program.

### 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.

### Rebuilding Together & Gateway

**Day & Date:** Tuesday 9/3/24

**Time:** 11am - 12:30pm

**Location:** Dining Room

**Description:** We coordinate donors and volunteers to meet a critical need in our community for repairs, renovations, safety modifications and aging in place.

### HICAP Counseling

**Day & Date:** Tuesday 9/3 & 9/17/24 by appointment only

**Time:** 10am - 1pm

**Location:** Health Room

**Description:** Free counseling and advocacy to Medicare beneficiaries about Medicare, supplemental insurance, prescription drug plans and more. To make an appointment, please call 510-832-3040.

### Mindful Movement to Overcome Chronic Pain 6- week course

**Day & Date:** Thursdays, 9/5/24 -10/17/24

**Time:** 1:00pm - 2:30pm

**Location:** Multipurpose Room

**Description:** Learn how to move with less pain and more enjoyment. Suggested donation \$50-\$75 for the series. No one turned away for lack of funds. Enrollment is limited, so advanced registration and commitment to full series is required. No drop-ins. To register, email [pperryyoga@gmail.com](mailto:pperryyoga@gmail.com).

### Emergency Preparedness 101 by Center for Independent Living

**Day & Date:** Tuesday, 9/10/24

**Time:** 10:00am - 11:30am

**Location:** Multipurpose Room

**Description:** Learn how to prepare for a natural disaster.

### "Music and You" three-week workshop

**Day & Date:** Tuesday, 9/17, 9/24 & 10/1/24

**Time:** 10:30am - 11:30am

**Location:** Multipurpose Room

**Description:** Led by Marty Nemko, they'll play some wonderful music: from classical to ragtime, to blues, to show tunes, to pop. You can find his book at <https://www.amazon.com/How-Do-Life-Advice-future/dp/B0BSD38PFV>

### Quarterly Birthday Party

**Day & Date:** Thursday, 9/26/24

**Time:** 12:30pm - 2:00pm

**Location:** Multipurpose Room

**Description:** Let's celebrate July, August & September birthdays with live music by the Jazz Therapist Band, cake and ice cream.

### Scam Jam Workshop hosted by Legal Assistance for Seniors and AARP

**Day & Date:** Tuesday, 10/1/24

**Time:** 8:30am - 12:00pm

**Location:** Multipurpose Room

**Description:** Come here for a workshop on *scams* targeting *older* people that include financial *scams*, government impersonation *scams*, sweepstakes *scams*, and robocall *scams*.

# SEPTEMBER 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	11:00 AM	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	Deergrass Room
Zumba by Jam4joy <b>*Late Class*</b>	Monday	5:00 PM	6:00 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Mindful Movement <b>Start 9/11</b>	Wednesday	10:00 AM	11:15 AM	Donation	Juniper Room
PEER Group Support & Living Well by CIL	Wednesday	10:00 AM	11:30 AM	FREE	Gooseberry Room
Pool, Backgammon, Dominos, Mahjong	Wednesday	10:00 AM	12:00 PM	FREE	Foxtail Lounge
East Bay Senior Stroll <b>(Call 925-628-9325 for more info)</b>	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
Moving Qi <b>(BAS)</b>	Wednesday	12:30 PM	2:00 PM	\$45	Juniper Room
Spanish Conversation <b>(Intermediate Spanish Speakers)</b>	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 <b>(BAS)</b>	Wednesday	1:30 PM	4:00 PM	\$45	Gooseberry Room
Moderated Musings <b>(Previously Practical Philosophy)</b>	Wednesday	2:00 PM	4:00 PM	FREE	Deergrass Room
Ceramics <b>(BAS)</b>	Thursday	9:00 AM	4:00 PM	\$45	Lupine Art Room
Documentary Films on World Affairs <b>(BAS)</b>	Thursday	9:30 AM	12:00 PM	\$45	Poppy Room
Gentle Yoga <b>(BAS)</b>	Thursday	9:45 AM	11:30 PM	\$45	Juniper Room
Tai Chi Chih	Thursday	10:00 AM	11:00 AM	Donation	Aspen Room

## North Berkeley Senior Center Classes Continued

Senior Support Group	Thursday	10:30 AM	12:00 PM	FREE	Morning Glory Room
Ukulele Circle	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room
World Music in Motion (BAS)	Thursday	11:00 AM	12:30 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
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
Move Free with Alexander Technique	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

# SEPTEMBER 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
Living Well in the Community	Monday	9:30 AM	12:00 PM	FREE	Sewing Room
Open Computer Lab	Monday	9:00 AM	3:45 PM	FREE	Computer Lab
Yoga For Seniors (Zoom Class)	Monday	10:00 AM	11:30 AM	\$45	Contact: <a href="mailto:bridget.frederick@gmail.com">bridget.frederick@gmail.com</a>
Chair Exercise	Monday	10:15 AM	11:15 AM	FREE	Dining Room
Ceramics (BAS)	Monday	12:30 PM	3:30 PM	FREE	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
Chinese Water & Oil Painting Class	Wednesday	10:00 AM	12:00 PM	Donation	Sewing Room
Tai Chi	Wednesday	11:45 AM	12:45 PM	FREE	Multipurpose Room
Introduction to Ceramics (Pre-registration required)	Wednesday	12:30 PM	3:30 PM	FREE	Ceramics/Art 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: <a href="https://forms.gle/456G6R12z1dJH9J96">https://forms.gle/456G6R12z1dJH9J96</a>
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
Open Computer Lab	Thursday	1:00 PM	3:45 PM	FREE	Computer Lab
Waysiders (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](mailto:seniors@berkeleyca.gov) or call the centers to be added to the email list.

## Tri City Café Lunch Program

Lunch for members is served every Monday, Tuesday & Thursday at 11:30 a.m. at SBSC  
Wednesdays & Friday at 11:30 a.m. 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