

OCTOBER 2026



THE LINK

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

WHAT'S HAPPENING @ ESC

OCTOBER 2026 AT A GLANCE

October 1- 8 to Go Ride Closure
October 1- Mercy Brown Bag
October 2- Diabetes Support Group
October 2- ESC Walking Group
October 2- Movie: **Tyler Perry's: Doing Life**
October 1- Special Performance:
ESS Theatrical Act of ESC Member Monologues
October 2- 8 to Go w/ AP3 Transportation Begins
October 3- Special Event:
City's Harvest Fest @ Huchiu Park
October 4- Trip: **Clayton Oktoberfest**
October 6- Trip: **Aquarium of the Bay & Pier 39**
October 7- Friends of ESC Mtg.
October 7- Trip: **Livermore's Witches Night Out**
October 9- Presentation:
October 9- Trip: **Shop, Dine & Play in Napa**
October 9- Movie:
Schumacher '94 The Birth of a Legend
October 9- 2nd Friday Social
October 10- Trip:
Grand National Rodeo-Cow Palace
October 11- Trip:
Music on the Patio @ Bally Keal Estate
October 12- HOLIDAY CLOSURE:
Happy Indigenous People's Day
October 14- COA Meeting
October 14- Trip: **Apple Hill**
October 15- Mercy Brown Bag
October 16- Movie: **Animals**
October 17- Special Event: **ESS Crab Feed**
October 18- Trip: **Capitola Village & Beach**
October 19- Chair Massages w/ Jillian (3rd Monday)
October 20- Friends Volunteer Circle MTG.
October 21- Cooking w/ ESC: Personal Pizzas
October 22- Ashby Village Tech Help
October 23- Presentation: **Don't Forget About Your Brain: Memory, Aging, & Alzheimer's Disease**
October 23- Movie:
Terry McMillan Presents: Preach, Pray, Love
October 24- Trip: **Pleasanton Harvest Festival**
October 25- Trip: **Sunday Football @ Thrive City**
October 26- Trip: **Safari West**
October 28- Trip: **"OH, MARY!" Play**
October 29- Trip: **Dine Around: Sam's Anchor Cafe**
October 30- Special Event:
Halloween Lunch & Costume Contest
October 30- Movie: **Stigmata**

ESC Crab Feed Fundraiser

Saturday, October 17 • 3:00 PM

Emeryville Senior Center (4321 Salem St., Emeryville)

Join Us for ESC's First-Ever Crab Feed!

Get ready to celebrate National Seafood Month with an afternoon full of great food, lively entertainment, and community fun at ESC's inaugural Crab Feed on October 17 from 3:00–6:00 PM!

For just \$75 per person, enjoy all-you-can-eat fresh crab (up to 3.5 pounds per guest), along with delicious favorites like pasta, salad, and garlic bread.

The celebration doesn't stop at the table, stick around for music, singing, dancing, and exciting raffles throughout the event. Drinks including soda, bottled water, and wine will be available for purchase. And don't forget to bring your garlic butter and warmers (available for sale or rental onsite)!

Space is limited and registration closes October 1, so gather your friends and come hungry. You won't want to miss ESC's inaugural Crab Feed, an afternoon of great food, good company, and plenty of fun!

Harvest Festival 2026

Saturday, October 3 • 11:00 AM

Huchiu Park (4311 Hubbard St., Emeryville)

Celebrate Fall at Emeryville's Harvest Festival 2026!

Join us on at Huchiu Park for a joyful community celebration of the season!

The Harvest Festival brings together autumn fun for all ages, featuring a vibrant pumpkin patch, delicious food trucks, live performances, arts and crafts, axe throwing, whimsical fairy facepainters, the always-entertaining Rottenest Dog Contest, the Gallery 4509 art exhibit, and much more.

Gather your friends, family, and neighbors for a festive day filled with creativity, laughter, and fall favorites. We can't wait to celebrate with you at this year's Harvest Festival!



THE LINK

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

**EVENTS &
NEWS!**

WHAT'S HAPPENING @ ESC

ESC 2026 Voting Polls

Election Day Reminder: Plan Ahead & Come Vote!

ESC will serve as a voting location, which means parking will be more limited than usual on voting days. If you are coming to the Center for a program or class, please plan to arrive early enough to find parking and make it to your program on time.

Also note that the following classes will be cancelled during the specific dates of 10/30-11/3, for setup and for poll setup and hosting days:

Pickleball

Tai Chi

Tango

NIA

Light Weight Training

Zumba

Beginning/Intermediate Tap

We apologize for any inconvenience and appreciate your understanding. Please plan accordingly, and while you're here, come out and VOTE!

SAVE THE DATE:

10/31-11/3: In-Person Polling Location

10/12- HOLIDAY CLOSURE:

Happy Indigenous Peoples Day

11/14- Friends of ESC Holiday Market

SAVE THE DATE(S):

11/7- Gala Ticket Sales Begins

Friendly Reminders

A Friendly Reminder: Respect Our Center & Our Code of Conduct

The Emeryville Senior Center is a social, welcoming, and family-oriented community where members come together to participate in programs, build friendships, and create lasting relationships. We want everyone to feel safe, respected, and comfortable while enjoying our shared space.

As a reminder, all members agreed to follow the ESC Code of Conduct when they became members. Please be mindful that rude, prejudicial, disrespectful, threatening, or disruptive language, acts, or behaviors toward staff, volunteers, or fellow members are not permitted.

Please Respect Restricted Areas

For safety, sanitation, and security reasons, members should not enter staff or trained-volunteer areas unless accompanied by or given permission by staff. This includes:

- Ice machine and ice storage areas
- Bar/coffee station storage areas
- Kitchen and food preparation areas
- Staff desks and workspaces
- Staff offices

Improper or unauthorized use of the ice machine, coffee/bar storage, or kitchen areas can create food safety and potential contamination concerns. Staff desks and offices also contain materials and information that must remain secured.

Need Assistance?

All questions, requests, and assistance should begin at the Front Desk. If no one is immediately available, please ring the bell and wait patiently for the attending staff member to assist you. Please do not enter staff areas looking for someone.

Code of Conduct Enforcement

We appreciate that most of our members treat one another and our staff with kindness and respect. However, when concerns are reported and behaviors are repeated, the Center may follow a progressive response:

Verbal Warning → Written Warning → Possible Program Suspension

We want to avoid reaching this point, so please help us maintain the positive environment we all enjoy.

If you would like to review the ESC Code of Conduct, the Front Desk will be happy to provide you with a copy.

Thank you for helping us keep the Emeryville Senior Center welcoming, respectful, safe, and enjoyable for everyone!



THE LINK

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

**EVENTS &
NEWS!**

WHAT'S HAPPENING @ ESC



Halloween Lunch & Costume Contest



Join us for a frightfully fun afternoon at the ESC on Thursday, October 30, from 11:30 AM–1:00 PM!

Lunch will be served at 11:45 AM.

✨ Wear your best Halloween costume and get into the spooky spirit!

🏆 Costume Contest judging will begin right after lunch, with prizes for 1st–3rd place.

For your enjoyment, we will be serving:

- Crunchy Bones (oven-baked chicken drumsticks)
 - “Scream” Beans (green beans)
 - Gingered Carrots
 - Polenta
- “Candy Corn” Parfait (pineapple, mandarin, yogurt)



Lunch is a \$3 suggested donation.

Come hungry, come festive, and come ready for some Halloween cheer! 🎃



October is National Breast Cancer Awareness Month!

Every October, communities nationwide unite to raise awareness, promote early detection, and support those affected by breast cancer. Since its start in 1985, co-founded by the American Cancer Society and Imperial Chemical Industries, this month-long campaign has profoundly impacted through education, screenings, fundraising, and research.

Why It Matters

- 1 in 8 women in the U.S. will receive a breast cancer diagnosis during her lifetime; more than 300,000 diagnoses are expected in 2024.
- Thanks to heightened awareness and early detection, breast cancer death rates have dropped by about 44% since the late 1980s.
- The iconic pink ribbon, introduced in the early 1990s, stands as a global symbol of solidarity and hope.



Wear Pink on October 23

On Wednesday, October 23, join us in wearing pink to:

- Show solidarity with survivors and those currently undergoing treatment
- Encourage early screenings and empower conversations about breast health
- Promote community engagement and visibly support ongoing research

Let's come together, paint the ESC pink, and help bring hope to those affected by breast cancer. Your support matters—so spot your pink gear and stand proud





THE LINK

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

**EVENTS &
NEWS!**

WHAT'S HAPPENING @ ESC

Holiday Market & Gala 2026 Vendor Search

Not to Be Missed – Friends Holiday Market Sale!

The Friends of the Emeryville Senior Center invite you to join us on Saturday, November 14 for our festive Holiday Market Sale, your chance to discover one-of-a-kind holiday gifts crafted by local artisans and creative vendors.

Our ESC Friends Board is working hard to make this a wonderful community event, but we need vendors to help bring it to life!

Funds raised will directly support the Emeryville Senior Center by:

- Covering costs for classes
- Providing entertainment at luncheons
- Supporting extra activities
- Purchasing a much-needed new sound system

Interested in volunteering or becoming a vendor? Vendors should contact the front desk at (510) 596-3730 or email nicole.brown@emeryville.org to request vendor information and an application.

Volunteers should contact the Volunteer Coordinator by email to: helena.sorus@emeryville.org.

Let's work together to make this year's Holiday Market joyful, successful, and supportive of all ESC programs!

Not to Be Missed – Friends Holiday Market Sale!

Saturday, November 14

The Friends of the Emeryville Senior Center invite you to join us on Saturday, November 14 for our festive **Holiday Market Sale**, your chance to discover one-of-a-kind holiday gifts crafted by local artisans and creative vendors.

Our ESC Friends Board is working hard to make this a wonderful community event, but we need vendors to help bring it to life!

Funds raised will directly support the Emeryville Senior Center by:

- ★ Covering costs for classes
- ★ Supporting extra activities
- ★ Providing entertainment at luncheons
- ★ Purchasing a much-needed new sound system

Interested in volunteering or becoming a vendor?

Vendors should contact the front desk at (510) 596-3730 or email nicole.brown@emeryville.org to request vendor information and an application.

Volunteers are needed too!

Volunteers should contact the Volunteer Coordinator by email to: helena.sorus@emeryville.org.

Let's work together to make this year's Holiday Market joyful, successful, and supportive of all ESC programs!

SAVE THE DATE:

10/31-11/3: In-Person Polling Location

**10/12- HOLIDAY CLOSURE:
Happy Indigenous Peoples's Day**

11/7- Gala Ticket Sales Begins

11/14- Friends of ESC Holiday Market

OCTOBER 2026



THE LINK

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

EVENTS &
NEWS!

WHAT'S HAPPENING @ ESC



THE FRIENDS OF ESC ARE FALLING INTO FUN!



Four Ways to Have Fun, Celebrate & Support the Friends of ESC!

The Friends of the Emeryville Senior Center have a BUSY fall ahead, and we want you to be part of it! From family fun to delicious food, holiday shopping, and festive celebrations, there are plenty of ways to have a great time while supporting ESC.



HARVEST FESTIVAL

Saturday, October 3 | 11 AM–3 PM



Huchiun Park, 4311 Hubbard Street, Emeryville



FREE ADMISSION

Bring the family and stop by the Friends of ESC table for fun fundraising activities for the kids!



1ST ANNUAL CRAB FEED

Saturday, October 17 | 3–6 PM



\$75 per person

Join ESC and the Friends of ESC for an afternoon of crab, fun, wine, and community! The Friends will be selling wine during this exciting new fundraiser.



2ND ANNUAL HOLIDAY MARKETPLACE

Saturday, November 14

Start your holiday shopping while supporting ESC!



BONUS: The Needlework Circle's beautiful quilt will be on display, and raffle tickets will be available!



EVERY EVENT HELPS ESC!

Your participation and support help fund health & wellness classes, programs, resources, event entertainment, and other activities that enrich the lives of our ESC members. Support one event, two events, or ALL FOUR! Come out. Have fun. Bring a friend.

Support ESC!



WE'LL SEE YOU THIS FALL!

~Friends of the Emeryville Senior Center



Movie in the Park #4 – Coco 🌙✨

Join us for a magical and slightly spooky movie night under the stars at Huchiun Park!

This month's feature is Disney•Pixar's *Coco*: a heartwarming story about Miguel, a young musician who is accidentally transported to the Land of the Dead. With the help of his charming (and hilarious) ancestor Héctor, Miguel embarks on a journey to uncover his family's long-kept secrets and discover the true meaning of heritage, music, and remembering those we love.

When: Friday, October 30, 2026

Where: Huchiun Park, 4311 Hubbard St, Emeryville, CA 94608

Movie Begins: ~6:30 PM

Admission: FREE

Bring your blankets, your loved ones, and enjoy a beautiful community night in the park. See you there! ✨

SUMMER MOVIE NIGHTS

JULY-OCT 2026 EMERYVILLE, CA

July Friday 17th 6:30PM **FINDING NEMO**
ECCL POOL
1170 47TH ST, EMERYVILLE, CA 94608

Aug Friday 21st 6:30PM **CARS** **PIXAR**
CELEBRATING 20 YEARS OF CARS WITH A RAFFLE & COSTUME COMPETITION
CHRISTIE AVENUE PARK

Sep Friday 18th 6:30PM **MONSTERS INC.**
25 YEARS OF MONSTERS INC!
DOYLE HOLLIS PARK

Oct Friday 30th 6:30PM **COCO**
HUCHIUN PARK

Movie times are approximate and dependant on daylight
in the event of rain, movies will be cancelled
Chairs and blankets welcome
Please keep dogs on a leash and clean up after them

Thank you to our sponsors:
Pixar
The Public Market
AT&T
The Emery

EMERYVILLE.ORG

OCTOBER 2026



THE LINK

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

**EVENTS &
NEWS!**

WHAT'S HAPPENING @ ESC

ESS Theatrical Act of ESC Member Monologues, 10/1

🗣️ **Stories on Stage: A Special Collaboration with Emery High Theatre Group!**

ESC has partnered with Emery High Theatre students for a unique monologue storytelling project. Our participating members shared personal stories, memories, and moments, and now the talented EHS students will bring those stories to life on stage!



See the Stories Come to Life

July 17

Thursday, October 1 | 1:00 PM



ESC Main Hall – 4321 Salem St., Emeryville

Come support your fellow members and the Emery High Theatre class as students present these heartfelt stories with care, creativity, and respect. Their stories matter. Their experiences matter. And this collaboration gives the next generation a chance to listen, learn, and honor them.

Join us for this meaningful performance, your support makes a difference. ❤️ 🗣️



Friday Social

🎉 **2nd Friday Social – October Edition!** 🎉

Kick off your weekend with friends, fun, and great vibes at our Friday Night Social—now with a festive fall twist!

In honor of the season, we're adding In-It-to-Win-It games, pumpkin decorating, and other fall-themed activities to bring extra autumn cheer to the evening. Alongside music, a cozy community potluck dinner, games, and great company, it's the perfect way to welcome fall.



Suggested Dinner Donation: \$3

Your contribution helps support future ESC programs and events!

October 17

Friday, October 9



4:00 PM



Emeryville Senior Center

Come laugh, connect, celebrate fall, and make unforgettable memories. Your Friday nights just got even more fun! 🍁



THE LINK

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

**EDUCATIONAL
SESSIONS**

PRESENTATIONS

CORE Prepared Readiness 10/9

October is National Fire Prevention Month—a time to raise awareness about fire safety, reduce fire risks, and make sure we know what to do in an emergency. But preparedness goes beyond fire safety. Here in the Bay Area, emergencies can include earthquakes, wildfires, severe storms, and power outages.

Join us for a Preparedness Planning Workshop designed to help you and your community become more disaster-ready.



Preparedness Planning Workshop

Learn about the hazards most likely to impact our area and what to do before, during, and after an emergency. Then, put your knowledge into action by starting your own emergency plan using CORE's Disaster Ready Guides.

You'll learn how to:



Identify evacuation routes



Choose meeting locations



Create a communication plan



Build your personal emergency roadmap

Don't wait for an emergency to make a plan. Get prepared, stay informed, and build resilience together!



In partnership with CORE (Communities Organized Relief Effort)

CORE
Community Organized Relief Effort

**National Fire
Prevention
Month**

Cyber Security w/ Key Ellis, 10/23

Cyber Security w/ Key Ellis, 10/23



OCTOBER IS NATIONAL CYBERSECURITY AWARENESS MONTH!

October is a time to raise awareness about online safety and help people protect their personal information, recognize scams, and navigate today's digital world with confidence.



ESC PARTNERS WITH LMBe SOLUTIONS!

- Join us for Adults Got Web™ — Train for Today. Stay Connected. Stay Safe. This presentation helps older adults build the digital skills and confidence they need to navigate today's connected world.

Learn practical tips to:



Stay safe online



Recognize scams & misinformation



Protect your personal information



Use everyday technology with confidence

Come learn, stay informed, and stay safe in today's connected world!



In partnership with LMBe Solutions

**National
Cyber Security
Awareness
Month**

**LMBe
SOLUTIONS**

OCTOBER 2026



THE LINK

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

WHAT'S HAPPENING @ ESC

SUPPORT GROUP

Diabetes Support Group Meeting (10/2 @ 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!

WALKING W/ ESC

ESC Walking Group (10/2 @ 12:30pm)

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

Monthly Chair Massages

Chair Massages with Jillian 10/19

Relax. Recharge. Refresh!

Treat yourself to a little self-care with Jillian's soothing 20-minute chair massages on **Monday, October 19, from 1:00–3:00 PM.** In exchange for your donation, you'll enjoy a personalized massage designed to melt away tension, ease sore muscles, and leave you feeling relaxed, refreshed, and renewed. Jillian's skilled touch is sure to have you walking away feeling lighter and looser than when you arrived!

Space is limited, walk-in or call today to reserve your spot!

Cooking w/ ESC

Pizza Making w/ Jacob @ ESC (10/21, @ 1:00pm)

 OCTOBER IS NATIONAL PIZZA MONTH!

Who doesn't love pizza? October is National Pizza Month, the perfect time to celebrate one of America's favorite foods, and get creative in the kitchen!

There's nothing quite like making your own pizza from scratch. From mixing and shaping the dough to adding your favorite toppings, you'll get to create a personal pizza made just the way you like it!



COOKING WITH ESD: MAKE YOUR OWN PERSONAL PIZZA!

Ready to roll up your sleeves and get cooking? Join us for a fun and hands-on Cooking with ESD experience as we celebrate National Pizza Month!



Wednesday, October 21



1:00 PM



\$10 Per Person Materials Fee



Emeryville Senior Center



Make your own personal pizza from scratch!

Learn the basics of pizza-making, get creative with your toppings, and enjoy the delicious reward of your very own homemade pizza!

Registration is required and space is limited! Don't wait, reserve your spot and come mix, knead, top, and bake with us!  

Let's celebrate National Pizza Month one delicious personal pizza at a time!

OCTOBER 2026



THE LINK

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

TRIPS: NOVEMBER 2026

OCTOBER TRIP
REGISTRATION IS
OPEN MONDAY,
10/1 @ 9AM

Extended Travel Trips

Introducing an extended trip for 2027 - call TravelCenter to book your trip today!

Upcoming Collette Tours presents:

• Colors of Morocco April 8-22, 2027

For reservations contact TravelCenter Tours & Travel @ (925) 937-2223. Feel free to stop by ESC for a brochure of trip details and the sign-up sheet.

***NOTE: Don't forget to mention to your agent that you heard it from ESC first, when registering for your trip!**

Antioch Día de los
Muertos
(11/1, 3P-7P)
\$15

Join us for a colorful and culturally rich afternoon at the 2026 Antioch Día de los Muertos Celebration! Travel with us to experience this beautiful tradition honoring the lives and memories of loved ones who have passed. Enjoy an afternoon filled with live music and dance performances, beautifully decorated ofrendas (altars), local food, creative vendors, crafts, face painting, and a festive Catrina contest. **(MINOR TO MAJOR WALKING) Trip #: 112026001**

Santa Rosa Harvest
Festival
(11/6, 9A-5P)
\$22

Get ready for a festive day of shopping, creativity, and fall fun at the 2026 Harvest Festival Original Art & Craft Show in Santa Rosa! Browse hundreds of talented artisans and discover one-of-a-kind treasures, handcrafted jewelry, artwork, ceramics, photography, clothing, gourmet foods, bath & body products, home décor, holiday gifts, and so much more.
(MINOR TO MAJOR WALKING) Trip #: 112026002**

Eat, Sip, & Shop @
RH Yountville
(11/8, 12P-7P)
\$20

RH is an Integration of food, wine, art & design. This elegant first-of-its-kind food, wine, art and design experience is located in the heart of Napa Valley. Dine under the soaring glass roof of the indoor-outdoor restaurant surrounded by heritage olive trees and enjoy our ingredient-driven menu. Other culinary offerings include a two-story wine vault offering tastings of limited production wines. Explore artistic installations of RH Interiors and RH Modern collections from renowned designers integrated with rare and found objects and an interactive Design Atelier offering professional design services. Lunch and tastings on your own.
(MODERATE TO MAJOR WALKING) Trip #: 112026003

AQUA TERRA Grill @
CCC
(11/12, 11A-1P)
\$15

Join us for a unique dining experience at AQUA TERRA Grill, the student-run restaurant at Contra Costa College. Enjoy a thoughtfully prepared meal crafted by culinary students gaining hands-on experience in a professional kitchen setting. This hidden gem offers fresh, seasonal dishes in a welcoming atmosphere, where great food meets learning and creativity. Come hungry and support the next generation of chefs during this special Dine Around outing!
(MINOR TO MAJOR WALKING) Trip #: 112026004

San Jose Water Lantern
Festival
(11/15, 12P-8P)
\$57

Experience the Magic of the San Jose Water Lantern Festival! Join us for an unforgettable evening at the San Jose Water Lantern Festival, where glowing lanterns, community connection, and tranquil waters come together to create a breathtaking celebration. Watch the sunset give way to a shimmering display of floating lanterns, each one carrying messages of hope, joy, and inspiration. Enjoy music, food vendors, and the warm atmosphere of this beautiful outdoor event. It's a perfect opportunity to relax, reflect, and share a memorable night with friends and community. Don't miss this enchanting experience, reserve your spot today! **(MINOR TO MODERATE WALKING) Trip #: 112026005****

OCTOBER 2026



THE LINK

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

TRIPS CONTINUED

**Legion of Honor:
Azzedine Alaïa:
Sculpting Fashion
Exhibit
(11/21, 9A-4P)
\$50**

Enjoy a special trip to the Legion of Honor to experience Azzedine Alaïa: Sculpting Fashion, a stunning exhibition celebrating the visionary designer known for his masterful craftsmanship and architectural approach to couture. Discover exquisitely constructed garments, iconic silhouettes, and the artistry that shaped Alaïa's legacy in the world of fashion. This is a wonderful opportunity to immerse yourself in beauty, creativity, and design at one of San Francisco's most beloved museums. Don't miss your chance to witness this breathtaking collection up close—reserve your spot today! **(MODERATE TO MAJOR WALKING) Trip #: 112026006****

**Vacaville Outlets
(11/30, 9ApA-5P)
\$20**

You are on your own for the day. Enjoy the day searching and shopping for the best deals! Vacaville Premium Outlets is a beautiful outdoor shopping property in Northern California, boasting 120 stores.
(MODERATE TO MAJOR WALKING) Trip #: 112026007

**NBA Game
GSW vs Cup
Tournament Opponent
(12/8, Time: TBD)
\$95**

🏀 **Warriors vs. Trailblazers at Chase Center!** 🏀
Cheer On the Warriors at Chase Center!

Join us for an exciting trip to the Chase Center as we cheer on the Golden State Warriors in a TBD opponent matchup! The game is likely a day game, and depends on the GSW performance in the play in tournament. Enjoy the action from the Cache Creek Club, a premium seating area offering great views and an elevated game-day experience. Don't miss this chance to be part of the energy, the community, and the unforgettable fun of Warriors basketball! Reserve your spot today, these seats won't last!
(MINOR TO MODERATE WALKING) Trip #: 122026002**

**The Bad News Bears -
A Musical @ A.C.T.
(3/31, 11:30A-5:30P)
\$135**

Step into the heart and humor of America's favorite underdog story! The Bad News Bears: A Musical brings the beloved tale to life with upbeat songs, quick-witted charm, and feel-good energy. Follow a ragtag youth baseball team as they stumble, swing, and sing their way toward believing in themselves—and each other. Filled with big laughs and even bigger heart, this lively musical celebrates teamwork, determination, and the joy of discovering that greatness can come from the most unexpected places.

🎤 **Includes a Post-Show Cast Talkback
Mid-Orchestra Seating with Lunch Included**

Join us for an afternoon of fun, inspiration, and exceptional theatre. Reserve your spot today—this trip promises unforgettable entertainment both onstage and behind the scenes! **(MINOR TO MODERATE WALKING) Trip #: 032027002****



OCTOBER 2026



THE LINK

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

FRIDAY MOVIES



10/2- Tyler Perry's Doing Life:

Tyler Perry's Doing Life is a gritty and gripping drama that explores the life of a single mother fighting for survival and a reformed ex-con with untapped talents who forge an unexpected bond.

10/9- Sarah's Oil:

The remarkable true story of eleven year old Sarah Rector, an African American girl born in Oklahoma Indian Territory in the early 1900s, who believes there is oil beneath the barren land she's allotted and whose faith is proven right.

10/16- Animals:

Desperate to pay their son's ransom, a mayoral candidate and his wife resort to extreme measures, revealing dark secrets they never intended to bring to light. Fueled by a pursuit to become the biggest entertainer in the world.

10/23- Terry McMillan presents- Preach, Pray, Love:

Charlie Jones, a platinum-selling rapper whose provocative image and legal troubles lead to a prison sentence and court-ordered community service. Assigned to help devoted Pastor Kyros Owens, she navigates clashing worlds, growing attraction, and public scrutiny.

10/30- Stigmata:

An atheist hairdresser manifests crucifixion wounds, forcing a Vatican investigator to choose between institutional loyalty and a suppressed gospel that could shatter the Church.

RESOURCES



Mercy Brown Bag Grocery Pick Ups

Mercy BrownBag 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: **October 1st & 15th**

👉 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 (4-hr) Refresher Course**
The next 8-hour AARP course will be held on:
Wednesday, December 7th 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 Thursday @ 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 **(10/22/26)**

 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!



Meals on Wheels

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 **October** menu for daily offerings. These programs are funded by Alameda County. A \$3 donation per meal (\$10 for members under 60) is appreciated.



**We are in need of
kitchen
volunteers, come
join our team**



THE LINK

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

RESOURCES (CONT.)

Emeryville Senior Help Desk Celebrates One Year of Service

By Dr. Dianne Rush Woods

The Emeryville Senior Help Desk began with an idea from then-Senior Center Supervisor Kim Burrows. The Help Desk was Kim's brainchild, and she guided Commissioners on Aging Dianne Rush Woods and Beth Esperanza Rosales in developing the program. Former Commissioner Jerry Feldman was instrumental in shaping the foundation of a Help Desk built around a "warm hand-off."

Together, they envisioned a place where an older adult could walk in with a concern, sit down with someone who would listen, and receive help finding the right resource, with support along the way.

With a \$5,000 donation from an anonymous donor, the Help Desk began serving older adults in the summer of 2025 as a weekly drop-in referral service at the Emeryville Senior Center. Dianne and Beth brought years of professional and community experience to the work. Dianne is a social worker and Professor Emerita who co-founded the Social Work Department at CSU East Bay. Beth brought years of experience in social work, philanthropy, and social justice, as well as involvement with Asian Health Services and Avalon Tenants Advocates. Both served for years on the Board of EBALDC, a nonprofit housing developer, gaining extensive experience with affordable housing and healthy communities for people unable to afford market-rate housing.

The Help Desk has also depended on strong support from Senior Center staff. Recreation Supervisor Hazel Barry made sure we had the supplies and resources we needed and asked staff to fully support the program.

Tamika Wright has been a primary source of support, along with additional office staff, including Nicole Brown. Hazel also hired Volunteer Coordinator Helena Sorus, who joined us more recently and now works closely with us and our volunteers in an attempt to coordinate the service as it continues to develop.

Our volunteers have expanded that foundation. Alice Bertholf, our first volunteer, developed broad knowledge of health, caregiving, Medicare, food access, and community referrals. Ruchi Aggarwal became our early technology guru and helped organize our resource information into searchable lists. Katherine Harris, a nurse practitioner, brought knowledge of health and medical-care navigation. Wendy Bojinliston brought experience in disability services and homebound outreach. Delores "Dee" Johnson brought extensive real estate experience and knowledge of housing, homeownership, and HOA issues. Our newest volunteer, Alexis Oddi, has helped us significantly expand our technology assistance.

We are a referral service. We listen carefully enough to understand a client's concern and help connect that person with the expert, organization, or service best equipped to assist them. Our knowledge helps us make an informed referral, not simply hand someone a telephone number or brochure. Often, we will make a phone call to help initiate contact. A good referral must be one that the person sitting across from us can actually use.

During our first year, we served more than 100 clients, most in a single visit and some more than once. Their concerns have included technology, elder abuse, loneliness and social isolation, housing, estate planning, food access, transportation, taxes, bill payments, health, disability, legal matters, health insurance, caregiving, and Medicare/Medi-Cal. We have served older adults from many cultural and language backgrounds and, from time to time, have used translation services.

In many ways, we have been building the airplane as we fly it. We have encountered barriers and struggles along the way. Occasionally, someone wants or needs more continuing assistance than a referral service can provide. These experiences have helped us clarify what we are, and what we are not. We provide referrals with a warm hand-off. We do not provide social services.

At the end of our first year, we know much more than we did when we began, and we have improved how we deliver our services.

As we move into our second year, we are continuing to build and grow. We will beta-test a second day of Help Desk service. Beginning **10/6/2026**, the Help Desk will be open each **Tuesday** from 11:00 a.m. to 1:00 p.m., in addition to our regular Wednesday service.

Wednesday has allowed us to connect with older adults who come to the Senior Center for Wednesday programs. Tuesday gives us an opportunity to reach another group of older adults who participate in a different mix of activities and to learn whether a different day brings different needs through our door.

We look forward to continuing to learn, welcoming new volunteers, and strengthening the Help Desk with the support of Senior Center staff.

Sometimes the most important message is simply: "You do not have to figure this out alone."



THE LINK

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

RESOURCES (CONT.)

ESC Help Desk (Tuesdays & 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: 10/6, 10/7, 10/13, 10/14, 10/20, 10/21, 10/27, 10/28

🕒 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.

❤️ Volunteer Circle: Give Comfort, Share Kindness

Tuesday, October 20 • 1:00 PM

As the winter months approach, our volunteers are preparing Comfort Packs to help bring warmth, dignity, and a little comfort to our unhoused neighbors.

Join us on Tuesday, October 20 and lend a helping hand as we assemble these much-needed care packages. If you're unable to volunteer your time, you can still make a difference by donating new, unused items such as:

- 🧦 Men's & women's new socks
- 🧴 Travel-size toiletries: soap, lotion, shampoo, body wash, etc.
- 🧴 Small personal-care items: shaving cream, deodorant, travel-size tissue/Kleenex packs, and similar essentials

Every contribution helps, whether you give your time, supplies, or both. Your generosity can brighten someone's day and remind our neighbors that they are cared for.

🎁 **Coming in November: Spreading Joy to Our Members**

In November, we will also be assembling gift bags for isolated Emeryville Senior Center members who are no longer able to get out and participate in the Center as they once did.

If you have a small, new item that could bring a little joy to a senior who may be spending more time at home, please consider donating it. A thoughtful gift can go a long way in helping someone feel remembered and connected to their ESC family.

We hope to see you in October, and thank you for helping us spread comfort, kindness, and joy throughout our community! ❤️



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: <http://www.ashbyvillage.org>

Alameda County Aging and Disability Resource Connection (ADRC):

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



THE LINK

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

OCTOBER 2026

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	ID 810 5258 6014, PW 4321
Stephanie	Rosen	Thursdays, 10:00am	Zoom	ID 894 5266 7677, PW 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	Mondays, 9:00am	Upstairs	
Sandra	NIA	Mondays, 10:00am	Main Hall	No Class 10/19, 11/2
Volunteer	Current Events	Mondays, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mondays, 11:00am	Upstairs	No Class 10/19
Helen	Weights	Tuesdays, 9:30am	Main Hall	No Class 11/3
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	No Class 11/3
ESC Staff	Mahjong	Tuesdays, 12:00pm	Upstairs	
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	No Class 11/3
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	M/W, 1:00pm	Main Hall	
Pamela	Yoga	Thursdays, 9:00am	Upstairs	Zoom Link Above
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Weights	Thursdays, 9:30am	Main Hall	2nd & 4th Thursdays
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	No Class 10/29
Ann	Tai Chi	Fridays, 10:00am	Main Hall	No Class 10/30
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	1st/3rd/5th Fridays
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 10/30

HOLIDAY CLOSURE- Happy Indigenous People's Day!

All classes and programs will resume on Tuesday, October 13, 2026, @ 9AM.



THE LINK

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

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 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.

OCTOBER 2026

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
+denotes vitamin C-rich foods * denotes vitamin A-rich foods  The County of Alameda Area Agency on Aging	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging	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>	1 Spinach & Mushroom Lasagna (Vegetarian) Garlic Zucchini White Bean Ragu Citrus Cuties+	2 BBQ Chicken Thigh Seasoned Greens+* Coleslaw+ Whole Wheat Roll Grapes
5 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Citrus Cuties+	6 Beef and Vegetable Stew* Zucchini Brown Rice Diced Mango+	7 Chicken Pozole Green Salad (Romaine & Cabbage)* with shredded carrots with vinaigrette Whole Wheat Roll Papaya+	8 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Whole Wheat Roll Pineapple+	9 Butter Chicken White & Brown Rice Blend Herbed String Beans Green Salad* (Romaine & Cabbage) with shredded carrots with vinaigrette Banana
12 CENTERS CLOSED IN HONOR OF INDIGENOUS PEOPLE'S DAY	13 Baked Cod in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Banana	14 Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine & Cabbage) + with cilantro lime dressing Pineapple Chunks+	15 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Rosted Sweet Potato* Green Beans Orange+	16 Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Grapes
19 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas) +* Steamed White & Brown Rice Blend Citrus Cuties+	20 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Pineapple, berries, mango medley+	21 Beef & Barley Soup Spinach Salad* w/ Balsamic Dressing Low Sodium V-8 Juice+ Whole Wheat Roll Papaya & Mango Chunks+	22 Pasta Primavera (broccoli, bell peppers, onion, etc.) + with Whole Wheat Penne White Bean Ragu Grapes	23 Meatball Stroganoff (chicken) Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Fresh Pear
26 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+* Steamed Rice w/ Green Onions Seasonal Apple	27 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots & Peas Herbed Broccoli+ Creamy Coleslaw+* Grapes	28 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Low Sodium V-8 Juice+ Pineapple, berries, mango+ Whole Wheat Roll	29 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Fresh Pear	30 Happy Halloween! Crunchy Bones (oven baked chicken drumstick) "Scream" Beans (Green Beans) Gingered Carrots Polenta "Candy Corn" Parfait (pineapple, mandarin, yogurt)

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.

Your Story. Their Voice.

AN INTERGENERATIONAL THEATRE EXPERIENCE



ESC Members: We Want to Hear Your Story! ❤️

The Emeryville Senior Center is partnering with Emery High Theatre students for a special intergenerational storytelling project—and we're inviting ESC members to be part of it!



SHARE YOUR STORY



**Monday, September 21
1:00 PM**

ESC members who pre-register will be paired with Emery High Theatre students for personal interviews. Students will listen to your memories, experiences, and stories, which will inspire their original monologues.

This is an opportunity to share a piece of your life with the next generation—and have your experiences become part of a creative theatrical experience.



SEE YOUR STORIES COME TO LIFE



**Thursday, October 1
1:00 PM**

Join us at the Emeryville Senior Center for a special live performance as the theatre students bring these stories to the stage with care, creativity, and respect.

Come hear how your stories—and the stories of fellow ESC members—have inspired the next generation of storytellers.

*Your story matters.
Your experiences matter.*

LET THE NEXT GENERATION LISTEN.



**Space for the September 21 interviews is limited,
so pre-registration is required to participate.**

If you have a story to share, we would love to hear it!

**Pre-register at the Emeryville Senior Center or contact the ESC front desk
for more information.**



**Emeryville
Senior Center**

4321 Salem Street
Emeryville, CA 94608





Harvest Festival 2026

HUCHIUN PARK

4311 Hubbard St, Emeryville

Saturday

October 3rd, 2026

11 AM – 3 PM

**PUMPKIN PATCH, FOOD TRUCKS,
LIVE PERFORMANCES,
ARTS & CRAFTS, AXE THROWING,
FAIRY FACEPAINTERS,
ROTTENEST DOG CONTEST,
GALLERY 4509 ART EXHIBIT,
& MORE!!**

ESC's FIRST-EVER CRAB Feed!

*Celebrate National Seafood Month
with ESC at our first-ever Crab Feed!*



Come hungry!

**DON'T FORGET TO
BRING YOUR
GARLIC BUTTER
AND BUTTER WARMERS!**

(ALSO WILL BE SOLD
AND RENTED ON-SITE)



OCTOBER
17



3:00–6:00 PM



\$75
PER PERSON

YOUR TICKET INCLUDES

ALL-YOU-CAN-EAT CRAB

(up to 3½ pounds per person),
served with traditional favorites:



PASTA



SALAD



GARLIC BREAD

The fun doesn't stop!



MUSIC

Enjoy great music
all afternoon!



SINGING

Sing along to your
favorite tunes!



DANCING

Get up, move,
and have fun!



RAFFLE

Exciting raffle
throughout the afternoon!

Gather your friends, bring your appetite,
and join us for an afternoon of great food,
good company, and plenty of fun.

**YOU WON'T WANT TO MISS
ESC'S INAUGURAL CRAB FEED!**

**SPACE IS
LIMITED!**

**REGISTRATION
CLOSES ON
10/1**



You can purchase
soda, juice, water,
or wine for an
additional fee.



**EMERYVILLE
SENIOR CENTER**
Enrich. Connect. Thrive.



4321 SALEM ST.
EMERYVILLE, CA 94608



510.596.3730



www.emeryville.org/seniorcenter



31 OCTOBER-3 NOVEMBER
10/31-11/2 (9A-5P); 11/3 (7A-8P)

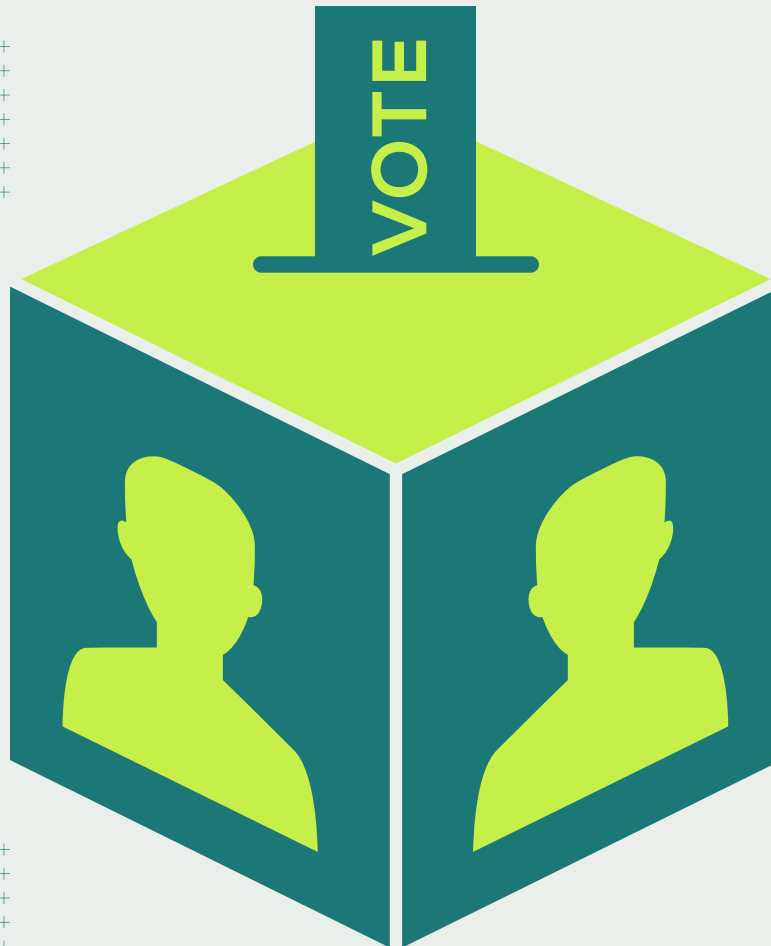
VOTING POLL

.....LOCATION.....

"Your voice matters! Cast your vote in the upcoming election event."

EMERYVILLE SENIOR CENTER

++++++
++++++
++++++
++++++
++++++
++++++



++++++
++++++
++++++
++++++
++++++
++++++

EMERYVILLE SENIOR CENTER

++++++
++++++
++++++
++++++
++++++
++++++

++++++
++++++
++++++
++++++
++++++
++++++

FOR MORE INFORMATION:

(510) 596-3730

4321 Salem St. Emeryville, CA

Partnered with Alameda
County Registrar of Voters



Not to Be Missed – Friends Holiday Market Sale!



**Saturday,
November 14**

The Friends of the Emeryville Senior Center invite you to join us on Saturday, November 14 for our festive **Holiday Market Sale**, your chance to discover one-of-a-kind holiday gifts crafted by local artisans and creative vendors.



Our ESC Friends Board is working hard to make this a wonderful community event, but we need vendors to help bring it to life!

Funds raised will directly support
the Emeryville Senior Center by:

- ★ Covering costs for classes
- ★ Providing entertainment at luncheons
- ★ Supporting extra activities
- ★ Purchasing a much-needed new sound system



*Interested in
volunteering or becoming
a vendor?*

Vendors should contact the front desk at (510) 596-3730 or email nicole.brown@emeryville.org to request vendor information and an application.



*Volunteers
are needed too!*

Volunteers should contact the Volunteer Coordinator by email to: helena.sorus@emeryville.org.

Let's work together to make this year's Holiday Market joyful, successful, and supportive of all ESC programs!

JOIN THE EMERYVILLE
SENIOR CENTER FOR A HOLIDAY OVERNIGHT

**CAMBRIA CHRISTMAS MARKETS
& HEARST CASTLE
DECEMBER 6TH-7TH 2026**



COST

DOUBLE \$408/PP
SINGLE \$477/PP
TRIPLE \$391/PP
QUAD \$388/PP

BASED ON A 30
GUEST MINIMUM



FINAL PUSH!
SIGN-UP BY
OCT 14TH
2026
OR TRIP WILL
CANCEL!

**COST INCLUDES: LUXURY 48 PASSENGER MOTORCOACH
WITH RESTROOM ONBOARD, BUS FEES (FUEL, DRIVER GRATUITY,
PARKING, AND BRIDGE TOLL, ALL WHEN APPLICABLE),
FREE TIME IN CASA DE FRUTA, OVERNIGHT ACCOMMODATIONS AT THE
OXFORD SUITES IN PASO ROBLES, COMPLIMENTARY HAPPY HOUR,
ADMISSION TO THE CAMBRIA CHRISTMAS MARKETS,
COMPLIMENTARY HOT BREAKFAST BUFFET,
HEARST CASTLE ADMISSION & CHOICE OF TOUR,
STOP ENROUTE BEFORE ARRIVAL HOME**