



# THE LINK

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

## WHAT'S HAPPENING @ ESC

### NOVEMBER 2025 AT A GLANCE

- November 1-** Trip: **Winters Salmon Festival**
- November 5-** Friends of ESC Mtg.
- November 6-** Mercy Brown Bag
- November 6-** AARP 8-hr Course (Pt. 1)
- November 7-** Diabetes Support Group
- November 7-** Walking Group
- November 7-** Raffle Tickets go on Sale
- November 7-** COE Holiday Parade
- November 7-** Movie: **Katrina Ep. 1: We Gonna Ride It Out Like We Always Do**
- November 8-** Trip: **Berryesa Gap Vineyard Paella Cook-off**
- November 10-** COA Meeting
- November 10-** Veterans Luncheon
- November 11-** Holiday Closure: **Happy Veterans Day**
- November 12-** Spartans Helping Seniors
- November 13-** Trip: **de Yung Museum: Boom or Bust Exhibit**
- November 14-** Movie: **Katrina Ep. 2: Shelter of Last Resort**
- November 15-** Trip: **Touring Lodi**
- November 15-** Friends Holiday Marketplace
- November 18-** ESC Art Session w/ Helena
- November 19-** Holiday Gala Tickets go on Sale
- November 19-** Trip: **Tyme for Tea**
- November 20-** Mercy Brown Bag
- November 6-** AARP 8-hr Course (Pt. 2)
- November 21-** Trip: **Dine Around: Rooftop 25**
- November 21-** **Katrina Ep. 3: God Takes Care of Fools & Babies**
- November 23-** Trip: **The Octagon House**
- November 26-** Special Event: **Thanksgiving Luncheon**
- November 27-** Holiday Closure: **ESC Closes @ 1:00pm**
- November 28-29-** Holiday Closure: **Happy Thanksgiving**

### COE Holiday Parade



**City of Emeryville Holiday Parade**   
**Get ready to spread some holiday cheer at Emeryville's annual Holiday Parade!**

**Join us for an evening filled with live music, festive performances, sweet treats, family fun, and a joyful walking parade through the heart of the city.**

**Bring your bikes, scooters, or skates — or simply walk — and be part of the celebration!**

**Friday, December 5, 2025**  
**4:30 PM - 6:30 PM**  
**1333 Park Avenue, Emeryville, CA 94608**

**Kick off the holiday season with your community and enjoy a night of festive fun for all ages!**

### THANKSGIVING LUNCHEON

**(Wednesday, 11/26 @ 11:30AM)**

**Join us for a Thanksgiving holiday meal during our Dine-in Congregate Lunch time (11:45a-12:15p). Please register in advance by calling the front desk @ (510) 596-3730 .**



# THE LINK

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

## WHAT'S HAPPENING @ ESC

**EVENTS & NEWS!**



**THE FRIENDS OF THE EMERYVILLE SENIOR CENTER**  
*Holiday Marketplace*

Join us for The Friends of Emeryville Senior Center's 1st Annual Holiday Marketplace!

**17 Saturday, November 15**  
10:00 AM – 4:00 PM

Emeryville Senior Center, 4321 Salem St, Emeryville, CA

**★ Entry is FREE!**

Get your shop on and discover one-of-a-kind treasures while supporting the Friends of ESC, a nonprofit that funds health classes, programs, and social events for our community.

A portion of your proceeds are used to fund programs, classes, and events in partnership with ESC.

  
Handcrafted Items

  
Unique Collectibles

  
Specialty Goods

### Friends of ESC Holiday Marketplace

**🎁 Holiday Marketplace – Shop Local & Support Seniors!**

**Join us for the Friends of the Emeryville Senior Center's 1st Annual Holiday Marketplace on Saturday, November 15, from 10:00 AM to 4:00 PM at the Emeryville Senior Center (4321 Salem St.).**

**★ Free entry! Discover handcrafted items, unique collectibles, and specialty goods, perfect for holiday gifting.**

**Every purchase helps fund health classes, programs, and social events for our community through the Friends of ESC nonprofit.**

**Come shop, mingle, and spread some holiday cheer while supporting a great cause!**

**SUPPORT GROUP**

**Diabetes Support Group Meeting (11/7 @ 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 (11/7 @ 12:00pm)**  
Improve your cardiovascular health, and build friendships while enjoying walking and other outdoor activities. Walks will last approximately 1-1.5 hrs.

**Friends Volunteer Circle**

**Friends Volunteer Group Meeting (11/18 @ 1:00pm)**  
The Volunteers Circle will meet on **Tuesday, 11/18 @ 1:00pm** to put together winter comfort packages for housebound seniors.

**Spartans Tech**

**Spartans Helping Seniors TECH Crew is Back, 11/12 (Wednesdays, 2:30pm-4:00pm)**  
Wednesdays 2:30-4:30pm in the Billiards Room.

Join the Spartans for social connection and support with technology on Wednesdays 2:30-4:30pm beginning November 12th.

The program will contain a series of themes and activities for Spartans and Seniors to complete together. If you have any suggestions or things you would like support with, please let us know and we can include it in the program schedule.



# THE LINK

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

**EVENTS &  
NEWS!**

## WHAT'S HAPPENING @ ESC

### ESC's Holiday Gala Vendor Search



It's that time again as we prepare for our annual holiday gala on Friday, December 12, 2025, the FOESC, will host the Holiday Gala at the Emeryville Senior Center from 11am-1pm. We are scouting vendors for the holiday pop up shop portion of the 2024 Holiday Gala. The gala will house various vendors from our community, in hopes that it helps provide you with additional business as well as raise funds for a great cause!

We are inviting you to be a part of this event by hosting a vendor space in the Billiards Room.

If you are interested in being a part of this event and want to receive more information, please email @ [twright@emeryville.org](mailto:twright@emeryville.org) to advocate for your vendor space.

### Event Committee

#### Upcoming Event Committee Meetings (1:00pm)

We're forming committees to help brainstorm and plan two of our upcoming events, and we'd love your input and creativity!

- ★ Lunar New Year Committee Meeting – Wednesday, November 5
- ♥ Black History Celebration Committee Meeting – Wednesday, November 12

If you're interested in sharing ideas, helping with planning, or just want to be part of the fun, please join us on these dates. Your participation helps make our celebrations meaningful and memorable for everyone!

We hope to see you there!

### ESC Housekeeping Notes

#### ESC Needlework Circle Call Out

✂ Sewing Machines Needed for Needlework Circle! 🧵

The Emeryville Senior Center Needlework Circle is growing, and we're thrilled to welcome new members! However, many of our sewing machines have reached the end of their life, and repairs now cost more than the machines themselves. If you have a working sewing machine at home that's collecting dust and looking for a meaningful new home, please consider donating it to our group. Your donation will help support creativity, connection, and community for our talented needlework members.

🕒 Needlework Circle Meets:  
Thursdays • 1:00 PM – 4:00 PM • Living Room  
📍 Drop-Off:

Bring your donation to the Needlework Circle during meeting hours or to the Front Desk anytime the Center is open. Thank you for helping keep this special program thriving, your generosity truly makes a difference! ♥

### Deck the Halls @ ESC

#### Deck the Halls of ESC (12/5 @ 1:00pm)

Get into the holiday spirit by volunteering and joining us at 1:00pm-until (the Halls are all decked!) for a holiday decorating party as we Deck the Halls of the Senior Center to ring in the spirit of the season. Light refreshments will be served.



# THE LINK

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

**EVENTS & NEWS!**

## WHAT'S HAPPENING @ ESC

### HOLIDAY RAFFLE TICKET SALES



The "Friends of the Emeryville Senior Center" have finalized plans for the annual Holiday Gala. The quilters are completing their grand prize quilt, and now we need your help in selling raffle tickets. Please stop by the office and support the "Friends of the Emeryville Senior Center" fundraiser by purchasing raffle tickets for a chance to win:

- Handmade Quilts
- Gift Baskets (All valued at \$39+)
- Gift Cards (From various local businesses)
- And much more!

Raffle tickets will be sold for \$2 each or 6 tickets for \$10.

Tickets go on sale starting November 7th!  
Join the fun on December 12, 2025 (11AM-1PM) for live entertainment, a catered lunch, and holiday cheer. Event tickets go on sale November 19th.

### Art Sessions coming to ESC!

We extend our heartfelt thanks to Teresa Kalnoskas for leading the 10-week Sketch-to-Finish Drawing & Painting class. We will welcome her back for more soon!

Her passion for art and dedication to older adults inspired participants to explore drawing and acrylic painting, creating beautiful works while building confidence and community. We are truly grateful for her talent, time, and creativity!

🌟 Thanks to the success of Teresa's class, more art opportunities are on the way this winter!

- ♥ Upcoming Art Sessions
- Art Studio with Helena – **November 18**
- Holiday Paint Party – **December 6**

Stay tuned for more creative opportunities for all skill levels, come make something beautiful with us!



### Volunteers Opportunities

ESC is in need of kitchen staff, MOW drivers, and event staffers.

We need volunteers to make the Friends Holiday Marketplace an amazing, smooth running event. If you have some time on that day to support the event please contact the front desk at (510) 596-3730 or email Katherine Harris at [cpanp5661@gmail.com](mailto:cpanp5661@gmail.com).

### Celebrating the Veterans of ESC (11/10, 11:45am)

Join us for a special dine-in lunch as we honor Veterans Day and celebrate the veterans of the Emeryville Senior Center. We invite all who served to join us and, for those who feel comfortable, to share their stories and experiences.

Thank you to our veterans for your service, dedication, and sacrifice. We appreciate you!





# THE LINK

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

**EVENTS & NEWS!**

## PRESENTATIONS

**SAVE THE DATES**  
 11/1-11/4: In-Person Polling Location  
 11/11: Closed: Veteran's Day  
 11/26: (ESC Closing @ 1:00pm)  
 11/27-28 Closed: Thanksgiving Holiday  
 12/5: City of Emeryville Holiday Parade  
 12/8: Lunch w/ the City Mnaager  
 12/12: ESC Holiday Gala

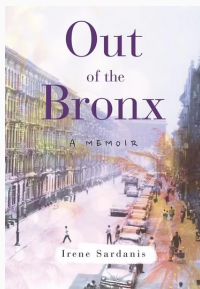
### Estate Administration Workshop (11/6 @ 11:00am)

What happens when someone dies?

In this hour-long workshop we 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

Need extra support? Bonnie will be offering 1:1 appointments, the day after (11/7) the presentation! Please reserve your spot in advance. If space is still available, same-day sign-ups will also be offered on the day of the presentation.



### Memoir as a Creative Journey w/ Irene Sardanis (11/7 @ 11:00am)

We all carry stories waiting to be told (memories, moments, and experiences), that deserve a voice. Join author Irene Sardanis as she inspires us to explore the stories within ourselves and the obstacles that sometimes hold them back. Irene will share readings from her memoirs and offer a guided writing prompt to help you begin your own storytelling journey. All are welcome, especially those with stories that have been waiting to be shared. Come be inspired and discover the writer within you!

### Healthy Holiday Eating for Better Blood Sugar (11/14, 10:00am)

Join us for a special dine-in lunch as we honor Veterans Day and celebrate the veterans of the Emeryville Senior Center. We invite all who served to join us and, for those who feel comfortable, to share their stories and experiences.

Thank you to our veterans for your service, dedication, and sacrifice. We appreciate you!



**Public Health Department**  
 Alameda County Health

### Seniors' Guide to Public Benefits (11/21, 10:00am)

This session provides an overview of cash benefits including Social Security and Supplemental Security Income (SSI)

- Provides an overview of health benefits including Medicare and Medi-Cal
- Explains the Cash Assistance Program for Immigrants (CAPI)
- Reviews General Assistance (GA), CalWORKS, and Food Stamps



**LEGAL ASSISTANCE FOR SENIORS**



# THE LINK

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

**DECEMBER TRIP  
REGISTRATION  
BEGINS 11/4  
@ 9AM**

## TRIPS: DECEMBER 2025



**Shop Around:  
Vacaville Outlets  
(12/3, 9am-5pm)  
\$15**

You are on your own for the day. Enjoy the day searching and shopping for the best deals! Vacaville Premium Outlets is a beautiful outdoor shopping property in Northern California, boasting 120 stores. **Trip #: 1125002**

**Holiday Fun  
in San Jose  
(12/6, 2:30pm-8:30pm)  
\$15**

Get ready for a magical holiday outing to San Jose! Enjoy the drive-thru light show at History Park and a festive stroll through Christmas in the Park, featuring the Enchanted Forest of Trees, live entertainment, food vendors, and holiday cheer.  
**Trip #: 1125003**

**The Great Dickens  
Christmas Fair  
(12/7, 9am-5pm)  
\$70**

It is perpetually Christmas Eve at the Great Dickens Christmas Fair! The Fair transports you to the London of Charles Dickens – a city of winding lanes filled with colorful characters from both literature and history – all in a festive mood! Enticing aromas of roasted chestnuts and hearty foods fill the air. Cries of street vendors hawking their wares ring out above the bustling crowd. Dozens of lamplit shops are filled to overflowing with handmade gifts. The Dickens Christmas Fair is a treasured Bay Area tradition since 1970 and a splendid way to celebrate the holidays. Enjoy new immersive experiences, and a live steam train as you arrive in the Victoria Station lobby. **Trip #: 1125004**

**Holidays @ Filoli  
Gardens  
(12/10, 9am-8pm)  
\$70**

Illuminate your winter nights at Filoli, where the Garden is transformed into a radiant wonderland of light and color. Wander through 16 acres of captivating landscapes filled with twinkling lights, glowing trees, and shimmering reflections. Holiday Lights at Filoli is a magical celebration of the season. **Trip #: 1125005**

**SF Holiday Tour  
(12/13, 2:30am-9:30pm)  
\$15**

Join us for a festive evening in San Francisco to enjoy holiday lights, the famous Fairmont Gingerbread House, Ghirardelli Square, and the Winter Walk near Union Square! **Trip #: 1125006**

**Dine Around:  
Gumbo Social SF  
(12/16, 10am-3pm)  
\$15**

Experience a taste of culture, community, and comfort at Gumbo Social, where gumbo isn't just food, it's history, heart, and heritage. Join us for a warm, flavorful outing and savor a bowl made with tradition and love. Come for the gumbo, stay for the fellowship! **Trip #: 1125007**



# THE LINK

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

## TRIPS: DECEMBER 2025

**PLEASE NOTE:**  
 Non-members are welcome to register for all chartered trips. Members may invite family and friends or neighbors to join them. If you're interested, in any of our TravelCenter organized trips, call our office @ 510-596-3730 for more info, to register.

Napa Holiday Party Train  
 (12/17, 2pm-8pm)  
 \$211

Jingle and mingle in Santa's Cookie Car as you sip cocoa and delight in a delicious holiday cookie with Santa. Whether you're continuing a special tradition or experiencing the magic for the first time, this voyage is a cheerful treat for all. Trip #: **1125008**

Motown Holiday Revue  
 (12/20, 11am-6pm)  
 \$55

A hit-filled musical journey through the sounds of MOTOWN featuring versions of Holiday Classics and Songs from Stevie Wonder, The Temptations, The Four Tops, Smokey Robinson...and more! Enjoy a viewing of the coolest Yuletide event of the season! Lunch on your own at a (pre-selected) local eatery Trip #: **1125009**



### ★ Exciting Performing Arts Trips Coming in 2026!

We're kicking off the new year with world-class entertainment and unforgettable cultural experiences. Get ready to enjoy some of the most exciting stage performances headed to the Bay Area!

#### Upcoming Trips:

- The stage is set and we're thrilled to announce our upcoming arts & culture trips for 2026:
- 🌟 Dancing with the Stars Live Tour
  - 🎵 MJ: The Musical — celebrating the King of Pop
  - 🎭 Alvin Ailey American Dance Theater — a stunning fusion of spirit, movement & culture

Keep your eye out on how to register for the opportunity to enjoy inspiring performances, great company, and a beautiful night on the town. More info coming soon. 🌟🎉



# THE LINK

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

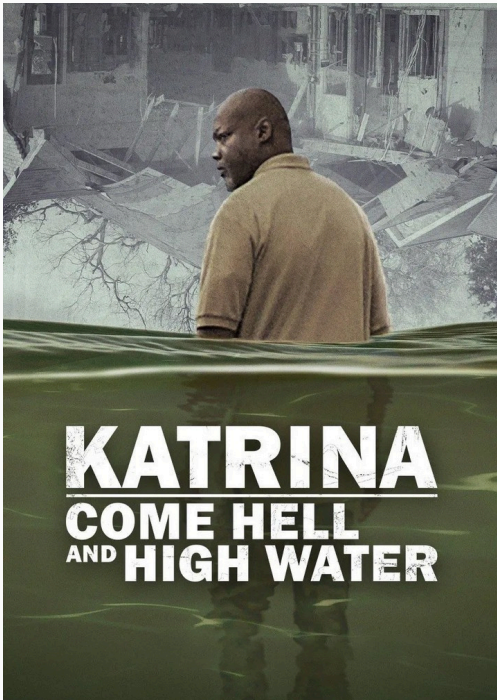
## FRIDAY MOVIES

Did you know, the "Katrina: Come Hell and High Water" is a three-part docuseries focuses on the devastating impact of Hurricane Katrina and the systemic failures that exacerbated the disaster. It features firsthand accounts from survivors, journalists, and experts, providing a comprehensive look at the hurricane's aftermath and the ongoing challenges faced by the residents of New Orleans, 20 years later.

**PLEASE NOTE:**  
 This month we will be screening a 3-episode docuseries shown one episode per week. The docuseries aims to highlight the resilience of the people of New Orleans while also addressing the neglect and failures of governmental responses during the crisis. It includes never-before-seen footage and personal stories that reveal the human side of the disaster, making it both an emotional and informative viewing experience.

### Got movie suggestions?

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



### 11/7- Ep. 1: We Gonna Ride It Out Like We Always Do

As Katrina closes in, officials issue a voluntary evacuation order that turns mandatory hours before landfall. With no way out, thousands hunker down.

### 11/14- Ep. 2: Shelter of Last Resort

Stranded in floodwater or held against their will at the Superdome, survivors face dire conditions and no help from the federal government for days.

### 11/21- Ep. 3: God Takes Care of Fools & Babies

New Orleans residents past and present honor loved ones lost in the storm and reflect on the challenges facing the city's culture and communities today.





# THE LINK

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

## RESOURCES



### Mercy Brown Bag Grocery Pick Ups

Brown Bags for seniors 60+ are distributed at ESC from 9–10 AM on the 1st & 3rd Thursday of each month.

Next dates: **November 6 & 20**

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



### AARP

AARP Driver Safety Refresher Course

The next 8-hour AARP course will be held on:  
**Thursday, November 13th & 20th, 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 [aarpdriversafety.org](http://aarpdriversafety.org).

### Tech Help w/ Ashby Village (4<sup>th</sup> Thursdays @ 1pm)

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

2:00–4:00 PM

ESC Main Hall, 4321 Salem St.

The Ashby Village Tech Team will guide you one-on-one with apps, device settings, accessibility tools, and more—at your pace.

Just drop in!

Questions? Call (510) 596-3730.

Let's make tech easier, together!

**WE ARE IN NEED OF  
KITCHEN VOLUNTEERS ON  
TUESDAYS, THURSDAYS &  
FRIDAYS. COME JOIN OUR  
TEAM**

### 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 **November** menu for daily offerings.

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



**Dine-in lunch  
is served (M-F) from  
11:45am-12:15pm**



# THE LINK

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

## RESOURCES (CONT.)

### ESC Help Desk (Wednesdays @ 11am)

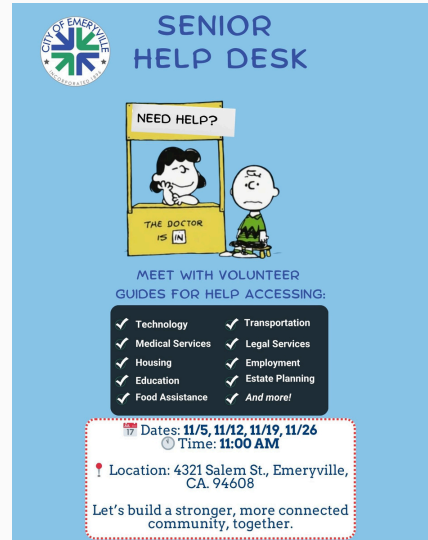
Meet with Volunteer Help Desk Guides for help navigating local resources, they are here to assist you in accessing:

- Education
- Food Assistance
- Medical Services
- Housing
- Estate Planning
- Transportation
- Legal Services
- Employment ...and more!

**Dates: 11/5, 11/12, 11/19, 11/26**  
**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.



### Art Sessions coming to ESC!

We extend our heartfelt thanks to Teresa Kalnoskas for leading the 10-week Sketch-to-Finish Drawing & Painting class. We will welcome her back for more soon!

Her passion for art and dedication to older adults inspired participants to explore drawing and acrylic painting, creating beautiful works while building confidence and community. We are truly grateful for her talent, time, and creativity!

Thanks to the success of Teresa's class, more art opportunities are on the way this winter!

#### Upcoming Art Sessions

- Art Studio with Helena – **November 18**
- Holiday Paint Party – **December 6**

Stay tuned for more creative opportunities for all skill levels, come make something beautiful with us!

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



# THE LINK

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

## 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 <b>(No Class 10/13)</b>	<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 <b>No Class 11/27</b>	<a href="#">Zoom</a>	ID 894 5266 7677, P: 670945
Pamela	Yoga	Thursdays, 9:00am <b>No Class 11/27</b>	<a href="#">Zoom</a>	ID 925 9097 9143, PW 4321

### In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Monday, 9:00am	Upstairs	<b>No Class 11/3</b>
Sandra	NIA	Monday, 10:00am	Main Hall	<b>No Class 11/3</b>
Volunteer	Current Events	Monday, 10:00am	Billiards Rm	<b>No Class 11/3</b>
Sandra	Chair Yoga	Monday, 11:00am	Upstairs	<b>No Class 11/3</b>
Helen	Weights	Tuesday, 9:30am	Main Hall	<b>No Class 11/4, 11/11</b>
Jay	Ukulele	Tuesday, 10:30am	Billiards Rm	<b>No Class 11/4, 11/11</b>
Helen	Zumba	Tuesday, 10:30am	Main Hall	<b>No Class 11/4, 11/11</b>
ESC Staff	Mahjong	Tuesday, 12:00pm	Upstairs	<b>No Class 11/4, 11/11</b>
Jay	Karaoke	Tuesday, 12:30pm	Billiards Rm	<b>No Class 11/4, 11/11</b>
Daphne	Intermediate Tap	Tuesday, 1:00pm	Main Hall	<b>No Class 11/4, 11/11</b>
Pamela	Yoga Pain Ease	Tuesday, 2:00pm	Upstairs	<b>No Class 11/4, 11/11</b>
Daphne	Beginner Tap	Tuesday, 2:00pm	Main Hall	<b>No Class 11/4, 11/11</b>
Novella	Line Dance	Wednesday, 9:30am	Main Hall	<b>Zoom Link Above</b>
Lee	Ageless Grace	Wednesday, @ 10am	Upstairs	
Lee	Body Restore	Wednesday, @ 11am	Upstairs	
ESC Staff	Pickleball	M/W, 1:00pm	Main Hall	<b>No Class 11/26</b>
Pamela	Yoga	Thursday, 9:00am	Upstairs	<b>No Class 11/27</b>
Terry	Guitar & Songs	Thursday, 10:00am	Billiards Rm	<b>No Class 11/27</b>
Helen	Zumba	Thursday, 10:30am	Main Hall	<b>No Class 11/27</b>
Staff	Needlework Circle	Thursday, 1:00pm	Billiards Rm	<b>No Class 11/27</b>
ESC Staff	Pickleball	Thursday, 1:00pm	Main Hall	<b>2nd &amp; 3rd Thursdays</b>
Ann	Tai Chi	Friday, 10:00am	Upstairs	<b>No Class 11/28</b>
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	<b>No Class 11/28</b>
Sandra	Tango	Fridays, 1:00pm	Main Hall	<b>No Class 11/28</b>

**ESC will be closed:**

**Tuesday, November 11, 2025- Veterans Day**

**Wednesday, November 26, 2025 (@ 1:00pm)**

**Thursday-Friday, November 27-28, 2025- Thanksgiving**

**Our office and all programs will resume the next business day.**



# THE LINK

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

## TRANSPORTATION PROGRAMS

### **Mobility Options:**

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

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

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

### **Eligibility:**

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

### **Complete Information:**

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

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

### **Fees:**

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

### **Taxi/Lyft/Uber Reimbursement Program:**


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

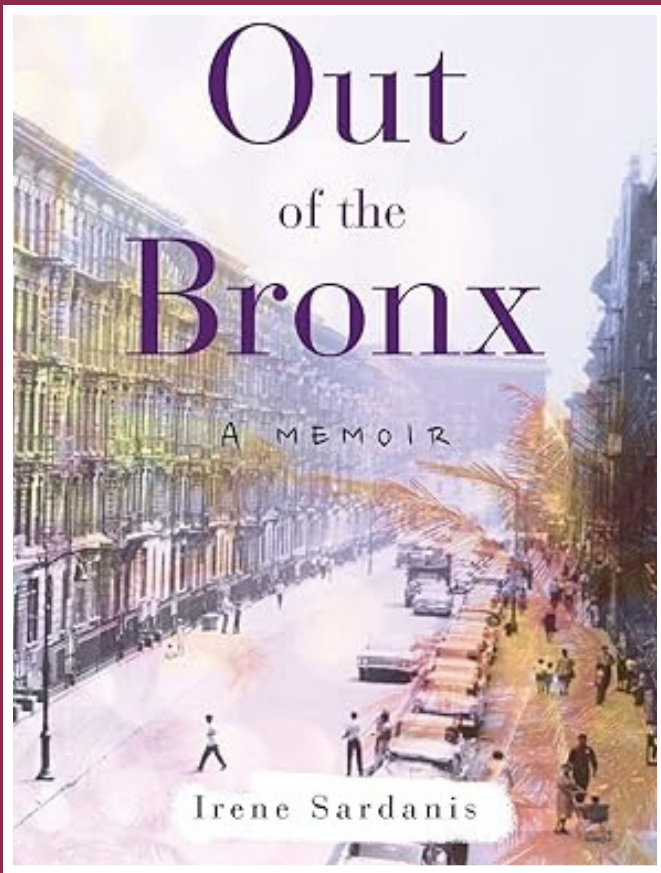


This LINK is published monthly by the Emeryville Senior Center, 4321 Salem Street Emeryville CA 94608, which is funded primarily by the City of Emeryville, with additional funds from Alameda County Area Agency on Aging, Measure BB, corporate and individual donations, and fundraising activities.

# NOVEMBER 2025

# CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> <b>Thai Basil Ground Turkey</b> Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad with Shredded carrots &amp; Cilantro Lime Dressing Steamed Rice Blend (Half Brown) Banana</p>	<p><b>4</b> <b>Pulled Pork Sandwich on Whole Wheat Bun</b> Southern Green Beans Pineapple Coleslaw+* Warm Peach Crisp</p>	<p><i>5 Soup is a large 12 ounces</i> <b>Chicken &amp; Tortellini Soup</b> Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Seasonal Pear</p>	<p><b>6</b> <b>Ratatouille White Bean Stew</b> (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple Chunks+</p>	<p><b>7</b> <b>Tuna Salad Sandwich</b> on Whole Wheat Lettuce Leaf &amp; Tomato <i>Condiment packets available</i> Creamy Tomato Bisque+ <b>Tangerine+</b></p>
<p><b>10</b> <b>Mongolian Meatballs</b> (Pork &amp; Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Banana</p>	<p><b>11</b> <b>Senior Centers Closed</b></p>  <p><b>VETERANS DAY</b></p>	<p><i>12 Soup is a large 12 ounces</i> <b>Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b> Whole Wheat Crackers Asian Cabbage Salad+ * Spiced Pears</p>	<p><b>13</b> <b>Shepherd's Pie</b> soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread &amp; Butter Pineapple/Mango chunks+</p>	<p><b>14</b> <b>Chicken Fried Steak with Country Gravy</b> Collard Greens* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+</p>
<p><b>17</b> <b>Chicken Bulgogi</b> Carrots &amp; Mung Bean Sprouts Stir Fry* Steamed Rice Blend (Half Brown Rice) Apple+</p>	<p><b>18</b> <b>Pork Loin with Gravy</b> Mashed Potatoes Mixed Vegetables+* Grapes Whole Wheat Bread &amp; Butter</p>	<p><i>19 Soup is a large 12 ounces</i> <b>Italian Wedding Meatball Soup (beef)</b> Creamy Coleslaw+* Whole Wheat Roll Tangerine+</p>	<p><b>20</b> <b>Three Sisters Stew</b> (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp (oat-topping)</p>	<p><b>21</b> <b>Cheese Ravioli with Marinara</b> Herbed Broccoli &amp; Carrots+* Three Bean Salad Whole Wheat Roll Mixed fresh fruit (berries, grapes, pineapple)</p>
<p><b>24</b> <b>White Fish with Oyster Sauce</b> Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+</p>	<p><b>25</b> <b>Elsie's Chicken Adobo</b> Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana</p>	<p><i>26 Soup is a large 12 ounces</i> <b>Roast Turkey with Gravy</b> Savory Dressing Whole Wheat Roll &amp; Butter Mashed Sweet Potatoes Seasoned Green Beans Romaine salad with mandarins and dressing+ Warm Apple/Cranberry Crisp</p>	<p><b>SENIOR CENTERS CLOSED</b></p> <p><i>Happy Thanksgiving</i></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><b>Menu is subject to change without notice.</b></p>	<p>+denotes <b>vitamin C-rich foods</b> * denotes <b>vitamin A-rich foods</b></p> <p><b>All meals include 1% milk.</b></p>	<p>All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</p>	<p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.</p>	<p><b>Program participation is not limited with regard to:</b> Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>



## AUTHOR WORKSHOP

FRIDAY, NOVEMBER 7, 2025  
11:00AM

Emeryville Senior Center:  
4321 Salem St.  
Emeryville, Ca 94608

Irene Sardanis is a retired psychologist. She was born in New York City to Greek immigrant parents. She has been published five times in the Sun Literary magazine, numerous anthologies, the most recent one, 2016, The Magic of Memoir. She has been invited to read from her memoir chapters, particularly "Carmen Miranda."

She has attended writing conferences in San Miguel de Allende, Mendocino, California, Key West, Florida and Catamaran Writers Conference in Pebble Beach, California.

Irene believes that "we all carry stories waiting to be told (memories, moments, and experiences) that deserve a voice. Join her as she inspires you to explore the stories within yourselves and the obstacles that sometimes hold them back. Irene will share readings from her memoirs and offer a guided writing prompt to help you begin your own storytelling journey.

All are welcome, especially those with stories that have been waiting to be shared. Come be inspired and discover the writer within you!



# HOLIDAY GALA VENDOR SEARCH

FRIDAY, DECEMBER 12

VENDOR SALES TIME  
10:00AM - 2:00PM

## YOUR ROLE:

Bring your best handcrafted creations, upscale collectibles, or specialty items to sell!

Reserve Your Booth Space  
Today!

✉ Contact Marilee:  
[m2mmarringa@gmail.com](mailto:m2mmarringa@gmail.com)

## WHAT TO EXPECT

- You must complete a vendor contact information
- One 8' table and one chair provided
- Provide one donated item representing your business at vendor check-in (begins at 9:30 AM).
- Lunch available for \$20 / pp

CALL +123-456-7890 FOR MORE INFO

# Spartans Helping Seniors: TECH CREW

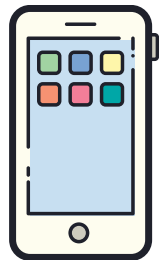
NOVEMBER 12, 2025

2:30 PM - 4:00 PM

Ask Emery High Seniors your tech questions to better connect with family and friends, enhance your entertainment experience, and learn to troubleshoot issues.

## BRING IN YOUR:

- PHONES
- LAPTOPS
- TABLETS
- SMART DEVICES
- ANYTHING TECH!



To Confirm Your Participation, Please Call or Email Christen Gray

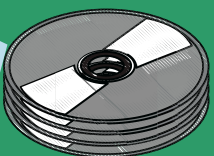
PHONE: 510-596-4396

EMAIL:

[CGRAY@EMERYVILLE.ORG](mailto:CGRAY@EMERYVILLE.ORG)

PARTNERSHIP WITH  
EMERY HIGH SCHOOL

LOCATION: EMERYVILLE SENIOR  
CENTER:  
4321 SALEM ST.  
EMERYVILLE, CA 94608







## THE FRIENDS OF THE EMERYVILLE SENIOR CENTER

# Holiday Marketplace

Join us for The Friends of Emeryville Senior Center's  
1st Annual Holiday Marketplace!

 **Saturday, November 15**

 **10:00 AM – 4:00 PM**

 Emeryville Senior Center, 4321 Salem St., Emeryville, CA

 **Entry is FREE!**

Get your shop on and discover one-of-a-kind treasures while supporting the Friends of ESC, a nonprofit that funds health classes, programs, and social events for the Emeryville Senior Center community.

A portion of your proceeds are used to fund programs, classes, and events in partnership with ESC.



Handcrafted Items



Unique  
Collectibles



Specialty Goods





# SENIOR HELP DESK



MEET WITH VOLUNTEER  
GUIDES FOR HELP ACCESSING:

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

 **Dates: 11/5, 11/12, 11/19, 11/26**  
 **Time: 11:00 AM**

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

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

CITY OF EMERYVILLE

# HOLIDAY PARADE



Main Event :

- Live Music & Performances
- Sweet Treats
- Family Fun
- & Walking Parade



**DEC 5**  
**2025**

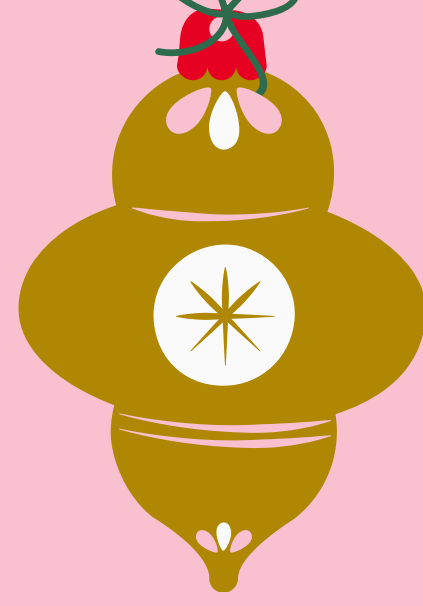
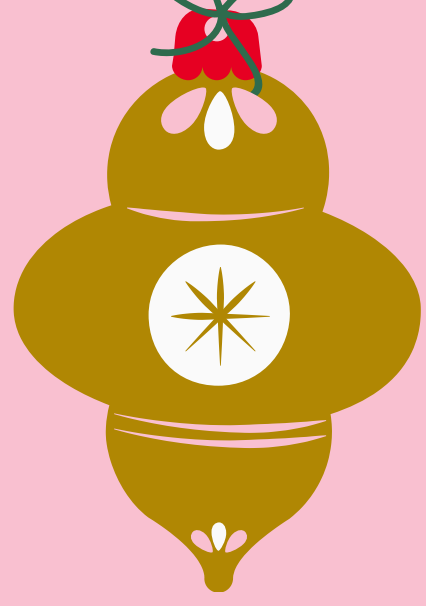
**4:30PM - 6:30PM**

1333 Park Ave.  
Emeryville, CA  
94608



**BIKE, SCOOT, SKATE, &  
WALK PARADE**





Friends of Emeryville Senior Center presents their annual

# HOLIDAY GALA POP-UP SHOP

**FREE ADMISSION**

**JEWELRY, BOOZY GIFT PACKS, LEGWEAR,  
NAIL PRESS-ONS, AND SO MUCH MORE!**

**20% OF ALL PROCEEDS GO TO THE  
FRIENDS OF ESC (NON-PROFIT)**

**10 a.m. - 2 p.m.**

**Friday, December 12th**

**4321 Salem St.**

**Emeryville, CA 94608**

**ONE-DAY HOLIDAY SHOPPING EXTRAVAGANZA!**

**GET READY FOR A VERY EXCITING ONE-DAY SHOPPING EVENT FEATURING ONE-OF-A-KIND  
TREASURES MADE BY TALENTED LOCAL ARTISANS!**

**SHOP LOCAL, DISCOVER UNIQUE GIFTS, AND SUPPORT THE FRIENDS OF THE EMERYVILLE SENIOR  
CENTER, A NONPROFIT THAT FUNDS PROGRAMS, CLASSES, AND COMMUNITY EVENTS.**

**DON'T MISS THIS FESTIVE HOLIDAY POP UP SHOP, YOUR PERFECT CHANCE TO FIND SOMETHING  
SPECIAL AND GIVE BACK!**