



LIVING YOUR BEST LIFE!

AGING SERVICES DIVISION
MAY 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

MAKING MOM'S DAY SHINE

Mother's Day is a chance to shower the amazing senior women in our lives with love and appreciation. Whether they're actively raising children, cherished grandmothers, or independent women with rich stories, let's create a day filled with joy tailored to their interests.

For the Active Mom: Breathe in the fresh air with a gentle yoga class followed by a stroll through a park bursting with spring blooms. Or, spark her curiosity with a visit to a local museum or historical site, reminiscing about the past and artists she admires.



For Those Seeking Tranquility: Pamper her at home with a massage and hairstyling session. Draw a warm bath infused with calming essential oils, light some candles, and play soothing music. Share a cup of tea and let cherished memories flow.

Foodie Delights: Cook up joy together! Prepare a delicious brunch featuring her favorite recipes, turning it into a fun and collaborative activity. Alternatively, treat her to a comfortable restaurant with senior-friendly options and a warm ambiance. For an elegant touch, consider a high tea experience.

Gifts from the Heart: Create a spa-like experience with a basket filled with scented candles, lotions, and bath products for relaxation at home. Include calming music or a scented diffuser for an extra touch.

Tech-savvy moms might enjoy audiobook subscriptions, allowing them to get lost in a good story. Design a personalized photo collage showcasing the family throughout the years, or a scarf embroidered with her initials.

For those with limited mobility, focus on comfort and care with a luxurious throw blanket, supportive slippers, or a flower delivery subscription that brings the joy of fresh blooms to her doorstep regularly.

Engaging the Community: Check local senior center calendars for special Mother's Day events like pot-lucks, musical performances, or themed celebrations. Volunteer together at a local animal shelter, soup kitchen, or senior center, giving back to the community and creating lasting memories.

Most Importantly: Quality time is key. Express your love with a heartfelt message, a warm hug, and a day filled with activities that resonate with her. This Mother's Day, create a memory that will shine brightly and bring joy to her heart!

Important Dates to Remember!
Berkeley Senior Centers will be CLOSED
May 20th for Malcom X's Birthday
May 27th for Memorial Day

MOTHERS MENTAL HEALTH

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

Activity Breathing Brunch Chocolate Downtime Empowerment Exercise
Flowers Friends Funday Gratitude Healthy Choices Jigsaw Puzzle Leisure
Massage Meditation Mindfulness Music Nature Networking Pamper Play
Reading Rejuvenate Relationships Relaxation Respite Selfcare Sisterhood
Sleep Social Spa Therapeutic Yoga

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	5/14	9:30am-4:30pm	***	Japanese Tea Garden (SF)	\$7	On Your Own
Thursday	5/16	9:30am-4:30pm	**	Di Rosa Center for Contemporary Art	\$17 Seniors	On Your Own
Tuesday	5/21	9:30am-4:30pm	**	Nut Tree (Vacaville)	None	On Your Own
Thursday	5/23	9:30am-4:30pm	**	Pier 39 (San Francisco)	None	On Your Own
Tuesday	5/28	10:30am-4:30pm	**	The Veranda (Pleasant hill)	Free	Golden Corral or On Your Own
Thursday	5/30	9:30am-4:30pm	***	Pacifica State Beach	None	On Your Own
Tuesday	6/4	9:30am-4:30pm	**	Legion of Honor (San Francisco)	Free	On Your Own
Thursday	6/6	9:30am-4:30pm	**	Sausalito	None	On Your Own

Japanese Tea Garden (San Francisco):

The Japanese Tea Garden in San Francisco, California, is a popular feature of Golden Gate Park, originally built as part of a sprawling World's Fair, the California Midwinter International Exposition of 1894.

Di Rosa Center for Contemporary Art (Napa)

di Rosa presents contemporary exhibitions by Bay Area-based artists. di Rosa maintains a permanent collection of notable works by artists with ties to the Bay Area from the mid-twentieth century to the early 2000s. Collection highlights include works by Robert Arneson, Joan Brown, Jay DeFeo, Roy De Forrest, and William T. Wiley.

Nut Tree (Vacaville)

Stroll along the tree lined walkways as you explore the collection of national, regional and local retailers found at the Nut Tree. From specialty goods, unique home décor, health and beauty, to inspired fashion, the Nut Tree is your destination for all your shopping needs.

Pier 39 (San Francisco)

Pier 39 is a shopping center and popular tourist attraction built on a pier in San Francisco, California. At Pier 39, there are shops, restaurants, a video arcade, street performances, the Aquarium of the Bay, virtual 3D rides, and views of California sea lions hauled out on docks on Pier 39's marina

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 ***Three (3) 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) 981-5190 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	5/13	Costco (Must have membership card)	9am-12pm
Monday	5/13	Walmart	1pm-4pm
Wednesday	5/15	Berkeley Bowl West	2:00pm-4:30pm
Friday	5/17	Safeway/CVS	2:00pm-4:30pm
Wednesday	5/22	Powell Street Plaza	2:00pm-4:30pm
Friday	5/24	Costco (Must have membership card)	2:00pm-4:30pm
Friday	5/31	Ranch 99	2:00pm-4:30pm
Monday	6/3	Walmart	9am-12pm
Monday	6/3	Costco (Must have membership card)	1pm-4pm
Wednesday	6/5	El Cerrito Plaza	2:30pm-4:30pm

NBSC Field Trip Descriptions Continued

The Veranda (Pleasant Hill):

The Veranda is a newly reimagined mixed-use retail center with open air shopping and dining, gourmet grocer, Whole Foods, a luxury movie theatre and other contemporary experiences. Lunch will be at Golden Corral.

Pacifica State Beach:

Pacifica State Beach is the southernmost of Pacifica, California's large beaches. It is a 0.75-mile-long crescent-shaped beach located at the mouth of the San Pedro Valley in downtown Pacifica off State Route 1, in San Mateo County.

Legion of Honor (San Francisco)

The Legion of Honor, formally known as the California Palace of the Legion of Honor, is an art museum in San Francisco, California. Located in Lincoln Park, the Legion of Honor is a component of the Fine Arts Museums of San Francisco, which also administers the de Young Museum Sausalito

Just north of the Golden Gate Bridge, a steep hillside covered in chaparral and eucalyptus drops from Highway 101 to a flat, sunny shoreline, two miles long and a couple of blocks wide, that faces the Bay

SOUTH BERKELEY SENIOR CENTER FIELD TRIPS

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* * = Moderate Walking

* * * = Heavy Walking

LEAVING SOUTH BERKELEY SENIOR CENTER

CALL (510)981-5170 TO REGISTER

Date:	Time	Score	Field Trip	Cost	Lunch Cost	
Wednesday	5/8	9:30 am-2:30 pm	**	Contra Costa Culinary School (San Pablo)	\$17	Buffet
Friday	5/10	10:30 am-2:30 pm	*	Fenton's (Oakland)	Free	Menu Prices
Wednesday	5/15	9:30 am-4:30 pm	**	Movie or Shopping Day at Southland Mall (Hayward)	\$8 for matinee	On Your Own
Wednesday	5/22	9:30 am-4:30 pm	***	Cherry Harvesting (Brentwood)	Free	On Your Own
Wednesday	5/29	9:30 am-4:30 pm	***	Ferry Building Marketplace (S.F)	Free	On Your Own
Friday	5/31	9:30 am-4:30 pm	**	Baker Beach/ Presidio Pop Up Food Vendors	Free	Menu Prices
Tuesday	6/4	9:30 am-4:30 pm	***	DeYoung Museum	None	On Your Own
Wednesday	6/5	9:30 am-4:30pm	***	Beringer Wine Legacy Cave Tour (St. Helena)	\$35 Wine Tasting & Cave tour	On Your Own
Friday	6/7	9:30 am-4:30pm	**	Southshore Shopping Center (Alameda)	Free	Menu Prices

Contra Costa Culinary School (San Pablo)

Enjoy a delicious end-of the school year buffet which will feature a sampling of some of the best recipes of this school year.

Fenton's (Oakland)

Fenton's creamery and restaurant is an Oakland landmark, serving the Bay Area community amazing ice cream for over 105 years.

Movie or Shopping Day at Southland Mall (Hayward)

Enjoy one of the may block buster movies out or a day of shopping at Southland Mall's many stores.

Walmart Supercenter (American Canyon)

Enjoy shopping at the Supercenter- get everything that you need for yourself and household

Cherry Harvesting (Brentwood)

2024 Cherry Season is near! Pick your own cherries and other delicious fruits you many come across at the Orchard.

Ferry Building Marketplace (San Francisco)

Experience the charm of San Francisco at the iconic Ferry Building. Discover local artisanal delights, vibrant markets, and breathtaking bay views

SOUTH BERKELEY SENIOR CENTER SHOPPING TRIPS

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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

Day	Date	Where	Time
Monday	5/13/24	Target (3 passengers)	2:00pm-4:30pm
Tuesday	5/14/24	Sprout's (Albany/ 3 passenger limit)	2:00pm-4:30pm
Thursday	5/16/24	El Cerrito Plaza (3 passenger limit)	2:00pm-4:30pm
Tuesday	5/21/24	Dollar Tree/ Walgreen's (3 passenger limit)	2:00pm-4:30pm
Thursday	5/23/24	99 Ranch Market (3 passenger limit)	2:00pm-4:30pm
Tuesday	5/28/24	Powell St. Plaza (3 passenger limit)	2:00pm-4:30pm
Thursday	5/30/24	Berkeley Food Network (3 passenger limit)	2:00pm-4:30pm
Monday	6/3/24	Costco (Richmond/ 3 passenger limit) (must use your own membership card)	2:00pm-4:30pm
Thursday	6/6/24	Safeway/CVS (3 passenger limit)	2:00pm-4:30pm

SBSC Fieldtrip Description Continued

Baker Beach/Presidio Pop (San Francisco)

Pick up lunch at the Presidio and enjoy it as you back in the sun at Baker Beach while watching the Pacific Ocean waves.

DeYoung Museum (San Francisco)

The DeYoung is a fine arts museum in Golden Gate Park. Enjoy the new exhibit, Ansel Adams! Comes see Adams Love & Passion for environmentalism & the Bay area.

Beringer Wine Legacy Cave Tour (St Helena)

Explore Beringer's impressive legacy on this 30 minute walking tour that guides guests through the Old Winery and historic wine-ageing tunnels. We'll taste a selection of three wines during the tour.

Southshore Shopping Center (Alameda)

South Shore Center is an open-air shopping destination featuring a variety of nationally known retailers and restaurants

ORAL HEALTH MATTERS



You can help prevent tooth decay by making smart and healthy food choices. Choose fruits, vegetables, whole grains, low-fat dairy products, and lean proteins like turkey, chicken and fish. **Limit** processed foods and beverages that are high in sugar – they can lead to tooth decay and obesity.

Toothloss

If you've lost any teeth, it's a good idea to replace them. A full set of teeth will help you chew delicious and nutritious foods like meats, beans, fruits, grains, and vegetables. Ill-fitting dentures can be painful and lead to diets of soft food that are low in nutrients and don't help your mouth stay clean.

Changes in Taste

Medications can affect the taste of foods, your food preferences, and your appetite so be sure to report any changes in your eating habits to your physician, dentist and dental hygienist.

Some medications cause dry mouth which can lead to higher risk of cavities. Vitamin C rich foods can promote healthy gums. Food sources include citrus fruits, tomatoes, peppers, potatoes, and spinach.

Calcium

Adequate calcium is increasingly important as we age as it helps prevent bone loss and osteoporosis (weakening of bones).

Osteoporosis can affect your jaw, leading to your teeth becoming loose or falling out.

Food sources of calcium include low-fat dairy like milk, cheese and yogurt, and vegetables such as leafy greens, spinach, and broccoli.

Calcium doesn't work alone. Nutrients such as phosphorus (eggs, fish, lean meat, dairy, nuts, and beans), are an important part of the structure of teeth. Vitamin D is needed to help absorb, carry and deposit calcium in the bone that supports your teeth.

Sources: <https://acl.gov/senior-nutrition/healthy-aging>
<https://www.mouthhealthy.org/life-stages/adults/nutrition-adults-over-60>

MAY 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
 Tuesday-Friday at 12:00pm

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

MONDAY-SBSC/ASC/ESC	TUESDAY SBSC/ASC/ESC	WEDNESDAY NBSC/ASC/ESC	THURSDAY SBSC/ASC/ESC	FRIDAY NBSC/ASC/ESC Deli Lunch Special
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. 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> .	+denotes vitamin C-rich foods *denotes vitamin A-rich foods All meals include 1% milk.	1 Albondigas (Mexican beef meatball soup)* Whole Wheat Crackers Green Salad with black beans, corn & Vinaigrette (cilantro lime) + Fruit cocktail	2 Baked Lemon Caper Fish Herbed Rice Seasoned Greens* Cutie Citrus+	3 Turkey & Sliced Cheddar Cheese with Lettuce Leaf and Tomato on Whole Wheat Bread Mayo & Mustard Packs Green Salad with red cabbage, tomatoes, cucumbers and Thousand Island Dressing+ Ambrosia Small SunChips
6 Thai Basil Ground Turkey Asian Vegetable Blend* Mixed Green Side salad with Shredded carrots & Cilantro Lime Dressing Steamed White Rice Peach Fruit Cup+ Higher Sodium Meal	7 Salisbury Steak (beef) Sweet Onion & Mushroom Gravy Mashed Potatoes Whole Wheat Bread & Butter Seasoned Mixed Vegetables* Warm Citrus Compote+	8 Beef Barley Soup Spinach Salad & Dressing* Cornbread & Butter Seasonal Citrus Fruit+	9 Swedish Meatballs (turkey or chicken) Egg Noodles Steamed Broccoli and Carrots+* Seasonal Fresh Fruit	10 Chicken & Sausage Gumbo Cornbread Potato Salad+ Cutie+ Lemon Bar-Mother's Day Treat
13 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Fresh Seasonal Fruit Higher Sodium Meal	14 Tuna Noodle Casserole Herbed Carrots and Peas* Garden Salad with Dressing Cinnamon Applesauce Cup+	15 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Sesame Breadstick Asian Cabbage Salad+ * Seasonal Fresh Citrus+	16 Garlic-Rosemary Baked Chicken Brown Rice Pilaf Broccoli+ Spiced Peaches	17 Curried Chicken Salad Sandwich on Whole Wheat Lettuce Leaf and Tomato Butternut Squash Soup+ Fruit Salad
20 Malcolm X's Birthday  Berkeley Senior Centers Closed	21 Latin Roast Pork Yellow Rice (with Pork) Cuban-style Black Beans Pineapple Coleslaw+* Warm Apple Crisp	22 Italian Wedding Meatball Soup Green Salad with Cucumbers, Tomatoes & Dressing Whole Wheat Roll Seasonal Fresh Citrus+	23 Spaghetti with Beef Bolognese+* (meat sauce) Squash Sauté with Peppers & Onions+ Mixed Greens Salad & Dressing Seasonal Fresh Fruit	24 Egg Salad (with peas and dill) On Sliced Sourdough Caesar Salad+ Berry Yogurt Parfait Small SunChips
27 Memorial Day  Berkeley Senior Centers Closed	28 BBQ Chicken Thigh Baked Beans Seasoned Greens* Creamy Coleslaw+* Whole Wheat Roll Applesauce Cup+	29 Fish Chowder Oyster Crackers Low Sodium V-8+ Carrot Raisin Salad* Seasonal Fresh Fruit	30 Chicken Alfredo (breast) Whole Wheat Penne Pasta Garlicky Italian Blend Vegetables*+ Green Salad with Dressing Fruit Cocktail	31 Chicken & Vegetable Pasta Salad+ Vegetable Minestrone Whole Wheat Roll & Butter Seasonal Fresh Fruit

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)

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)

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 - 3pm

NBSC Advisory Council is back in action!

After the pandemic and renovation, the non-profit Advisory Council is back in action, and eager to be a liaison between you and the administrators of your senior center. The first meeting was April 3rd with 10 Officers and Directors: Susan Khan, President; Judy Shelton, Vice President; Susan Hoffman, Secretary; Russ Smith, Treasurer; and Directors Vera Christiansen, Charlotte Cozine, Sam Lee, Jane Sukardi, Maria Suryopranoto, and Rodney Wong.

Center Director, Darlene Bronson gave an update on certain physical issues she is working on in regard to the center, and with more details to come!

The council voted to have a suggestion box one again for your ideas and requests. You will find the distinctive blue box at the front counter and we hope to hear from you. We also are hoping to have a crafts fair in the fall where members can bring their crafts to sell. Watch this space for more news on that!

In case you haven't noticed our membership is growing, our classes and activities are expanding, our services are improving and our center is getting better and better every day thanks in large part to the dedicated staff and volunteers who work hard on our behalf.

CAREGIVERS CORNER

Celebrate Mom with Peace of Mind: Respite Resources

This Mother's Day, don't let caregiving responsibilities overshadow your chance to celebrate the moms in your life! There is resources available to help you honor Mom while ensuring your own well-being with our range of respite resources.

- Treat Mom to a special outing or activity.
- Catch up on errands or appointments.
- Simply take a well-deserved break and recharge.



Knowing your loved one is safe and engaged gives you the peace of mind to relax and focus yourself.

Here are some other respite care resources located near Berkeley:

DayBreak Adult Care Center: offers social and therapeutic activities, meals, and personal care in a safe and supportive environment. Their programs are designed to help seniors maintain their independence and improve their quality of life. The cost of DayBreak's services varies depending on the level of care needed. However, they do offer financial assistance to qualifying families.

<https://www.daybreakac.org/>

Home Instead Senior Care: They offer in-home respite care services that can be tailored to your specific needs, including companionship, personal care, meal preparation, and light housekeeping

<https://www.homeinstead.com/location/272/service-area/berkeley-ca/>

Senior Helpers of Berkeley: This agency provides in-home respite care with a focus on companionship and ensuring your loved one feels safe and comfortable

<https://www.seniorhelpers.com/ca/berkeley/contact/>.

City of Berkeley Respite Care Program: This program connects families with respite care providers. You can find their contact information through the City of Berkeley's website

<https://insighthousing.org/the-berkeley-respite-program-project-safer-ground/>.

Family Support Services - RESPITE-EAST BAY: This program offers respite care services for families with children (including adult children) with developmental disabilities in Alameda and Contra Costa Counties. While not located directly in Berkeley, they may be a resource depending on your situation

<https://fssba.org/>

Family Caregivers Alliance: The mission of Family Caregiver Alliance is to improve the quality of the life for family caregivers and the people who receive their care.

<https://www.caregiver.org/>

Remember, it's always a good idea to call these organizations directly to discuss your specific needs and inquire about their fees and availability.

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 pickup at the Berkeley Senior Centers

No Distributions on Holidays

North Berkeley Senior Center Dates: 1st & 3rd Friday's : 5/03/24 & 5/17/24 from 1PM - 3:00PM

South Berkeley Senior Center Dates: 1st & 3rd Friday's : 5/03/24 & 5/17/24 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.

May pantry date: 5/13/24

Call 510-981-5170 for more information

North Berkeley Senior Center

Events & Presentations

ALCSI Presentation on Lung Cancer screening and awareness

Day & Date: Friday, May 3rd

Time: 12 pm - 2 pm

Location: Morning Glory Room

Description: ALCSI is a non-profit organization consisting of doctors, medical students, and undergraduate students working together to raise awareness for lung cancer and lung cancer screening. In this presentation, we will discuss what is lung cancer and lung cancer screening,

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.

Tech Support With Jake

Day: Wednesdays

Time: 10 :30 am-12:30pm

Location: North Berkeley Senior Center

Description One on one digital tutoring with Jake! Sign up at the front desk of NBSC or call 510-981-5190.

Pain Management—Pamela Perry Workshop

Day & Date: Mondays, May 6th—June 10th no class 5/27

Time: 1pm—3pm

Location: Juniper Room

Description: Sessions 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. % week course.

HICAP Tabling at NBSC

Day & Date: Wednesday, May 15th

Time: 10 am - 12 pm

Location: Foxtail Lounge

Drive Safer Driver Longer class with the Berkeley Police Department

Day & Date: Thursday, May 16th

Time: 9:30 am-11:30 am

Description: The Berkeley Police Department, Traffic Bureau experts will provide information on how health conditions impact driving, tips to avoid risky situations, vehicle safety, DMV licensing procedures and recourses to promote safe driving. Call 510-981-5980 to register

Berkeley Community Chamber Singers

Day: Thursday, May 16th

Time: 12pm-1pm

Location: North Berkeley Senior Center

Description The Berkeley Community Chamber Singers is an a cappella group with a repertoire ranging from 16th century madrigals and traditional Americana to international music, Beatles' songs, and contemporary works. Currently at 24 voices strong, BCCS performs at such venues as senior residences, and shelters under the leadership of Costas Dafnis, a multiple award-winning composer and sound artist.

Travel Training with Chonita

Day & Location: May 22nd- Poppy Room, May 23rd—Field trip

Time: May 22nd 10am-1:30pm, May 23nd 9:30am-TBD

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.

May Birthday Party! sponsored by the NBSC Coffee Bar

Day: Wednesday, May 29th

Time: 1pm- 3 pm

Location: Dining Room

Description: Celebrating the May Birthdays with a live jazz performance by Dwayne Oakley Blues Ensemble. Light refreshments and cake will be provided.

Wrap (Wellness Recovery Action Plan)

Day: Fridays, January 5th —June 2024

Time: 12pm- 2 pm

Location: Fuchsia Room

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

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

YMCA Digital Literacy

Day & Date: Thursday 5/2 & 5/16/24

Time: 10:00am - 11:30am

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, mobile apps, etc.

Brown Bag Program donated by Mercy Retirement Care Center

Day & Date: Fridays, 5/3 & 5/17/24 (Every 1st & 3rd Friday)

Time: 11am - 2pm

Location: Lobby

Living Well In the Community presented by THE CIL

Day & Date: Mondays, 5/6, 5/13, 5/20, 5/27, 6/3 & 6/10/24

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.

RTEBN-Gateway

Day & Date: Tuesday, 5/7/24

Time: 10:30am - 12pm

Location: Dining Room

Description: *Gateway* Planner meet with you at your home to support you with aging in place. Rebuilding Together provides home modifications to help you remain safely in your home.

HICAP Counseling

Day & Date: Tuesday 5/7 & 5/21/24 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.

Spring Tea Party

Day & Date: Thursday, 5/9/24

Time: 12:30pm - 2:00pm

Location: Multipurpose Room

Description: Enjoy an afternoon sipping on tea accompanied by a light menu of tea cookies while enjoying the music of classical pianist Becky.

Neighborhood Pantry

Day & Date: Monday, 5/13/24

Time: 2:00pm - 3:00pm

Location: Multipurpose Room

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

Fall Prevention/ Medical Alert Systems by Vital Links

Day & Date: Monday, 5/13/24

Time: 11:00am-11:30am presentation

11:30am-12:30pm tabling/equipment demonstration

Location: Multipurpose Room

Description: Asher from Vital Links will discuss contributing factors that cause falls, how to improve your fall increase and the importance of having a medical alert system to remain safe in your home.

Cooking Matters for Adults (6-week series) sponsored by 18 Reasons

Day: Wednesdays, 5/22, 5/29, 6/5, 6/12, 6/26 & 7/10

Time: 11:00am-1:00pm

Location: Dining Room

Description: Come join a FREE cooking class at the South Berkeley Senior Center (SBSC)! Participants meet weekly to learn cooking skills, discuss nutrition topics and prepare a meal together. Groceries will be provided to participants. Call 510-981-5170 to register.

MAY 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	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
Advanced French Conversation	Monday	2:00 PM	4:00 PM	FREE	Deergrass Room
Zumba by Jam4joy *Late Class*	Monday	5:00 PM	6:00 PM	FREE	Aspen Room
Country Western Line Dance	Wednesday	9:00 AM	11:00 AM	FREE	Aspen Room
Pool Playing for Beginners & Intermediate	Wednesdays	10:00 AM	11:00 AM	FREE	Foxtail Lounge
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 (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
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	Thursday	10:30 AM	12:30 PM	Donation	Fuchsia Room

NORTH BERKELEY SENIOR CENTER Continued. Pg 2

CLASS / ACTIVITY	DAY	START	END	COST	CLASSROOM
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
Free writing (New Class!)	Thursday	1:30 PM	3:30 PM	FREE	Morning Glory 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
WRAP (Wellness Recovery Action Plan)	Friday	12:00 PM	2:00 PM	FREE	Fuchsia 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
Water painting Class with Pat	Friday	1:00 PM	3:30 PM	FREE	Lupine Art Room
Bible as History and Literature *Zoom Class*	Friday	3:00 PM	4:30 PM	FREE	https://us06web.zoom.us/j/5105167766?pwd=V3ozdWt5ODQxSXRkV3JsbGV3WkR1QT09

MAY 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
Chair Exercise	Monday	10:00 AM	11:00 AM	FREE	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
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
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
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
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/5105167766?pwd=V3ozdWt5ODQxSXRrV3JsbGV3WkRlQT09

5-week course

Mindful Movement to Overcome Chronic Pain



Learn how to move with
less pain and more
enjoyment

Facilitator

Pamela Perry, PhD

Yoga Therapist, Pain Care Educator.

May 6, 13, 24, June 3, 10

(All days are Mondays except Friday May 24)

1:30pm-3pm

**North Berkeley Senior Center, Juniper Room
1901 Hearst Ave., Berkeley, CA.**

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

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, May 16, 2024

Time: 10:00 AM

Location: North Berkeley Senior Center

1901 Hearst Ave

Berkeley, CA 94709

Please RSVP by calling (510) 981-5980

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



TRENDS
TRAINING, RESEARCH AND EDUCATION
FOR DRIVING SAFETY

Internal



SOUTH BERKELEY SENIOR CENTER **SPRING TEA PARTY**

THURSDAY, MAY 9TH, 2024

12:30PM - 2:00PM

SOUTH BERKELEY SENIOR CENTER
2939 ELLIS ST., BERKELEY, CA 94703

Enjoy an afternoon sipping on tea, nibbling on tea sandwiches and desserts while enjoying the music of classical pianist Becky.



PLEASE RSVP BEFORE 5/6/24 BY CALLING 510-981-5170.

Cooking Matters Cooking Course



Come join a FREE 6 week cooking class at the South Berkeley Senior Center! Participants meet weekly to learn cooking skills, discuss nutrition topics and prepare a meal together. Groceries will be provided to participants.

Call 510-981-5170 to register.

Thursdays,

5/22, 5/29, 6/5, 6/12, 6/26, 7/10/24

11:00am-1:00pm

South Berkeley Senior Center
2939 Ellis St. Berkeley
Call 510-981-5202 to register

Course taught by 18 Reasons. 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.





BERKWOOD HEDGE SCHOOL



The 5th Grade FIRE Class production of...

Annie JR.



Music by Charles Strause	Lyrics by Martin Charnin	Book by Thomas Meehan
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*Original Broadway Production Directed by Martin Charnin
Based on "Little Orphan Annie"® By Permission of Tribune Content Agency, LLC.*

Special Community Performance!

Thursday, May 16, 2024
9:30-11:15am

North Berkeley Senior Center
1901 Hearst Ave, Berkeley, CA 94709

♪ Doors open 15 minutes before starting time ♪ Showtime is about 1.5 hours with a 15 minute intermission between acts ♪ Masks strongly encouraged, but not required ♪

Annie JR. is presented through special arrangement with and all authorized materials are supplied by Music Theatre International, New York, NY (212) 541-4684 mtishows.com



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
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