



# THE LINK

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

## WHAT'S HAPPENING @ ESC

### MAY 2026 AT A GLANCE

- May 1-** Diabetes Support Group
- May 1-** Special Event:  
**Author Playwright Reading w/ Judith Offer**
- May 1-** ESC Walking Group
- May 1-** Movie: *The Family Plan 2*
- May 3-** Trip: **Sip n Shop Mother's Day Market**
- May 6-** Friends of ESC Mtg.
- May 6-** Trip: **Hell's Kitchen**
- May 7:** AARP 8-hr Course (Pt. 1)
- May 7-** Mercy Brown Bag
- May 8:** Movie: **The Life List**
- May 8-** Presentation:  
**A Guide to Disaster Preparedness**
- May 13-** Trip: **Korbel Winery**
- May 13-** Special Event: **OMA Pancake Breakfast**
- May 14:** AARP 8-hr Course (Pt. 2)
- May 15-** Presentation: **"Talkin' Emeryville" w/ Emeryville Historical Society**
- May 15-** Movie: **Crime 101**
- May 15-** Special Event (3rd Friday Social):  
**OMG A Cappella Sing Along**
- May 16-** Trip:  
**Downtown Livermore Street Festival**
- May 19-** Friends Volunteer Circle
- May 20-** PRIDE Support Group
- May 20-** Trip: **Ferry Ride to Pier 49**
- May 21-** Mercy Brown Bag
- May 21-** Ashby Village Tech Help
- May 22-** Presentation:  
**Aging Gracefully w/ Medical Cannabis**
- May 22-** Movie: **GOAT**
- May 29-** Movie: **Ferrari**
- May 29-** Special Event: **Senior Prom**

### OAM Pancake Breakfast 5/13, @ 9a

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

The 2026 theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as key elements of healthy aging. It encourages all of us to take an active role in managing our health, advocating for ourselves, and making informed choices that support independence.

In celebration of Older Americans Month, we're excited to host our Annual Pancake Breakfast!

Wednesday, May 13, 2026

9:00 AM

Emeryville Senior Center

Enjoy a delicious breakfast featuring pancakes, scrambled eggs, bacon, sausage, juice, and coffee.

Tickets: \$10 per person

Available at the front desk

Walk-ins are welcome (open seating)

Please note: Attendees must be active members to participate.

Come kickstart your day with great food, good company, and a celebration of healthy aging!  
We look forward to seeing you there.

### SAVE THE DATE:

5/31-

Memorial Day Holiday  
Closure

6/12-

Summer Kickoff Picnic





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**EVENTS & NEWS!**

## WHAT'S HAPPENING @ ESC



### **Cinco de Mayo Lunch (5/5, 11:30am)**

Join us at the Emeryville Senior Center for a festive dine-in congregate lunch in celebration of Cinco de Mayo!

Enjoy a delicious meal while soaking in a lively cultural playlist, engaging in fun table talk trivia, and participating in a creative cultural activity designed to bring everyone together.

Special Treat: Chips & Salsa on the house!  
Come for the food, stay for the fun, and celebrate culture, community, and connection with us.

We look forward to sharing this special day with you!

### **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 (5-pose max) in a charming, floral-inspired setting.

This event is open to all members for \$20/per person, 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!

**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

Donations and prior registration required for vendors:

- Eye & Lip Makeovers
- Manicures
- Massages

Space is limited!

**\$20** per person



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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 dinner, 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

Thanks to a generous donation and the dedicated supporters who braved the wind and rain to participate. Our recent Rummage Sale raised \$520 toward the \$8,000 goal needed to sustain Friends of ESC programs.

The sale was scheduled to coincide with a neighborhood-wide garage sale to maximize foot traffic. While the broader event was canceled due to weather, we remain optimistic and look forward to trying again next year. In the meantime, please keep us in mind as you begin spring cleaning. The Friends of ESC are always grateful for:

- Fundraising ideas
- Volunteers to help bring them to life
- Donations of any kind

Your continued support helps us provide meaningful programs, classes, and entertainment for our Senior Center community.

### Friday Social

#### 3rd Friday Social @ ESC

Kick off your weekend with friends, fun, and great vibes at our Friday Night Social! Please note that this month our Friday social is on the 3rd Friday. Join us for an evening of music, light "potluck" refreshments, games, a special guest performance, 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 (5/15, 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

### OMG A Cappella Sing Along (5/15, @ 5:30p)



**Special Guest Alert!**  
 Join us for a very special Friday Night Social featuring a live performance by the incredible Bay Area vocal group **OMG A Cappella!** Known for their rich harmonies and engaging energy, they're sure to make this an evening to remember.

**Please note: This month's social will take place on the 3rd Friday instead of the usual schedule.**  
 Come enjoy an evening filled with:

- Light "potluck" refreshments
- Games and laughter
- Live entertainment
- Great company in a warm, welcoming atmosphere

**Whether you're looking to unwind, meet new friends, or just enjoy a lively outing, this is the place to be!**

**Suggested donation: \$3**  
**Friday, May 15 | 4:00–6:00 PM**

**Bring a friend and don't miss this fun, music-filled gathering!**

**SUPPORT GROUP**

**Diabetes Support Group Meeting (5/1 @ 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 (5/1 @ 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 (5/20, @ 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 (5/20, @ 1:00 pm)**  
**Emeryville Senior Center**

**Come as you are, everyone is welcome.**



**EVENTS &  
NEWS!**

## WHAT'S HAPPENING @ ESC

***"Read it Yourself" Playwright Reading  
w/ Judith Offer - 5/1, @ 1:00pm***

Judith Offer has had eighteen plays produced in various community theatres in the San Francisco Bay Area: three full-length musicals and three children's musicals (libretti; composers write the scores); eight one-acts; three full-length non-musicals. The most recent, **COMPARED TO WHAT?**, is a full-length work about the Brotherhood of Sleeping Car Porters produced at the MIRA Theatre in Vallejo, California in July 2012 and independently in Oakland in May 2013.

Ms. Offer's most consistent themes are American history, women's issues, and the vagaries and ironies of daily life in Oakland. She especially enjoys including in her work characters from the various cultures and nationalities so visible in Oakland, where she has lived for almost thirty-five years.

Judith did volunteer work in the schools for a quarter century and as a result has written two teachers' workbooks: **CALIFORNIA HISTORY PLAYS FOR YOUNG PEOPLE** and **SHORT PLAYS FOR NEW AMERICANS**. She is also included in a book of plays for seniors, **SENIORS ACTING UP** (Pleasant Hill Press) and is a poet with five books of poetry to her credit.

At present Judith has several plays looking for collaboration, readings or productions. Help read a part, or just listen to a one-act play. The last one was history; this one is comedy.

For questions, contact Judith at [judithoffer770@gmail.com](mailto:judithoffer770@gmail.com)



### **FREE Alameda County Fair Tickets for Seniors!**

In honor of "Older American's Month", we're excited to share a special opportunity just for our senior community! The Alameda County Fair is offering a FREE Senior General Admission ticket to adults age 62+, valid for any one day of the Fair.

Bonus: Seniors may request up to 2 tickets per person (while supplies last).

Ticket Pick-Up Window: May 1 – May 31

Available at participating senior centers (including ESC)

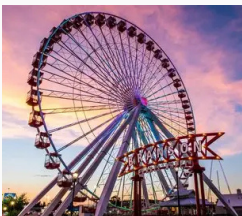
The Fair runs June 19 – July 12, 2026, featuring live entertainment, exhibits, food, and fun for all!

Important:

- Must be 62+ with ID
- Tickets are first come, first served
- Valid for one day of your choice

Don't miss this chance to enjoy a day at the Fair. Stop by and request your tickets early before they're gone!

**Older  
American's  
Month**





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JUNE TRIP  
REGISTRATION IS OPEN  
WEDNESDAY, 5/1  
@ 9AM

## TRIPS: JUNE 2026

**Walnut Creek Art & Wine Festival**  
(6/6, 10:30A-7P)  
\$25

Kick off the summer season with a day at the lively Walnut Creek Art & Wine Festival! This beloved, family-friendly event features over 200 artisans offering fine art, handmade crafts, and unique lifestyle goods. Stroll at your own pace while enjoying award-winning wines, craft beer gardens, live entertainment, and a wide variety of festival foods. Spend the day exploring, tasting, and soaking in the festive atmosphere. Don't miss this colorful celebration of art, culture, and community!  
**(MINOR TO MAJOR WALKING) Trip #: 062026002**

**Dine Around: AQUA TERRA Grill @ CCC**  
(6/11, 10A-5P)  
\$25

Join us for a unique dining experience at AQUA TERRA Grill, the student-run restaurant at Contra Costa College. Enjoy a thoughtfully prepared meal crafted by culinary students gaining hands-on experience in a professional kitchen setting. This hidden gem offers fresh, seasonal dishes in a welcoming atmosphere, where great food meets learning and creativity. Come hungry and support the next generation of chefs during this special Dine Around outing! **(MINOR WALKING) Trip #: 062026003**

**Alameda County Fairgrounds**  
(6/24, 8:30A-5P)  
\$56

Arrive in Pleasanton, for a day at the Fair! Enjoy games, horse races, music, rides, animals, live demonstrations, and all the fun that comes with the county fair! Lunch on your own.  
**(MINOR TO MAJOR WALKING) Trip #: 062026004**

**Red Hawk Casino**  
(6/27, 8:30A-5P)  
\$56

Get Ready for a Fun-Filled Getaway to Red Hawk Casino!  
Join us for an exciting trip to Red Hawk Resort + Casino, one of Northern California's premier entertainment destinations! Nestled in the scenic Sierra Nevada foothills, this vibrant resort offers something for everyone, from thrilling gaming action to relaxing leisure experiences.  
Try your luck with thousands of slot machines and a wide variety of table games  
Enjoy delicious dining options ranging from casual bites to upscale meals  
Explore fun extras like bowling, arcade games, and more at the entertainment center  
Take in the beautiful surroundings for a perfect mini getaway  
Whether you're feeling lucky, looking to unwind, or just want a day out with great company, this trip promises excitement, laughter, and unforgettable memories!

Don't miss your chance to join the fun, reserve your spot today!  
**(MINOR WALKING) Trip #: 062026005**

**San Jose Blues & Brews Fest**  
(6/28, 10:30A-7:30P)  
\$160

Get ready for an unforgettable day at the San Jose Fountain Blues & Brews Festival! This premier live music event brings thousands together to enjoy soulful blues performances, a wide selection of craft brews, delicious food, and lively, family-friendly activities. Relax, unwind, and soak in the vibrant atmosphere as you experience great music and community in the heart of San Jose. Whether you're a blues lover or just looking for a fun day out, this festival has something for everyone!  
**(MODERATE TO MAJOR WALKING) Trip #: 062026006**



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## TRIPS: UPCOMING 2026

REGISTRATION NOW OPEN!

**USS Potomac 4<sup>th</sup> of July  
Fireworks Cruise  
(7/4, 6P-11P)  
\$170**

4th of July Cruise on the USS Potomac!  
Aboard the USS Potomac for an amazing cruise to see the city of SF's spectacular July 4th fireworks show! You'll cruise to a prime waterfront viewing spot, with the show beginning around 9 p.m., then return to Jack London Square after the celebration.

Enjoy light food service on board, with beer and wine available for purchase, plus complimentary coffee, tea, and water.

Celebrate Independence Day with history, great views, and unforgettable company, space is limited, so reserve your spot today!  
**(MINOR TO MODERATE WALKING) Trip #: 0720260042**

**Summer Coastal  
Adventure  
(7/9, 7:30A-6:30P)  
\$117**

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.

**Cost Includes:**

Roundtrip on Luxury Coach w/ 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.  
**(MINOR TO MAJOR WALKING) Trip #: 072026001**

**WNBA GAME:  
Valkyries vs Tempo  
(8/2, 3:30P-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**

**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**

**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

# CORE

Community Organized Relief Effort

### A Guide to Disaster Preparedness (5/8/26 @ 11:00am)

This Guide to Disaster Preparedness presentation brings neighbors together to learn, share, and build practical skills that help keep our communities safe during emergencies. CORE (Community Organized Relief Effort) will discuss hazards specific to your community and what they mean for you, review what to do before, during, and after disasters, and provide guidance on creating a plan and building a go-bag. Time will also be dedicated to signing up for emergency alerts.

We're excited to share this important educational session with our community and want to ensure the details are correct before publication. Please confirm at your earliest convenience.

**Billiards Room**

### "Talkin' Emeryville" w/ Emeryville Historical Society (5/15/26 @ 11:00am)

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**



### Aging Gracefully with Medical Cannabis, Healing Without the High (5/22/26 @ 11:00am)

Leonard has been speaking on the main topic of how cannabis helps to Alleviate Pain, Reduce Anxiety, and Support Sleep, while also addressing the other benefits of cannabinoids such as their Anti-Inflammatory and Neuroprotective Properties, and also speaks about the Immune Boosting qualities of the Acid forms of the cannabinoids, CBDa, CBGa, and THCa. With over three decades of extensive experience growing and studying medicinal cannabis, Leonard Leinow brings a unique spiritual perspective to his work. Leonard is an expert in cannabidiol (CBD) rich products, the non-psychoactive, "get well" molecule in the cannabis plant.

He is a pioneer in the application of these medicines to cancer, epilepsy, pain, M.S., and many other health conditions

**Billiards Room**

LEONARD LEINOW & JULIANA BIRNBAUM  
Foreword by Michael H. Moskowitz, MD

# CBD

A PATIENT'S GUIDE  
TO MEDICINAL CANNABIS



HEALING WITHOUT THE HIGH



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## FRIDAY MOVIES

Did you know that in *GOAT*, Stephen Curry not only produced the film through his Unanimous Media Company but also voiced character Lenny Williamson, making it his film debut as a voice actor.



### **5/1- The Family Plan 2:**

Now that Dan's assassin days are behind him, all he wants for Christmas is quality time with his kids. But when he learns his daughter has her own plans, he books a family trip to London—putting them all in the crosshairs of an unexpected enemy.

### **5/8- The Life List:**

A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

### **5/15- Crime 101:**

An elusive thief, eyeing his final score, encounters a disillusioned insurance broker at her own crossroads. As their paths intertwine, a relentless detective trails them hoping to thwart the multi-million dollar heist they are planning.

### **5/22- GOAT:**

A small goat with big dreams gets a once-in-a-lifetime shot to join the pros and play roarball, a high-intensity, co-ed, full-contact sport dominated by the fastest, fiercest animals in the world.

### **5/29- Ferrari:**

Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy.



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## 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: **5/6, 5/13, 5/20, 5/27**

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 Group Meeting (5/19 @ 1:00pm)**

You are invited to join the Volunteer Circle on Tuesday, May 19th 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!

### **Other Resources**

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

Born to Age Resource Referral: [borntoage.com/alameda-county](http://borntoage.com/alameda-county)

Legal Assistance for Seniors -  
Call **510-832-3040** and leave a message. [www.lashicap.org](http://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](http://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: **May 7<sup>th</sup> & 21<sup>st</sup>**

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



### AARP

**AARP Driver Safety (8-hr) Refresher Course**  
The next 8-hour AARP refresher course will be held on:  
Thursday, **May 7 & 14**, 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](http://aarp.org) or renew insurance discounts through the AARP Driver Safety Program at [aarptriversafety.org](http://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 **(5/28/26)**

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](mailto: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 **May** 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	<a href="#">Zoom</a>	ID 940 9351 3137, PW 4321
Helen	Weights	Tuesdays, 9:30am	<a href="#">Zoom</a>	ID 870 8808 7266, PW 4321
Helen	Zumba	Tuesdays, 10:30am	<a href="#">Zoom</a>	ID 818 8733 2590, PW 4321
Pamela	Pain Ease	Tuesdays, 2:00pm	<a href="#">Zoom</a>	ID 925 9097 9143, PW 4321
Novella	Line Dance	Wednesdays, 9:30am	<a href="#">Zoom</a>	ID 993 4137 3668, PW 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	<a href="#">Zoom</a>	ID 810 5258 6014, PW 4321
Stephanie	Rosen	Thursdays, 10:00am	<a href="#">Zoom</a>	ID 894 5266 7677, P: 670945
Pamela	Yoga	Thursdays, 9:00am	<a href="#">Zoom</a>	ID 925 9097 9143, PW 4321

### In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Mon days, 9:00am	Upstairs	<b>No Class 5/25</b>
Sandra	NIA	Mon days, 10:00am	Main Hall	<b>No Class 5/25</b>
Volunteer	Current Events	Mon days, 10:00am	Billiards Rm	<b>No Class 5/25</b>
Sandra	Chair Yoga	Mon days, 11:00am	Upstairs	<b>No Class 5/25</b>
Helen	Weights	Tuesdays, 9:30am	Main Hall	<b>Zoom Link Above</b>
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	<b>Zoom Link Above</b>
ESC Staff	Mahjong	Tuesdays, 12:00pm	Upstairs	<b>Practice Only</b>
Jay	Karaoke	Tuesdays, 12:30pm	Billiards Rm	
Daphne	Intermediate Tap	Tuesdays, 1:00pm	Main Hall	
Pamela	Yoga Pain Ease	Tuesdays, 2:00pm	Upstairs	<b>Zoom Link Above</b>
Daphne	Beginner Tap	Tuesdays, 2:00pm	Main Hall	
Novella	Line Dance	Wednesdays, 9:30am	Main Hall	<b>Zoom Link Above</b>
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	Weights	Tuesdays, 9:30am	Main Hall	<b>2nd &amp; 4th Thursdays</b>
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	<b>2nd &amp; 3rd Thursdays</b>
Ann	Tai Chi	Fridays, 10:00am	Main Hall	
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	<b>1st/3rd/5th Fridays</b>
Sandra	Tango	Fridays, 1:00pm	Main Hall	



# 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.



# MAY 2026

# CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Chicken Enchilada Casserole</b> Zucchini, Corn & Peppers+ Mexican Coleslaw+* Diced Mango and Pineapple+
<b>4</b> <b>Thai Basil Ground Turkey</b> Asian Vegetable Blend (broccoli, carrots, snap peas) + Steamed White & Brown Rice Blend Citrus Cutie+	<b>5</b> <b>Beef Brisket au jus</b> Mashed Potatoes Southern Green Beans Whole Wheat Roll Pineapple, berries, mango+	<b>6</b> <i>Soup is a large 12 ounces</i> <b>Beef &amp; Barley Soup</b> Spinach Salad* w/ Balsamic Dressing Low Sodium V-8 Juice+ Whole Wheat Roll Papaya & Mango Chunks	<b>7</b> <b>Pasta Primavera (broccoli, bell peppers, onion, etc.)</b> + with Whole Wheat Penne White Bean Ragu Grapes	<b>8</b> <b>Meatball Stroganoff (beef)</b> Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Fresh Pear
<b>11</b> <b>Mongolian Meatballs (Pork &amp; Chicken)</b> Mushroom and Bok Choy Sauté+* Steamed Rice w/ Green Onions (1/2 white & 1/2 brown) Fresh Seasonal Apple	<b>12</b> <b>Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots &amp; Peas</b> Herbed Broccoli+ Creamy Coleslaw+* Grapes	<b>13</b> <i>Soup is a large 12 ounces</i> <b>Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b> Low Sodium V-8 Juice+ Pineapple, berries, mango+	<b>14</b> <b>Shepherd's Pie</b> (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Fresh Pear	<b>15</b> <b>Chicken Fried Steak with Country Gravy</b> Collard Greens+* Whipped Sweet Potatoes+ Whole Wheat Roll Fresh Citrus Cutie+
<b>18</b> <b>Chicken Bulgogi</b> Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Cutie Citrus+	<b>19</b> <b>Pork Loin with Gravy</b> Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	<b>20</b> <i>Soup is a large 12 ounces</i> <b>Italian Wedding Meatball Soup (beef, x4)</b> Whole Wheat Roll Creamy Coleslaw+ Fresh Pear	<b>21</b> <b>Cheese Ravioli with Marinara</b> Herbed Broccoli & Carrots+* White Bean Salad Whole Wheat Roll Seasonal Apple	<b>22</b> <b>Latin Roast Pork</b> Yellow Rice (half brown rice) Cuban-style Black Beans Whole Wheat Cracker Creamy Coleslaw+ Warm Spiced Apples
<b>25</b> <b>ALL CENTERS CLOSED FOR MEMORIAL DAY</b>	<b>26</b> <b>Elsie's Chicken Adobo</b> Brown Rice Mixed Vegetables (green beans, broccoli, carrots) +* Fresh Citrus Cutie+	<b>27</b> <i>Soup is a large 12 ounces</i> <b>Albondigas (Mexican beef meatball soup)</b> Whole Wheat Crackers Green Salad+ with cilantro lime dressing Banana	<b>28</b> <b>Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts &amp; chickpeas)</b> Seasoned Collard Greens+* Grapes <i>Contains Peanuts</i>	<b>29</b> <b>Chicken Parmesan</b> Whole Wheat Pasta (Under Chicken) Ratatouille+ Banana

# 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



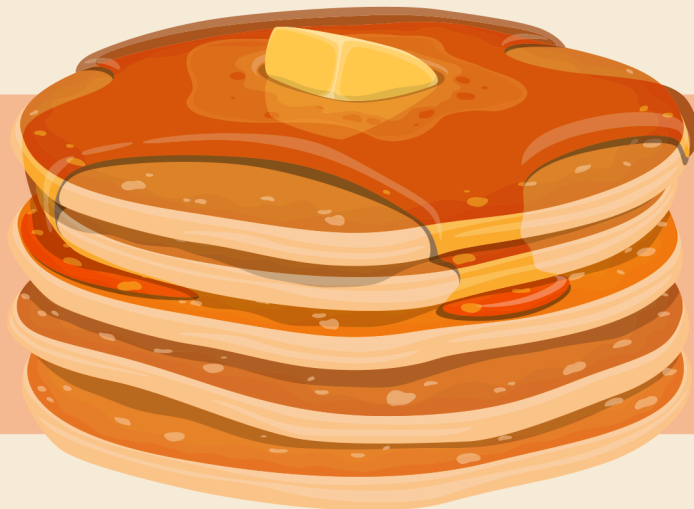
Older Americans Month

# 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.

**OLDER  
AMERICANS  
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

# Aging Gracefully With Medical Cannabis, Healing Without the High

May 22nd, Friday at 11:00am

EMERYVILLE SENIOR CENTER  
4312 Salem St, Emeryville CA 94608



“Science continues to affirm what many healing traditions have long known: when the body feels safe, it can restore balance.”

“Two key systems work together in this process—the nervous system and the endocannabinoid system (ECS).”



**Cheryl Jern** Petaluma Senior Advisory Committee, Petaluma Senior Center, Petaluma Ca

It was such a pleasure to meet both of you today. And so grateful for your informative presentation. The audience loved you (I talked to dozens of people afterwards). People were very happy with it and learned so much”

## TESTIMONIALS

**Leonard Leinow - Our Medical Cannabis Expert**

CBD, a non-intoxicating plant compound, is commonly understood as a support for the body's endocannabinoid system.

From a wellness perspective, CBD is best viewed as:

- A soft medicine – that supports homeostasis in the body
- Most effective when paired with health and diet
- An integral part of an integrative approach to your healthcare



**Elisa Gallegos - Integrative Nurse / Health Educator**

CBD, a non-intoxicating plant compound, is commonly understood as a support for the body's Sympathetic/Parasympathetic system.

From a wellness perspective, CBD is best views as:

- A gentle support—not a cure
- Most effective when paired with intention and self-awareness
- One part of a holistic approach to balance and resilience





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.

\$20/PP  
GET YOUR  
TICKETS NOW!

Call 510.596.3730 for more info.

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 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.



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:



ROUNDRIP 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 A HOLIDAY OVERNIGHT

CAMBRIA CHRISTMAS MARKETS  
& HEARST CASTLE  
DECEMBER 6<sup>TH</sup>-7<sup>TH</sup> 2026




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

BASED ON A 30  
GUEST MINIMUM



**MUST  
REGISTER BY**  
**OCT 5<sup>TH</sup>  
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**