Shelter In Place Update

The Shelter in Place Order has been extended through Sunday May 31, 2020 and the Senior Center will remain closed until further notice. In-person programs are currently cancelled, but some programs have been modified to allow virtual participation. All available programs are listed in this newsletter. However, we will be adaptive to the situation as it progresses and will follow guidelines from governmental health agencies providing oversight. Please refer back to this page as we will update the newsletter accordingly. Our temporary customer service line is 510-209-1028.

Phone Tree Program

We are continuing to make phone calls to every member of the Emeryville Senior Center who has scanned their badge since February 1st. This is over 500 people! We want everyone to know that we care about our members during this difficult time. Whether you need help getting connected to services, or just want a friendly voice to chat with, we are here for you. If you would like a City Staff member to call you, please email Brad at bhelfenberger@emeryville.org.

8-To-Go: Mondays Added June 1st

Effective June 1, 2020, the 8 To Go Shuttle is only operating on Mondays, Tuesdays and Thursdays until further notice. Service is limited to one passenger at a time. We have also increased the frequency in which we are sanitizing our vehicles. For ride scheduling, please call 510-596-3730. Same day rides are also available on Mondays, Tuesdays or Thursdays. Please call the driver at 510-385-0911.

Mercy Brown Bag

If you are a current Brown Bag recipient and are in need of food during this time, please call (510) 534-8540. Give your Mercy Brown Bag Program card number, name, address, and phone number and we will get the food to you. The next delivery date for members is Thursday June 4th.

Fee Increase for Annual Membership Dues Effective July 1, 2020

The Emeryville City Council approved a new Fiscal Year Budget increase for annual Senior Center Membership fees which will go into effect July 1, 2020. The annual dues will increase from $25 to $30. New and Renewing membership applications will not be processed until the Senior Center is open to the public at a future date to be determined. Fitness Center and Pool access fees $3/day visit and $44/3-month pass membership.
Meals on Wheels will continue to provide a meal 7 days per week. We have changed the delivery schedule to reduce the possibility of exposure to COVID-19. Deliveries will now be on Mondays and Thursdays with 3 meals provided on Monday and 4 on Thursday. If you live in Emeryville and need Meals on Wheels, call 510-596-3730 or email mmckenna@emeryville.org.

We have also converted our Congregate Lunch Program to Meals on Wheels temporarily. If you are registered for Congregate Lunch/ Tri-City Café and live in Emeryville, North/West Oakland, or South Berkeley, call us at 510-596-3730 or email mmckenna@emeryville.org.

If you are not registered for Congregate Meals/Tri-City Café and do not live in Emeryville, here are some local Meals on Wheels organizations that are serving your local community.

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: 510-582-1263
Berkeley: 510-981-5250

Stores with “Senior Hours”

- Pak N Save: 3889 San Pablo Ave.
  Tuesday/Thursday 7am-9am
  Full Hours: 7am-9pm

- Trader Joes: 5700 Christie Ave.
  Daily 8am-9am
  Full Hours: 9am-7pm

- Target: 1555 40th Street
  Wednesdays 8am-9am
  Full Hours: 8am-9pm

- Whole Foods: 3000 Telegraph Ave, Berkeley
  Daily 8am-9am
  Full Hours: 9am-8pm

Stores Offering Assistance To Older Adults

- Berkeley Bowl: 920 Heinz Ave
  Berkeley. Senior Hours MWF (8-10am). Full Hours: 9am-8pm

- CVS Pharmacy
  4349 San Pablo Ave
  Hours: 9am-9pm

- Watergate Market:
  2390 Powell St.
  Hours 9am-9pm

- Costco Wholesale
  4801 Central Ave
  Richmond
  Tuesday/Thursday 8am-9am
  Full Hours: 9am-6:30pm

More on next page
We care about your health and well-being during the Shelter In Place. We strongly encourage you to remain active and try to stick to your fitness routines as much as possible, or to try something new. Some of our Instructors are starting to host live and recorded classes online. Please check back to this list frequently as we will update it as more instructors do online courses:

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Class</th>
<th>Day/Time</th>
<th>Website (Click for link)</th>
<th>Other Info</th>
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<tbody>
<tr>
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<td>POW</td>
<td>Mondays, 1-3:30pm</td>
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<tr>
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<td>Tuesdays, 9:30am</td>
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<td>Zumba</td>
<td>T/Th, 10:30am</td>
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<tr>
<td>Isabelita</td>
<td>Pilates</td>
<td>Tuesdays, 12pm</td>
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<tr>
<td>Isabelita</td>
<td>Qi Gong</td>
<td>Wednesdays, 10:30am</td>
<td>Zoom (ID 599 150 364, Pass 676104)</td>
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<tr>
<td>Helen</td>
<td>Zumba</td>
<td>Any Time (Recording)</td>
<td>YouTube</td>
<td></td>
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</tbody>
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**Virtual Coffee w/ Senior Center Staff – Wednesdays 11–11:30am**
[Zoom Link](ID 924 5369 6776 , Pass 2HKgjK )

Chakracize by Val Joy
[Zoom Link](ID 771 765 222)
Tuesdays, 9am-10am; Fridays 12-1pm; Sundays 3-4pm
Donations Suggested. Click Here to Donate

**Other Classes/ Activities:**
These classes are suggestions we have found online and are performed by other instructors:

- Meditation- [https://youtu.be/6vO1wPAmiMQ](https://youtu.be/6vO1wPAmiMQ)
- Tai Chi- [https://youtu.be/FEC357DTNnA](https://youtu.be/FEC357DTNnA)
- Qi Gong- [https://youtu.be/kFhG-ZzLNN4](https://youtu.be/kFhG-ZzLNN4)
- Line Dance- [https://youtu.be/uZXQugPnp8g](https://youtu.be/uZXQugPnp8g)
- Gentle Yoga- [https://youtu.be/kFhG-ZzLNN4](https://youtu.be/kFhG-ZzLNN4)

Gregangelo Artalks (FREE Live Streaming Form for Saturdays at 2:00pm PST)
[https://rushtix.com/events/gregangelo-artalks-3/?utm_source=Newsletter3](https://rushtix.com/events/gregangelo-artalks-3/?utm_source=Newsletter3)

Virtual Tour of Coastal Wetlands [https://youtu.be/-fl1zDucc5Q](https://youtu.be/-fl1zDucc5Q)

Virtual Tour of Amazon Rainforest [https://youtu.be/JEsV5rgbVNQ](https://youtu.be/JEsV5rgbVNQ)

DIY Indoor Herb Garden in a Shoe Organizer [https://youtu.be/hUWXZO13akM](https://youtu.be/hUWXZO13akM)


AARP Coping & Maintaining Your Well-Being During Coronavirus Pandemic [https://youtu.be/8p7EyySq4Uc](https://youtu.be/8p7EyySq4Uc)
Virtual Recreation and Resource Portal

The Community Services Department has created a virtual place for fun, education, and resources. There is a page dedicated just for older adults, so please visit the page often for new updates and ideas to keep you and your loved ones healthy, entertained, and informed. [CLICK HERE for the Virtual Recreation and Resource Portal.]

Food Giveaway at ECCL - Mondays & Thursdays

The Emery Unified School District, in partnership with the Alameda County Food Bank is holding a grocery bag giveaway every Monday & Thursday (closed holidays) on 47th Street outside of the High School from 10:00-12:00pm (early arrival for seniors is suggested). The address is 1100 47th Street. Anyone in need can receive a bag of groceries. Bags typically consist of boxed goods, canned goods, and a dessert - enough for two meals to feed a family. If you are local to the Emeryville area and cannot get to ECCL, call 510-596-3779 and we will arrange delivery to you. For other questions about the program, email Brad Helfenberger at bhelfenberger@emeryville.org

Other Resources

211 for local services and assistance, visit 211.org/alamedacounty (or call 2-1-1 from any phone)
Born to Age Resource Referral: borntoage.com/alameda-county
AARP Safe Driver Program Online Courses: aarpdriversafety.org
Legal Assistance for Seniors - Call 510-832-3040 and leave a message.
HICAP - Call 510-893-0393 for phone appointments. There may be delays in response time. [Click this link for a Consumer Tip Sheet for Protecting yourself and Medicare against Fraud]
[Click this link for the FTC education page for Coronavirus Scams]
[Click this link for a list of Emeryville Restaurants that are offering pickup/delivery options]
Center for Independent Living (CIL) Resources: https://www.thecil.org/covid19resources
AARP Resource Card for Californians: https://states.aarp.org/california/covid19
American Heart Association: www.heart.org/coronavirus
ESC Special Video- Spreading Smiles: https://youtu.be/4oHntJK99TE

More on next page
Other Resources (continued)

**Friendly Visits by Phone**

Volunteers at Crisis Support Services are providing daily phone calls to homebound seniors during the Covid-19 crisis. Services will be provided through August 2020.

1-800-260-0094

**Trauma Informed Care**

We recognize and understand the difficulties trauma survivors face, including the challenge of accessing supportive services. Crisis Support Services mitigates the potential of re-traumatization by adopting collaborative engagement at every stage of service. Working Together to Improve the Quality of Life Today.

[www.crisissupport.org](http://www.crisissupport.org)

24 Hour Crisis Line: 1-800-309-2131

Working Together to Improve the Quality of Life Today
Virtual Presentation
Friday, June 5, 2020
at 11:00am

Emeryville Senior Center Member, Celeste Burrows Presents...

“Enhance Your Immunity: A Two Part Presentation”

Presentation Description:
Celeste Burrows, Certified Nutrition Consultant, will discuss lifestyle and nutrition steps you can take now to support your immune system and enable it to respond most effectively to threats. She will also address ways to minimize the added COVID-19 risks that come from having other underlying conditions.

Click on Zoom Links (below)
Part One at 11:00am- ZOOM LINK, Meeting ID: 986 182 8229, Password: healthy123
Part Two at 11:35am- ZOOM LINK, Meeting ID: 986 182 8229, Password: healthy123
More on next page