

SEPTEMBER 2025



THE LINK

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

WHAT'S HAPPENING @ ESC

SEPTEMBER 2025 AT A GLANCE

September 1- Holiday Closure: Happy Labor Day!
September 3- Friends of ESC Mtg.
September 4- Mercy Brown Bag
September 5- Diabetes Support Group
September - Presentation: Knowledge is Key: Know your Medicare Rights
September 5- ESC Walking Group
September 5- Movie: Mission Impossible: The Final Reckoning
September 6- Trip: Mountain View Art & Wine Festival
September 7- Trip: Haight-Ashby St. Fair
September 10- COA Meeting
September 10- Special Event: Light Bites w/ Help Desk
September 10- Trip: Bedford Gallery- Beyond Color the Language of Black & White Exhibit
September 12- Special Event: End of Summer Picnic
September 12- Movie: The Apprentice
September 13- Trip: Trader Vic's Rum Fest
September 14- Trip: Solano Ave. Stroll
September 17- CHP Age Well, Drive Smart Course
September 18- Mercy Brown Bag
September 19- Special Event: Flower Crown Making (\$)
September 19- Movie: Evita
September 25- Trip: Healthy Living Festival
September 25- Ashby Village Tech Help
September 26- Movie: Ruth & Boaz
September 26- Special Event: Fall Formal

SAVE THE DATE(S):

10/4- CSD Harvest Festival

10/18- Holiday Closure

11/15- Friends of ESC Marketplace

National Senior Center Month

National Senior Center Month, celebrated each September, is an opportunity to showcase your center and the valuable programs, activities, and services you provide. It's also the perfect time to promote a positive image of aging, highlight how your center improves the lives of local older adults, and strengthen your visibility among potential new participants, community partners, and decision-makers.

It's a time to recognize the vital role senior centers play in enhancing the lives of older adults and strengthening communities. This year's theme "Powering Possibilities: Flip the Script", encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the centers that serve them.

Here are some ways you can celebrate National Senior Month:


9/10- Light Bites w/ ESC Help Desk
9/19- Mannequin Madness Artful Creation Event (@ \$50/per person)
9/19- Drag Bingo & Lunch for Seniors 55+ @ The Bureau 510 (**see flyer for more info**)
9/26- Fall Formal

Join ESC for any or all of these National Senior Center Month celebratory events.


End of Summer Picnic (9/12 @ 11am)

☀️ Picnic in the Park: Say Goodbye to Summer with ESC! ☀️


ESC Presents: Our Annual End-of-Summer Picnic

 Friday, September 12, 2025


 11:00 AM – 1:00 PM

 Doyle-Hollis Park

1333 62nd St, Emeryville, CA

 What to Expect:

- Delicious food & refreshments
- Outdoor fun socializing with your peers
- A chance to celebrate community as summer winds down

 Bring your smile, your appetite, a potluck item and enjoy the day with us!



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WHAT'S HAPPENING @ ESC

Friends of the Emeryville Senior Center

📁 **Calling All Creators: Your Holiday Hustle Starts Here!**

The Friends of Emeryville Senior Center 1st Annual Holiday Marketplace - Vendor Sign-Up Now Open!

Looking to earn extra cash while sharing your merchandise with the community? Join us for the beloved Friends of Emeryville Holiday Bazaar on Saturday, November 15, from 10 AM to 4 PM! We're seeking vibrant vendors specializing in:

- ✨ Jewelry
- 🎨 Art
- 👗 Clothing
- 🍷 Handcrafted Items
- 🏠 Unique Collectibles
- 📁 Specialty Goods & Treasures

This festive event is sure to draw a lively crowd, offers high-volume exposure, networking opportunities, all in a fun, engaging atmosphere. Vendors who register by **September 12**, will enjoy a free lunch on the event day!

📍 Pick up your application at the ESC office or call **415-535-7947** for details. Don't miss your chance to be part of the magic, it won't be the same without you!



CALLING ALL Vendors!

Handcrafted Items • Unique Collectibles • Specialty Goods

Join us for The Friends of Emeryville Senior Center 1st Annual Holiday Marketplace at the Emeryville Senior Center

Saturday, November 15

- Selling Hours: **10:00 AM - 4:00 PM**
- 4321 Salem St., Emeryville, CA
- Vendor Details
- Set-Up: **8:30 AM - 10:00 AM**
- Clean-Up: **4:00 PM - 5:00 PM**
- We Provide: Tables & Chairs
- **Your Role:** Bring your best handcrafted creations, upscale collectibles, or specialty items to sell!
- Reserve Your Booth Space Today!
- Contact Marilee: m2mmarringa@gmail.com



High-Volume Exposure



Networking Opportunities



Fun & Engaging Environment



Contact Us
415.535.7947



Crown Making with Mannequin Madness **9/19 @ 1:00pm**

Art classes are so important for the mental/physical and emotional health of seniors, so we've partnered with Mannequin Madness to host a special occasion art session offering their flower crown class.

Their Flower Crown Class is the perfect opportunity to tap into your artistic side, unwind, and craft something truly beautiful.

The flower crown class is similar to a "paint and sip" class but with a mannequin head as a canvas and faux flowers instead of paint.

Registration begins **9/1**.

\$50/ per person



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WHAT'S HAPPENING @ ESC

★ New – Voluntary Contribution Policy ★

The Emeryville Senior Center is committed to keeping programs and activities accessible to everyone. To help sustain and enhance our offerings, we invite participants to make voluntary contributions when possible.

- Contributions are never required and no one will be denied participation.
- Suggested contribution amounts may be posted for some activities, but these are only guidelines.
- Donations help support classes, special events, wellness activities, supplies, transportation, and more.
- You can contribute at the front desk, at donation boxes during events, or by mailing a check payable to City of Emeryville – Senior Center.

All contributions are confidential and go directly toward supporting Senior Center programs. Thank you for helping us keep our community strong, connected, and thriving!

Knowledge is Key: Know your Medicare Rights (9/5 @ 11am)

In this presentation the presenter:

- Explains consumer protections for Medicare beneficiaries
- Reviews appeal rights for traditional Medicare and Medicare Advantage Plans
- Discusses specific hospital and nursing home rights
- Provides important contact information on advocacy organizations, agencies, and websites

Billiards Room

City Website Survey

Share Your Thoughts on Our New Website!

We hope you're enjoying our new website! As we strive to provide the best experience possible, we would love to hear your thoughts.

Your feedback is incredibly valuable to us and will help us improve.

NEW WEBSITE FEEDBACK

We hope you're enjoying our new website! As we strive to provide the best experience possible, we would love to hear your thoughts. Your feedback is incredibly valuable to us and will help us improve.

SCAN HERE

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WHAT'S HAPPENING @ ESC

Fall Formal 9/26 (3p-5p)

Join us for an elegant Fall Formal on Friday, September 26th, as we celebrate National Senior Center Month in style!

- ✦ Formal Attire Highly Encouraged
-  Don't Forget Your Dancing Shoes!

Enjoy an afternoon of:

-  Good Music
-  Great Company & Dance Moves
-  Lite Bites & Refreshments

Let's make it an unforgettable day filled with joy, laughter, and celebration!



Diabetes Support Group

Diabetes Support Group Meeting (9/5 @ 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 (9/5 @ 12:00pm)

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 Volunteer Circle

ESC Volunteer Circle (9/16 @ 1:00pm)

Join us as The Volunteer Circle gathers to continue working on meaningful projects that make a difference in our community. Your time and talents help us build a better tomorrow, one project at a time! All are welcome. We look forward to seeing you there!

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TRIPS: OCTOBER 2025

SEPTEMBER TRIP
REGISTRATION
OPENS WEDNESDAY,
9/1, @ 9AM

NBA Game:
Warriors vs Lakers
(10/5, 2:45pm-9:30pm)
\$192

Cheer on the Golden State Warriors as they take on the L.A. Lakers at the Chase Center! This special pre-season trip includes roundtrip motorcoach transportation, bus fees, and Bridge Section seating — right behind the home basket with extra legroom, tables, and convenient access to concessions. **Trip #: 1025001**

Shop Around:
SF Premium Outlets
(10/8, 9:30am-3:30pm)
\$15

Join us for a fun day of shopping at the San Francisco Premium Outlets in Livermore, home to more than 180 designer and name-brand stores at unbeatable prices. From fashion and accessories to home goods and specialty shops, there's something for everyone. Bring your walking shoes, shopping list, and plenty of energy for a full day of bargains and fun! **Trip #: 1025003**

Fleet Week Cruise
(10/11, 10:45am-7pm)
\$236

Set sail aboard the majestic San Francisco Belle for an unforgettable Fleet Week experience! Enjoy a delicious hosted buffet lunch, bottomless champagne, and live DJ entertainment as you take in the breathtaking Fleet Week Air Show and the thrilling Blue Angels (weather permitting). With multiple decks and reserved dining, you'll have the perfect view of the festivities from the water. Trip Includes: Deluxe motorcoach transportation, driver gratuity, 2-hour cruise, hot buffet luncheon with desserts and beverages, music, and special Blue Angels viewing. **Trip #: 0725008**

Brunch in Napa:
Lil Sista's Goody's
(10/12, 9am-3pm)
\$15

Lil Sista's Goody's is the first female, minority owned soul food restaurant in Napa. They bring together Southern recipes with modern California flavors to create a one-of-a-kind dining experience. Sunday Soul Brunch is a buffet with a menu that includes classic southern favorites like gumbo, fish, chicken, seafood and oxtails, as well as omelette and carving stations. Lil Sista's Goody's is soul food at its finest. Brunch fare is on your own. **Trip #: 1025004**

Cornerstone Sonoma
(10/14, 9am-4pm)
\$15

Wander at your own pace through stunning gardens designed as a cultural and creative haven—celebrating the harmony of art, architecture, and nature. Browse unique finds at the Marketplace shops or enjoy tastings at the local winery and distillery. For lunch, savor a meal at the onsite restaurant or bring your own to enjoy amidst the beauty of the grounds. **Trip #: 1025005**

Safari West
(10/16, 8am-4pm)
\$159

Step into the heart of Africa, in Sonoma County. Climb aboard a safari vehicle and journey alongside giraffes, rhinos, zebras, cape buffalo, and wildebeest on an unforgettable open-air tour through Safari West. Wander through their lush aviary, meet curious lemurs, and spot cheetahs as you explore winding trails across their 400-acre preserve. Lunch is included. **Trip #: 1025006**

Touring Tri-Valley
(10/18, 8A-6P)
\$15

Shop, Sip, & Dine...while exploring Tri-Valley! Our itinerary includes visits to Danville Chocolates, Gerard's Honeybees, Good Common Sense Naturals, Sweet Hope Naturals, and Studio Seven Arts in Pleasanton. Enjoy lunch on your own at a local restaurant midday before continuing on your shopping and discovery tour. Click the links to check out the shops. **Trip #: 1025007**

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TRIPS: OCTOBER 2025

SEPTEMBER TRIP
REGISTRATION
OPENS WEDNESDAY,
9/1, @ 9AM

Old Sac by Amtrak
(10/22, 7:30am-7pm)
\$75

All Aboard to Old Sacramento!
Climb aboard Amtrak for a relaxing roundtrip ride to the charming waterfront district of Old Sacramento. Spend the day exploring unique shops, boutiques, local eateries, and lively bars—all set against the backdrop of historic streets and riverfront views. Whether you're shopping, dining, or simply strolling, this trip offers the perfect blend of history, flavor, and fun. **Trip #: 1025008**

Egyptian Museum
(10/24, 10:15am-4pm)
\$27

Discover Ancient Egypt in San Jose
Step back in time with a visit to the Rosicrucian Egyptian Museum in San Jose, home to the largest collection of authentic Egyptian artifacts on display in Western North America. Explore mummies, statues, jewelry, and everyday objects that bring ancient history to life. Wander the beautifully landscaped grounds and immerse yourself in the mystery and wonder of one of the world's greatest civilizations. **Trip #: 1025009**

Hagemann Ranch
(Livermore)
(10/26, 12pm-7:30pm)
\$15

Celebrate the season with a spooktacular trip to Hagemann Ranch! Enjoy family-friendly Halloween festivities filled with fall decorations, seasonal activities, hayrides, and festive fun on the ranch grounds. From lively entertainment to autumn treats, it's the perfect way to get into the Halloween spirit. Costumes are welcome, enjoy a memorable day of fall celebration! **Trip #: 1025010**

Dine Around:
House of Prime Rib
(10/29, 3pm-7:30pm)
\$15

Join us for an unforgettable dining experience at San Francisco's legendary House of Prime Rib. Famous for its old-world charm and perfectly carved prime rib dinners, this iconic restaurant has been serving tradition and excellence for decades. Gather with other members, savor a hearty meal, and enjoy an evening filled with great food and warm company. **Trip #: 1025011**

Ghost Lunch @ The
Steinbeck House
(10/31, 7am-5:30pm)
\$145

Join us for a delightfully spooky autumn adventure! First, enjoy a special talk and tasting at Andy's Orchard, where fall magic transforms seasonal fruits into delectable dried treats—don't miss the famous sugar plums! Then head to the historic Steinbeck House Restaurant for a festive Ghost Lunch, complete with a three-course meal and a lively magician's performance. Costumes are welcome (but optional), and all dietary needs will be accommodated. Before you depart, take time to browse the Best Cellar gift shop as it celebrates its 50th anniversary.
Trip Includes: Roundtrip luxury motorcoach transportation with restroom, driver gratuity, Andy's Orchard talk & tasting, and Ghost Lunch at the Steinbeck House with entertainment. **Trip #: 1025002**



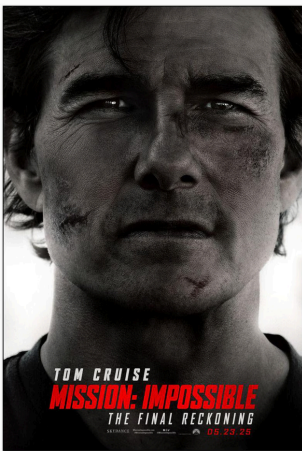
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FRIDAY MOVIES

Did You Know?

Tom Cruise earned a Guinness World Record by performing 16 flaming parachute jumps—each time igniting a parachute soaked in fuel, cutting it away mid-air, and deploying a backup—all while wearing a 50-lb camera rig during some takes for the film's dramatic climax!



9/5- Mission Impossible- The Final Reckoning:

Hunt and the IMF pursue a dangerous AI called the Entity that's infiltrated global intelligence. With governments and a figure from his past in pursuit, Hunt races to stop it from forever changing the world.

9/12- The Apprentice:

A young man took over his father's real-estate business in 1970s and '80s New York, and got the helping hand of an infamous closeted gay lawyer who helped him turn this young man into a notorious legend. Based on true events.

9/19- Evita:

The hit musical based on the life of Eva Perón (Evita Duarte), a B-picture Argentinian actress who eventually became the wife of Argentinian president Juan Domingo Perón, and the most beloved and hated woman in Argentina.

9/26- Ruth & Boaz:

Modern-day retelling of one of the most iconic love stories in the Bible. A young woman escapes the Atlanta music scene to care for an elderly widowed woman and in the process finds the love of her life and gains the mother she never had.





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ESC INFO & 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: September 4 & 18

➡ 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 4-hour AARP refresher course will be held on Thursday, October 6, 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 @ 2pm)


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


 Thursday, August 28

 1:00–3:00 PM

 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 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 **September** menu for daily offerings.

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





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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: **9/3, 9/10, 9/17, 9/24**
🕒 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: **9/3, 9/10, 9/17, 9/24**
🕒 Time: **11:00 AM**

📍 Location: 4321 Salem St., Emeryville, CA 94608

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

CHP Age Well, Drive Smart Course (9/17 @ 9:00am)

You are a good driver, but as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is that by carefully monitoring any changes, such as your vision or reflexes, and by working with your doctor, you have the ability to change your driving habits or take other corrective steps that allow you to stay safe on the road. With driving comes a sense of independence. This CHP 3-hour class is designed to give you the tools to safely continue driving as well as information on how to maintain your lifestyle even if driving is no longer safe for you.



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 (No Class 9/1)	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, 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	Monday, 9:00am	Upstairs	No Class 9/1
Sandra	NIA	Monday, 10:00am	Main Hall	No Class 9/1
Volunteer	Current Events	Monday, 10:00am	Billiards Rm	No Class 9/1
Sandra	Chair Yoga	Monday, 11:00am	Upstairs	No Class 9/1
Helen	Weights	Tuesday, 9:30am	Main Hall	Zoom Link Above
Jay	Ukulele	Tuesday, 10:30am	Billiards Rm	
Helen	Zumba	Tuesday, 10:30am	Main Hall	Zoom Link Above
ESC Staff	Mahjong	Tuesday, 12:00pm	Upstairs	
Jay	Karaoke	Tuesday, 12:30pm	Billiards Rm	
Daphne	Intermediate Tap	Tuesday, 1:00pm	Main Hall	
Pamela	Yoga Pain Ease	Tuesday, 2:00pm	Upstairs	Zoom Link Above
Daphne	Beginner Tap	Tuesday, 2:00pm	Main Hall	
Novella	Line Dance	Wednesday, 9:30am	Main Hall	Zoom Link Above
Lee	Ageless Grace	Wednesday, @ 10am	Upstairs	No Class 9/3
Lee	Body Restore	Wednesday, @ 11am	Upstairs	No Class 9/3
ESC Staff	Pickleball	M/W, 1:30pm	Main Hall	
Pamela	Yoga	Thursday, 9:00am	Upstairs	Zoom Link Above
Terry	Guitar & Songs	Thursday, 10:00am	Billiards Rm	
Helen	Zumba	Thursday, 10:30am	Main Hall	No Class 9/4
Staff	Needlework Circle	Thursday, 1:00pm	Billiards Rm	
Teresa	Draw & Paint Class	Thursday, 1:00pm	Upstairs	Concludes 9/25
Ann	Tai Chi	Friday, 10:00am	Upstairs	
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	1st/3rd/5th Fridays
Sandra	Tango	Fridays, 1:00pm	Main Hall	

Holiday Closure:

In observance of Labor Day, our office/facility will be closed on Monday, September 2. We will resume regular hours on Tuesday, September 3. Wishing everyone a safe and enjoyable holiday!



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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.



SEPTEMBER 2025

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>2</p> <p>Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana</p>	<p>3 <i>Soup is a large 12 ounces</i></p> <p>Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple/ Mango Chunks+</p>	<p>4</p> <p>Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicy Spinach* Fresh Citrus Cutie+</p>	<p>5</p> <p>Turkey & Cranberry Pinwheel Sandwich Garden Salad (Romaine)+ with Vinaigrette Sun chips Fresh Apple or Pear</p>
<p>8</p> <p>Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad with Shredded carrots & Cilantro Lime Dressing Steamed Rice Blend (Half Brown) Banana <i>Higher Sodium Meal</i></p>	<p>9</p> <p>Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Pineapple Coleslaw+* Warm Peach Crisp or Fresh Stone Fruit</p>	<p>10</p> <p><i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Grapes</p>	<p>11</p> <p>Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple and Vanilla Greek Yogurt Parfait+</p>	<p>12</p> <p>NO LUNCH PICNIC DAY</p>
<p>15</p> <p>Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Banana <i>Higher Sodium Meal</i></p>	<p>16</p> <p>Mexican Independence Day* Birria De Res (Stewed Beef) Spanish Rice Pinto Beans Romaine Salad with cilantro-lime Dressing+ Chips & Salsa Diced mango & Pineapple</p>	<p>17 <i>Soup is a large 12 ounces</i></p> <p>Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+* Fresh Stone fruit (plum or peach or nectarine)</p>	<p>18</p> <p>Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread & Butter Berry and Yogurt Parfait</p>	<p>19</p> <p>Asian Chicken Salad +* (Romaine, Cabbage, shredded Carrots, chicken breast shredded) Miso Soup Whole Wheat Crackers Mandarin Orange Segments+</p>
<p>22</p> <p>Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed Rice Blend (Half Brown Rice Pineapple Chunks+ <i>Higher Sodium Meal</i></p>	<p>23</p> <p>Pork Loin with Gravy Mashed Potatoes Mixed Vegetables+* Grapes Whole Wheat Bread & Butter</p>	<p>24 <i>Soup is a large 12 ounces</i></p> <p>Italian Wedding Meatball Soup (beef) Creamy Coleslaw+* Whole Wheat Roll Tangerine+</p>	<p>25</p> <p>Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp (oat-topping) over Vanilla Yogurt</p>	<p>26</p> <p>Egg Salad Sandwich with dill and peas on Whole Wheat Caesar Salad (Romaine)+ Mixed Fresh Fruit Parfait (mango, berries, melon) Sun chips</p>
<p>29</p> <p>White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Plum+ <i>Higher Sodium Meal</i></p>	<p>30</p> <p>Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana</p>	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk. Menu is subject to change without notice.</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>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging</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.



SENIOR HELP DESK



MEET WITH VOLUNTEER
GUIDES FOR HELP ACCESSING:

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



Dates: **9/3, 9/10, 9/17, 9/24**



Time: **11:00 AM**



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

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

A woman with long dark hair, wearing a denim shirt and a dark apron, is looking down at something in her hands. She is in a room filled with many vases of colorful flowers, including purple, pink, and white. The background is slightly blurred, showing more flowers and shelves.

CALLING ALL *Vendors!*

Handcrafted Items • Unique Collectibles • Specialty Goods

Join us for The Friends of Emeryville Senior Center 1st Annual Holiday Marketplace
at the Emeryville Senior Center

 **Saturday, November 15**

 Selling Hours: **10:00 AM – 4:00 PM**

 4321 Salem St., Emeryville, CA

Vendor Details

Set-Up: **8:30 AM – 10:00 AM**

Clean-Up: **4:00 PM – 5:00 PM**

We Provide: Tables & Chairs

- **Your Role:** Bring your best handcrafted creations, upscale collectibles, or specialty items to sell!

Reserve Your Booth Space Today!

 Contact Marilee: **m2mmarringa@gmail.com**



High-Volume
Exposure



Networking
Opportunities



Fun & Engaging
Environment



Contact Us
415.535.7947

THE GOLDEN STATE WARRIORS VS. THE L.A. LAKERS SUNDAY OCTOBER 5TH, 2025



Get ready for a slam-dunk day out as we cheer on the Golden State Warriors against the L.A. Lakers at the Chase Center! We've snagged seats in the Bridge Section, right behind the home basket on Level 6, where you'll enjoy legroom, a table, and pull-out chairs. Close to the restrooms and with a concession stand/bar just a hop behind, convenience is the name of the game. Arrive by 4:15 PM, and you'll have a whole hour to soak in the vibes before tip-off at 5:30 PM.

Feast on bites from Sam's Chowder House, Sadie's Deli, Bakesale Betty, Big Nate's BBQ, and more scrumptious options!

Heads up: It's a cash-free zone! Only credit, debit, or mobile payments are your ticket to munchies. Walking Level 2 awaits as the bus drops you right outside the Chase Center. A short stroll to the security gate and then to your seats, aided by elevators and escalators galore.

Remember, security/bag checks are part of the drill.

Boarding: 3:30PM Depart: 3:45PM

Approx. Arrival Home: 9:30PM

MUST REGISTER BY 9/01/25

First Game of the Season!

This is considered a pre-season game.

Only 30 Seats Available!

**Includes Roundtrip Motorcoach Transportation,
Bus Fees (Fuel, Bridge Toll, Driver Gratuity, Parking),
Warriors Ticket in the Bridge Section.**

Pickup Location: Emeryville Senior Center

For Reservations Please Contact:

Tamika Wright (510) 596-3730



Bridge Section Seats

COST: \$192/PP

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

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

TravelCenter
Tours & Travel





Presents

Emeryville PRIDE

FRIDAY Sep 19

11AM

SENIOR LUNCH* + DRAG BINGO

**THE BUREAU 510 RESTAURANT
5800 HOLLIS STREET**

***FREE W/RSVP, MUST BE 55+**



**FOR MORE DETAILS AND TICKETS :
WWW.FISHNETSFILM.ORG**

SUPPORTED, IN PART, BY:





Emeryville Senior Center Presents:

SAN FRANCISCO FLEET WEEK CRUISE SATURDAY OCTOBER 11TH

The San Francisco Belle stands as a cherished beacon, conjuring the enchanting essence of the city's turn-of-the-century Barbary Coast. This majestic 292-foot sternwheeler showcases the elegance of Art Nouveau across its three enclosed levels, complemented by a generous sun deck and three inviting wrap-around decks. What could be more exhilarating than witnessing the Fleet Week Air Show from beneath the soaring planes—gliding aboard the iconic S. F. Belle? Delight in a hosted buffet lunch adorned with a variety of decadent desserts, all while you savor the effervescent flow of sparkling wine and the melodic harmonies spun by the onboard D.J. As the day unfolds, revel in music, captivating entertainment, and a special glimpse of the Blue Angels Show (weather permitting).

Cost includes:

Roundtrip Deluxe Motorcoach
Transportation, Driver Gratuity, 2 Hour
Cruise on board the S.F. Belle Paddle
Wheeler, Reserved Seats for Dining, Hot
Buffet Luncheon Including Coffee
Service, Tea, Juice, Dessert and
Bottomless Champagne, Music
Entertainment, Special Viewing of the
Blue Angels Show (weather permitting).

COST: \$236/PP

BASED ON A MINIMUM OF 35 GUESTS

TIME: DEPART 11:30AM

RETURN 7PM APPROX.

PICKUP: EMERYVILLE

SENIOR CENTER

4321 SALEM ST

FOR RESERVATIONS

PLEASE CONTACT:

**TAMIKA WRIGHT
(510) 596-3730**



**NEW REGISTRATION DEADLINE:
MONDAY AUGUST 25TH, 2025**

Walking Level: 1 - Easy - There is a ramp to board boat, but it is not extensive. SF Belle has elevators and they also have multiple decks. Lunch is seated, but you will have to serve yourself.

TravelCenter
Tours & Travel



"Life is a good trip..."

TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523

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FLOWER CROWN CLASS



Brought to you by Mannequin Madness
in collaboration with the Emeryville
Senior Center



COME MAKE ART YOU CAN WEAR USING
FAUX FLOWERS AND ECO FRIENDLY
EMBELLISHMENTS.

A FLOWER CROWN IS A FASHION
ACCESSORY FOR ALL BODY SHAPES, SIZES
AND HAIR TEXTURES.

ALL CRAFTING LEVELS WELCOME
THE ONLY SKILL NEEDED IS THE ABILITY TO
USE A HOT GLUE GUN.

COST 50.00/PER PERSON



FRIDAY, 9/19 1:00PM-2:30PM

EMERYVILLE SENIOR CITIZENS CENTER

4321 Salem St. Emeryville, CA 94608

SPACES ARE LIMITED
ADVANCE SIGN UP REQUIRED

Contact: ESC Front Desk @ 510.596.3730



ESC PRESENTS...

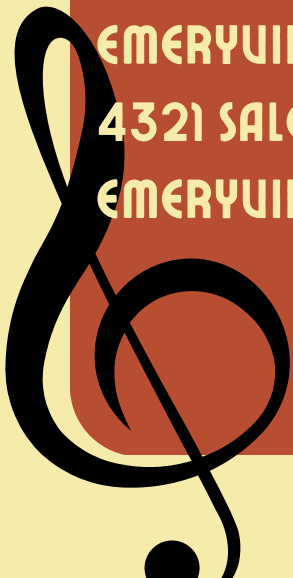
FALL FORMAL *Dance Party*

★ FORMAL ATTIRE HIGHLY
ENCOURAGED

👠 DON'T FORGET YOUR
DANCING SHOES!

SEPT FREE ADMISSION
26 Friday

EMERYVILLE SENIOR CENTER
4321 SALEM ST
EMERYVILLE, CA 94608





GHOST LUNCH

**Day Trip Featuring Andy's Orchard
& The Steinbeck House Restaurant**



This delightfully spooky day trip promises a cauldron of seasonal fun! Make a pit stop at Andy's Orchard, where summer is all about the fruit frenzy, but as fall limits those bounties, Andy conjures his magic, transforming special fruits into deliciously dehydrated treats for year-round munching. Tasty surprises await! Among his legendary delights are homemade sugar plums—these scrumptious treats disappear faster than a ghost at dawn, so grab them while you can! Andy will enchant you with tales of his orchard, the history, and the magic behind these delightful sweets before you go into the store. Once you are done at the orchard, prepare to embrace the Halloween spirit with a shiver of excitement! You're off to the Steinbeck House Restaurant for their Ghost Lunch, where you'll enjoy a touch of spooky fun with a mystical magician's performance. It's a boo-tiful experience! The menu will be announced closer to the date of the trip, but the Steinbeck house will have an option for all, whether gluten free, vegetarian, or liquid diets for vampires. *WINK* All ghosts, goblins, and ghouls welcome, costumes optional.



Date: Friday October 31st

Time: 7:45am-5:30pm

Price: \$145/pp



Includes: Roundtrip Transportation in Luxury Motorcoach w/ Restroom Onboard, Bus Fees (Parking, Bridge Toll, Fuel, Driver Gratuity, all when applicable), Special Talk and Tasting at Andy's Orchard, 3 Course Lunch at the Steinbeck House for the Ghost Lunch with special Magician Performance



Note: Be sure to take a moment to visit the Best Cellar Bookstore, as it celebrates its 50th anniversary since opening.

**LIMITED SPACE AVAILABLE! ONE DAY EVENT ONLY!
Please sign-up immediately to avoid cancellation.**

**To Register Call
510-596-3730**

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FONDEST GREETINGS TO YOU ALL THE PHANTOM OF THE OPERA

INVITES YOU TO HIS THEATER, THE ORPHEUM IN SAN FRANCISCO

THE EMERYVILLE SENIOR
CENTER IS THRILLED
TO ANNOUNCE OUR
SHOW DATE OF
JUNE 3RD, 2026

PICKUP: EMERYVILLE
SENIOR CENTER
4321 SALEM ST

FOR MORE INFORMATION,
ON PRICING AND
TIMEFRAMES,
PLEASE SEE

TAMIKA WRIGHT
AT THE EMERYVILLE
SENIOR CENTER

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"Life is a good trip..."

