



THE LINK

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

WHAT'S HAPPENING @ ESC

SEPTEMBER 2026 AT A GLANCE

September 2- Trip: **A Day in Sausalito**
September 2- Friends of ESC Mtg.
September 3- Mercy Brown Bag
September 4- Diabetes Support Group
September 4- ESC Walking Group
September 4- Movie: **Michael Movie**
September 8- Trip: **Dine Around:**
Ghirardelli Square
September 9- COA Meeting
September 9- Help Desk TECH HELP w/ Alexis
September 10- Trip: **Filoli Gardens:**
Flours de Villes: The Guided Age
September 11- Special Event: **Summer Picnic #4**
September 11- Movie (@ 2pm): **Sister Act**
September 13- Trip:
Mountain View Art & Wine Festival
September 14- Chair Massages w/ Jillian
September 16- AARP Driving Course **(Pt. 1)**
September 16- PRIDE Peer Support Group Meeting
September 16- Special Program:
Sourdough Bread Making w/ Haze B.
September 17- Mercy Brown Bag
September 17- Trip:
Bites & Vines Taste of Livermore
September 18- Special Event:
Senior PRIDE BINGO & Live Entertainment
September 18- City-wide Event: **Summer Movie Night @ Doyle-Hollis Park: "MONSTERS INC."**
September 19- Trip:
Lafayette Art & Wine Festival
September 20- Trip: **Sunday Sippin' in Lodi**
September 21- Special Program:
Intergenerational Monologue Interviews
September 16- AARP Driving Course **(Pt. 2)**
September 24- Trip: **Healthy Living Festival**
September 24- Ashby Village Tech Help
September 25- Movie:
Spiderman- Brand New Day
September 27- Trip: **Cache Creek Casino**
September 29- Friends Volunteer Circle MTG.
September 30- Trip: **de Young Museum:**
Treasures of the Pharaoh
September 30- Help Desk TECH HELP w/ Alexis



PICNIC #4:

END-OF-SUMMER CELEBRATION!

Friday, September 11 • 11:00 AM

Christie Park (6200 Christie Ave., Emeryville)

As summer winds down, let's gather one more time for good food, great music, dancing, laughter, and even better company! Join ESC for Picnic #4, our end-of-summer celebration with a special focus on self-care, remembrance, and community.



September is Self-Care Awareness Month!

Self-care is more than spa days and relaxation, it's about making time to care for your physical, mental, emotional, and social well-being. It can be as simple as enjoying a healthy meal, moving your body, listening to music, spending time with friends, laughing, dancing, or simply giving yourself permission to slow down and enjoy the moment.

So, ESC is celebrating self-care the best way we know how: together! Get ready for some fun and line dancing led by members of our Wednesday 9:30 AM Line Dance Class! We'll also enjoy a healthy meal featuring hero sub sandwiches, a special nod to the everyday and extraordinary heroes who have stepped forward to help others.



A Day to Remember

September 11 also carries a solemn significance as we remember the tragic events of September 11, 2001, and the nearly 3,000 people who lost their lives. We also honor the courage and sacrifice of the first responders, emergency workers, volunteers, and ordinary people who stepped forward to help others during and after the attacks.

As we celebrate life, friendship, and community, we invite everyone to take a moment to remember, reflect, and honor the heroes and lives lost on 9/11.



WANT TO ADD TO THE FEAST?

While not required, you're welcome to bring a store-bought, prepackaged side dish to share with fellow members.

Some great ideas include:



A variety of salads,



Fresh fruits,



Meat & cheese trays,



Sweet treats or desserts

Come ready to enjoy an afternoon filled with music, singing, dancing, laughter, fun, and wonderful company as we celebrate the happiness that comes from simply spending time together.



ESC SHUTTLE SERVICE

Shuttle service will be available to and from Christie Park beginning at 10:30 AM from Emeryville Senior Center, with departures every 30 minutes.



A LITTLE THANK YOU

Potluck contributions are completely optional. We are grateful to be able to host our annual summer picnics thanks in part to your generous \$3 daily congregational meal donations.

A donation box will be available during the event for anyone who would like to contribute. Your continued support helps make special events like this possible and ensures that everyone has an opportunity to enjoy these moments of connection, celebration, and community.

Come take care of yourself, celebrate community, honor our heroes, and make one more summer memory with ESC! 🌞🍷

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Special EDITION

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EVENTS &
NEWS!

WHAT'S HAPPENING @ ESC

 **EMERYVILLE PRIDE: SENIOR LUNCH & DRAG BINGO!** 

 **SENIOR LUNCH & DRAG BINGO!** 
Friday, September 18, 2026 | 12:00–3:00 PM

Get ready for an afternoon of community, celebration, laughter, lunch, and BINGO! Join ESC and our community partners for a fabulous Senior Lunch & Drag Bingo celebration as we come together to honor Pride, inclusion, and the vibrant diversity of our community.

 Doors Open: **11:30 AM**
 Free Lunch: **12:30 PM**
 Bingo Starts: **1:30 PM**

 Hosted by: **Ms. Sweet Nothing**

Come enjoy a free lunch followed by an entertaining afternoon of Drag Bingo hosted by the fabulous Ms. Sweet Nothing! Bring your lucky charms, your friends, and your best bingo spirit, this is one afternoon you won't want to miss!

 **SAVE THE DATE & REGISTER!**

This special event is presented in partnership with the City of Emeryville, City of Albany, City of Berkeley Health, Housing & Community Services, St. Mary's Center, Pacific Center for Human Growth, and Ashby Village, and is sponsored by Stanford Medicine.

Space is limited, so be sure to register!

 Come celebrate Pride, community, and connection with us!
Because getting older should never mean getting any less fabulous! 



Emeryville PRIDE
St. Mary's Center
Ashby Village
PACIFIC CENTER
Aging Better. Together.

SENIOR LUNCH & DRAG BINGO
September 18, 2026
12:00PM - 3:00 PM

Doors Open
11:30 AM
Free Lunch
12:30 PM
Bingo Starts
1:30 PM

Hosted by
Ms Sweet Nothing

SPONSORED BY
Stanford MEDICINE

Register: 

SAVE THE DATE:

10/3- Harvest Fest
10/17- Crab Feed
10/30- Halloween Lunch & Costume Party

MOVIE NIGHT #3: MONSTERS, INC.!

 **MOVIE NIGHT #3: MONSTERS, INC.!**

Get ready for a ROAR-some night under the stars!   ESC Movie Night is back for Round #3, and this time we're bringing you the Pixar favorite Monsters, Inc.!

 **ABOUT THE MOVIE**

Welcome to Monstropolis, where monsters have one important job: scare children to power their city! Top scarer Sulley and his wisecracking best friend Mike think they've got the job down, until a little girl named Boo accidentally wanders into the monster world.

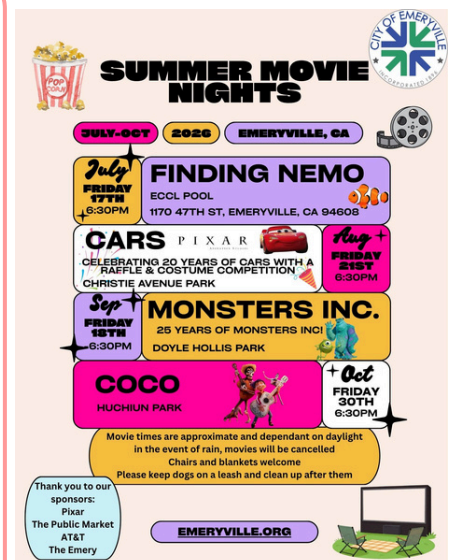
What follows is a hilarious and heartwarming adventure as Sulley and Mike try to return Boo home while discovering that friendship, laughter, and a little courage can change everything.

Bring your chair, blanket, family, friends, and your best movie-night spirit! Settle in, grab a snack, and enjoy a fun-filled evening of laughter, friendship, and Pixar magic.

 **MOVIE: Monsters, Inc.**
 **DATE: Friday, September 18th**
 **TIME: 6:30 PM**

 **LOCATION: Doyle Hollis Park (1333 62nd St., Emeryville, CA 94608)**

Don't miss Movie Night #3! Come laugh with us under the stars!   



SUMMER MOVIE NIGHTS

JULY-OCT 2026 EMERYVILLE, CA

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

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

COCO
HUCHIUN PARK

Oct FRIDAY 30TH 6:30PM

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

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EVENTS &
NEWS!

WHAT'S HAPPENING @ ESC

Support the Friends of the Emeryville Senior Center

The Friends of the Emeryville Senior Center (FESC) plays a vital role in enriching the lives of our members by raising funds to support instructor fees, entertainment, special projects, and center improvements (like our new living room furniture), and other enhancements that make the Senior Center a welcoming place for all.

Donations may be made by:

- **Cash** – Deposit in a Friends donation box or give directly to front desk staff.
- **Check** – Made payable to Friends of the Emeryville Senior Center and delivered in person or mailed to:

Friends of the Emeryville Senior Center
4321 Salem Street
Emeryville, CA 94608

Unless you request to remain anonymous, you'll receive a receipt acknowledging your tax-deductible contribution.

Thank you for helping the Friends continue to provide outstanding programs, classes, entertainment, and special opportunities that make the Emeryville Senior Center such a vibrant place to connect, learn, and thrive. Every gift (large or small) makes a difference. ❤️

Friday Socials @ ESC

NO 3RD FRIDAY SOCIAL THIS MONTH, BUT WE'RE STILL CELEBRATING!

September's 3rd Friday Social at ESC will look a little different this month! Instead of our usual social gathering, we'll be celebrating Senior PRIDE with a special Drag Bingo & Lunch event earlier in the day.

But don't worry, we're not letting the fun stop there! 🎵🎤
 KEEP THE CELEBRATION GOING WITH A SING-ALONG & LIVE PIANO PERFORMANCE!

Following the Senior PRIDE celebration, join us at 3:00 PM for a special Sing-Along Performance with James Teppermann and his band, "HopHead"! HopHead specializes in music for seniors, so get ready for familiar favorites, great tunes, and plenty of opportunities to sing along. After the sing-along, sit back and enjoy a special live piano performance (at 4:00 PM) to keep the music and celebration going! 🎹🎵

Friday, September 18

3:00 PM

Emeryville Senior Center

Come celebrate, connect, sing your heart out, and enjoy an afternoon filled with music! Whether you're a lifelong performer or someone who simply enjoys singing from your seat, there's always room in the community chorus at ESC. ❤️🎵

Senior PRIDE Lunch + Drag Bingo + Sing-Along + Live Piano Music = One Fabulous Friday! 🎵🎤🎹🌟

We'll see you September 18 at 3 PM!

Friday
Social





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WHAT'S HAPPENING @ ESC

SUPPORT GROUP

Diabetes Support Group Meeting (9/3 @ 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 (9/3 @ 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.**

PRIDE Support Group

ESC PRIDE Peer Support Group (9/16, @ 10:00am)

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 (9/16, @ 10:00 am)
 Emeryville Senior Center - **Upstairs Conference Room**

Come as you are, everyone is welcome.

Monthly Chair Massages

Chair Massages with Jillian 9/14

Relax. Recharge. Refresh!

Treat yourself to a little self-care with Jillian's soothing 20-minute chair massages on **Monday, September 14, 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!

Sourdough Bread Making w/ Haze B (9/16, @ 1:00pm)

 **SEPTEMBER IS NATIONAL SOURDOUGH BREAD MONTH!**

There's nothing quite like the smell of freshly baked sourdough bread! September is National Sourdough Bread Month, a time to celebrate this beloved bread and the traditional art of sourdough baking.

Sourdough is made using a natural fermentation process with a sourdough starter, rather than relying solely on commercial yeast. The result is that signature tangy flavor, chewy texture, and beautifully crisp crust that sourdough lovers know and adore!

 **LEARN TO MAKE YOUR OWN SOURDOUGH!**

Ready to get your hands in the dough? Join Haze B for a fun and hands-on Sourdough Bread-Making Class at ESC!

 Wednesday, September 16
 1:00 PM

 \$10 Materials Fee

 Emeryville Senior Center

Learn the basics and get started on your own sourdough-baking journey! Registration is required and space is limited! Don't wait—reserve your spot and come knead, learn, and bake with us!  

Let's celebrate National Sourdough Bread Month one delicious loaf at a time!

Cooking w/ ESC

SEPTEMBER 2026



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TRIPS: SEPTEMBER 2026

SEPTEMBER TRIP
REGISTRATION IS
OPEN MONDAY,
8/31 @ 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!**

Clayton Oktoberfest
(10/4, 9A-6P)
\$20

Join us for a fun fall outing to Clayton Oktoberfest—a lively celebration filled with music, crafts, great food, and festive Bavarian flair. Enjoy bratwurst, pretzels, local vendors, and plenty of autumn cheer in this charming small-town street festival. A perfect day of friends, fun, and fall vibes! 🍂

(MINOR TO MAJOR WALKING) Trip #: 102026004

Aquarium of the Bay &
Pier 39
(10/6, 9:30A-6P)
\$37

Begin your adventure at the Aquarium of the Bay, where you'll journey through crystal-clear tunnels surrounded by local marine life, from playful river otters to mesmerizing jellyfish and majestic sharks gliding overhead. After exploring the wonders beneath the waves, enjoy a delicious lunch on Pier 39, complete with waterfront views, fresh coastal flavors, and the lively energy of one of SF's most iconic destinations, all during a day of fleet week.

(MINOR TO MAJOR WALKING) Trip #: 102026005

Livermore's Witches
Night Out
(10/7, 2P-10P)
\$25

We're heading to Downtown Livermore for a fun-filled, witchy evening you won't want to miss!

Grab your best ghoulish friends and head downtown for a night of enchanting dining, specialty cocktails, and fabulous shopping. The streets will be buzzing with energy, magic, and delightful surprises, including pop-up experiences that add an extra spark to your adventure.

Whether you're casting spells over cocktails or conjuring up some retail therapy, this spirited evening is all about fun, flair, and a dash of mischief.

Costumes are highly encouraged, gather your witchiest attire and get ready to stir up some fun! Don't forget to join the witch hat contest.

(MODERATE TO MAJOR WALKING) Trip #: 102026007

Shop, Dine, & Play
in Napa
(10/9, 9A-5P)
\$20

Spend the day exploring Downtown Napa's charming boutiques, delicious dining, and optional wine tasting at your own expense. Wander the scenic River Walk, soak in the relaxed Napa vibe, and discover everything this delightful destination has to offer. Perfect for a quick getaway filled with flavor, fun, and a little Napa magic!

(MINOR TO MAJOR WALKING) Trip #: 102026008

Saddle up for the Grand National Rodeo at the Cow Palace!

Grand National Rodeo
(10/10, 3:30P-10P)
\$50

Experience two action-packed nights of bull riding, bronc busting, barrel racing, and jaw-dropping trick performances—all powered by nearly six decades of Flying U Rodeo excitement. Enjoy great food, western shopping, lively music, and the unbeatable energy of this iconic rodeo, now a qualifier for the American Rodeo contender tournament. It's big, bold, and pure Western thrills. Don't miss it!

(MINOR TO MODERATE WALKING) Trip #: 102026009



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**Music on the Patio @
Bally Keal Estate**
(10/11, 10A-6P)
\$20

Enjoy a relaxing afternoon with live music by Ke' Marie from 1-4 PM, sip estate-grown wines or spirits with a tasting of your choice, and explore the estate's impressive vintage car museum packed with classic automobiles dating back to 1900. Kick back, take in the views, and make the most of a perfect day at Bally Keal Estate! **(MINOR TO MODERATE WALKING) Trip #: 102026010**

Apple Hill
(10/14, 9A-5:30P)
\$149

Hop aboard our comfy luxury motorcoach for a sweet fall escape to High Hill Ranch! Enjoy a tasty lunch (yes, it comes with apple pie à la mode 😊), plus a to-go treat box filled with fresh apple cider and a donut. Then wander through 70+ festive vendors and the ranch bakery for all the apple goodies your heart desires. Tables are reserved, the air is crisp, and the vibes are pure autumn fun. A perfect day of apples, laughter, and leaf-season magic, join us! 🍂 **(MINOR TO MAJOR WALKING) Trip #: 102026011**

Capitola Village & Beach
(10/18, 9A-5P)
\$20

🌊 Escape to Capitola Village & Beach! Join us for a breezy seaside getaway to Capitola, a quaint coastal gem nestled along the sparkling Monterey Bay. Stroll colorful boutique-lined streets, relax on the sandy shoreline, and soak up the laid-back charm that makes this village such a favorite. Perfect for a refreshing day of ocean views, local flavor, and easy coastal fun! **(MODERATE TO MAJOR WALKING) Trip #: 102026012**

Pleasanton Harvest Festival
(10/24, 9A-5P)
\$27

Join us for a fun fall outing at the 2026 Pleasanton Harvest Festival, where you can explore hundreds of handcrafted arts, unique gifts, specialty foods, live music, and festive Halloween activities, all in one place!

Enjoy a lively, colorful marketplace and a relaxed day of browsing, sampling, and celebrating the season. A perfect autumn adventure you don't want to miss! **(MODERATE TO MAJOR WALKING) Trip #: 1020260013**

Sunday Football @ Thrive City
(10/25, 9A-5P)
\$20

Touchdown Time at Thrive City! Join us for a fun and energetic Sunday outing to Thrive City, the ultimate spot to watch the big game on the giant outdoor screen. Settle in with first-come, first-served lawn chairs, enjoy lawn games, and cheer for your favorite teams as the 10AM San Francisco vs. Atlanta matchup kicks things off, followed by 1PM Los Angeles vs. Las Vegas and NFL RedZone coverage. Get ready for fresh air, football hype, and a lively fan atmosphere — the perfect way to spend your Sunday! **(MINOR TO MODERATE WALKING) Trip #: 102026014**

Safari West
(10/26, 9A-5P)
\$160

🌿 Safari Adventure + BBQ Lunch at Safari West! Hop aboard for a wild day out at Safari West, the Sonoma Serengeti in California's wine country! You'll enjoy:

- 🚐 A guided safari tour through 400 acres on open-air vehicles, where you'll meet giraffes, rhinos, zebras, cheetahs, lemurs, and more.
- A mouthwatering South African-style BBQ lunch (aka braai) at the Savannah Café: grilled meats (or tofu), savory sides, dessert, plus coffee or tea

Relax into the day and get up close to exotic wildlife before tucking into a delicious wood-fired meal under the trees. It's an unforgettable blend of adventure and flavor, perfect for nature lovers and foodies alike.

(MINOR TO MODERATE WALKING) Trip #: 102026015

**Dine Around:
Sam's Anchor Cafe**
(10/29, 10A-4P)
\$15

Join us for a relaxing Dine Around lunch at Sam's Anchor Cafe, the famous Tiburon waterfront staple known for its stunning bay views, fresh seafood, and classic coastal charm. Enjoy delicious dishes, a warm atmosphere, and plenty of sunshine as we gather for great food and great company. Come savor the flavors of the Bay while taking in the beautiful harbor scenery—this is a lunch you won't want to miss! **(MINOR TO MODERATE WALKING) Trip #: 102026016**



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TRIPS CONTINUED



🏀 Warriors vs. Trailblazers at Chase Center! 🏀

Don't miss your chance to experience the excitement of NBA action live at Chase Center as the Golden State Warriors take on the Portland Trail Blazers!

📺 Package Includes:

Lower Level Seats for an incredible up-close view of the game
Round-Trip Transportation for a hassle-free experience

Leave the driving to us and enjoy an unforgettable night of basketball, entertainment, and Warriors basketball with fellow fans.

Space is limited, reserve your seat today before they're gone!

(MODERATE TO MAJOR WALKING) Trip #: 102026003

Don't miss the laugh-out-loud Broadway comedy that everyone is talking about! Oh, Mary! is a wildly original, fast-paced satire that reimagines the life of Mary Todd Lincoln in the days leading up to one of history's most pivotal moments. Packed with outrageous humor, unforgettable performances, and unexpected twists, this Tony Award-winning hit is sure to keep you laughing from beginning to end. Join ESC for an unforgettable afternoon at the theater!

(MODERATE TO MAJOR WALKING) Trip #: 102026002

Join ESC for a magical overnight holiday trip to California's Central Coast! Experience the enchanting Cambria Christmas Market filled with twinkling lights, festive treats, and holiday cheer, plus a tour of the beautifully decorated Hearst Castle.

🚌 Includes transportation, hotel stay, breakfast, and more!

📅 December 6-7, 2026

💰 Starting at \$388/pp (based on occupancy)

📺 Limited space available—reserve your spot early!

(MODERATE TO MAJOR WALKING) Trip #: 122026001

It's been years since legendary singer Omara Portuondo last entered a recording studio. Once known as the "Queen of Feeling," her voice was celebrated throughout Cuba—until she vanished from the spotlight. But when an ambitious young record producer brings her a rare opportunity, the elusive diva must finally reckon with her past. Hailed as a "jaw-dropping, soul-stirring must see" (The Washington Post), the Tony® and GRAMMY® Award-winning BUENA VISTA SOCIAL CLUB is a journey through music and memory into the beating heart of Havana. A world-class company brings the story of the iconic album to thrilling life in this tale of big dreams, second chances, and music that needs no translation.

Lunch is included at Max's Opera Cafe.

(MODERATE TO MAJOR WALKING) Trip #: 022027001

NBA Game
GSW vs Trailblazers
(10/16, 4:30A-9:30P)
\$110

Curran Theater:
"OH, MARY!"
(10/28, 11A-4P)
\$80

Cambria Coastal
Adventure (12/6-
12/7, 6:30A-8P)
\$388-\$408/pp

Buena Vista
Social Club Musical
2/17/27,
(TIME TBD).
\$110/pp

SEPTEMBER 2026



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REMINDERS/CHANGES

AN INTERGENERATIONAL THEATRE EXPERIENCE

YOUR STORY. THEIR VOICE. AN INTERGENERATIONAL THEATRE EXPERIENCE

ESC Members: We Want to Hear Your Story! ❤️

ESC is partnering with Emery High Theatre students for a special intergenerational storytelling project—and we're looking for members to participate!

Share Your Story
 Monday, September 21 | 1:00 PM

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

See the Stories Come to Life
 Thursday, October 1 | 1:00 PM

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

Space for interviews is limited, so pre-register to be part of this unique experience!

Your story matters. Your experiences matter. Let the next generation listen. ❤️

💖 Self Care Month: A Day to Celebrate You! (9/17, 1PM-3PM)

September is National Self-Care Awareness Month, a time to pause, recharge, and remember that caring for yourself is an important part of overall well-being. The observance was established in 2017 to encourage people to make self-care a regular part of their lives, not simply something we turn to when we're stressed or exhausted.

Self-care can take many forms, from caring for your physical and emotional well-being to making time for relaxation, social connection, and activities that simply bring you joy. So, ESC is inviting you to put yourself first for a day of pampering, laughter, connection, and FUN!

Treat yourself to an afternoon designed to help you relax, refresh, and feel fabulous!

Relaxing Massages | Light Makeovers | Manicures | Elegant High Tea
 Create a Vision Board | 5-Pose Photoshoot | Light Refreshments

Whether you want to be pampered, socialize with friends, enjoy a little glam, or simply take some time for YOU, this special event is your invitation to slow down and indulge in a little well-deserved self-care.

\$20/PP (**Includes:** Vision Board Making, Photoshoot, Refreshments, Drinks)
Suggested donations will be required for vendor services.
Registration is required. Space is limited.

Come ready to relax, get pampered, sip, smile, pose, and celebrate YOU!
Because self-care isn't selfish, it's an investment in your well-being. ✨

ESC's First-Ever Crab Feed!

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

October 17 **3:00–6:00 PM** **\$75 per person**

Come hungry! Your ticket includes all-you-can-eat crab (up to 3½ pounds per person), served with traditional favorites like pasta, salad, and garlic bread.

The fun doesn't stop at the food! Enjoy music, singing, dancing, and a raffle throughout the afternoon. You can purchase soda, juice, water, or wine for an additional fee.

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**.





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FRIDAY MOVIES

Did you know that Whoopi Goldberg's daughter, Alexandra (one of the cast members in "Sister Act"), attended Emery High School for a short period of time?



9/4- Michael:

The early life of musician Michael Jackson, from the discovery of his talent as the lead of the Jackson Five to the artist whose creative ambition fueled a pursuit to become the biggest entertainer in the world.

9/11- (@ 2pm)- Sister Act:

When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity.

9/25- Spiderman: Brand New Day:

A forgotten Peter Parker lives alone as a full-time Spider-Man until mounting pressure triggers a dangerous change and a powerful new enemy emerges.



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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: **9/2, 9/9, 9/16, 9/23, 9/30** (Tech Help Dates: **9/9, 9/30**)

🕒 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: Helping Our Unhoused Neighbors **Tuesday, September 29 • 1:00 PM**

Join the ESC Volunteer Circle for an afternoon of service and community as we assemble Comfort Packs for our unhoused neighbors.

We are currently collecting:

- 👤 Men's & women's socks (unused)
- 🧴 Travel-size toiletries (soap, lotion, shampoo, body wash, etc.)
- 🪥 Individually wrapped toothbrushes
- 🦷 Toothpaste (small or large tubes, unused)
- 🧵 Dental floss
- 💧 Small deodorant, shaving cream & other personal care items (unused)
- 🧴 Travel-size hand sanitizer

Whether you donate supplies, volunteer your time, or simply lend a helping hand, your generosity can make a meaningful difference in the lives of others.

Please note: Our regular meeting date is the 3rd Tuesday of the month, but this month's gathering has been changed to **Tuesday, September 29**.

Come spend an afternoon giving back, connecting with fellow members, and helping provide a little comfort to someone in need. We'd love to have you join us! 💙🤝



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/>



THE LINK

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

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: **September 3rd & 17th**

👉 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 (8-hr) Course**
The next 8-hour AARP course will be held on:
Wednesday, **September 16th & 23rd, 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 aarppriversafety.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 (9/24/26)

 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 **September** 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



AUGUST 2026 SPECIAL EDITION

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
No Rosen 9/17				

In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Mondays, 9:00am	Upstairs	
Sandra	NIA	Mondays, 10:00am	Main Hall	
Volunteer	Current Events	Mondays, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mondays, 11:00am	Upstairs	
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	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	2nd/3rd/5th Thurs
Ann	Tai Chi	Fridays, 10:00am	Main Hall	No Class 9/18
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	1st/3rd/5th Fridays
Sandra	Tango	Fridays, 1:00pm	Main Hall	



THE LINK

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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 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.

SEPTEMBER 2026

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
+denotes vitamin C-rich foods * denotes vitamin A-rich foods	1 Tuna Noodle Casserole <i>(Whole Wheat Noodles) with Carrots & Peas</i> Herbed Broccoli+ Creamy Coleslaw+* Grapes	2 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Low Sodium V-8 Juice+ Pineapple, berries, mango+ Whole Wheat Roll	3 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Fresh Fruit Medley (berries, seasonal melon)	4 Chicken Fried Steak with Country Gravy Collard Greens+* Whipped Sweet Potatoes* Whole Wheat Roll Fresh Citrus Cuties+
7 ALL CENTERS CLOSED FOR LABOR DAY	8 Pork Loin with Gravy Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	9 Italian Wedding Meatball Soup (beef, x4) Whole Wheat Roll Creamy Coleslaw+* Melon Wedge	10 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* White Bean Salad Whole Wheat Roll Seasonal Apple	11 ☺ END-OF-SUMMER PICNIC! <i>No Congregate Lunch Service at ESC</i> 11:00 AM–1:00 PM 📍 Christie Park 6200 Christie Ave., Emeryville
14 Ginger Scallion White Fish Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Plum	15 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (green beans, broccoli, carrots)+* Fresh Citrus Cuties+	16 <i>Mexican Independence Day</i> Albondigas (Mexican beef meatball soup) Whole Wheat Roll Green Salad+ with cilantro lime dressing Roasted White Corn Pineapple & Mango chunks+	17 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Grapes <i>Contains Peanuts</i>	18 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Banana
21 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Diced Mango+	22 Beef and Bean Chili Brown Rice Southern Green Beans Fresh Orange+	23 Chicken & Tortellini Soup Green Salad (Romaine & Spinach) with shredded carrots with Ranch* Whole Wheat Crackers Seasonal Apple	24 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Whole Wheat Roll Mixed melon (watermelon, honeydew, Cantaloupe)	25 Chicken & Sausage Gumbo Brown Rice Collard Greens+* Green Salad (Romaine & Cabbage) w/ Italian Dressing Grapes
28 Teriyaki Chicken Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+ Steamed Brown Rice Fresh Citrus Cuties+	29 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Roll Seasonal Plum	30 Thai Fish Curry Soup Whole Wheat Crackers Coleslaw+ Banana	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> 

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.



St. Mary's Center

A Community of Hope,
Healing & Justice



PACIFIC
CENTER
FOR HUMAN GROWTH



Aging Better. Together.

SENIOR LUNCH & DRAG BINGO

September 18, 2026
12:00PM - 3:00 PM



Doors Open

11:30 AM

Free Lunch

12:30 PM

Bingo Starts

1:30 PM

Register:



Hosted by
Ms Sweet Nothing

SPONSORED BY



Stanford
MEDICINE



MOVIE NIGHTS

SPONSORED BY

P I X A R

ANIMATION STUDIOS

Sep

**FRIDAY
18TH**

7:00PM

MONSTERS INC.

25 YEARS OF MONSTERS INC!

DOYLE HOLLIS PARK



AT&T

COCO

HUCHIUN PARK



★ Oct
**FRIDAY
30TH
6:30PM**

THE | EMERY

- 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



EMERYVILLE.ORG





SAVE THE DATE

23rd ANNUAL

Healthy Living Festival

September 24, 2026

at the Oakland Zoo

9777 Golf Links Rd. Oakland, CA 94605

9:00 AM - 2:00 PM

This FREE event is reserved for

Alameda County older adults (55+) and their guests.

REGISTRATION IS REQUIRED FOR EVERYONE

**Fun, Friends, Resources, Physical
Activities, Nutritional Lunch, Great
Music and More!**

**Join us as we take collective action to
improve the quality of life for seniors
throughout Alameda County!**

For Questions Contact:

(510) 670-5964

Jasmine.Howard2@acgov.org



**CONSERVATION
SOCIETY OF
CALIFORNIA**

OAKLAND ZOO





Presents exclusively for...

*Emeryville Seniors
Cache Creek Resort Casino
Sunday, September 27, 2026
\$56.00 per person*

9:30 am Depart from the Emeryville Senior Center

11:00 am Arrive at Cache Creek Indian Casino

Receive: \$20.00 Bonus play

3:00 pm Time for the return trip home

4:30 pm Approximate arrival time home



Casino package subject to change.

All passengers must have a Valid Government Photo I.D.

Disclaimer: All travel events and other activities arranged for and by **American Stage Tours & The Emeryville Senior Center**, are for the convenience and pleasure of the members and their guests who desire to participate. **American Stage Tours & The Emeryville Senior Center**, do not assume any responsibility for the well being or safety of the participants or their property, in any manner pertaining to said travel activities or other activities. Any other disclosures or non-responsibility provisions contained herein shall not in any way incur any liability attaching **American Stage Tours & The Emeryville Senior Center**





SEEKING HARVEST FESTIVAL VOLUNTEERS

Saturday, October 3rd

Huchiun Park

4311 Hubbard St, Emeryville



Contact Helena Sorus
volunteer@emeryville.org

510-463-6478

APPLE HILL

HIGH HILL RANCH

JOIN THE EMERYVILLE SENIOR CENTER ON A
FALL FAVORITE DAY TRIP BY MOTORCOACH

COST: \$149/PP

BASED ON A MINIMUM OF 30 GUESTS

**WEDNESDAY
OCTOBER 14TH**

DEPART: 8:15AM RETURN: 5:30PM

Cost Includes: Roundtrip Luxury Motorcoach Transportation, Bus Fees (Parking, Bridge Toll, Fuel, Driver Gratuity), Lunch with Choice Entree Ordered On-Site (Includes Apple Juice, Apple Slaw, Coffee, & Apple Pie a la Mode), To-Go Box of Apple Cider & Donut, Time for Browsing at High Hill Ranch Featuring 70 Vendors & Bakery for Seasonal Apple Goodies!

Please note: There is no longer a loop tour, no complimentary hay rides, and no BBQ Chicken Lunches.

Walking Level: 2 - Medium: There will be tables reserved for your lunch, then you can browse the ranch at your own pace. Several seating areas are available throughout the Ranch.

FOR MORE INFORMATION OR TO MAKE A RESERVATION

PLEASE CONTACT: TAMIKA WRIGHT (510) 596-3730

REGISTRATION MUST BE RECEIVED BY: FRIDAY SEPTEMBER 11TH, 2026

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

TravelCenter
Tours & Travel



"Life is a good trip..."

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



"OH, MARY!"



JOIN EMERYVILLE
SENIOR CENTER FOR
A DAY TRIP



DATE: WEDNESDAY
OCTOBER 28TH, 2026

- CURRAN THEATER
- ORCHESTRA TICKETS - ROWS M-F

COST: \$80/PP

Oh, Mary! is an 80-minute play set in April 1865, just before President Lincoln's assassination. It humorously portrays Mary Todd Lincoln as a dissatisfied, alcoholic First Lady, tormenting her chaperone while longing for the spotlight and her passion for cabaret. The narrative mixes real historical figures with absurdity, showcasing her discontent with her marriage and role. Meanwhile, Abraham Lincoln deals with the Civil War and a personal secret, trying to keep Mary occupied by allowing her to take acting lessons, which leads to unexpected outcomes.

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. Oh, Mary! contains explicit language, adult themes, and comedic material intended for mature audiences. Audiences under 14 are not recommended. The production features water-based haze and loud noises.

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

TravelCenter
Tours & Travel



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CST#1002945-40 TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523 Phone: (925) 937-2223

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



**MUST
REGISTER BY
OCT 5TH
2026**

**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**

JOIN THE EMERYVILLE SENIOR CENTER FOR AN OVERNIGHT TRIP TO CAMBRIA CHRISTMAS MARKETS & HEARST CASTLE SUNDAY DECEMBER 6-MONDAY DECEMBER 7, 2026

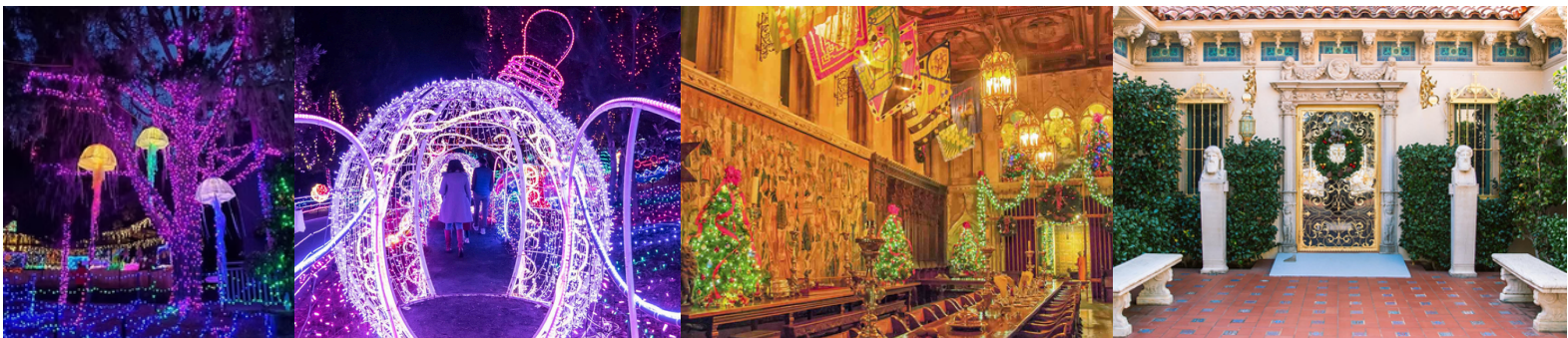
Day 1: A Storybook Holiday Begins

Step aboard our comfortable motorcoach and let the Christmas season gently unfold as we travel toward California's Central Coast. Our first stop is the delightfully kitschy Casa de Fruta, a beloved roadside treasure bursting with old-fashioned charm. Wander through whimsical shops, sample fresh local treats, browse homemade goodies, and enjoy the playful sights—from vintage amusements to roaming peacocks—all wrapped in cheerful holiday spirit. It's a joyful, nostalgic stop that feels like Christmas on the open road. By late afternoon, we arrive in Paso Robles and settle into the warm hospitality of the Oxford Suites. Unwind at the complimentary Happy Hour, raise a glass to the season, and prepare for an evening straight out of a holiday dream. As night falls, we travel to the spectacular Cambria Christmas Market, where Christmas truly comes alive. Inspired by traditional German markets, this outdoor winter wonderland sparkles with millions of twinkling lights, glowing tunnels, and beautifully themed areas. Stroll through artisan booths filled with handcrafted gifts, savor festive favorites like bratwurst, gingerbread, and warm holiday drinks, and enjoy live music drifting through the crisp evening air. With Santa sightings, charming themes like SF, Cowboy, Flora & Fauna, the dazzling displays throughout the Cambria Pines Lodge grounds, this magical evening captures the joy, wonder, and excitement of the season.



Day 2: Castles, Garlands & Christmas Grandeur

Wake to a hot breakfast before continuing your holiday adventure to the legendary Hearst Castle, transformed for the season into a Christmas masterpiece. Step into grand rooms adorned with towering trees, shimmering garlands, and traditional decorations that echo the elegance of Christmases past. You will choose your own tour this season, the Grand Rooms, Upstairs Suites, or Kitchen & Cottages tours, each offering a festive glimpse into holiday life at the castle. Following your tour, enjoy time at the Visitor Center, where you may grab a bite to eat at the Cafe, browse for seasonal keepsakes, and enjoy the beautifully decorated surroundings. As you begin our journey home, one final touch of holiday magic awaits—a surprise festive stop, perfect for stretching your legs and enjoying a seasonal snack before returning home filled with memories of lights, laughter, and winter wonder.



All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, Emeryville Seniors, City of Emeryville, 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. Individual cancellations/changes must follow Emeryville Senior Center's cancellation policy. Specific conditions apply. CST#1002945-40

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



Only 30
Spots
Available!!

CALL TAMIKA @ 510-596-3730
TO REGISTER OR FOR MORE INFORMATION
NO REFUNDS AFTER 10/05/2026

Name: _____ Phone Number: _____

Roommate Name: _____ Phone Number: _____

Roommate Name: _____ Phone Number: _____

Roommate Name: _____ Phone Number: _____

Do you require an ADA room? ☐ YES ☐ NO

Tub with Shower Bars? or Roll-In Shower? _____

*ADA Rooms can be requested, but are based on availability. We will update you when we have options available.
Any special accommodation needed must be communicated before trip departure.*

Which room type are you booking? **Please note: All rooms are non-smoking.**

- ☐ Single Room - 1 Person 1 King Bed - \$477/pp (Based on hotel availability. If King bed is unavailable, room will default to 2 Queen Beds.)
- ☐ Double Room - 2 People 2 Queen Beds - \$408/pp
- ☐ Triple Room - 3 People 2 Queen Beds - \$391/pp
- ☐ Quad Room - 4 People 2 Queen Beds - \$388/pp

Hearst Castle Tour Choice:

Cottages & Kitchen: _____

This tour features two of the luxurious mansions that housed the Hearst family and their guests before Casa Grande was ready. The famous wine cellar and gigantic kitchen in Casa Grande are included in this tour. The Cottages & Kitchen Tour is 70 minutes long and consists of approximately 193 stairs, both up and down, and a 3/4-mile route to walk.

Hearst Castle Tour Choice:

Grand Rooms Tour: _____

Best for first-time visitors, this overview of Hearst Castle offers an itinerary through the main building called Casa Grande: the Assembly Room, Refectory, Morning Room, Billiard Room and Theater. Tours begin outdoors with several stairs to negotiate on the terraces. The Grand Rooms Tour is 70 minutes long and includes approximately 140 steps, both up and down, and 2/3-mile walk.
ADA Needed? _____

Hearst Castle Tour Choice:

Upstairs Suites Tour: _____

Climb the spiral stairs (322 steps) through the upper levels of Casa Grande to admire Mr. Hearst's own Gothic Suite, the enchanting Celestial Suite, the main library with 150 ancient Greek vases, the della Robbia Room, and a clever Duplex Suite. The Upstairs Suites Tour is 70 minutes long and consists of approximately 367 stairs, both up and down, and a 3/4-mile route to walk.

Notes/Requests: _____

*We will do our best to accommodate special requests, in the order that they are received.
We cannot promise all requests will be honored due to availability or unforeseen circumstances.*

You understand that this trip does not include travel insurance and if you would like to purchase travel insurance, you will have to do so on your own through TravelEx: [Click Here!](#), or by contacting TravelCenter Tours & Travel (925) 937-2223 (Travel insurance costs are non-refundable once purchased, even if the trip cancels. Travel insurance must be booked within 15-21 days of first payment.)

You also understand that there will be no refunds on this tour for any cancellation, or roommate cancellation, after 10/05/2026 You may talk to Emeryville Senior Center about finding a replacement for your place, if needed.

If you have purchased an insurance policy and need to cancel, you will alert Emeryville Senior Center, and then you will file a claim with the insurance company, you will receive your refund from the travel insurance carrier. Emeryville Senior Center will not issue refunds for cancellations after 10/05/2026.

Main roommate on reservation will be responsible for leaving a credit card number at the hotel front desk at check-in for incidentals.

Your signature indicates you have read and understand the conditions for sign-up and cancellation for this overnight trip.

Signature: _____ Date: _____

JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP



- ORPHEUM THEATER SF
- MATINEE PERFORMANCE 1PM
- REAR ORCHESTRA TICKETS
- ROUNDTrip TRANSPORTATION PROVIDED BY EMERYVILLE'S MINI-BUS
- LUNCH AT MAX'S OPERA CAFE

DATE: WEDNESDAY FEBRUARY 17TH, 2027

It's been years since legendary singer Omara Portuondo last entered a recording studio. Once known as the "Queen of Feeling," her voice was celebrated throughout Cuba—until she vanished from the spotlight. But when an ambitious young record producer brings her a rare opportunity, the elusive diva must finally reckon with her past. Hailed as a "jaw-dropping, soul-stirring must see" (The Washington Post), the Tony® and GRAMMY® Award-winning BUENA VISTA SOCIAL CLUB is a journey through music and memory into the beating heart of Havana. A world-class company brings the story of the iconic album to thrilling life in this tale of big dreams, second chances, and music that needs no translation.

Lunch is included at Max's Opera Cafe.

COST: \$110/PP

BASED ON A MINIMUM OF 15 GUESTS

PLEASE MAKE A LUNCH CHOICE AT REGISTRATION:

- | | |
|--------------------|-----------------------|
| 1. REUBEN SANDWICH | 3. CHICKEN COBB SALAD |
| 2. CHEESEBURGER | 4. VEGGIE WRAP |

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



REGISTRATION MUST BE RECEIVED BY MONDAY DECEMBER 7TH, 2026

FOR MORE INFORMATION OR TO MAKE A RESERVATION

PLEASE CONTACT: TAMIKA WRIGHT (510) 596-3730

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