

JULY 2026



THE LINK

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

WHAT'S HAPPENING @ ESC

JULY 2026 AT A GLANCE

- July 1-** Friends of ESC Mtg.
- July 2-** Mercy Brown Bag
- July 2-** Diabetes Support Group
- July 2-** ESC Walking Group
- July 3-** Holiday Closure: **Happy 4th of July**
- July 5-** Trip: **Fillmore Jazz Festival**
- July 8-** COA Meeting
- July 9-** Trip: Summer Coastal Adventure
- July 10-** Special Event: **Summer Picnic #2**
- July 10-** Movie (2pm): **Shaft**
- July 12-** Trip: **Petaluma Art & Garden Fest**
- July 13-** Chair Massages w/ Jillian
- July 15-** AARP (4-hr Refresher)
- July 15-** PRIDE Support Group
- July 16-** Mercy Brown Bag
- July 17:** Movie: **The Drama**
- July 17-** 3rd Friday Social
- July 18-** Trip:
Pleasant Hill Blues & Brews Festival
- July 19-** Trip:
Sugartown Fest VIP Experience
- July 21-** Trip: **Dine Around:
Heads & Tails BBQ**
- July 23-** Ashby Village Tech Help
- July 24-** Presentation:
Talkin' Emeryville (Pt. 2)
- July 24-** Movie: **Grease**

☀️ Summer Picnic #2 7/10, @ 11a

July is National Picnic month and summer picnics in the great outdoors are a great way to connect with friends and family. Our second summer picnic will be on Friday, July 10th at Doyle-Hollis Park (1333 62nd St., Emeryville).

Feel free to share any store bought, prepackaged dishes/potluck items and your favorite beverage of choice! We'll provide the grill, paper goods and the protein. Come out and enjoy good food and good company! We love being able to provide these bbq's for you any donations are greatly appreciated.

Box will be available of the day 🍌🥗

ESC Shuttle rides to and from Doyle-Hollis Park will begin @ 10:45am and runs every 30 minutes.



Escort Changes

Thank you to our escorts for their continued dedication and support of our travel program. Your willingness to serve as an escort helps make every trip safe, enjoyable, and successful for our members.

Beginning August 1, trip reminder calls will once again become part of the escort responsibilities, as outlined in our Trip Escort Training materials.

To help make this process convenient:

- 📞 Reminder calls may be made from home or at the Senior Center, whichever works best for you.
- ✉️ Trip contact lists will be emailed upon request only to protect participant privacy.
- 📧 ESC staff will continue to prepare and pull participant name badges prior to each trip, so escorts can focus on communicating important trip details with participants.

We appreciate everything you do and look forward to another great season of trips together! 🚌🌟

SAVE THE DATE:
 8/14- Picnic #3 @ Marina Park
 8/19- ESC's Ice Cream Social



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WHAT'S HAPPENING @ ESC

Special Movie Screening: Sweet Nothing

Join us for a special afternoon screening of Sweet Nothing, an inspiring dramedy that explores identity, self-acceptance, and the courage to embrace who we truly are.

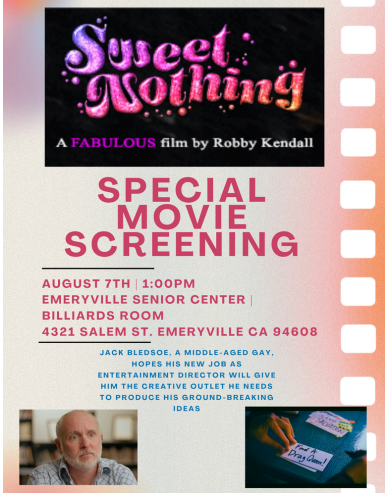
Jack Bledsoe, a middle-aged gay man, hopes his new position as an Entertainment Director will finally provide the creative outlet he's been searching for. But when his first assignment is to book a drag queen for an event, Jack is unexpectedly forced to confront his own internalized homophobia. As memories from his past resurface, he embarks on a heartfelt journey of self-discovery, challenging long-held beliefs while redefining his relationships with both his partner and himself.

Written and directed by Robby Kendall and inspired by his true story, Sweet Nothing is a moving and often humorous film about authenticity, acceptance, and finding the courage to live openly. Featuring an original musical score by Tom Goss, this 80-minute dramedy offers an engaging blend of laughter, reflection, and hope.

**Friday, August 7
1:00 PM**

**Emeryville Senior Center – Billiards Room
4321 Salem Street, Emeryville, CA 94608**

Following the screening, attendees are invited to stay for a brief community discussion to reflect on the film's themes of identity, compassion, and belonging. Everyone is welcome. 🌈 🎬



Summer Movie Night #1: Finding Nemo

Make a splash this summer and bring the whole family for an unforgettable evening at the City of Emeryville's Summer Movie Night!

We're kicking off the series with Disney • Pixar's beloved underwater adventure, Finding Nemo.

When young clownfish Nemo is captured and taken far from home, his overprotective father, Marlin, embarks on an epic journey across the ocean to bring him home. Alongside the lovable and forgetful Dory, Marlin discovers the true meaning of courage, friendship, and family. Filled with humor, heartwarming moments, and unforgettable characters, Finding Nemo is a timeless favorite for audiences of all ages.

Friday, July 17, 2026
 Movie Begins: Approximately 6:30 PM (start time dependent on daylight)
 Location: ECCL Pool
 1170 47th Street, Emeryville, CA 94608

Don't forget to pack your swimsuits or swim trunks, towels, and blankets, for a fun-filled evening by the pool! Gather your children, grandchildren, family, and friends for a night of laughter, adventure, and community under the stars.

We can't wait to see you there as we dive into summer together!



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WHAT'S HAPPENING @ ESC



Friends of ESC

Friends of ESC

What are Friends good for? When it comes to the Emeryville Senior Center, your Friends, a non-profit group of volunteers, are an integral part of what goes on at the Center. They plan, execute and raise funds to support:

- salaries for classes (up to five classes as well as trials for new classes until Center funds are approved)
- payment for entertainment for luncheons and special events
- organization and presentation of pop-up and rummage sales
- purchases of equipment (couches, sewing machines and supplies for the Sewing Circle, etc)
- scholarships for trips
- financial support for the Brown Bag program
- emergency support for senior members
- fresh bread from ACME bakery every Monday

If you have benefitted from the efforts of your Friends, please consider joining us. Applications are available at the front desk. If that's not an option for you, please consider making a donation to support the work of your hard-working Friends.


Checks can be made out to Friends of the Emeryville Senior Center.



Friday Social

3rd Friday Social @ ESC

Kick off your weekend with friends, fun, and great vibes at our Friday Night Social! Join us for an evening of music, a "potluck" dinner, 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!

 3rd Friday (7/17, 4p-6p)
Emeryville Senior Center

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



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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

Chair Massages

*****NEW*** 🧘 Chair Massages with Jillian 7/13**
Relax. Recharge. Refresh!

Treat yourself to a little self-care with Jillian's soothing 20-minute chair massages on **Monday, July 13, 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!

*****NEW*** 🧘 A Matter of Balance: Fall Prevention Program**

Build Confidence. Improve Balance. Stay Independent.

Take charge of your health and reduce your risk of falling with A Matter of Balance, an evidence-based fall prevention program designed specifically for older adults. Through engaging group discussions, practical strategies, and gentle movement, you'll learn how to improve your strength, balance, flexibility, and confidence while staying active and independent.

July 17 **Fridays, August 7 – October 2**
 10:00 AM – 12:00 PM
No class Friday, September 4

Whether you've experienced a fall, worry about falling, or simply want to improve your mobility and maintain your independence, this eight-week program offers valuable tools to help you live with greater confidence. Registration is required. Don't miss this opportunity to invest in your health, connect with others, and take positive steps toward a safer, stronger future!

*****NEW*** 🎨 5-Week Art Class Returns to ESC!**

Discover Your Creative Side with Acclaimed Emeryville Artist Teresa Kalnoskas.

Whether you're picking up a paintbrush for the first time or returning to a lifelong passion, this inspiring four-week art series is the perfect opportunity to explore your creativity in a fun, supportive environment. Led by acclaimed Emeryville artist Teresa Kalnoskas, whose work has been exhibited throughout the United States, participants will experiment with artistic techniques, express their unique vision, and enjoy the creative process alongside fellow artists.

Wednesdays | August 26 – September 16
 12:30–3:30 PM

As a special finale, participants will have the opportunity to showcase their artwork in a Student Art Exhibition at a later date (date to be announced). No experience is necessary—just bring your imagination and enthusiasm. Come create, connect, and celebrate the artist within! Space is limited, so register early. 🎨 ✨

Art Class





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**EVENTS &
NEWS!**

WHAT'S HAPPENING @ ESC

Emeryville Senior Center Member Survey

We Want to Hear From YOU! 🗨️ ✨

The Emeryville Senior Center is all about community, connection, and creating programs you actually enjoy, and that means your voice matters.

We've put together a short member survey to learn more about what you love, what you'd like more of, and what new ideas you want to see brought to life at ESC. From classes and trips to events, resources, and everyday services, this is your chance to help shape what comes next.

Whether you're here every week or just drop in from time to time, your feedback helps us grow stronger together and keep ESC vibrant, welcoming, and full of opportunities that reflect you.

- 📝 Take a few minutes to share your thoughts and ideas
- 💡 Suggest new programs, trips, and events
- 🎯 Help improve the services you already use and enjoy

Your input doesn't just stay on paper, it helps guide real decisions that impact our center, our programming, and our community.

Click, share, and help us build the future of ESC together! ❤️

[Emeryville Senior Center Member Survey - Collaboration](#)

SUPPORT GROUP

Diabetes Support Group Meeting (7/2 @ 10:00am)
Meet up with ESC's Diabetes Support Group, to discuss insulin resistance and how you can improve your condition. The group will discuss glycemic index and how that defines the best food choices and so much more!

WALKING W/ ESC

ESC Walking Group (7/2 @ 12:30pm)
Improve your cardiovascular health, and 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 (7/15, @ 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 (7/15, @ 10:00 am)
Emeryville Senior Center - **Upstairs Conference Room**
Come as you are, everyone is welcome.

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TRIPS: AUGUST 2026

AUGUST TRIP
REGISTRATION IS
OPEN MONDAY,
7/6 @ 9AM



Pickleball Tournament
Spectating @ Thrive City
(8/1, 8A-5P)
\$20

Experience the excitement of one of America's fastest-growing sports! Join us for a fun day at Thrive City in San Francisco as we cheer on talented pickleball players competing in a thrilling tournament. Enjoy the lively atmosphere, great food options, and explore the vibrant plaza between matches. Whether you're a longtime fan or new to the game, this is a fantastic outing you won't want to miss!

(MINOR TO MODERATE WALKING) Trip #: 082026002

WNBA Game: Chase
Center
Valkyries vs. Temp
(8/2, 3P-9:30P)
\$140

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. Your seats are located in the lively Modelo Cantina section, where you'll enjoy great sight lines and an atmosphere that keeps the excitement flowing from tip-off to the final buzzer.

(MINOR TO MAJOR WALKING) Trip #: 082026001

San Jose
Jazz Summer Fest
(8/8, 10A-10P)
\$156

Feel the rhythm at the San Jose Jazz Summer Fest! Spend the day enjoying world-class live performances spanning jazz, blues, Latin, R&B, funk, Patti LaBelle herself, and more. Explore multiple outdoor stages, savor delicious festival food, and soak up the vibrant atmosphere of one of the Bay Area's premier summer music events. Bring your dancing shoes and join us for an unforgettable day of music and fun!

(MINOR TO MAJOR WALKING) Trip #: 082026003

Motown & Mimosas
Brunch
(8/9, 10A-3:30P)
\$85

Experience the flavors, sights, and sounds of wine country at Taste of Napa, part of the celebrated Festival Napa Valley! This lively event brings together world-class wineries, exceptional cuisine from renowned chefs, live music, and the beautiful atmosphere of downtown Napa for an unforgettable day.

Stroll through tasting pavilions, sample gourmet bites, enjoy live entertainment, and soak in the elegance and energy of one of Napa Valley's signature summer festivals. Whether you're a foodie, wine enthusiast, or simply looking for a fun and scenic outing, this trip is sure to delight!

(MINOR TO MAJOR WALKING) Trip #: 082026004

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CONT. TRIPS: AUGUST 2026



Al Green @ Stern Grove
(8/16, 12P-6P)
\$25

Don't miss the legendary Al Green live at the iconic Stern Grove Festival! Experience an afternoon of timeless soul, smooth vocals, and unforgettable hits in one of San Francisco's most beautiful outdoor concert venues.

Bring a blanket, relax under the trees, and enjoy a summer day filled with incredible music and great company.

(MINOR TO MAJOR WALKING) Trip #: 082026005

Dine Around:
Kincaid's SF
(8/19, 2:30P-6:30P)
\$15

Join us for a delightful waterfront dining experience at Kincaid's in San Francisco! Enjoy a relaxing meal featuring fresh seafood, steaks, and classic American favorites, all served with stunning views of the bay. This elegant yet welcoming restaurant offers the perfect setting for great food, good company, and a memorable afternoon in the city. Lunch will be on your own.

(MINOR TO MAJOR WALKING) Trip #: 082026006

Shop Around:
SF Premium Outlets
(8/24, 10A-4P)
\$15

Treat yourself to a day of shopping at the SF Premium Outlets, Northern California's largest luxury outlet destination! Explore more than 180 designer and brand-name stores featuring the latest in fashion, shoes, accessories, home décor, and housewares, all at exceptional outlet prices.

Whether you're hunting for great deals or the season's newest arrivals, there's something for everyone. Lunch will be on your own at one of the many dining options available.

(MODERATE TO MAJOR WALKING) Trip #: 082026007

Music @ the Mansion
Silverado Resort
(8/28, 4P-9P)
\$25

Escape to beautiful Napa Valley for an afternoon of live music at the elegant Silverado Resort. Enjoy the soulful sounds of Ariel Mann while relaxing in the scenic outdoor setting of the historic mansion. With stunning views, great company, and unforgettable entertainment, this is the perfect summer getaway!

(MINOR TO MAJOR WALKING) Trip #: 082026008

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TRIPS: UPCOMING 2026

Bites & Vines Taste of Downtown Livermore
(9/17, 9:30A-5:30P)
\$80

Spend a flavorful afternoon exploring Downtown Livermore at the annual Bites & Vines event! Stroll through participating restaurants and tasting rooms as you enjoy curated bites, local wines, and the vibrant energy of this charming wine country destination. A perfect blend of great food, fine wine, and community spirit—this is a trip not to be missed! **(MINOR TO MAJOR WALKING) Trip #: 092026001**

Filoli Gardens:
Fleurs deVilles: The
Guided Age
(9/18, 9A-4P)
\$56

Experience summer in full bloom at the stunning Filoli Historic House & Garden! This special exhibition, Fleurs de Villes: The Gilded Age, brings the elegance, ambition, and iconic characters of the hit HBO® series to life through breathtaking floral artistry. Wander through the historic estate and discover one-of-a-kind floral mannequins created by talented California floral designers, each uniquely inspired by the opulence and personality of the show's beloved characters. A truly immersive celebration of beauty, history, and creativity awaits!
(MINOR TO MAJOR WALKING) Trip #: 092026002

Sunday Sippin' in Lodi
(9/20, 10A-12P)
\$140

Join us for a relaxing Sunday getaway in the heart of wine country at Sunday Sippin' in Lodi! Enjoy a leisurely afternoon exploring local wineries, sampling award-winning wines, and soaking in the laid-back charm of Lodi's scenic vineyards. With beautiful views, great company, and plenty of time to unwind, this is the perfect way to savor a Sunday in style. **(MINOR TO MAJOR WALKING) Trip #: 092026003**

Cache Creek Casino
(9/27, 9:30A-5:30P)
\$56

Take a chartered ride to Cache Creek with American Stage Tours. Choose from 2,300 slot machines, more than 120 table games, a 14-table poker room, a day spa, 9 restaurants, and a golf course. On your own for the day! Good luck!!!
(MINOR TO MAJOR WALKING) Trip #: 092026004

Ashland Shakespeare
Fest.
(10/6-10/9, 6:30A-8P)
\$665-771/pp

Join ESC for a 4-day, 3-night cultural getaway to beautiful Ashland, Oregon! Enjoy scenic travel, charming downtown exploration, and the option to experience world-class performances at the renowned Shakespeare Festival.

Trip includes transportation, hotel stay, brewery tour, garden visit, and more.

October 6-9, 2026

Starting at \$665/pp (double)

Theater tickets sold separately for flexible scheduling

Limited to 25 participants, reserve early!

(MODERATE TO MAJOR WALKING) Trip #: 102026001

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

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

Cambria
Christmas Markets
& Hearst Castle
(12/6-12/7,
6:30A-8P)
\$388-\$408/pp

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

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PRESENTATIONS



Estate Administration Workshop - What happens when someone dies? **(7/16/26 @ 11:00am)**

In this hour-long workshop you will explore:
What are the responsibilities of the Trustee? In other words, what responsibilities are you or a loved on taking on as Trustee?

What are the steps that have to be taken to administer someone's estate?

Timelines and deadlines and duties for the Estate Administration

The day after one-on-one appointments will be available for those interested in continuing the conversation or receiving additional support. Advance registration is recommended to reserve your preferred time. If appointments remain available, participants may also sign up on the day of the presentation.

Billiards Room



"Talkin' Emeryville" w/ Emeryville Historical Society **(7/24/26 @ 10:30am)**

Join members of the Emeryville Historical Society for a town hall-style gathering exploring Emeryville's intriguing history. Not a formal presentation, but an open conversation, bringing together a diverse mix of people connected to Emeryville to share their insights. Bring your stories, curiosity, and questions as we explore Emeryville's history through the voice of those who know it best, its people.

Billiards Room

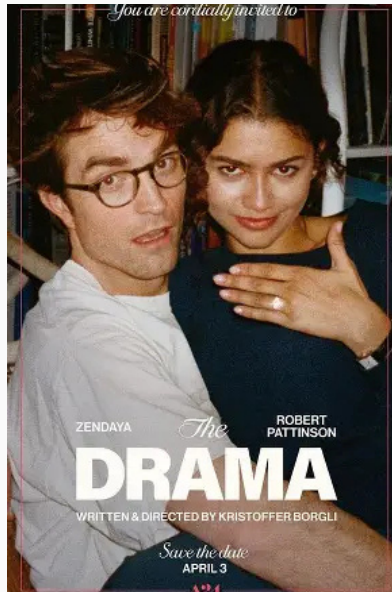


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FRIDAY MOVIES

Did you know that the original "Shaft" movie was directed by Gordon Parks who was the first African American to direct a major studio film?



7/10 (@ 2pm)- Shaft:

JJ Shaft, a cyber security expert with a degree from MIT, enlists his family's help to uncover the truth behind his best friend's untimely death.

7/17- The Drama:

A happily-engaged couple is put to the test when an unexpected turn sends their wedding week off the rails.

7/24- Grease:

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?



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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: **7/1, 7/8, 7/15, 7/22, 7/29**

🕒 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.

Friends Volunteer Circle Group Meeting

Make a difference in our community by joining the Volunteer Circle on Tuesday, July 21, at 1:00 PM as we prepare Back-to-School Supply Packs for local children and Comfort Packs for our unhoused neighbors.

We're also collecting donations of new school supplies, including:

- 3-ring binders
- Glue sticks
- Markers, crayons, or colored pencils
- Lined notebook paper
- New pencils

Whether you lend a helping hand, donate supplies, or simply enjoy spending time with fellow volunteers, your support helps brighten the lives of our community members. Come share in an afternoon of service, conversation, and connection as we work together to make a meaningful impact.



Other Resources

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

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

Legal Assistance for Seniors -
Call **510-832-3040** and leave a message. www.lashicap.org

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

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

Center for Independent Living:
<https://www.centerforindependentliving.org/programs>

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

Home Energy Assistance Program (HEAP):
<https://www.spectrumcs.org/energy-services/liheap>

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

Alameda County Aging and Disability Resource Connection (ADRC):
<https://alameda.my-adrc.org/>





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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: **July 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 insurance discounts through the AARP Driver Safety Program at aarptriversafety.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 **(7/23/26)**

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 **July** 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



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HEALTH & WELLNESS CLASS SCHEDULE

Senior Center Classes

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

Online/Hybrid Zoom Classes

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Joe	Meditation	M/TW/Th, 8:00am	Zoom	ID 940 9351 3137, PW 4321
Helen	Weights	Tuesdays, 9:30am	Zoom	ID 870 8808 7266, PW 4321
Helen	Zumba	Tues/Th., 10:30am	Zoom	ID 818 8733 2590, PW 4321
(No Class 7/6)				
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	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	No Class 7/1
Lee	Body Restore	Wednesdays, @ 11am	Upstairs	No Class 7/1
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	No Class 7/6
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	Upstairs	No Class 7/3
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	No Class 7/3
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 7/3

HOLIDAY CLOSURE:
All programs will be closed in observance of 4th of July, on
Friday, July 3, 2026.
Programs and services will resume - Monday, July 6, 2026.



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.



JULY 2026

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p> <p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging</p>	<p>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 Beef & Barley Soup Spinach Salad* with Balsamic Dressing Low Sodium V8 Juice+ Pineapple & Mango Chunks+</p>	<p>2 BBQ Chicken on a Whole Wheat Bun Creamy Coleslaw+* Watermelon & Cantaloupe*</p>	<p>All centers closed in observance of Independence Day</p>
<p>6 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+* Steamed Rice w/ Green Onions Fresh Stone Fruit (nectarine)</p>	<p>7 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots & Peas Herbed Broccoli+ Creamy Coleslaw+* Grapes</p>	<p>8 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Low Sodium V-8 Juice+ Whole Wheat Roll Mixed Fruit (berries, mango, pineapple) +</p>	<p>9 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Fresh Pear</p>	<p>10 Chicken Fried Steak with Country Gravy Collard Greens+* Whipped Sweet Potatoes* Whole Wheat Roll Fresh Citrus Cutie+</p>
<p>13 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Cutie Citrus+</p>	<p>14 Pork Loin with Gravy Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll</p>	<p>15 Italian Wedding Meatball Soup (beef, x4 meatballs) Creamy Coleslaw+* Whole Wheat Roll Melon Wedge</p>	<p>16 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* White Bean Salad Whole Wheat Roll Fresh Apple</p>	<p>17 Latin Roast Pork Yellow Rice Cuban-style Black Beans Mexican Coleslaw+ Diced mango+</p>
<p>20 Ginger Scallion White Fish Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Plum</p>	<p>21 Elsie's Chicken Adobo Mixed Vegetables (beans, broccoli, carrots) +* Brown Rice Fresh Citrus Cutie+</p>	<p>22 Albondigas (Mexican beef meatball soup) Mixed Green Salad (Romaine) with cilantro-lime Dressing+ Whole Wheat Crackers Pineapple & mango chunks+</p>	<p>23 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Grapes <i>Contains Peanuts</i></p>	<p>24 Chicken Parmesan Whole Wheat Pasta (Under Chicken) Ratatouille+ Banana</p>
<p>27 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Pineapple & Mango Chunks+</p>	<p>28 Beef and Bean Chili Brown Rice Southern Green Beans Mandarin Orange+</p>	<p>29 Chicken & Tortellini Soup Green Salad (Romaine & Spinach) * with Ranch Dressing Whole Wheat Crackers Seasonal Apple</p>	<p>30 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Lima Beans Whole Wheat Roll Diced Mixed Melon</p>	<p>31 Chicken & Sausage Gumbo Brown Rice Collard Greens+* Green Salad (Romaine & Cabbage) with shredded carrots & Italian Dressing Grapes</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.

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





What is A Matter of Balance?

This evidence-based Fall Prevention program consists of (8) 2-hour workshops. The sessions include facilitated group discussions and gentle movement.

WHEN (8 sessions):

10:00am - 12:00pm,
Fridays August 7 through
October 2, 2026
No class 9/4.

Where:

Emeryville Senior Center
4321 Salem Street
Emeryville, CA 94608

Registration required by phone or on our website



510-876-8809



**SpectrumCS.org/
Senior-Services/
Fall-Risk-Reduction**



Why Should I Take This Class?

The program enables participants gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity levels
- Eliminate trip hazards at and around your home
- Exercise to increase strength and balance

Is this Class for ME?

It is designed to benefit older adults and caregivers who:

- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

* This class not suited for those with dementia

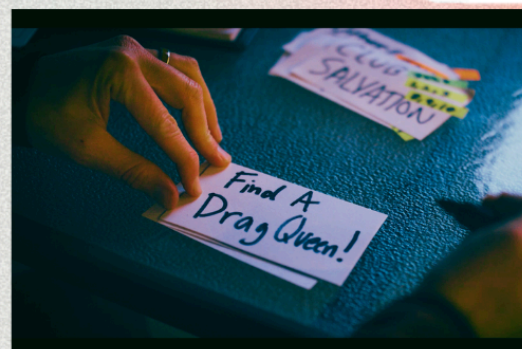
A voluntary contribution to Spectrum Community Services is welcome! No one will be turned away for lack of funds.



SPECIAL MOVIE SCREENING

AUGUST 7TH | 1:00PM
EMERYVILLE SENIOR CENTER |
BILLIARDS ROOM
4321 SALEM ST. EMERYVILLE CA 94608

**JACK BLEDSOE, A MIDDLE-AGED GAY,
HOPES HIS NEW JOB AS
ENTERTAINMENT DIRECTOR WILL GIVE
HIM THE CREATIVE OUTLET HE NEEDS
TO PRODUCE HIS GROUND-BREAKING
IDEAS**





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





JOIN EMERYVILLE SENIOR CENTER ON
AN EXTENDED TOUR BY BUS



ASHLAND


SHAKESPEARE FESTIVAL

OCTOBER 6TH-9TH





COST: DOUBLE \$665/PP
SINGLE \$771/PP

BASED ON A 25 GUEST MINIMUM

TRIP COST INCLUDES:



ROUNDTRIP TRANSPORTATION IN A 34 PASSENGER COACH WITH RESTROOM ONBOARD, TOUR OF SIERRA NEVADA BREWERY WITH TIME FOR LUNCH, COMFORT STOP IN THE TOWN OF WEED, 3 NIGHT STAY AT THE ASHLAND HILLS HOTEL IN OREGON, SHUTTLE TO AND FROM THE SHAKESPEARE FESTIVAL, SELF-GUIDED TOUR OF DUNSMUIR BOTANICAL GARDENS, LUNCH STOP AT YAKS ON THE 5, BAGGAGE HANDLING, BUS FEES (DRIVER GRATUITY, BRIDGE TOLL, FUEL, PARKING, WHEN APPLICABLE)



JOIN THE EMERYVILLE SENIOR CENTER FOR AN EXTENDED TOUR ASHLAND SHAKESPEARE FESTIVAL

TUESDAY OCTOBER 6-FRIDAY OCTOBER 9, 2026

ASHLAND ADVENTURE: BREWS, BEAUTY & THEATER ESCAPE

Get ready for a four-day getaway filled with scenic Northern California landscapes, lively small-town charm, delicious food, and world-class theater in the enchanting town of Ashland, Oregon. This thoughtfully paced trip blends relaxation, exploration, and optional cultural experiences—perfect for travelers who enjoy a mix of guided structure and free time.

Day 1 – October 6: Journey North & Playful Stops

Your adventure begins bright and early with pickup at the Emeryville Senior Center. After loading luggage and settling in, we'll head north toward the mountains.

Our first stop brings us to the renowned Sierra Nevada Brewing Company, where you'll enjoy a guided tour and time for lunch. Take in the craftsmanship behind one of California's most iconic breweries while relaxing in a beautiful setting. We continue onward to the delightfully quirky town of Weed, CA. Here, we'll visit the famous "Weed Store"—a lighthearted and memorable stop filled with playful souvenirs and cheeky memorabilia that never fails to get a laugh. Guests love browsing the tongue-in-cheek merchandise (think "I ♥ Weed, CA"), making this a fun photo opportunity as well as a convenient restroom break before continuing on. By early evening, we arrive at our hotel in Ashland. After check-in, the night is yours to unwind. For those interested, optional evening theater performances are just a short ride away—perfect for anyone eager to dive right into Ashland's vibrant arts scene.



Day 2 – October 7: Discover Ashland & Festival Experiences

After a relaxed morning departure, we'll head into the heart of Ashland—a charming, walkable town known for its rich arts culture and welcoming atmosphere. At its center is beautiful Lithia Park, a nearly 100-acre green oasis featuring shaded walking paths, bubbling creeks, gardens, and peaceful gathering spaces—perfect for a leisurely stroll or quiet moment in nature.

Ashland offers a delightful mix of boutique shopping, cozy cafés, wine bars, and art galleries, all within a few picturesque blocks. Whether you're browsing local shops, enjoying a relaxed lunch, or simply taking in the mountain air, the town invites you to explore at your own pace.

Guests may also choose to enhance their experience with a behind-the-scenes theater tour or attend matinee performances at the world-renowned Oregon Shakespeare Festival—one of the country's premier theater destinations, known for its rotating lineup of classic and contemporary productions.

Afterward, you'll have time to recharge at the hotel before heading back out for optional evening shows featuring a variety of compelling performances. This flexible day allows you to tailor your experience—immerse yourself in theater, explore the town, or do a bit of both.



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

TravelCenter
Tours & Travel



Life is a good trip.™

JOIN THE EMERYVILLE SENIOR CENTER FOR AN EXTENDED TOUR ASHLAND SHAKESPEARE FESTIVAL TUESDAY OCTOBER 6-FRIDAY OCTOBER 9, 2026

Day 3 – October 8: More Theater & Leisure

Today mirrors the relaxed, choose-your-own-adventure style of Day 2—with new show options and another opportunity to experience Ashland’s cultural richness. Start the day with an optional behind-the-scenes tour or enjoy a peaceful morning exploring town. Wander through Lithia Park, revisit your favorite shops, or discover a new café tucked along Ashland’s charming streets. Afternoon and evening performances offer fresh selections, making it easy to catch something new or revisit a favorite style of production. Whether you’re a devoted theatergoer or simply soaking in the atmosphere, this day continues the magic of Ashland at your own pace.



Day 4 – October 9: Scenic Return Home

After checking out, we begin our journey home with a refreshing stop at the Dunsmuir Botanical Gardens, a hidden 10-acre gem nestled along the Upper Sacramento River. This peaceful, forested setting features easy walking paths, open meadows, and seasonal blooms including dogwoods, azaleas, rhododendrons, and the region’s famous Shasta lilies. It’s the perfect place to stretch your legs, breathe in crisp mountain air, and enjoy a quiet moment surrounded by natural beauty. Next, we’ll stop for lunch at Yak’s on the 5, a beloved Northern California roadside favorite that has become a destination in its own right. Known for its juicy smash burgers, creative sandwiches, fresh salads, and indulgent sticky buns, Yak’s serves up hearty comfort food with bold flavors. It’s a fun, satisfying stop to relax, refuel, and swap stories from the trip.

(Lunch will be on your own, feel free to choose what you would like to eat.)

Our final stop is at Granzella’s, where you can browse specialty goods, pick up snacks, and stretch your legs one last time before heading home. Grab an ice cream cone on your way out!

We anticipate arriving back in Emeryville by early evening.



Important Notes

Theater tickets are not included in this trip package. Guests are strongly encouraged to purchase tickets in advance directly through the Oregon Shakespeare Festival website: www.osfashland.org or box office to secure preferred shows and seating.

Optional activities, including theater performances and local transportation (such as Uber), are at guests’ discretion.

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

TravelCenter
Tours & Travel



Life is a good trip.™

Schedule of shows - to attend you must purchase your own tickets, we recommend doing so ahead of time online or by calling the box office 800-219-8161

October 6th Emma 8pm - Angus Bowmer Theater

(No shuttle. UBER or Public Transport is available.)

Jane Austen's beloved Regency-era heroine takes center stage in this fast, funny, feminist adaptation by Kate Hamill, featuring contemporary pop music and a screwball-comedy spirit. Emma believes she has it all figured out, especially when it comes to other people's love lives. The self-appointed matchmaker means well, but in a world with few options for women beyond marriage, her meddling leads to a bevy of misadventures, mishaps and misunderstandings, leading her to confront the difference between toying with matters of the heart and truly experiencing them. Meredith McDonough makes her OSF directorial debut with a bold, genre-bending romp that turns Austen on her head.

October 6th 8pm OR October 8th 1:30pm Yellow Face - Allen Elizabethan Theatre

(No shuttle for the Oct 6th show. UBER or Public Transport is available.)

When DHH—a Chinese American playwright and staunch activist—protests the casting of a white actor in Miss Saigon, he never imagines he'll make the same mistake himself. But after accidentally casting a white actor in the lead Asian role of his own play, he scrambles to cover his tracks, spinning an increasingly ridiculous web of half-truths, media frenzy, and personal contradictions. Pulitzer Prize finalist Yellow Face is a laugh-out-loud mockumentary that skewers the worlds of theatre, identity politics, and public image with razor-sharp wit. Fresh off a thrilling Broadway run, David Henry Hwang's hilarious and thought-provoking Tony-nominated play comes to OSF in a new production directed by May Adrales (Vietgone).

October 7th & 8th Behind the Curtain Tour - 9:30am Carpenter Hall

Explore Oregon Shakespeare Festival's campus and engage your creative imagination in one epic tour! This event guides you through the offstage magic, highlighting the design and technical work that goes into our shows. With fresh displays and different tour routes every season, there's always something new to see and learn.

October 7th 1:30pm or October 8th 8pm Midsummer Nights Dream

1:30pm Angus Bowmer Theatre

When Hermia, Lysander, Helena, and Demetrius flee into the woods, they do it in pursuit of personal freedom and their one true love. But making their way through the forest is particularly tricky under the influence of the mischievous Puck's spells. The line between truth and illusion blurs as the couples are drawn into a dream world that is as dark and mysterious as it is marvelous and full of wonder, where magic reigns and nothing is quite as it seems. Shakespeare's timeless romantic comedy returns to OSF with original music by Justin Huertas (Lizard Boy) in an enchanting production, under the direction of Marcela Lorca (The Count of Monte Cristo).

October 7th or October 8th Smote This - 1:30pm Thomas Theatre

Back by popular demand, this sharp and hilarious solo show follows actor Rodney Gardiner as he attempts to abandon God—no easy feat for a devoutly raised, undocumented Black boy growing up in tumultuous 1980s Miami. For young Rodney, dealing with racial unrest, an immigration crisis, and the drug war is just another Tuesday. Smote This spins an entertaining web of personal stories and hilarious tangents that land with equal parts heart and heat. OSF is thrilled to welcome back Rodney, who has riveted our audiences for years in everything from musicals to Shakespeare.

October 7th Come From Away - 8pm Angus Bowmer Theatre

In the hours following September 11, 2001, as planes were grounded and uncertainty swept the globe, 7,000 stranded air travelers landed in the remote town of Gander, Newfoundland. With no time to prepare, the people of Gander opened their homes, their hearts, and their lives to these complete strangers. This Tony and Olivier Award-winning musical, based on that astonishing true story, unfolds through a propulsive, folk-inspired score and a cast of unforgettable real-life characters. A heart-forward, joyful celebration of resilience, Come From Away reminds audiences of all ages of the power of community in the darkest of times.

October 7th King Hedley II - 8pm Thomas Theatre

It's 1985, and King returns to his family and community, determined to take control of his life after having served seven years in prison. He patches together odd jobs—some legal, some not, hoping to open a video store and build a new future. Two-time Pulitzer Prize-winning playwright August Wilson has created a mythic and metaphysical landscape full of unabashed lyricism amongst the crumbling Black neighborhood of Pittsburgh's Hill District. Like the hero of a Greek tragedy, King seeks redemption from a past that still haunts him: the murder that changed his life, old vendettas that won't die, and an explosive secret his mother has kept hidden. Director Tim Bond brings his love of August Wilson, along with a powerhouse cast, to this poetically tragic epic about systems of violence and intergenerational poverty, the ninth play in Wilson's American Century Cycle.

October 7th King Henry IV - 8pm Allen Elizabethan Theatre

King Henry IV is in trouble: a faction of his allies, including a valiant youngster named Hotspur, have turned on him and are now gunning for his throne. And his own son, Prince Hal, is no help, spending all his time languishing with his low-life drinking buddies and a corrupt knight, Falstaff, who holds a strange sway over the kid. Will Hal ever come around and act like the king he will be one day? Shakespeare's iconic history play is a stirring coming-of-age story, filled with humor, romance, and intrigue. Associate Artistic Director Rosa Joshi (Henry V, Julius Caesar) directs.

October 8th Taming of the Shrew - 8pm Allen Elizabethan Theatre

It's 1985, and King returns to his family and community, determined to take control of his life after having served seven years in prison. He patches together odd jobs—some legal, some not, hoping to open a video store and build a new future. Two-time Pulitzer Prize-winning playwright August Wilson has created a mythic and metaphysical landscape full of unabashed lyricism amongst the crumbling Black neighborhood of Pittsburgh's Hill District. Like the hero of a Greek tragedy, King seeks redemption from a past that still haunts him: the murder that changed his life, old vendettas that won't die, and an explosive secret his mother has kept hidden. Director Tim Bond brings his love of August Wilson, along with a powerhouse cast, to this poetically tragic epic about systems of violence and intergenerational poverty, the ninth play in Wilson's American Century Cycle.

**Only 25
Spots
Available!!**

**CALL TAMIKA @ 510-596-3730
TO REGISTER OR FOR MORE INFORMATION
NO REFUNDS AFTER 08/03/2026**

Name: _____ Phone Number: _____

Roommate Name: _____ Phone Number: _____

E-mail Address: _____

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 - \$771/pp (Based on hotel availability. If King bed is unavailable, room will default to 2 Queen Beds.)
 Double Room - 2 People 2 Queen Beds - \$665/pp

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 08/03/2026 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/The City of Emeryville will not issue refunds for cancellations made after 08/03/2026.
- Valid cancellation requests must reflect medically diagnosed illness for yourself, or close family member which includes spouse, sibling, parents, or child, and proof will be required upon request by the travel insurance carrier.

Main roommate on reservation will be responsible for leaving a credit card on file 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: _____

“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**

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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

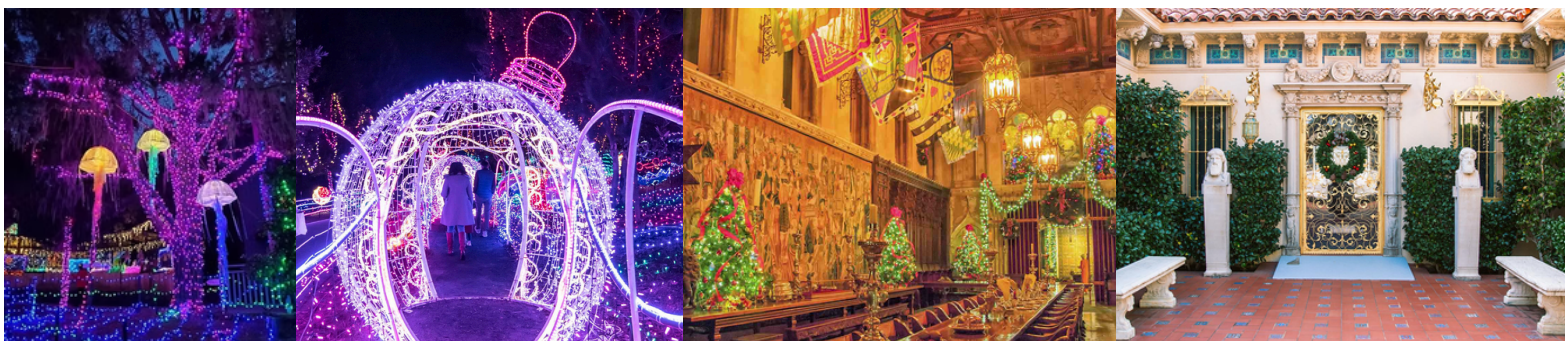
Day 1: A Storybook Holiday Begins

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.



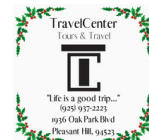
Day 2: Castles, Garlands & Christmas Grandeur

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: _____