

APRIL 2026



THE LINK

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

WHAT'S HAPPENING @ ESC

MARCH 2026 AT A GLANCE

- April 1-** Coffee Station Donations Begin
- April 1-** Special Event: **ESC All Day Egg Hunt**
- April 1-** Friends of ESC Mtg.
- April 2-** Mercy Brown Bag
- April 3-** Diabetes Support Group
- April 3-** Presentation:
Author Meet & Greet w/ Nancy Suter
- April 3-** ESC Walking Group
- April 3-** Movie: F1
- April 4-** Trip: Downtown Benicia
- April 8:** COA Meeting
- April 9-** Special Event:
The Perennials Ageless Improv Show
- April 10-** Trip: **San Jose Museum of Art**
- April 10:** Movie: **One Battle After Another**
- April 10-** 2nd Friday Social
- April 11-** Trip: **Alvin Ailey Performance**
- April 11-** Special Event:
Friends of ESC Rummage Sale
- April 15-** Trip:
Dine Around: Monica's Riverview
- April 15-** PRIDE Support Group
- April 16-** Mercy Brown Bag
- April 17-** Movie: **Mr. Nobody Against Putin**
- April 21-** Friends Volunteer Circle
- April 23-** Ashby Village Tech Help
- April 24-** Movie: **The Family Plan**
- April 24-** Trip: **2026 Asparagus Festival**
- April 24-** Special Event:
ESC Volunteer Appreciation Luncheon
- April 25-** Trip: **Wings over Solano**
- April 26-** Trip: **Shop Around- San Pedro Square**

Volunteer Appreciation Luncheon

April is Volunteer Appreciation Month, and we are proud to celebrate the incredible individuals who keep the Emeryville Senior Center thriving each and every day.

ESC volunteers are the heart of our community, and it's time to celebrate them island-style! This year's Volunteer Appreciation Luncheon is bringing the spirit of the tropics with our "Luau" theme. Join us for an afternoon filled with gratitude, great food, live entertainment, and festive fun as we honor the incredible volunteers who dedicate their time and energy to supporting our food service programs, classes, and special events.

Enjoy a lively celebration featuring a delicious lunch, entertainment, and special recognition for the amazing individuals who make ESC such a vibrant and welcoming place. Feel free to join in the fun, wearing your best luau or tropical attire, think bright florals, leis, and island vibes!

Volunteers attend free, and additional guest tickets are \$10/pp. Attendees must be a volunteer or an ESC member.

Don't miss this special opportunity to relax, celebrate, and say mahalo to our wonderful volunteer family!

If you're interested in joining our amazing community of volunteers and giving back through service, please inquire at the front desk.

SAVE THE DATE:

- 5/8- Mother's Day High Tea
- 5/13- OAM Pancake Breakfast
- 5/29- Senior Prom



EVENTS & NEWS!

HIGH TEA

Spoil yourself for Mother's Day

Our Mother's Day high tea event includes an afternoon of

- Tea
- Light Refreshments
- Mocktails
- Music
- Paint Party
- Photo Shoot (5 pose max.)
- Self-Care Experiences (\$ Donations Req.)

FOR BOOKINGS PLEASE CALL **510.596.3730**

Emeryville Senior Center
4321 Salem St., Emeryville

\$20 per person

Donations and prior registration required for vendors:
 Eye & Lip Makeovers
 Manicures
 Massages
 Space is limited!

Mother's Day High Tea (5/8, 4P-6P)

Mother's Day High Tea: An Afternoon of Elegance & Self-Care

Treat yourself to a beautiful and relaxing afternoon at ESC's Mother's Day High Tea, a special event designed to celebrate, unwind, and indulge! Enjoy a delightful experience featuring tea, light refreshments, mocktails, music, a paint party, and a photo shoot (up to 5 poses) in a charming, floral-inspired setting.

This event is open to all members for **\$20/pp**, making it the perfect way to celebrate yourself and the wonderful people in your life.

Enhance your day with optional self-care experiences provided by on-site vendors (additional donation required):

- Eye & Lip Makeovers – \$20/person (limited to 5 participants; bring your own lashes/makeup encouraged; lashes available for \$10)
- Gel Manicures – \$20/person (limited to 5 participants)
- Massages (20-minute sessions) – \$15/person (limited to 9 participants)

Space is limited for vendor services, so early sign-up is highly recommended!

Join us for an afternoon of pampering, creativity, and connection, you deserve it!

ESC Hot Drink Station

Coffee Corner Update: Brewing with Community in Mind

Our complimentary coffee station has been a beloved part of the ESC experience, bringing members together for connection and conversation. To help us continue offering this amenity in a sustainable way, we are transitioning to a donation-based coffee station.

We kindly ask members to consider the cost of supplies and help us keep this program going by contributing \$0.50 per 8 oz cup. To ensure everyone can enjoy, we also ask that you limit your serving to one 8 oz cup per visit/class.

Your small contribution makes a big difference in helping us maintain this shared space for all.

Thank you for your understanding, support, and continued care for our community!





THE LINK

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

EVENTS & NEWS

WHAT'S HAPPENING @ ESC

ESC's Spring Prom (5/29, 4P-6P)



Step into an unforgettable evening of glamour, games, and good times at ESC's 2026 **"Casino Nights" Senior Prom!**

Join us for a lively night filled with classic casino-style games, music, dancing, and a touch of Vegas-inspired flair. Dress to impress in your finest formal or cocktail attire and try your luck while enjoying great company, delicious refreshments, and a festive atmosphere designed just for you.

Whether you're hitting the dance floor or testing your skills at the tables, this is one night you won't want to miss. Don't gamble on missing out, secure your spot and let the good times roll!

Tickets go on sale **3/30**. Members only. **2 tickets max.**
\$20/pp

Friends of ESC

Friends of ESC

Don't miss the Friends of Emeryville Senior Center Rummage Sale, a community favorite filled with hidden treasures and great finds! Join us on **Saturday, April 11, 2026 from 10:00 AM-2:00 PM** at the Emeryville Senior Center (4321 Salem Street) to shop a wide variety of gently used items, unique pieces, and budget-friendly bargains.

Looking to declutter and make a little extra cash? Seller space is limited, so be sure to sign up early! Participation agreements are available at the front desk or by scanning the QR code. The deadline to register as a seller is **March 27**.

Whether you're buying, selling, or just browsing, come out and enjoy a fun, social day with the community, you never know what treasures you'll find!

Friday Social

2nd Fridays @ ESC

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

2nd Fridays (4/10, 4p-6p)
Emeryville Senior Center

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



THE LINK

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

EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

The Perennials Ageless Improv



The Perennials

Ageless Improv

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

Come and Laugh with Us!

Date: Thursday, April 9, 2026

Time: 12:30 pm

Location: Emeryville Senior Center

(Billiards Room)

4321 Salem St., Emeryville, CA

Get ready for laughter, spontaneity, and pure joy! The Perennials, an inspiring improv troupe of women in their 70s and 80s, bring light-hearted entertainment to life through songs, scenes, and storytelling created entirely on the spot.

Audience participation is part of the fun, with opportunities to suggest ideas and even join in the action.

Every performance is a one-of-a-kind experience you won't want to miss. Come see how creativity truly has no age limit!

SUPPORT GROUP

Diabetes Support Group Meeting (4/3 @ 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 (4/3 @ 12:30pm)

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

Friends Volunteer Circle

Friends Volunteer Group Meeting (4/21 @ 1:00pm)

You are invited to join the Volunteer Circle on Tuesday, April 21st as we will be completing summer fun backpacks for elementary school children to encourage a positive, safe summer, and wrapping utensils for ESC's annual Volunteer Appreciation Luncheon. We hope you'll join us as we work to uplift the lives of our future citizens while enjoying friendly conversation.

We'd love for you to join us in making a difference!

PRIDE Support Group

ESC PRIDE Peer Support Group (4/15, @ 1:00pm)

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 (4/15, @ 10:00 am)
Emeryville Senior Center

Come as you are, everyone is welcome.



THE LINK

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

EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

ESC Annual Pancake Breakfast (5/13, 9A-11A)



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

In celebration of May being Older American's Month, we're hosting our annual pancake breakfast! Join us for pancakes, scrambled eggs, bacon, sausage, juice and coffee.

Breakfast tickets available for \$10/pp at the front desk.

Walk-ins are welcome! Open seating.

Attendees must be a member.



Important Update on Trip Fees & Scheduling

We remain committed to providing our members with engaging, high-quality trips and experiences. At this time, due to the temporary absence of a dedicated bus driver, we have had to secure alternative transportation through motorcoach rentals and rideshare services to ensure trips can continue.

As a result, members may notice an increase in trip fees, reflecting the higher cost of these services. Additionally, to manage these expenses responsibly while maintaining the quality of our outings, there will be a reduction in the number of scheduled trips in the coming months.

We understand that these changes may be an adjustment, and we truly appreciate your patience and continued support. Our team is actively working to secure a long-term transportation solution so we can return to our regular pricing and trip frequency as soon as possible.

Thank you for your understanding as we continue striving to deliver memorable and enjoyable experiences for our community.

Trip Cost Inflation



THE LINK

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

TRIPS: MAY 2026

NEW REFUND/CANCELLATION POLICY

This refund and withdrawal policy applies to all Community Services Department programming—including seniors, aquatics and swim lessons, fitness, youth and adult programs, camps, and all other recreation services—and does not apply to facility rentals or to the Emeryville Child Development Center (ECDC). All fees paid at the time of purchase—including non-resident, processing, and transaction fees—cannot be refunded, no matter the reason or length of time that has passed.

Participant Withdrawal: 14 Days or More Before Start Date

Withdrawals requested **14 or more** days before the program start date qualify for the participant's choice of:

- Full credit to the household Rec account, or
- Refund minus a **\$10 administrative fee**

Participant Withdrawal: Fewer Than 14 Days Before Start Date

Withdrawals requested fewer than 14 days before the start date receive no credit or refund, except under documented hardship (illness, family emergency). Hardship requests must be submitted in writing to csd@emeryville.org and must include class name, dates, participant name, and reason for request.

Program Cancellation by the City

If a class, camp, or program is canceled by the City due to insufficient enrollment, instructor cancellation, or facility issues, participants automatically receive a **100% credit** or **refund to their household account**.

Missed Classes

Credits or refunds are not issued for absences, including vacations, scheduling conflicts, or no-shows.

Credits

Credits are issued to the participant's household Rec account and may be used by any household member for future programs, classes, camps, or rentals. Credits are non-transferable outside the household.

Check Refunds

Payments received via cash or check will receive a refund check mailed within **4–6 weeks**. Refund checks are issued to the Head of Household and will be made out from the account originally used for payment.

Senior Trips

Some Senior Trip refunds must be requested at least **30 days prior** to the trip date. Requirements are listed in the Senior Center newsletter, The LINK.

Pickleball Only

Pickleball classes or lessons may be canceled up to **3 days in advance** for a full refund.

Sip n Shop Mother's Day Market @ Village 360
(5/3, 11A-5P)
\$50

Celebrate with a fun day out at the 360 Winery! Enjoy a chill vibe while sipping on some tasty wine and exploring unique local vendors. It's the perfect spot to shop gifts, catch up with friends, and soak up good vibes all in one place. Bring your crew, grab a glass, and make this Mother's Day super special! **(MINOR TO MAJOR WALKING)**
Trip #: **052026002**

Korbel Winery
(5/13, 10A-5P)
\$65

Enjoy a private tasting experience and (a 1-hr) walking tour of Korbel Winery historic museum and cellar, that includes a complimentary taste of one of their Korbel California Champagnes. Lunch on our own in the on-site deli.
(MINOR TO MAJOR WALKING) Trip #: 062026003

Downtown Livermore Street Festival
(5/16, 9A-5P)
\$50

Discover the heart of Livermore at one of the longest running celebrations of wine, craft brew, arts, crafts, shopping, dining, entertainment and hometown charm in the East Bay! Explore unique vendor booths and shop at Downtown's incredible specialty boutiques, and their collection of restaurants that are globally inspired and locally enhanced! **(MODERATE TO MAJOR WALKING) Trip #: 062026004**

Ferry Ride to Pier 39
(5/20, 10A-4P)
\$41

Set sail with ease, on a ferry ride for some weekday adventure. Your journey begins in Jack London Square and ends at Pier 41- Fisherman's Wharf. Explore the historic waterfront with restaurants, attractions, activities, and culture.
(MODERATE TO MAJOR WALKING) Trip #: 062026005

APRIL 2026



THE LINK

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

PRESENTATIONS



JOIN ONE OF OUR
EDUCATIONAL
PRESENTATIONS

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

Got Suggestions?

Email or give us a call with presentation topics you would be interested in learning more about.

Meet the Author: Nancy Suter "Taking the Helm" **(4/3/26 @ 11:00am)**

"At sea, I learned to trust my own inner compass."

Join us for a special Meet the Author event featuring longtime Emeryville Senior Center member, Nancy Suter. In her memoir "Taking the Helm", Nancy shares her remarkable journey from a cautious, people-pleasing homemaker to a confident woman navigating both the open sea and her own life.

After spending seven years and 25,000 nautical miles sailing with her husband, Nancy's story is one of courage, resilience, and personal transformation. More than just a tale of adventure, "Taking the Helm" is an inspiring reflection on growth, reinvention, and finding your direction, no matter where you are in life.

If you've ever asked yourself, "What if I said yes?", this conversation is for you.

Come enjoy a relaxed and welcoming discussion about life's unexpected journeys and the strength it takes to embrace change. We hope to see you there!

Billiards Room





THE LINK

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

FRIDAY MOVIES

Did you know that "Mr. Nobody Against Putin" won the Academy Award for Best Documentary Feature and is the first Russian (and Soviet) documentary film to be awarded an Oscar.



FRIDAY MOVIES

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

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

Got movie suggestions?

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

4/3- F1:
An aging Formula One star returns from a 30-year absence to save a struggling F1 team while mentoring a young rookie.



4/10- One Battle After Another:
When their enemy resurfaces after 16 years, a group of ex-revolutionaries reunite to rescue the daughter of one of their own.

4/17- Mr. Nobody Against Putin:
A Russian teacher secretly documents his small town school's transformation into a war recruitment center during the Ukraine invasion, revealing the ethical dilemmas educators face amid propaganda and militarization.



4/24- The Family Plan:
A former top assassin living incognito as a suburban dad must take his unsuspecting family on the run when his past catches up to him.



THE LINK

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

RESOURCES (CONT.)

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: 4/1, 4/8, 4/15, 4/22, 4/29
Time: 11:00 AM

Location: 4321 Salem St., Emeryville, CA 94608

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

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: **4/1, 4/8, 4/15, 4/22, 4/29**
 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.



ESC Senior Egg Hunt (4/1, 9A-4P)
 Get ready for some springtime fun at the Emeryville Senior Center! Staff will have hidden eggs throughout ESC just for you to find. Each egg holds a chance to win some fun and exciting prizes!
 Search high and low around the center
 Find hidden eggs placed by the Staff
 Turn in your eggs for cool prize opportunities
 Whether you're feeling competitive or just want to join in on the fun, this is a great way to connect, explore, and celebrate the season.
 Hop to it and happy hunting!



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: **April 2nd & 16th**

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



AARP

AARP Driver Safety (**4-hr**) Refresher Course
The next 4-hour AARP refresher course will be held on:
Wednesday, July 15, 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 insured discounts through the AARP Driver Safety Program at aarpdriversafety.org.



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

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

1:00–3:00 PM (**4/23/26**)

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



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



THE LINK

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

HEALTH & WELLNESS CLASS SCHEDULE

Senior Center Classes

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

Online/Hybrid Zoom Classes

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Joe	Meditation	M/TW//Th, 8:00am	Zoom	ID 940 9351 3137, PW 4321
Helen	Weights	Tuesdays, 9:30am	Zoom	ID 870 8808 7266, PW 4321
Helen	Zumba	Tuesdays, 10:30am	Zoom	ID 818 8733 2590, PW 4321
Pamela	Pain Ease	Tuesdays, 2:00pm	Zoom	ID 925 9097 9143, PW 4321
Novella	Line Dance	Wednesdays, 9:30am	Zoom	ID 993 4137 3668, PW 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	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	Mon days, 9:00am	Upstairs	
Sandra	NIA	Mon days, 10:00am	Main Hall	
Volunteer	Current Events	Mon days, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mon days, 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	
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	No Class 4/23
Ann	Tai Chi	Fridays, 10:00am	Main Hall	Upstairs 4/24
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 4/24



THE LINK

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

TRANSPORTATION PROGRAMS

Mobility Options:

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

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

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

Eligibility:

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

Complete Information:

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

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

Fees:

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

Taxi/Lyft/Uber Reimbursement Program:

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




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

APRIL 2026



CAFÉ DINE-IN MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.</p> 	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p> <p>All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u></p>	<p>1 <i>Soup is an 8 ounce portion</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+ Whole Wheat Crackers Diced Mangos+</p>	<p>2 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread Seasonal Pear</p>	<p>3 Chicken Fried Steak with Country Gravy Collard Greens+* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+</p>
<p>6 Moo Shu Pork Squash Medley Stir Fry Steamed Rice Blend (Half Brown) Mandarin Orange+</p>	<p>7 Baked Cod in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana</p>	<p>8 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine & cabbage) w/ cilantro lime dressing+ Pineapple Chunks+</p>	<p>9 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Spinach+* Fresh Citrus Cutie+</p>	<p>10 Beef Stroganoff With Whole Grain Egg Noodles Broccoli & Carrots+* Seasonal Pear</p>
<p>13 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Steamed Rice Blend (Half Brown) Cutie Citrus+</p>	<p>14 Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Coleslaw+* Banana</p>	<p>15 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine, Cabbage & Carrots) + with Ranch Dressing Whole Wheat Crackers Seasonal Apple</p>	<p>16 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing+ Pineapple & Mango Medley+</p>	<p>17 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Grapes</p>
<p>20 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Banana</p>	<p>21 Tuna Noodle Casserole (Whole Wheat Noodles) Broccoli+ Garden Salad with Vinaigrette Dressing+ Pineapple, Berries & Mango+</p>	<p>22 <i>Soup is a large 12 ounces</i> Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ Seasonal Pear</p>	<p>23 Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+ Whole Wheat Bread Pineapple/Mango Chunks+</p>	<p>24 Chicken & Sausage Gumbo over Brown Rice Collard Greens+* Cutie Citrus+</p>
<p>27 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry+* Steamed Rice Blend (Half Brown) Mango Chunks+</p>	<p>28 Pork Loin with Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread Grapes</p>	<p>29 <i>Soup is a large 12 ounces</i> Italian Wedding Meatball Soup (beef, x4) * Creamy Coleslaw+* Whole Wheat Roll Banana</p>	<p>30 Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) * Cheesy Mashed Potatoes Whole Wheat Crackers Mandarin Orange+</p>	<p>All meals include 1% milk. Menu is subject to change without notice. Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>

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.



Healthy Families Festival

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

EMERYVILLE CENTER OF COMMUNITY LIFE

4727 SAN PABLO AVE., EMERYVILLE CA 94608

SATURDAY, MARCH 28

11:00AM - 2:00PM



SPONSORED BY

Stanford
MEDICINE





Meet the Author

“At sea, I learned to trust my own inner compass.”

For anyone who’s ever wondered, “What if I said yes?”

NANCY SUTER is a long-time Emeryville Senior Center member and the author of the memoir *Taking the Helm*, now available on Amazon. After seven years and 25,000 nautical miles living and cruising aboard a sailboat with her husband, John, Nancy moved ashore and made this community her home.

In *Taking the Helm*, Nancy shares her unexpected transformation from a cautious, people-pleasing homemaker into a confident woman at the helm of her own life. What begins as a bold sailing adventure becomes a deeply personal journey—one marked by challenge, resilience, and the courage to trust herself when life changes course.

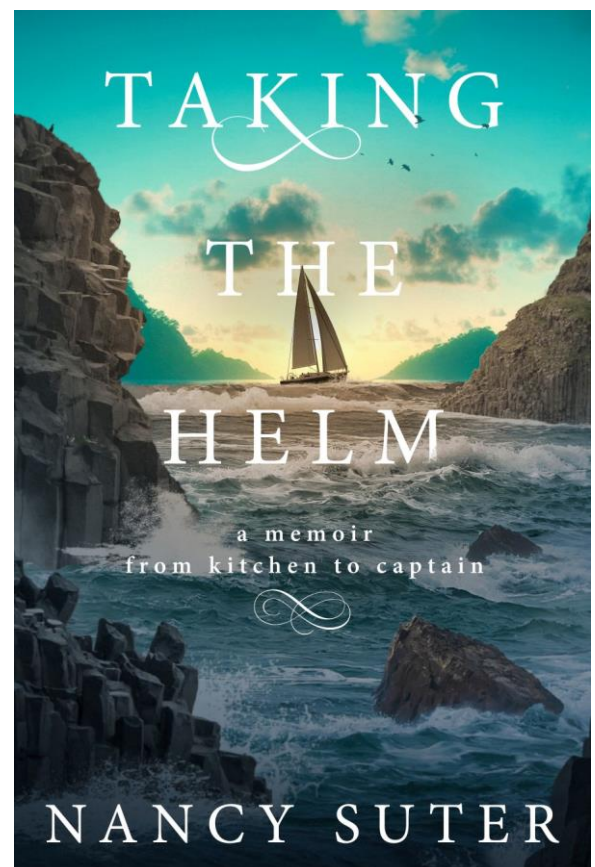
More than a story about sailing, *Taking the Helm* is a story about growth, reinvention, and discovering your own inner compass—at any stage of life.

Meet the Author Event

Date: Friday, April 3

Time: 11:00am

Location: ESC Billiard Room



Join us for a relaxed, welcoming conversation with local author Nancy Suter about courage, change, and the journeys that shape us.



The Perennials

Ageless Improv

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

Come and Laugh with Us!

Date: Thursday, April 9, 2026

Time: 12:30 pm

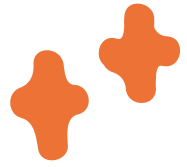
Location: Emeryville Senior Center
(Billiards Room)

4321 Salem St., Emeryville, CA



**FRIENDS OF EMERYVILLE SENIOR
CENTER**

RUMMAGE SALE



SATURDAY APRIL 11, 2026



4321 SALEM STREET, EMERYVILLE CA

TIME 10:00AM - 2PM

Seller space is limited. If you want to be a seller, please fill out the participation agreement available at Emeryville Senior Center or by scanning the QR code before March 27th.



FREE AND
OPEN TO ALL!



SAN FRANCISCO
OPERA



Bohème Out of the Box

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

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

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



Illustration by Brian Stauffer.

The
PUBLIC
MARKET

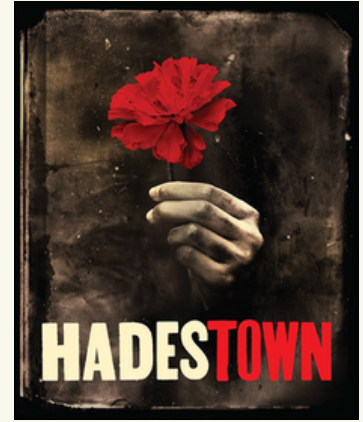
JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP

HADESTOWN

THE BROADWAY MUSICAL

COST: \$85/PP

DATE: WEDNESDAY APRIL 22ND, 2026



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

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

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

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

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



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

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

TravelCenter
Tours & Travel





ESC's

LUAU

VOLUNTEER APPRECIATION

Luncheon

Get ready for a day of tropical food, fun,
an award ceremony, and
entertainment!

24 APRIL, 2026

11:30 AM

4321 SALEM ST. EMERYVILLE, CA

Come help us celebrate those who
give so generously

Volunteers are FREE!
Additional guest tickets are \$12/pp,
Attendees must be a volunteer or member.



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: **4/1, 4/8, 4/15, 4/22, 4/29**
Time: **11:00 AM**

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

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

HIGH TEA



Spoil yourself for Mother's Day

May 8, 2026 @ 400PM

Our Mother's Day high tea event includes an afternoon of

Tea

Light Refreshments

Mocktails

Music

Paint Party

Photo Shoot (5 pose max.)

Self-Care Experiences (\$ Donations Req.)



FOR BOOKINGS PLEASE CALL

510.596.3730

Emeryville Senior Center
4321 Salem St., Emeryville

Donations and
prior registration required for
vendors:

Eye & Lip Makeovers
Manicures
Massages

Space is limited!



\$20
per person



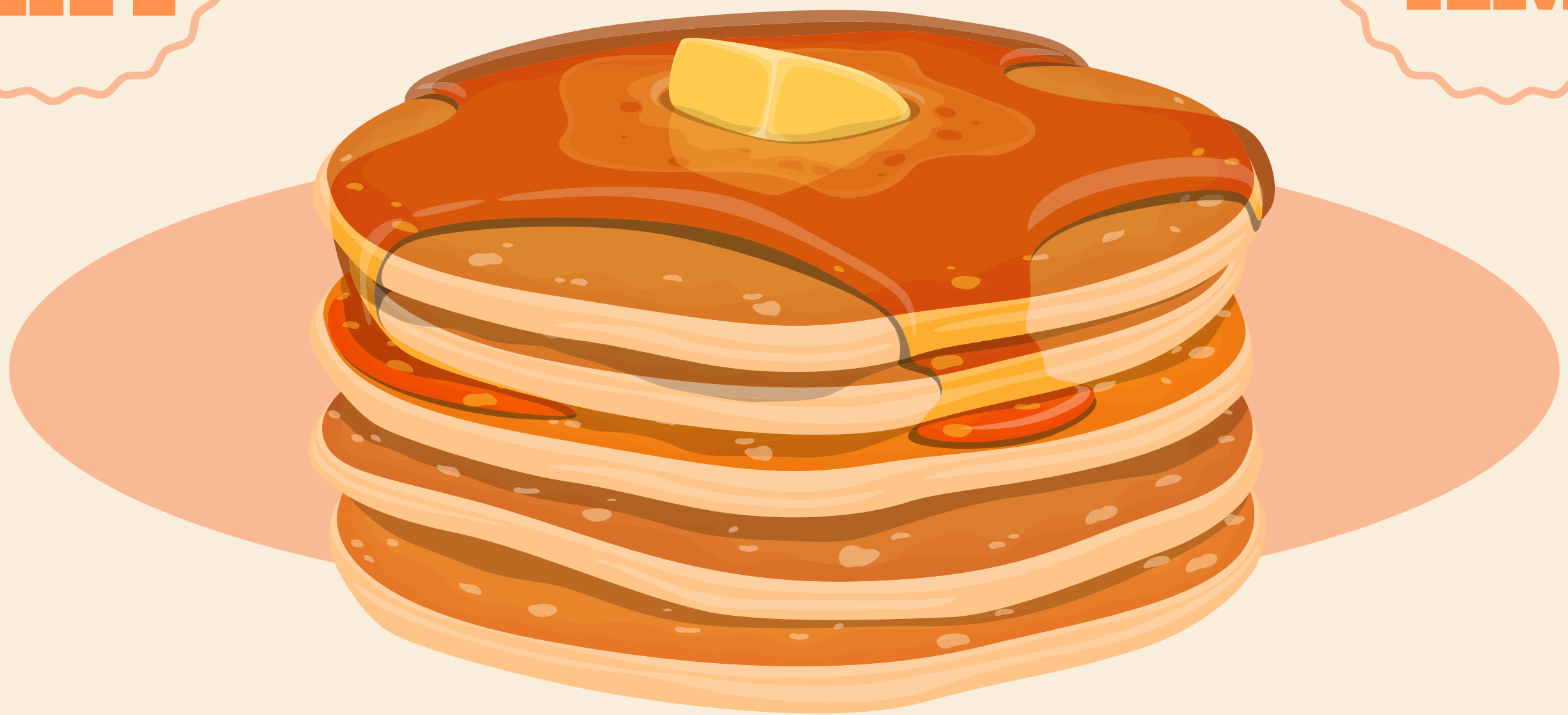
Older Americans Month

PANCAKE BREAKFAST

**13
MAY**

**KICKSTART
YOUR DAY!**

**9:00
AM**



May is Older Americans Month and to celebrate, we will be hosting our annual pancake breakfast! Join us for pancakes, scrambled eggs, turkey or pork sausage, juice and coffee. Tickets must be purchased in advance from our front desk.

\$10/per person

Emeryville Senior Center
4321 Salem St
Emeryville, CA 94608

Call (510) 596-3730 for more information or to register. Walk-ins are welcome.





ESC presents our



CASINO NIGHTS

Prom

Join us for a lively night filled with classic casino-style games, music, dancing, and a touch of Vegas-inspired flair. Dress to impress in your finest formal or cocktail attire and try your luck while enjoying great company, delicious dinner, and a festive atmosphere designed just for you.

Step into an unforgettable evening of glamour, games, and good times at ESC's 2026 "Casino Nights" Senior Prom!

29 MAY 2026 @ 4P



EMERYVILLE SENIOR CTR.

GET YOUR
TICKETS NOW!

Call 510.596.3730 for more info.

JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP SUMMER COASTAL ADVENTURE



Featuring: Carmel by the Sea & Cannery Row Monterey

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

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

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

DATE: JULY 9TH, 2026

COST: \$117/PP

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

PICKUP: EMERYVILLE SENIOR CENTER

432I SALEM ST

FOR RESERVATIONS PLEASE CONTACT:

TAMIKA WRIGHT (510) 596-3730



Walking Level: 2 - Medium

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

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

TravelCenter
Tours & Travel



Life is a good trip.

Emeryville Senior Center Presents...

GOLDEN STATE VALKYRIES VS TORONTO TEMPO

AT CHASE CENTER IN SAN FRANCISCO

DEPART: 3:30PM FROM: EMERYVILLE SENIOR CENTER 4321 SALEM ST, EMERYVILLE, CA 94608

APPROX RETURN: 9:30PM

DATE: SUNDAY, AUGUST 2, 2026

COST: \$140/PP BASED ON 33 GUESTS



MUST REGISTER BY

FRIDAY

MAY 22 2026

Get ready for an electrifying night of hoops, Bay Area energy, and GIRL POWER! Your game experience tips off before the doors officially open with exclusive access to the Pre-game Shootaround, where you'll step foot on the actual court that Veronica Burton (& Steph Curry) play on every season. Hear the sneakers squeak and witness moments that most fans never get to see. Your seats will be located in the lively Modelo Cantina section, where you'll enjoy great sightlines and an atmosphere that keeps the excitement flowing from tip-off to the final buzzer.



MOBILITY LEVEL - 2: Bus will park as close as possible, there may be a short walk of up to 1 block. All seats are located within the Modelo Cantina.

COST INCLUDES: Roundtrip Luxury Motorcoach Transportation in a NEW 34 Passenger Bus with Restroom Onboard, Bus Fees (Driver Gratuity, Bridge Toll), Pregame Shootaround Experience, Tickets in the Modelo Cantina for the Valkyries vs Tempo WNBA Game at Chase Center

For full registration details, please see Tamika Wright at the Senior Center or call (510) 596-3730

MUST REGISTER BY 5/22/26

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 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



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

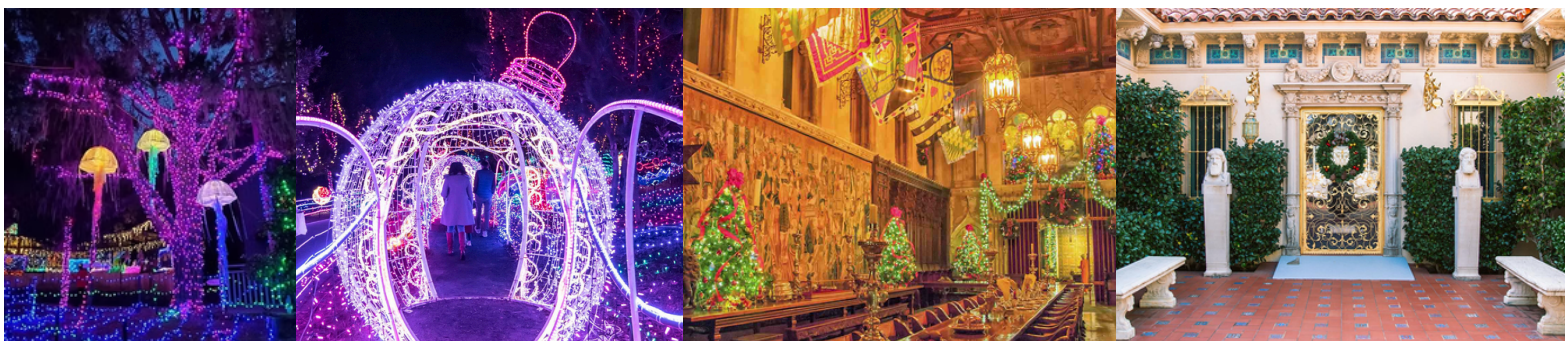
Day 1: A Storybook Holiday Begins

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: _____