

MARCH 2026



THE LINK

EMERYVILLE SENIOR CENTER • 4321 SALEM STREET, EMERYVILLE, CA 94608 • |510| 596-3730

WHAT'S HAPPENING @ ESC

MARCH 2026 AT A GLANCE

- March 4- Trip: Napa Valley Museum of Art: Julia Child Exhibit**
- March 4- Friends of ESC Mtg.**
- March 5- Mercy Brown Bag**
- March 6- Presentation: Consumer Fraud: Scams Targeting seniors & Tips for Protection & Prevention w/ HICAP**
- March 6- Special Event: International Women's Day Lunch**
- March 6- Movie: Coco before Chanel**
- March 11- COA Meeting**
- March 13- Presentation: Community Organized Relief Effort (CORE)**
- March 13- Movie: Tyler Perry's Joe's College Road Trip**
- March 17- Friends Volunteer Circle**
- March 18- PRIDE Peer Support Group**
- March 18- Special Event: Tea & Talent Show**
- March 18- St. Patricks Day Cooking Session: Soda Bread Making - *registration required***
- March 19- Mercy Brown Bag**
- March 20- Presentation: Meeting and Connecting w/ Strangers**
- March 20- Movie: Nobody 2**
- March 24- Trip: Shop Around: Sun Valley Mall**
- March 25- Trip: Chase Center: Warriors vs Nets**
- March 27- Movie: Honk for Jesus: Save Your Soul**

National Women's History Month



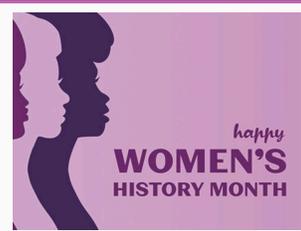
March is Women's History Month, an annual celebration in the US that recognizes and celebrates the contributions of women all throughout the nation's history. The first Women's Day celebration in the U.S. was in 1909. Women's History Month began as a local weeklong celebration in Santa Rosa, California. In 1978, the Ed Task Force of the Sonoma County Commission on the Status of Women planned a celebration that corresponded with International Women's Day. In February of 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8th as National Women's History Week, and in 1987, Congress designated the entire month of March Women's History Month.

Collaboration is key to advancing women's equality. This year's theme is "Give To Gain" emphasizes the power of reciprocity and support. When people, organizations, and communities give generously, opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication. When women thrive, we all rise.

Whether through donations, knowledge, resources, infrastructure, visibility, advocacy, education, training, mentoring, or time, contributing to women's advancement helps create a more supportive and interconnected world.

Join us for a special lunch on Friday, March 6 @ 11:30am in our Main Hall.

SAVE THE DATE:
 4/9- The Perennials Ageless Impro Lunch Performance
 4/24- Volunteer Appreciation Luncheon





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WHAT'S HAPPENING @ ESC

EVENTS & NEWS!

ESC's Tea & Talent Show

The Tea & Talent Show is back!

Join us as we celebrate the incredible talents of our senior community. From music and dance to poetry, storytelling, and more, come share your gift or enjoy the show!

Wednesday, March 18

1:00 - 3:00 PM

Main Hall - Emeryville Senior Center

- ★ Light refreshments will be served
- ★ Cheer on your friends and neighbors
- ★ Enjoy an afternoon of creativity and community

★ **Want to Perform?**

Sign up at the Front Desk to reserve your spot in the lineup!

Sign-up Deadline: Friday, March 6

All talents are welcome! Come and enjoy the show!



ESC's Volunteer Appreciation Luncheon

in us for our Annual Volunteer Appreciation Luncheon honoring the dedicated volunteers who support our center's daily operations, from bread donation pickups and deliveries, kitchen servers, and Meals on Wheels drivers, to Mercy Brown Bag helpers, adult school assistants, and so much more.

This special gathering recognizes the time, talent, and heart our volunteers pour into serving others. Volunteer Appreciation Month, aligned with Global Volunteer Month, highlights the powerful impact of civic engagement and community service worldwide — and we are grateful to celebrate our very own community champions.

Help us say thank you to those who give so generously





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EVENTS & NEWS!

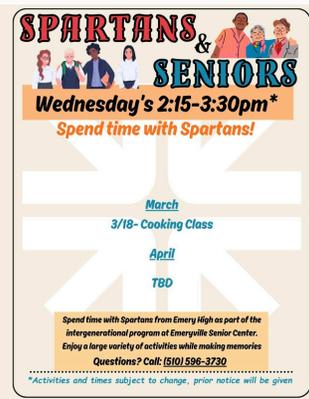
WHAT'S HAPPENING @ ESC

Healthy Families Festival 3/28 @ 11am

Join us for the City's much-anticipated **Healthy Families Festival**, a vibrant annual celebration that brings our community together for a day of connection, wellness, and fun. Hosted at the Emeryville Center of Community Life, this family-friendly event features an exciting egg hunt, hands-on crafts, local vendors, and engaging activities designed for all ages.

Taking place on Saturday, March 28, from 11:00 AM to 2:00 PM, the festival offers something for everyone, whether you're exploring community resources, supporting small businesses, or simply enjoying a joyful afternoon with neighbors and friends.

Mark your calendar and come celebrate the spirit of healthy, thriving families in our city. We look forward to seeing you there!



Spartans Helping Seniors

Due to low participation, the Spartans & Seniors program will be placed on hold until further notice.

We remain committed to creating meaningful opportunities that bridge the intergenerational gap between senior members and Spartans from Emery High, and we hope interest will grow so we can relaunch the program stronger than ever.

Please note that the Cooking Class scheduled for **March 18 (@ 2:15p)**, will continue as planned. We look forward to gathering for this special activity and appreciate your continued support and engagement.

Stay tuned for future updates, and thank you for being part of our community.

***NEW- ESC 2nd Fridays (3/13 @ 4:00pm)

Friday Night Social at the Emeryville Senior Center!



Kick off your weekend with friends, fun, and great vibes at our Friday Night Social! Join us for an evening of music, light "potluck" refreshments, games, and good company in a warm, welcoming atmosphere. Whether you're looking to unwind, meet new people, or just enjoy a lively night out, this is the place to be!

2nd Fridays (3/13, 4p-6p)
Emeryville Senior Center

Come laugh, connect, and make memories—your Friday nights just got a whole lot more fun!



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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC



The Perennials

Ageless Improv

We weave improvised songs, scenes, and rhymes (and a touch of silliness) into a light-hearted show that's sure to get you smiling.

Come and Laugh with Us!

Date: Thursday, April 9, 2026

Time: 12:30PM

Location: Emeryville SeniorCenter

4321Salem St.Emeryville,CA.



Get Ready to Laugh with The Perennials!

What happens when quick wit, catchy tunes, and a little playful silliness take the stage? You get The Perennials: Ageless Improv — a lively, feel-good performance that blends improvised songs, scenes, and rhymes into a light-hearted show guaranteed to leave you smiling.

Join us for an afternoon of laughter, creativity, and pure fun at the Emeryville Senior Center.

Thursday, April 9, 2026

12:30 PM

4321 Salem Street, Emeryville

Bring a friend, bring your sense of humor, and come laugh with us. Because great comedy only gets better with age!

Friends of Emeryville Senior Center

On behalf of the Friends of the Emeryville Senior Center, I would like to extend our heartfelt thanks to all of the wonderful volunteers who made our Lunar New Year and Black History celebrations such memorable occasions. A special note of appreciation goes to those who worked behind the scenes to prepare the food and clean up afterward. We simply could not host these celebratory lunches without your dedication and support.

Speaking of volunteers, our bread pickup team could use an extra hand! Volunteers currently pick up bread from Acme every Monday before 9:00 a.m. and deliver it to the Center for our bread sale. We are looking for someone willing to take on one (and occasionally two) Mondays per month. As Marilee Marringa says, one of the perks is that your car smells like fresh baked bread! If you are interested, please text me at 805-720-2789.

I recently reviewed the annual financial commitments of the Friends of the Emeryville Senior Center. Each year, we contribute approximately \$8,500 on your behalf. These funds support instructor fees, event entertainment, ongoing programs such as Mercy Brown Bag, and necessary insurance and permits for events.

How do we raise these funds? Through raffles, sales events like the Holiday Marketplace and vendor pop-ups, bread sales, and generous donations from our members. Please note that membership dues do not cover these expenses, and this total does not include additional enhancements such as the couches.

We hope you will continue to support our future fundraisers and consider donating what you are able to the Friends. Your generosity allows us to continue enhancing and supporting the programs and services at the ESC.

With gratitude,

Friends of the Emeryville Senior Center

FRIENDS OF ESC



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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

Volunteer at ESC – We Need You!

The ESC is looking for dedicated community members to lend a helping hand.

Whether you enjoy working directly with participants or prefer supporting behind the scenes, there's a place for you here. Volunteer opportunities include:

- **Assisting with classes and activities**
- **Serving as a Help Desk agent**
- **Chairing or serving on one of our advisory boards**
- **Answering phones and providing administrative support**
- **Supporting special events**
- **Escorting day trips and outings**

Your time and talents help us strengthen programs, enhance services, and build meaningful connections within our community.

If you're interested in making a difference, we'd love to hear from you. Join us at ESC, where community truly matters.

VOLUNTEERS NEEDED

THE HELP WE NEED:

- MOW Drivers
- Donations Pick-ups
- Answering Telephones

JOIN US

M-F, 9A-4P - Hours Vary
4321 Salem St. Emeryville, CA
Hours vary, upon your availability.

Contact Hazel Barry for volunteer opportunities @ hazel.barry@emeryville.org

DIABETES SUPPORT GROUP

Diabetes Support Group Meeting (3/6 @ 10:00am)

Meet up with ESC's Diabetes Support Group, to discuss insulin resistance and how you can improve your condition. The group will discuss glycemic index and how that defines the best food choices and so much more!

ESC WALKING GROUP

ESC Walking Group (3/6 @ 12:30pm)

Improve your cardiovascular health, and muscle strength, and build friendships while enjoying walking and other outdoor activities. Walks will last approximately **1-1.5 hrs**.

FRIENDS OF ESC

*****NEW- ESC PRIDE Peer Support Group**

All members and aging adults of the LGBTQ+ community are invited to join us for a safe, welcoming space to connect, socialize, and build community. Enjoy coffee, conversation, and meaningful connection in a relaxed, supportive environment.

3rd Wednesdays (3/18, @ 10:00 am)
Emeryville Senior Center

Come as you are, everyone is welcome.

FRIENDS VOLUNTEER CIRCLE

Friends Volunteer Group Meeting (3/17 @ 1:00pm)

You are invited to join the Volunteer Circle on **Tuesday, March 17th** as we will be preparing summer fun backpacks for elementary school children to encourage a positive, safe summer. We hope you'll join us as we work to uplift the lives of our future citizens while enjoying friendly conversation.



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TRIPS: APRIL 2026

APRIL TRIP
REGISTRATION
OPENS WEDNESDAY,
3/4 @ 9AM



UPCOMING DAY TRIPS:

Summer Coastal Adventure
Featuring: **Carmel by the Sea & Cannery row Monterey**
7/9/2026 (8am-6:30pm)
\$117/pp
Call (510) 596-3730 for more info.

Downtown Benicia
(4/4, 10A-5P)
\$15

Join us for a delightful day exploring the heart of historic Downtown Benicia along picturesque First Street! Nestled along the Carquinez Strait, this waterfront gem offers small-town charm with big personality. Spend the day browsing unique boutiques, discovering local art galleries, enjoying cozy cafés, and taking in beautiful marina views. Whether you're hunting for one-of-a-kind treasures, savoring a delicious lunch, or simply enjoying a relaxing stroll, Downtown Benicia delivers the perfect blend of history, shopping, and seaside ambiance. Trip #: **042026001**
(Benicia, CA) **Moderate to Major Walking**

San Jose Museum of Art
(4/10, 9:30A-4:30P)
\$35

The San José Museum of Art (SJMA) is a contemporary art museum dedicated to inclusivity, new thinking, and visionary ideas. SJMA is committed to being a borderless museum, essential to creative life throughout the diverse communities of San José and beyond. Enjoy lunch at the cafe and shopping in the gift shop. Trip #: **042026002**
(San Jose, CA) **Minor to Moderate Walking**

Alvin Ailey Performance
(4/11, 12:30P-5P)
\$115

Experience the power, passion, and breathtaking artistry of Alvin Ailey American Dance Theater, one of the most celebrated dance companies in the world! Known for its electrifying performances and powerful storytelling, Alvin Ailey blends modern dance, ballet, jazz, and cultural expression into a performance that moves both the body and the spirit. From heart-pounding choreography to soul-stirring music, every piece is a masterpiece of strength, grace, and emotion. Don't miss this inspiring celebration of movement, culture, and artistic excellence. Trip #: **042026003**
(Berkeley, CA) **Minor Walking**



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TRIPS: APRIL 2026

Dine Around:
Monica's Reiverview
 (4/15, 11A-3P)
\$15

Join us for a delicious outing to Monica's Riverview, nestled along the waterfront, Monica's Riverview offers the perfect blend of flavorful cuisine and relaxing Delta views. Enjoy a thoughtfully prepared meal while overlooking the water — the ideal setting for great conversation, laughter, and a memorable dining experience. Whether you're in the mood for fresh seafood, hearty classics, or simply a scenic escape with friends, this trip promises good food, beautiful views, and even better company. Trip #: **042026004** (Antioch, CA) **Minor Walking**.

Asparagus Festival
 (4/24, 8:30A-5:30P)
\$27

Join us for a flavorful and fun-filled day at the beloved San Joaquin Asparagus Festival, a celebration of all things asparagus and so much more! This lively annual festival brings together delicious food, live entertainment, local vendors, and community spirit. From deep-fried asparagus and gourmet dishes to unique arts and crafts, there's something for everyone to enjoy. Stroll the festival grounds, catch live music performances, and savor creative culinary delights that make this event a Northern California favorite. Whether you're a foodie, a festival lover, or just looking for a great day out with friends, this trip promises good eats, good vibes, and plenty of fun. Trip #: **42026005** (Stockton, CA) **Moderate to Major Walking**.

Wings over Solano
 (4/25, (8:00A-5:00P)
\$200

Get ready for high-flying excitement at the spectacular Wings Over Solano, and we're doing it in VIP style! Hosted at Travis Air Force Base, this thrilling air show features jaw-dropping aerial demonstrations, precision flying teams, military aircraft displays, and heart-pounding stunts that will leave you in awe.

- With our VIP privileges, you'll enjoy premium viewing access, added comfort, and an elevated experience away from the general crowds. Sit back, relax, and take in the action from some of the best seats on the runway! Tickets include catered, buffet-style lunch, in-and-out privileges, and unlimited water and soft drinks. Trip #: **42026006** (Fairfield, CA) **Minor to Moderate Walking**

Shop Around:
San Pedro Square
 (4/26, (11A-4P)
\$15

This vibrant downtown destination blends history, culture, and incredible food all in one place. With a variety of eateries, artisan vendors, and live entertainment, San Pedro Square offers something for every taste. Stroll the historic streets, soak in the upbeat atmosphere, and enjoy a relaxed afternoon filled with good food and great company. Trip #: **42026007** (San Jose, CA) **Minor to Moderate Walking**



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PRESENTATIONS

Presentations offer opportunities for developing skills, sharing information, and knowledge together. This process can strengthen learning and enthusiasm for further knowledge. Call us and reserve your spot for one of our upcoming presentations.

Consumer Fraud: Scams Targeting Seniors & How to Stay Protected (3/6 @ 11:00am)

Join us for an informative 90-minute presentation with Health Insurance Counseling and Advocacy Program (HICAP) focused on protecting yourself and your loved ones from today's most common scams.

Fraud schemes are becoming more sophisticated, and seniors are often targeted. This session will break down the latest scam tactics, including phone, online, mail, Medicare-related, and identity theft fraud, so you can spot red flags before it's too late.

Participants will:

- Learn about common scams and how they operate
- Gain practical strategies to recognize warning signs
- Discover proactive steps to safeguard personal and financial information
- Receive guidance on where to report fraud and access trusted support services

Knowledge is your best defense. Empower yourself with the tools and resources to prevent fraud and protect what matters most.



CORE Community Organized Relief Effort (3/13 @ 11:00am)

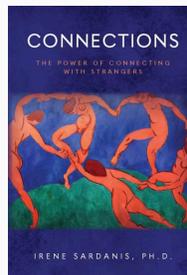
Our Guide to Disaster Preparedness presentation brings neighbors together to learn, share, and build practical skills that help keep our communities safe during emergencies. We will talk about hazards specific to your community and what they mean for you, discuss what you should do before, during, and after disasters, learn how to make a plan, build a go-bag, and dedicate time for emergency alert sign-up assistance.



Community Organized Relief Effort

Meeting & Connecting with Strangers w/ Author Irene Sardanis (3/20 @ 11:00am)

Now, more than ever we need connections with others. Many of us are suffering from loneliness. Irene's book "Connections - The Power of Connecting with Strangers" describes her transformative experiences with strangers. She will read parts of the book and encourage people to take a risk and reach out to strangers who are probably lonely too and eager to connect as well.





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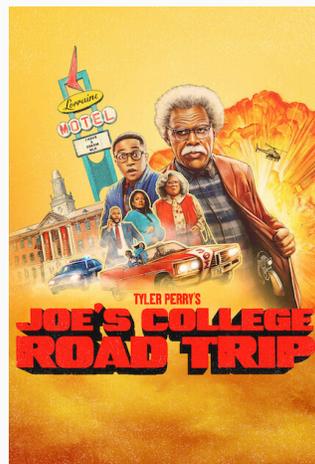
FRIDAY MOVIES

Feel free to submit movie suggestions to twright@emeryville.org by the 1st Friday of every month, for your title submission to be considered for the next month's movie.

FRIDAY MOVIES

Movies are shown weekly. Members can join us every Friday in the Billiards Room @ 1PM. Popcorn will be served by staff. Viewers are welcome to bring their own (personal) drinks and snacks.

(NOTE: Movie time changes on special event days.)



3/6-Coco before Chanel:

The story of Coco Chanel's rise from obscure beginnings to the heights of the fashion world.

3/13-

Tyler Perry's Joe's College Road Trip:

To teach his sheltered grandson about the real world, Madea's foul-mouthed brother Joe takes the college-bound teen on a raucous cross-country road trip.

3/20- Nobody 2:

Suburban dad Hutch Mansell, a former lethal assassin, is pulled back into his violent past after thwarting a home invasion, setting off a chain of events.

3/27- Honk for Jesus-Save Your Soul:

In the aftermath of a huge scandal, Trinitie Childs, the first lady of a prominent Southern Baptist Mega Church, attempts to help her pastor-husband, Lee-Curtis Childs, rebuild their congregation.



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RESOURCES



Mercy Brown Bag Grocery Pick Ups

Brown Bags for seniors 60+ are distributed at ESC from 9–10 AM on the 1st & 3rd Thursday of each month.

 Next dates: **March 5th & 19th**

- ➡ Please bring your own reusable bag and be ready to update personal info if needed. Bags will only be held with an advance request.
- Not registered? Call Jacob at **(510) 596-4309** or sign up on-site at 9 AM on distribution days.



AARP

 AARP Driver Safety Refresher Course

The next 8-hour AARP refresher course will be held on:

Thursday, March 18th & 25th, 9:00 AM – 1:00 PM.

\$ Fee: **\$20** (AARP members) | **\$25** (non-members)

 Register in advance: **510-596-3730** (or walk in)

Can't attend in person? Explore online, self-paced workshops at aarp.org or renew insurance discounts through the AARP Driver Safety Program at aarpdriversafety.org.



Tech Help w/ Ashby Village (4th Thursdays @ 1pm)

Need help with your smartphone, tablet, or laptop? Stop by our monthly drop-in tech session—no appointment needed!

 1:00–3:00 PM (3/26)

 ESC Main Hall, 4321 Salem St.

The Ashby Village Tech Team will guide you one-on-one with apps, device settings, accessibility tools, and more—at your pace.

 Just drop in!

 Questions? Call (510) 596-3730.

 Let's make tech easier, together!

**WE ARE IN NEED OF
KITCHEN VOLUNTEERS &
MEALS ON WHEELS
DRIVERS.**

Meals on Wheels

Meals on Wheels continues to serve homebound seniors (60+) in Emeryville with up to 7 ready-to-heat meals per week, delivered on **Monday, Wednesday, and Friday** mornings.

 To request meals or refer a senior: Call 510-596-4309 or email jacob.wojnar@emeryville.org.

Outside Emeryville? Contact your local program:

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

 Join us for Lunch @ ESC!

Enjoy a hot congregate (dine-in) lunch, **Monday–Friday at 11:45 AM**. Check the **March** menu for daily offerings.

These programs are funded by Alameda County. A \$3 donation per meal is appreciated.

**Dine-in lunch
is served (M-F)
11:45am-12:15pm**



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RESOURCES (CONT.)

ESC Help Desk (Wednesdays @ 11am)

Meet with Volunteer Help Desk Guides for help navigating local resources, they are here to assist you in accessing:

- Education
- Food Assistance
- Medical Services
- Housing
- Estate Planning
- Transportation
- Legal Services
- Employment ...and more!

Dates: 3/4, 3/11, 3/18, 3/25
Time: 11:00 AM – 1:00 PM

Location: Emeryville Senior Center
4321 Salem St., Emeryville, CA 94608

Let's work together to build a stronger, more connected community.

SENIOR HELP DESK

NEED HELP?

MEET WITH VOLUNTEER GUIDES FOR HELP ACCESSING:

- ✓ Technology
- ✓ Medical Services
- ✓ Housing
- ✓ Education
- ✓ Food Assistance
- ✓ Transportation
- ✓ Legal Services
- ✓ Employment
- ✓ Estate Planning
- ✓ And more!

Dates: 3/4, 3/11, 3/18, 3/25
Time: 11:00 AM

Location: 4321 Salem St., Emeryville, CA 94608

Let's build a stronger, more connected community, together.

ESC Voluntary Contributions

The Emeryville Senior Center welcomes optional, voluntary contributions to help support our programs and services for older adults and disabled residents. Contributions are never required, never tracked by name or amount, and no one is denied service based on ability to contribute.

How Contributions Help:

They directly support classes, special events, cultural programs, health and wellness activities, supplies, and volunteer efforts.

How to Contribute:

- At the Front Desk (cash, check, card)
- Contribution boxes at select programs
- By mail:

City of Emeryville – Memo: Voluntary Contribution
 4321 Salem Street, Emeryville, CA 94608

Thank you for supporting the programs that keep our Center thriving!

Other Resources

211 (Local Assistance and Referral Program): <http://211alamedacounty.org/>

Born to Age Resource Referral: borntoage.com/alameda-county

Legal Assistance for Seniors -

Call **510-832-3040** and leave a message. www.lashicap.org

East Bay Community Law Center - Call **510-548-4040**

HICAP - Call **510-839-0393** for phone appointments. There may be delays in response time.

Center for Independent Living:

<https://www.centerforindependentliving.org/programs>

SPECTRUM for Community Services: www.spectrumcs.org/energy-services/liheap

Home Energy Assistance Program (HEAP):

<https://www.spectrumcs.org/energy-services/liheap>

Ashby Village: Aging Better Together: <https://www.ashbyvillage.org>

Alameda County Aging and Disability Resource Connection (ADRC):

<https://alameda.my-adrc.org/>





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HEALTH & WELLNESS CLASS SCHEDULE

Senior Center Classes

Your health and wellness are extremely important and ESC is happy to afford our members the opportunity to remain active and enjoy your favorite classes. Please note which classes are available in person, online via Zoom or a hybrid class (both options are available). Want to Zoom but don't have access?

Online/Hybrid Zoom Classes

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Joe	Meditation	M/TW//Th, 8:00am	Zoom	ID 940 9351 3137, PW 4321
Helen	Weights	Tuesdays, 9:30am	Zoom	ID 870 8808 7266, PW 4321
Helen	Zumba	Tuesdays, 10:30am	Zoom	ID 818 8733 2590, PW 4321
Pamela	Pain Ease	Tuesdays, 2:00pm	Zoom	ID 925 9097 9143, PW 4321
Novella	Line Dance	Wednesdays, 9:30am	Zoom	ID 993 4137 3668, PW 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	No March-Resumes 4/1
Stephanie	Rosen	Thursdays, 10:00am	Zoom	ID 894 5266 7677, P: 670945
Pamela	Yoga	Thursdays, 9:00am	Zoom	ID 925 9097 9143, PW 4321

In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Mon days, 9:00am	Upstairs	
Sandra	NIA	Mon days, 10:00am	Main Hall	No Class 3/23
Volunteer	Current Events	Mon days, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mon days, 11:00am	Upstairs	No Class 3/23
Helen	Weights	Tuesdays, 9:30am	Main Hall	Zoom Link Above
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	Zoom Link Above
ESC Staff	Mahjong	Tuesdays, 12:00pm	Upstairs	Practice Only
Jay	Karaoke	Tuesdays, 12:30pm	Billiards Rm	
Daphne	Intermediate Tap	Tuesdays, 1:00pm	Main Hall	
Pamela	Yoga Pain Ease	Tuesdays, 2:00pm	Upstairs	Zoom Link Above
Daphne	Beginner Tap	Tuesdays, 2:00pm	Main Hall	
Novella	Line Dance	Wednesdays, 9:30am	Main Hall	Zoom Link Above
Lee	Ageless Grace	Wednesdays, @ 10am	Upstairs	
Lee	Body Restore	Wednesdays, @ 11am	Upstairs	
ESC Staff	Pickleball	MW, 1:00pm	Main Hall	No Class 3/18
Pamela	Yoga	Thursdays, 9:00am	Upstairs	
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	
Ann	Tai Chi	Fridays, 10:00am	Upstairs	
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 3/20



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TRANSPORTATION PROGRAMS

Mobility Options:

The Emeryville Senior Center is the home of many transit / paratransit programs that support increased mobility and options for older adults in the community. Please see the information below to find out more about each program.

8-To-Go: Door-to-Door Shuttle Service:

The Emeryville Senior Center, in conjunction with the Emeryville Transportation Management Association, is excited to provide the 8-To-Go shuttle service. 8-To-Go is a scheduled, door-to-door, shared ride transportation for residents of the 94608 zip code area.

Eligibility:

The shuttle service is specifically for those age 70 years and above or persons between 18 and 69 that are East Bay Paratransit Certified. 8-To-Go will be happy to take eligible residents anywhere within the 94608 zip code and even to some destinations just outside of this area, such as Berkeley Bowl West, MacArthur BART, Herrick Hospital, Kaiser Oakland, and the "Pill Hill" Hospitals and Medical Clinics. Service hours for the 8-To-Go are generally from 9am-12:30pm and 1:30pm-4pm Mon-Fri. The shuttle does not operate on evenings, weekends, or holidays.

Complete Information:

Click for a [brochure](#) with complete information about the 8-To-Go Program. For more information on 8-To-Go, please contact the Emeryville Senior Center at 510-596-3730.

Applying: Click for an [application](#) for the 8-To-Go Program.

Fees:

8-To-Go is only \$1 per ride (each way) for qualifying users through a multi-year grant by the Alameda county Transportation Commission (A-CTC). For more information on A-CTC's funding of this and other great programs, please visit the Alameda-CTC's [website](#).

Taxi/Lyft/Uber Reimbursement Program:

The Emeryville Senior Center offers a taxi reimbursement program to Emeryville residents age 70 and older. Beginning July 2018, we are also accepting Lyft and Uber for Reimbursement. Members will be reimbursed for 90% of their taxi/TNC rides every 3 months, up to \$80 in actual fares purchased (e.g. a recipient will receive up to a \$72 reimbursement check for up to \$80 worth of taxi rides every three months). Eligibility is not based on income or assets, so please apply today! Call the Senior Center at 510-596-3730 for any questions about this service.



This LINK is published monthly by the Emeryville Senior Center, 4321 Salem Street Emeryville CA 94608, which is funded primarily by the City of Emeryville, with additional funds from Alameda County Area Agency on Aging, Measure BB, corporate and individual donations, and fundraising activities.

MARCH 2026

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry+* Steamed Rice Blend (Half Brown Rice) Mango Chunks+</p>	<p>3 Pork Loin with Gravy Mashed Potatoes Mixed Vegetables (broccoli, zucchini, carrots)+* Grapes Whole Wheat Bread</p>	<p>4 <i>Soup is a large 12 ounces</i> Italian Wedding Meatball Soup* (beef, x4) Creamy Coleslaw+* Whole Wheat Roll Tangerine+</p>	<p>5 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Fresh Seasonal Pear</p>	<p>6 In Celebration of: International Women's Day Chicken Salad Croissant Sandwich WW Crackers "Winter" Salad (Greens, Butternut Squash, quinoa, cranberries, apples with vinaigrette) Cutie Citrus+</p>
<p>9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage* Steamed Brown Rice Fresh Citrus Cutie+</p>	<p>10 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana</p>	<p>11 <i>Soup is a large 12 ounces</i> Albondigas (Mexican beef meatball soup) Whole Wheat Crackers Green Salad (Romaine & Spinach) * with Cilantro Lime Dressing Pineapple & Mango Chunks+</p>	<p>12 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens+* Grapes <i>Contains Peanuts</i></p>	<p>13 Chicken Tikka Masala White & Brown Basmati Rice Blend Carrots and Peas* Green Salad w/ cilantro lime dressing* Peach Fruit Cup (Vitamin C-fortified) +</p>
<p>16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Pineapple/Mango Chunks+</p>	<p>17 St. Patrick's Day Corned Beef Hash (w/ potatoes and onions) Whole Wheat Roll Braised Cabbage+ Braised Carrots* Seasonal Pear Higher Sodium Meal</p>	<p>18 <i>Soup is a large 12 ounces</i> Southwest Chicken Vegetable Soup* Garden Salad with Carrots & Dressing (Romaine) Whole Wheat Bread Fresh Citrus Cutie+</p>	<p>19 Homemade Baked Macaroni & Cheese (Vegetarian) Whole Wheat Crackers Black Eyed Peas Braised Collard Greens +* Pineapple Chunks+</p>	<p>20 Sweet & Spicy Citrus Tilapia Quinoa Sautéed Spinach* Green Salad (Romaine & Cabbage) with shredded carrots with cilantro lime dressing Banana</p>
<p>23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+</p>	<p>24 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread Seasonal Pear</p>	<p>25 <i>Soup is a large 12 ounces</i> Thai Fish Curry Soup Whole Wheat Bread Green Salad with Shredded Carrots and Vinaigrette Banana</p>	<p>26 Spinach & Mushroom Lasagna (Vegetarian) Whole Wheat Crackers Three Bean Salad Caesar Salad (Romaine)- no crouton Cutie+</p>	<p>27 Swedish Meatballs Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Mixed Fresh Fruit (berries, grapes, mango, pineapple)</p>
<p>30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots Steamed Brown Rice Fresh Cutie Citrus+</p>	<p>31 Beef and Vegetable Stew* Brown Rice Zucchini Mango Chunks+</p>	<p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.</p> 	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p> <p>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></p>	<p>All meals include 1% milk.</p> <p>Menu is subject to change without notice.</p> <p>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.</p>

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Healthy Families Festival

Enjoy an egg hunt, crafts, local vendors,
and family-friendly activities for all ages.

EMERYVILLE CENTER OF COMMUNITY LIFE

4727 SAN PABLO AVE., EMERYVILLE CA 94608

SATURDAY, MARCH 28

11:00AM - 2:00PM

EGG HUNT



SPONSORED BY

Stanford
MEDICINE





The Perennials

Ageless Improv

We weave improvised songs, scenes, and rhymes (and a touch of silliness) into a light-hearted show that's sure to get you smiling.

Come and Laugh with Us!

Date: Thursday, April 9, 2026

Time: 12:30PM

Location: Emeryville Senior Center
4321 Salem St. Emeryville, CA.



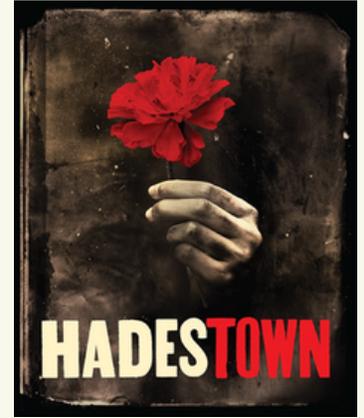
JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP

HADESTOWN

THE BROADWAY MUSICAL

COST: \$85/PP

DATE: WEDNESDAY APRIL 22ND, 2026



- **ORPHEUM THEATER SF**
- **MATINEE PERFORMANCE 1PM**
- **REAR ORCHESTRA TICKETS**
- **ROUNDTRIP TRANSPORTATION PROVIDED BY EMERYVILLE'S MINI-BUS**

Walking Level: 1 - Easy. There may be 1-2 blocks of walking to access the theater, depending on traffic. The bus will do its best to get as close as possible to the theater.

Hadestown intertwines two mythic tales—that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone—as it invites you on a hell-raising journey to the underworld and back.

Mitchell's beguiling melodies and Chavkin's poetic imagination pit industry against nature, doubt against faith, and fear against love.

Performed by a vibrant ensemble of actors, singers, dancers, and musicians, Hadestown is a haunting and hopeful theatrical experience that grabs you and never lets go.



REGISTRATION MUST BE RECEIVED BY MARCH 2ND, 2026
FOR MORE INFORMATION OR TO MAKE A RESERVATION
PLEASE CONTACT: TAMIKA WRIGHT (510) 596-3730

All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, Emeryville Seniors, City of Emeryville and Tamika Wright assume no responsibility for any passenger or their possessions. All trips, tours and shows are subject to change and availability. No refunds unless a replacement is found. Tickets are non-refundable. Individual cancellations/changes must follow Emeryville Senior Center's cancellation policy. Specific conditions apply. Transportation is being provided by Emeryville Senior Center, and must follow all policies in place for Emeryville Seniors transportation services. CST#1002945-40

TravelCenter
Tours & Travel





HELL'S KITCHEN



THE BROADWAY MUSICAL
INSPIRED BY ALICIA KEYS'
MUSIC AND LIFE STORY



Due to popular demand,
we now have 45 seats
available!

COST: \$107/PP

JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP DATE: WEDNESDAY MAY 6TH, 2026

Walking Level: 1 - Easy. There may be 1-2 blocks of walking to access the theater, depending on traffic.

The bus will do its best to get as close as possible to the theater.

- ORPHEUM THEATER SF
- REAR ORCHESTRA TICKETS
- UPDATE: ROUNDRIP TRANSPORTATION PROVIDED IN A 48 PASSENGER BUS

Meet Ali, a spirited 17-year-old girl on a quest for freedom, passion, and her identity in the world. Throughout her journey, you will encounter a transformative musical mentor, her vibrant family, and the neighborhood that nurtures her growth. Relatable, authentic, and delightfully entertaining, HELL'S KITCHEN is a tribute to self-discovery, purpose, and the supportive people who uplift you.

This is more than just a performance; it's an experience that pulls you from your seat and leaves you buzzing with excitement as you ponder who to share it with first. The music—a captivating blend of Keys' greatest hits and original songs crafted solely for the show—is brought to life with exhilarating choreography. It's a powerful soundtrack of rebellion, life, and love that resonates with everyone, regardless of where you come from, where you've been, or where you're headed.

**FOR MORE INFORMATION OR TO MAKE A RESERVATION
PLEASE CONTACT: TAMIKA WRIGHT (510) 596-3730**

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TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523 Phone: (925) 937-2223

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Life is a good trip.™

JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP SUMMER COASTAL ADVENTURE



Featuring: Carmel by the Sea & Cannery Row Monterey

Embark on an unforgettable summer adventure on a scenic motorcoach day trip filled with charm, history, and breathtaking views. Start in Carmel-by-the-Sea, this picturesque seaside town features storybook architecture, cozy cafés, tasting rooms, and boutique shops. Wander its quaint streets, feel the ocean breeze, and discover the artistic spirit by visiting some art galleries. You will have from 11am-1:30pm for this beautiful seaside town. Next, from 2pm to 4:30pm, explore historic Cannery Row in Monterey. Once a sardine packing district, it now offers restaurants, shops, and attractions against the stunning Monterey Bay backdrop. Visit the Monterey Bay Aquarium or enjoy a meal along the scenic waterfront, the time is free for you to explore.

Cost Includes: Roundtrip Motorcoach Transportation on Luxury Coach with Restroom Onboard, Bus Fees (Parking, Driver Gratuity, Bridge Toll, etc...),
2 ½ Hours Free Time in Carmel-By-The-Sea,
2 ½ Hours Free Time in Cannery Row

**Monterey Bay Aquarium Tickets are not included, you can purchase on your own.
You will arrive to Cannery Row at 2pm, the Aquarium will close at 5pm.*

DATE: JULY 9TH, 2026

COST: \$117/PP

TIME: DEPART 8AM | 6:30PM APPROX. RETURN

PICKUP: EMERYVILLE SENIOR CENTER

432I SALEM ST

FOR RESERVATIONS PLEASE CONTACT:

TAMIKA WRIGHT (510) 596-3730



Walking Level: 2 - Medium

Carmel is paved, but has several inclines. Cannery Row is paved and flat.

All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, Emeryville Seniors, City of Emeryville and Kim Burrows assume no responsibility for any passenger or their possessions. All trips, tours and shows are subject to change and availability. No refunds unless a replacement is found. Tickets are non-refundable. Individual cancellations/changes must follow Emeryville Senior Center's cancellation policy. Specific conditions apply. CST#1002945-40

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Life is a good trip.

FREE AND
OPEN TO ALL!



SAN FRANCISCO
OPERA



Bohème Out of the Box

CHRISTIE PARK, 6200 CHRISTIE AVE, EMERYVILLE
SATURDAY, APRIL 18 AT 2PM
PRE-SHOW WORKSHOP FOR KIDS AT 1:30PM

Powerful emotions. Soaring music. Relaxed environment. In partnership with the City of Emeryville and Public Market, San Francisco Opera is taking opera out of the Opera House on a shipping-container-turned-stage. Bring your family and friends, grab a bite at Public Market, and enjoy this free one-hour version of Puccini's famous *La Bohème*.

TO LEARN MORE ABOUT THE PERFORMANCE,
VISIT **SFOPERA.COM/BOX** OR SCAN THE QR BELOW.



Illustration by Brian Stauffer.

The
PUBLIC
MARKET