

Berkeley Senior Center - SPECIAL EVENTS

~~~ WEST ~~~

PRESENTATION

Shield Healthcare
Medical Supplies for Care at Home
Tuesday, October 20th
11:00am

Hair Cuts

By: Melvin Washington
1st & 3rd Fridays
1:00pm
Haircuts \$10.00
Shave (mustache & beard) \$8.00
Cut & Shave \$12.00

Red Hawk Casino

Monday, November 9, 2009
Depart: 7:30 am Return: 5:00pm
Cost: \$25.00
For more Information call:
(510) 981-5180

~~~ NORTH ~~~

Golden Age Celebration 90 and over

Tuesday, October 20, 2009

1:30 - 3:00

510-981-5190

If you are 90 years old and over, we would like to invite you to our annual event. Bring a friend or family member and come to celebrate the time of your lives.

Food & Entertainment

Stagebridge's, Popular Vocal Trio

The Dreamers

1920's - 1950s musical fun and witty asides

New Massage Practitioner

Michael Grunwald, massage therapist with several years of experience would like to present full

body and/or chair massage to seniors for a donation of \$8.00 for 15 minute sessions. 20% will be donated back to the North Berkeley Senior Center. *By appt. only*, see front desk for sign-up sheet.

Easy Does It

Emergency Services Presents, in collaboration with CARD, (Collaborating Agencies Responding to Disaster)

Disaster Preparedness Training

Wed. Oct. 14th
Time: 3:00 - 4:45 pm

NEW Class

Art Destinations, With Barbara Rydlander Mondays, 1-4 pm. City College Class, Fee. Begins Monday, Oct. 19th.

~~~ SOUTH ~~~

Flu Shots

October 28 9-11:30am
South Berkeley Senior Center
Offered by Over 60 Clinic, \$2.00 suggested donation.

Halloween

Friday, October 30

Come celebrate the holiday at noon by joining us for lunch, a special dessert, and wear a costume or come in orange and black!

Nutrition Research Project Fruits and Vegetables Combat Disease

Helen Wood will be offering a nutrition program, on October 7 and 21, from 11:15-noon in the dining room. Participants will that participant in both sessions will get a gift certificate for Berkeley Bowl.

North Berkeley Senior Center ♦ 510-981-5190

CLASSES

MONDAYS

8:30	Beginning Line Dance	Khuner*	1:00	Fiction Writing**	Webb**
9:00	Acrylic Painting On Your Own		1:00-3:00	Bilingual Chinese/English Conversation	Kung*
10:00	Chinese Art History & Culture	Hsiao*	12:30	Bridge	Lemon
10:30	Beginning Italian	Fretter	1:30	Classical Music Appreciation	Pierce*
10:30	Mandarin Study Hall		1:30	Classic Film	Keller*
1-3	Books & Ideas	Shapiro	2:30	Sing-a-long	Lemon
1:00	Chinese Film	Kung*			
1:00	T'ai Chi	Echols			
1:00	Mah Jong				
1:00	Chinese Dance	Bin Shan	9:30	Ballroom Dance	Mitch
1:00	Art Destinations** Begins Oct. 14th	Rydlander**	9:00-11:00	Beginning Birding Meets twice/month See instructor for detailed syllabus	Pierce*
1:00	Math	Asimov	9:30	Ceramics	Essel*
2-4	French Conversation		9:30	Spanish Conversation & Culture	Sturm*
			10 & 11	Scribble Art Therapy, sign up at front counter	Levine
10:00	Exercise to Music	Echols	10:00	Gentle Yoga & Meditation	Das*
10-11:30	Iyengar Yoga	Weinstein*	10:30	American Sign Language	Johnson
10:00	Living Planet	Pierce*	12:30	Read with Children	Essel*
10-12	Drawing & Painting NEW!	Santoro	1:00	Gentle Stretch	Woods
10:15	Short Story Review	Arancio	1:00	Karaoke (Chinese Language)	
10:30	World Literature	Keller*	1:15	Coping with Hearing Loss	Freeman
10:30	Arthritis Relief Exercise	Ellyard*			
11:00	Sing-a-Long	Henry/ Frances			
12:45	Writing Your Life	Irwin			
1:00	Intermediate Russian	Pilutik			

TUESDAYS

North Berkeley Senior Center ❖ 510-981-5190

North Berkeley Senior Center ❖ 1901 Hearst Avenue

CLASSES

OCTOBER SPECIAL EVENTS

THURSDAYS			FRIDAYS		
8:30	Country Western Line Dancing	Khuner*	8:00	Beginning Ballet	Chun*
9-12	The Poetry Workshop	Davis*	9:00	Beginning Folk Dance	Khuner*
9:00	Drawing/Painting	Wheeler	9:00-12:00	Tap Dancing	Chun*
9:30-10:30	Acupressure for Arthritis Relief	Martel	9:30	Painting & Ceramics	Essel*
10:00	Parkinson's Exercise	Ellyard*	10:00	Living Philosophers	Moe
10:00-12:00	Wii Interactive Video Games	Neal	10:00	Latin	Dunphy
10:00	Berkeley Women's Chorus	Witt	10:00	Exercise to Music	Khuner*
10:15	All Things Considered/Current Events	Pierce*	10:00	Iyengar Yoga	Weinstein*
1:00	Beginning Russian	Pilutik	10:00	Three Beats for Nothing	Sieck
1:00	T'ai Chi Chih	Weimann	11:00	Line Dancing Mixed	Khuner*
1:00	Spontaneous Writing	Carberry	12:00-4:00	Brain Boost Memory Class sponsored by BACS, Bay Area Community Services	Kehoe \$fee
1:00-3:00	Conversational Spanish	Pablo	1:00-2:00	Read with Children	Essel*
1:00	Four Hands Piano w/ Lucretia and Laurence		1:00 - 3:00	Country & Western Line Dancing-Beginners	Khuner*
1:15	Ballroom Dance	Roger	1:30-3:00	Curious Minds 2nd & 4th Fridays	Bluestein
1:30	World Art History	Pierce*	2:00	Mandarin	Wann
1:00	Reading Shakespeare	Watters			
2:30	Intermediate T'ai Chi Chuan	Umeki			
4:00-5:00	Drop-In Ping Pong				

2 F	Free Financial Check-up Individual consultations	10:00-12:00	20 T	Blood Pressure Checks w/Alice Meyers, R. N.	9:30-11:30
	Opera: L'Africaine Pt. 2	12:50		Golden Age Celebration To celebrate the lives of those 90 years of age and above. Food and Music. See page 6	1:30-3:00
5 M	Books & Ideas, NEW DAY for Fall, 1st Mon. LGBT , Coming Out Again Group	1:00-3:00	21 W	Unique Videos- Scary month - Flyboys: W.W. II U.S. French Volunteers	1:00
6 T	Low Vision Support Group w/Armando Garcia, CIL	1:00		Parkinson's Support Group Iris Champion CAS, CYT, California Ayurveda "Bringing Balance to your health needs"	1:00-3:00
7 W	Advisory Council Meeting Unique Videos- Scary month <i>Frankenstein, Boris Karloff</i> 1hr. 10min. Birthday Party - ALL Welcome! Come and dance to the sounds of "Cynthia and the Swing Set"	10:00 1:00 1:15	23 F	"Fix Our Ferals," Seeking friendly volunteers for cats	11-1
8 Th	Piedmont Gardens Presentation (hallway) Assisted/Retirement Living Trip Committee Meeting	9:00-12:00 1:00		Opera: The Mikado, Pt. 1 Curious Minds, 2nd & 4th Fri. w/Eva Bluestein	12:50 1:30
9 F	Opera: Lucia Di Lammermoor, Pt 1 Curious Minds, 2nd & 4th Fri. w/ Eva Bluestein	12:50 1:30	26 M	Poetry Writing w/Nancy Wilson (4th Monday)	2:00-4:00
12 M	HOLIDAY, Center is closed Indigenous People's Day		T 27	Aurora Theatre , free tickets, Limited distribution for play, " First Grade " for Sat., 10/31	1:10
14 W	Unique Videos- Scary month The Wolf Man, Lon Chaney 1hr. 10min. Easy Does It , Emergency Preparedness Training	1:15 3:00-4:45	28 W	Unique Videos- Scary month Dr. Strange Love, Kubbrick Gray Panthers	1:00 1:30
16 F	Opera: Lucia Di Lammermoor, Pt.2	12:50	F 30	Opera: The Mikado, Pt. 2	12:50
19 M	Golden Gate Weavers, 3rd M.	10:00		Halloween Party Come and have a ghoulish time Prize for the 3 best costumes	1:00

* Adult School **Berkeley City College No Star - Volunteer Taught

West Berkeley Senior Center - CLASSES
1900 Sixth Street at Hearst Avenue ❖ 510-981-5180

South Berkeley Senior Center - CLASSES
2939 Ellis Street at Ashby Avenue ❖ 510-981-5170

MONDAYS

9:00 Computer Workshop Berna-Hicks
 10:00 Painting Weese
 10:30 West Berkeley Senior Center Advisory Council Meeting
 12:30 Arts & Crafts Watkins
 1:00 Sit & Get Fit! Staff

TUESDAYS

9:00 Computer Workshop Berna-Hicks
 10:00 Sewing Class Van Schoick
 11:00 Flea Market **10/6 & 10/20** Witherspoon
 1:15 B I N G O

WEDNESDAYS

9:00 Computer Workshop Berna-Hicks
 9:30 Tai Chi Sifuentes
 10:00 Sewing Class Van Schoick
 10:30 Inspirational Hour Evans
 12:30 Free Legal Consultation Daly
 1:30 Line Dancing Shanks

THURSDAYS

9:00 Computer Workshop Berna-Hicks
 9:00 Ceramics Arts Essel
 10:00 ESL (English as a Second Language)
 1:00 Holistic Fitness/Yoga Class Hsiao
 1:00 Book Club Shields
 3:30 Mexican Loteria Game Cost: \$1.00 (4th Thursday of ea. month) Garcia

FRIDAYS

9:00 Computer Workshop Berna-Hicks
 9:30 Quilting Class Joyce
 10:00 African Jewelry Making Fee: \$1 **10/9 & 10/23** Jackson
 12:00 - 2:00 Mercy Brown Bag **10/2 & 10/16**
 1:00 Hair Cuts 1st & 3rd Fridays
 1:00 Sit & Get Fit! Staff
 1:30 **Friday Movies:**
10/02 Out of Time
10/16 Hard Ball
10/23 What's The Worst That Could Happen
 On-going Gardening, every Sunday, 10:30 am - 2:30 pm McFarland

MONDAYS

9:00-11:30 Computer Workshop Usha
 10:00 Inspiration Hour Dorsey
 10:00-11:00 Gentle Stretch Individual Instruction at your own pace Woods
 10:00-11:30 Writing and acting in plays Iris
 11:00-12:00 Self-Acupressure Martel
 12:30-3:30 Clay Ceramics Class Bohn
 12:30-3:00 Internet Plus Staff
 1:00-4:00 Calling all Bridge Players

TUESDAYS

9:00-11:30 Computer Workshop Usha
 10:00 Millinery & Sewing Class R. Brown
 10:00-12:00 Beg. Soul Line Dance Pam
 12:30-2:30 Int. Soul Line Dance Pam
 12:30-3:00 Internet Plus Staff

WEDNESDAYS

8:00 Jewel Ming Tree Henderson
 9:00-11:30 Computer Workshop Usha

10:00 Seniors in Progress Advisory Council Meeting **10/7**
 10:00-11:30 Tai Chi Yoshida
 12:30-3:00 Internet Plus Staff
 12:30-3:30 Clay Ceramics Bohn

THURSDAYS

9:00-11:30 Computer Workshop Usha
 9:00-11:00 Blood Pressure Screening **10/1** Roma
 9:30-12:00 Tap Dance 1 & 2 Chun
 1:00-4:00 B-I-N-G-O Owens
 12:30-3:00 Internet Plus Staff
 12:30-2:30 Ukulele & Singing Chun

FRIDAYS

9:00-11:30 Computer Workshop Usha
 11:00-1:00 Mercy Brown Bag **10/2 & 10/16**