NOVEMBER 2026

Special EDITION

THE LINK

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

WHAT'S HAPPENING @ ESC

November 2026 AT A GLANCE

11/1 – Trip: Antioch Dia de los Muertos
11/2 & 11/3 – Voting Polls Continue
11/3 – ESC Help Desk (11AM-1 PM)
11/4 – ESC Help Desk (11 AM–1 PM)
11/5 – Mercy Brown Bag
11/5 - Blood Pressure Checks
11/6 – Diabetes Support Group (10 AM)
11/6 – ESC Walking Group (12:30 PM)
11/6 – Friday Movie: 9 to 5
11/6 – Trip: Santa Rosa Harvest Festival
11/8 – Trip: Eat, Sip, Shop RH Yountville
11/9 – Chair Massages w/ Jillian (1–3 PM)
11/9 – Holiday Gala Ticket Sales Begin
11/9 – Holiday Gala Raffle Ticket Sales Begin
11/10 – ESC Help Desk (11 AM–1 PM)
11/11 – HOLIDAY CLOSURE: Veteran's Day
11/12 – Trip: AQUA TERRA Grill @CCC
11/13 – Friday Movie: Life
11/14 – Friends of ESC Holiday Marketplace
11/15 – Trip: San Jose Water Lantern Festival
11/17 – Volunteer Circle (1 PM)
11/17 – ESC Help Desk (11 AM–1 PM)
11/18 – Raisin Bread Making w/ ESC (1 PM)
11/18 – ESC Help Desk (11 AM–1 PM)
11/19 – Mercy Brown Bag
11/19 - Blood Pressure checks
11/20 – Friday Movie: Soul Food
11/21 – Trip: Legion of Honor: Azzedine Alaia
11/24 – ESC Help Desk (11 AM–1 PM)
11/25 – Thanksgiving Luncheon (11:30 AM Welcome)
11/25 – ESC Help Desk (11 AM–1 PM)
11/26–27 – HOLIDAY CLOSURE: Thanksgiving
11/30 – Trip: Vacaville Outlets

Holiday Marketplace

Saturday, November 14 • 10:00 AM -3:00 PM
Emeryville Senior Center (4321 Salem St., Emeryville)

🎄✨ SHOP, STROLL & GET INTO THE HOLIDAY SPIRIT! ✨🎁

Join the Friends of the Emeryville Senior Center for the 2nd Annual Holiday Marketplace! 🛍️❤️

Get a head start on your holiday shopping while supporting a wonderful cause! Discover unique gifts, festive finds, handmade treasures, and special goodies perfect for everyone on your list. Whether you're shopping for family and friends or treating yourself, this is the perfect opportunity to shop local, support small businesses, and spread a little holiday cheer!

❤️ Every purchase helps support the Friends of ESC and their efforts to enhance programs, activities, trips, and services for our senior community.

🎁 Bring your holiday shopping list, invite a friend, and come ready to discover something special!

Shop with purpose. Give with heart. Celebrate the season with us! 🎅🎄

📍 Emeryville Senior Center
📅 Saturday, November 14, 2026

We can't wait to see you there! ❤️

Thanksgiving Luncheon

🦃🍂 GIVE THANKS & GATHER WITH US! 🍂🦃

Join us at the Emeryville Senior Center for a special Thanksgiving Holiday Meal! Celebrate the season with good food, friendly faces, and the joy of sharing a meal with your senior center community.

📅 Wednesday, November 25, 2026
🕚 11:30 AM Welcome
🍽️ Dine-In Congregate Lunch: 11:45 AM–12:15 PM

Come hungry, bring your holiday spirit, and enjoy a little Thanksgiving togetherness!

Advance registration is suggested. Please call the ESC Front Desk at (510) 596-3730 to reserve your spot.

❤️ We look forward to celebrating with you!

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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

Holiday Market & Gala 2026 Vendor Search



🎄✨ VENDORS WANTED! ✨🎄

Be part of our Holiday Marketplace & Gala Pop-Up Shops, a joyful celebration bringing together amazing makers, artisans, and small businesses for a magical season of shopping and community cheer! 🎁🛍️

We're seeking vendors who offer:

- 🎨 Handmade arts & crafts
- 💍 Jewelry & unique accessories
- 🎅 Holiday gifts & décor
- 🌿 Wellness, beauty, educational, and lifestyle products

If you're ready to showcase your creations, connect with shoppers, and help make the season sparkle, we want YOU! ✨

Limited spaces available, apply today and join the holiday magic!

Holiday Gala Raffle Ticket Sales

🎄 WIN BIG THIS HOLIDAY SEASON! HOLIDAY GALA RAFFLE TICKETS ON SALE NOVEMBER 2! 🎁

The Friends of the Emeryville Senior Center are spreading holiday cheer, and you can be part of the excitement! Stop by the office starting November 2nd to purchase your raffle tickets and support the Friends' annual fundraiser.

✨ Amazing prizes include:
🧵 A beautiful handmade quilt crafted by our Thursday Knitting & Sewing Group
🎁 Gift baskets valued at $39+
💳 Gift cards from local businesses
🎉 And much more!

Raffle Ticket Prices:
🎟️ $2 each or 6 tickets for just $10!
Every ticket supports the Friends of the Emeryville Senior Center and their efforts to enhance programs and activities for our community. Get your tickets early for your chance to win something special!

🎶 Mark Your Calendar: Holiday Gala
📅 Friday, December 11, 2026
🕚 11:00 AM–2:00 PM

Join us for live entertainment, a catered lunch, and plenty of holiday cheer! Gala event tickets go on sale November 9th.

Stop by the office, purchase your raffle tickets, and help make this holiday season extra special! ❤️



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WHAT'S HAPPENING @ ESC

EVENTS & NEWS!



ESC 2026 Voting Polls

🗳️ YOUR VOICE. YOUR VOTE. YOUR FUTURE!

Election Day is coming! Head on down to the Emeryville Senior Center (ESC) and make your voice heard! Every vote matters, and your participation helps shape the future of our community. Take a moment to plan ahead, bring your voting materials, and stop by the ESC to cast your ballot.

📍 The ESC is a Voting Location!
Please be aware that parking will be more limited than usual during the voting period. If you're visiting the Center for a program or class, allow extra time to find parking and arrive on time.

📣 Please Note: Class Cancellations October 30–November 3
The following classes will be canceled to accommodate election setup and voting operations:

- Pickleball
- Tai Chi
- Tango
- NIA
- Light Weight Training
- Zumba
- Beginning/Intermediate Tap

We apologize for any inconvenience and appreciate your patience and understanding as we support this important civic process.

Make a plan, bring a friend, and get out and VOTE! Your voice deserves to be heard. See you at the polls!

Help Desk Corner

🩺 HELP DESK CORNER: **Medicare Open Enrollment 2026**
October 15 – December 7, 2026

It's time to review your Medicare coverage! Open Enrollment allows you to compare plans and make changes to your Medicare Advantage or prescription drug coverage for 2027. Review your premiums, medications, doctors, and benefits before making a decision. Changes generally take effect January 1, 2027.

Need help? Alameda County residents can receive free, unbiased Medicare counseling through HICAP.
📞 Alameda County HICAP: 1-800-510-2020

🌐 Compare Plans: www.medicare.gov

Don't wait! December 7, 2026, is the deadline to make changes during Fall Open Enrollment.

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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC



2026 Holiday Gala

🎁 Not to Be Missed – Friends Holiday Market Sale! 🎄

The Friends of the Emeryville Senior Center invite you to join us on Saturday, November 14 for our festive Holiday Market Sale, your chance to discover one-of-a-kind holiday gifts crafted by local artisans and creative vendors.
Our ESC Friends Board is working hard to make this a wonderful community event, but we need vendors to help bring it to life!

Funds raised will directly support the Emeryville Senior Center by:
- Covering costs for classes
- Providing entertainment at luncheons
- Supporting extra activities
- Purchasing a much-needed new sound system

📞 Interested in volunteering or becoming a vendor? Vendors should contact the front desk at (510) 596-3730 to request vendor information and an application.

Volunteers should contact the Volunteer Coordinator by phone at (510) 463-6478 and by email at helena.sorus@emeryville.org

Let's work together to make this year's Holiday Market joyful, successful, and supportive of all ESC programs!

SAVE THE DATE:

10/31-11/3: In-Person Polling Location

11/11- HOLIDAY CLOSURE:
In Honor of Veteran's Day

11/9- Raffle Ticket Sales Begins

11/9- Gala Ticket Sales Begins

11/14- Friends of ESC Holiday Market

11/25- Thanksgiving Luncheon

12/4- SPECIAL EVENTS:
Deck the Halls of ESC (1:00 pm)
Holiday Parade 2026 (4:30 pm)

12/11- SPECIAL EVENT:
Holiday Gala 2026

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EVENTS & NEWS!

WHAT'S HAPPENING @ ESC

🍂 THE FRIENDS OF ESC ARE FALLING INTO FUN! 🎉

🎄 3 WAYS TO HAVE FUN, HOLIDAY SHOP & SUPPORT THE FRIENDS OF ESC! 🎁

The Friends of the Emeryville Senior Center have a festive holiday season planned, and YOU are invited! 🥳 From holiday shopping and exciting raffle prizes to seasonal celebrations, there are three wonderful ways to have fun while supporting the programs and activities that make ESC special.

🛍️ 1. SHOP THE 2ND ANNUAL HOLIDAY MARKETPLACE
📅 Saturday, November 14, 2026
Kick off your holiday shopping and discover unique gifts, handmade treasures, and festive finds while supporting the Friends of ESC!
🧵 Bonus: The Needlework Circle's beautiful handmade quilt will be on display, and quilt raffle tickets will be available for purchase. Don't miss your chance to see this special creation!

🎁 2. TRY YOUR LUCK WITH THE HOLIDAY GALA RAFFLE!
🎟️ Raffle Tickets On Sale November 2!
Get your tickets for a chance to win fabulous prizes, including gift baskets, local business gift cards, and more!
🎫 Raffle Ticket Prices: $2 each or 6 for $10.
Stop by the ESC office to purchase your tickets, support the Friends, and get in on the holiday excitement!

🎉 3. CELEBRATE AT THE HOLIDAY GALA & POP-UP SHOPS
📅 Friday, December 11, 2026
🕚 11:00 AM–2:00 PM
Shop the festive Holiday Gala Pop-Up Shops, discover special gifts, and soak up the holiday spirit! Join us for a joyful seasonal celebration while supporting the Friends of ESC.

💙 EVERY PURCHASE. EVERY TICKET. EVERY EVENT MAKES A DIFFERENCE!
Your support helps the Friends of the Emeryville Senior Center fund health and wellness classes, programs, resources, entertainment, and activities that enrich the lives of our members.

Support ONE, TWO, or ALL THREE! Bring a friend, join the fun, shop local, and help make this holiday season extra special at ESC!

🎄 Shop. Celebrate. Give Back. Support ESC! ❤️

~The Friends of the Emeryville Senior Center

2nd Friday Social

🎄 SAVE THE DATE: December Holiday Social! 🎁

Please note that the ESC will not host a 2nd Friday Social in November, but we'll be back in December for a special 3rd Friday Holiday Social on Friday, December 18, at 4:00 PM!

We're going out with a BANG as we celebrate the season with a festive Holiday Potluck and White Elephant Gift Exchange! 🍽️✨ Bring one of your favorite holiday dishes, family recipes, or seasonal treats to share with your fellow members. Let's fill the table with delicious food and holiday cheer!

🎁 What's a White Elephant Gift Exchange? Bring a wrapped gift (suggested value: $10–$15) to participate! Everyone who brings a gift will draw a number to determine the order. On your turn, choose a wrapped gift or steal one that someone else has already opened. The fun is in the surprises, laughs, and friendly competition!

📅 Mark Your Calendar: Friday, December 18, 2026
🕚 Time: 4:00 PM
📍 Location: Emeryville Senior Center

Bring your favorite dish, a wrapped gift, and your holiday spirit! Let's close out the year with good food, great company, laughter, and plenty of festive fun. ❤️🎅

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WHAT'S HAPPENING @ ESC

SUPPORT GROUP

Diabetes Support Group Meeting (11/6 @ 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 (11/6 @ 12:30pm)

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

Monthly Chair Massages

Chair Massages with Jillian 11/9

Relax. Recharge. Refresh!

Treat yourself to a little self-care with Jillian's soothing 20-minute chair massages on **Monday, November 9, 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!

Cooking w/ ESC

Raisin Bread Making w/ ESC (11/18, @ 1:00pm)

🍞✨ Celebrate National Raisin Bread Month Cooking w/ ESC! ✨🍇

Join us this November as we honor the sweet, cozy classic we all love — raisin bread! From the rich aroma of warm spices to the perfect pop of juicy raisins, we're bringing this beloved favorite to life in a fun and flavorful cooking experience.

Together, we'll mix, knead, and bake a tasty twist on classic raisin bread — perfect for the fall season. 🍂✨

- 🍞 Date: **11/18**
- 💲 Materials Fee: **$10**
- 📝 **Registration Required**

Learn, taste, and create with us as we explore delicious twists on traditional raisin bread and enjoy a festive baking session perfect for the season.

Come enjoy good company, great aromas, and a fun, hands-on cooking session you won't want to miss!

👩‍🍳🍂 Don't miss this tasty celebration, register today!

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TRIPS: NOVEMBER 2026

NOVEMBER TRIP REGISTRATION IS OPEN MONDAY, 11/2 @ 9AM

Extended Travel Trips

Introducing an extended trip for 2027 - call TravelCenter to book your trip today!
Upcoming Collette Tours presents:

· Colors of Morocco April 8-22, 2027

For reservations contact TravelCenter Tours & Travel @ (925) 937-2223. Feel free to stop by ESC for a brochure of trip details and the sign-up sheet.

***NOTE: Don't forget to mention to your agent that you heard it from ESC first, when registering for your trip!**

Holidays @ Filoli
(12/4, 2P-9P)
$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.
(MINOR TO MAJOR WALKING) Trip #: 122026003**

Holiday High Tea @ The Claremont
(12/5, 11:30A-4P)
$160

☕🎄 HOLIDAY HIGH TEA AT THE CLAREMONT 🥂
Celebrate the season in style with ESC! Enjoy an elegant Holiday High Tea at the beautiful Claremont Hotel, featuring three tiers of tea offerings and a complimentary glass of sparkling wine. Bring a friend and indulge in a festive afternoon of delicious treats and holiday cheer!

🎟️ Limited to 15 participants! Reserve your spot for this special holiday experience!
(MINOR TO MODERATE WALKING) Trip #: 122026004**

NBA Game
GSW vs Cup Tournament Opponent
(12/8, Time: TBD)
$95

🏀 **Warriors vs. Trailblazers at Chase Center!** 🏀
Cheer On the Warriors at Chase Center!
Join us for an exciting trip to the Chase Center as we cheer on the Golden State Warriors in a TBD opponent matchup! The game is likely a day game, and depends on the GSW performance in the play in tournament. Enjoy the action from the Cache Creek Club, a premium seating area offering great views and an elevated game-day experience. Don't miss this chance to be part of the energy, the community, and the unforgettable fun of Warriors basketball! Reserve your spot today, these seats won't last!
(MODERATE TO MAJOR WALKING) Trip #: 122026002**

Greystone Sunset Tour @ COPIA
(12/10, 11:30A-4:30P)
$40

🍷🌅 CIA GREYSTONE SUNSET TOUR
Join ESC for a scenic getaway to the Culinary Institute of America at Greystone in beautiful St. Helena! Tour the historic campus, admire the stunning architecture, and enjoy the charm of Napa Valley wine country during this special sunset experience. Enjoy beautiful views, a culinary experience, and a memorable outing with your ESC friends! **(MINOR TO MAJOR WALKING) Trip #: 122026005****

SF Dickens Christmas Fair
(12/12, 2P-10P)
$75

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. Don't miss this enchanting experience, reserve your spot today! **(MINOR TO MAJOR WALKING) Trip #: 122026006****

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TRIPS CONTINUED

Livermore BINGO (12/19, 9A-6P) $72

🎱🚌 BINGO FUN IN LIVERMORE!
Ready to shout BINGO! Join ESC for a fun-filled trip to Livermore for BINGO 4CHEF! Enjoy the excitement of the games, test your luck, and spend a great time with friends. Whether you're a seasoned player or a beginner, come ready for laughs, friendly competition, and the chance to win!

💵 Bingo Buy-In: $57 per player (additional games or buy-ins may be extra).

Bring your lucky charm and get ready to play! Space is limited, so reserve your spot early for this exciting ESC outing! 🍀🎉 **(MINOR WALKING) Trip #: 122026007**

Shop Around: Stanford Shopping Center **(12/14 9ApA-5P) $20**

Get into the holiday spirit with ESC on a shopping trip to Stanford Shopping Center in Palo Alto! Enjoy this beautiful open-air shopping destination featuring an array of upscale retailers, popular brands, specialty boutiques, department stores, and delightful dining options. Stroll through the festive outdoor walkways, browse for unique gifts, and check off your holiday shopping list at your own pace. Whether you're shopping for loved ones or treating yourself, this holiday outing is the perfect opportunity to enjoy seasonal decorations, explore your favorite stores, and share a fun day out with friends!
🎁 Shop, stroll, dine, and celebrate the season with ESC!
(MODERATE TO MAJOR WALKING) 12026008

Eat, Shop, & Explore Holiday Edition **(12/16, 11A-5P) $20**

Join ESC for a festive holiday outing at the iconic Fairmont San Francisco! Marvel at the spectacular life-size Gingerbread House, admire the elegant holiday decorations and towering Christmas tree, and enjoy delicious dining options at your leisure. Enjoy holiday magic, photo opportunities, and tasty treats while soaking up one of San Francisco's most beloved holiday traditions! Lunch on your own.
(MODERATE TO MAJOR WALKING) Trip #: 122026009

The Bodyguard Musical (2/13, 11A-5P) $95

Get ready for a thrilling afternoon of music, romance, and suspense! Join ESC for The Bodyguard: A New Musical, inspired by the hit 1992 film starring Whitney Houston and Kevin Costner.

Follow superstar Rachel Marron as she falls under the protection of a former Secret Service agent after receiving threatening messages from a mysterious stalker. As danger draws closer, an unexpected romance develops, set to unforgettable hits including "I Will Always Love You," "I Wanna Dance with Somebody," and "Greatest Love of All."

Enjoy powerhouse vocals, exciting choreography, and a love story filled with drama and suspense!

🎟️ Join ESC for a fabulous theater outing filled with music, memories, and Broadway-style entertainment!
(MINOR TO MODERATE WALKING) Trip #: 022027002**

The Bad News Bears – A Musical @ A.C.T. (3/31, 11:30A-5:30P) $135

Step into the heart and humor of America's favorite underdog story! The Bad News Bears: A Musical brings the beloved tale to life with upbeat songs, quick-witted charm, and feel-good energy. Follow a ragtag youth baseball team as they stumble, swing, and sing their way toward believing in themselves—and each other. Filled with big laughs and even bigger heart, this lively musical celebrates teamwork, determination, and the joy of discovering that greatness can come from the most unexpected places.
🎤 **Includes a Post-Show Cast Talkback**
💺 **Mid-Orchestra Seating with Lunch Included**
Join us for an afternoon of fun, inspiration, and exceptional theatre. Reserve your spot today—this trip promises unforgettable entertainment both onstage and behind the scenes! **(MINOR TO MODERATE WALKING) Trip #: 032027002****

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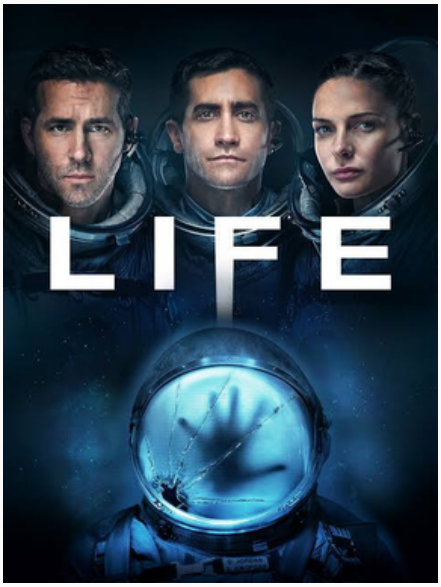
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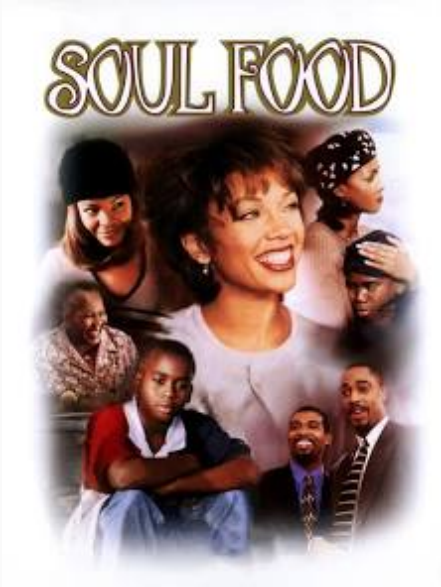
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FRIDAY MOVIES







11/6- 9 to 5:
9 to 5 follows three women in a corporate office who unite against their arrogant, sexist boss, turning frustration into playful revenge and unexpected workplace reforms.

11/13- Life:
In the near future, an unmanned space probe returns from Mars to Earth's orbit carrying soil samples that may contain the first evidence of extraterrestrial life.

11/20- Soul Food:
Soul Food follows 11-year-old Ahmad as he narrates how his close-knit Chicago family begins to fall apart after their matriarch, Big Mama, suffers a stroke and dies, forcing the family to confront infidelity, financial struggles, and sibling tensions until Ahmad devises a plan to reunite them.

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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: **November 5th & 19th**

👉 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 8-hour AARP course will be held on:
Monday, **December 7th 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 aarpdriversafety.org.

💻 Ashby Village Tech Help: Holiday Break

Please note that Ashby Village Tech Help will be on holiday break for November and December. Since the fourth Thursdays of both months fall during holiday observances for the Emeryville Senior Center and Ashby Village, tech help services will conclude for 2026.

Our wonderful Ashby Village Tech Team volunteers look forward to returning in 2027 to help you with your technology questions, devices, and digital needs! Thank you for your understanding, and we wish everyone a happy and healthy holiday season! 🎄✨

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 November 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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RESOURCES (CONT.)

ESC Help Desk (Tuesdays & 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: **11/3, 11/4, 11/10, 11/17, 11/18, 11/24, 11/25**
🕐 Time: 11:00 AM – 1:00 PM
📍 Location: Emeryville Senior Center
4321 Salem St., Emeryville, CA 94608
Let's work together to build a stronger, more connected community.

💙 Volunteer Circle: Give Comfort, Share Kindness

Tuesday, November 17 • 1:00 PM
✨ The Volunteer Circle Needs You! ✨

Join us on as we come together to assemble gift bags that will brighten the winter holiday season for our isolated senior members. We'll be wrapping small gifts to bring a little joy and connection to our fellow seniors who may be spending the holidays alone. 💛

If you have small, thoughtful items appropriate for homebound seniors, please consider donating them.

Donations can be placed in the labeled crate in the entry area.

We are also collecting items for Comfort Packs that will be distributed to our unhoused neighbors for Thanksgiving and again on Valentine's Day. Items needed include:
- 🧦 Men's & women's unused socks
- 🧴 Travel-size toiletries (soap, lotion, shampoo, body wash, etc.)
- 💼 Small personal care items (shaving cream, deodorant, Kleenex packs, etc.)

Whether you choose to volunteer your time or donate supplies, your generosity makes a meaningful difference.

Thank you for helping us support our community with warmth, dignity, and kindness. ❤️

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

NOVEMBER 2026

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)	OtherInfo
Joe	Meditation	M/TW//Th, 8:00am	Zoom	**ID** 940 9351 3137, **PW** 4321
Helen	Weights	Tuesdays, 9:30am	Zoom	**ID** 870 8808 7266, **PW** 4321
Helen	Zumba	Tuesdays, 10:30am	Zoom	**ID** 818 8733 2590, **PW** 4321
Pamela	Pain Ease	Tuesdays, 2:00pm	Zoom	**ID** 925 9097 9143, **PW** 4321
Novella	Line Dance	Wednesdays, 9:30am	Zoom	**ID** 993 4137 3668, **PW** 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	**ID** 810 5258 6014, **PW** 4321
Stephanie	Rosen	Thursdays, 10:00am	Zoom	**ID** 894 5266 7677, **PW** 670945
Pamela	Yoga	Thursdays, 9:00am	Zoom	**ID** 925 9097 9143, **PW** 4321

(No Zoom Classes 11/2, 11/3, 11/11, 11/26, 11/27)

In-Person Classes

Instructor	Class	Day/Time		Location		Other Info
Judy	Tai Chi	Mondays,	9:00am	Upstairs		
Sandra	NIA	Mondays,	10:00am	Main	Hall	**No Class 11/2**
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	**No Class 11/3**
ESC Staff	Mahjong	Tuesdays,	12:00pm	Upstairs		
Jay	Karaoke	Tuesdays,	12:30pm	Billiards	Rm	**No Class 11/3**
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	**No Class 11/3**
Novella	Line Dance	Wednesdays,	9:30am	Main	Hall	**No Class 11/11**
Lee	Ageless Grace	Wednesdays,	10am	Upstairs		**No Class 11/11**
Lee	Body Restore	Wednesdays,	11am	Upstairs		**No Class 11/11**
ESC Staff	Pickleball	M/W,	1:00pm	Main	Hall	**No Class 11/11, 11/25**
Pamela	Yoga	Thursdays,	9:00am	Upstairs		**No Class 11/26**
Terry	Guitar & Songs	Thursdays,	10:00am	Billiards	Rm	**No Class 11/26**
Helen	Weights	Thursdays,	9:30am	Main	Hall	**No Class 11/26**
Helen	Zumba	Thursdays,	10:30am	Main	Hall	**No Class 11/26**
Staff	Needlework Circle	Thursdays,	1:00pm	Billiards	Rm	**No Class 11/26**
ESC Staff	Pickleball	Thursdays,	1:00pm	Main	Hall	**No Class 11/26**
Ann	Tai Chi	Fridays,	10:00am	Main	Hall	**No Class 11/27**
Bayon	Happy Meditation	Fridays,*	11:30am	Upstairs		**No Class 11/27**
Sandra	Tango	Fridays,	1:00pm	Main Hall		**No Class 11/27**

*Meditation class meets on the 1st, 3rd, and 5th Fridays of each month

HOLIDAY CLOSURES-
Veteran's Day (11/11); Thanksgiving (11/26-11/27)

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TRANSPORTATION PROGRAMS

Mobility Options:

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

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

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

Eligibility:

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

Complete Information:

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

Applying: Click for an application for the 8-To-Go Program.

Fees:

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

Taxi/Lyft/Uber Reimbursement Program:

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



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

2026 NOVEMBER CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Chicken Bulgogi** Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Citrus Cuties+	**3** **Pork Loin with Gravy** Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	**4** **Italian Wedding Meatball Soup (beef, x4)** Whole Wheat Roll Creamy Coleslaw+* Fresh Pear	**5** **Cheese Ravioli with Marinara** Herbed Broccoli & Carrots+* White Bean Salad Whole Wheat Roll Seasonal Apple	**6** **Latin Roast Pork** Yellow Rice Cuban-style Black Beans Mexican Coleslaw+ Diced Mango+
9 **Ginger Scallion White Fish** Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Pear	**10 Elsie's Chicken Adobo** Brown Rice Mixed Vegetables (green beans, broccoli, carrots) +* Fresh Citrus Cuties+	**11** **Veteran's Day** **Senior Center Closed**	**12** **Sweet Potato Peanut Stew* over Quinoa** (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Grapes *Contains Peanuts*	**13** **Chicken Parmesan** Whole Wheat Pasta Ratatouille+ Banana
16 **Beef and Tomato Stir Fry** Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Diced Pineapple/Mango+	**17** **Beef and Bean Chili** Brown Rice Southern Green Beans Fresh Orange+	**18** **Chicken & Tortellini Soup** Green Salad (Romaine & Cabbage) with shredded carrots with Ranch* Whole Wheat Roll Seasonal Apple	**19** **Homemade Baked Macaroni & Cheese** Lima Beans Braised Collard Greens+* Whole Wheat Roll Mixed Fruit (berries, pineapple, mango) +	**20** **Chicken & Sausage Gumbo** Brown Rice Collard Greens+* Green Salad (Romaine & Cabbage) w/ Italian Dressing Grapes
23 **Teriyaki Chicken** Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas) + Steamed Brown Rice Fresh Citrus Cuties+	**24** **Meat Loaf (Turkey) w/ Gravy** Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Roll Seasonal Pear	**25** **Roast Turkey with Gravy** Savory Dressing Whole Wheat Roll Mashed Sweet Potatoes* Seasoned Green Beans Pumpkin Bisque appetizer Orange+ Pumpkin Muffin	**26** **HAPPY THANKSGIVING!** **Senior Centers Closed** 	**27** **HAPPY THANKSGIVING!** **Senior Centers Closed**
30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Fresh Citrus Cuties+	**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.	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 Higher Sodium Meal	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging	**+ Denotes vitamin C-rich foods** *** Denotes vitamin A-rich foods** The County of Alameda Area Agency on Aging

CAREGIVER SUPPORT GROUP



Launching January 2027

12 Week Facilitated Program for Caregivers

Open to all Emeryville Senior Center & Community members

Sign up at the Senior Center Front Desk or call:
(510) 596-3730

4321 Salem St. Emeryville CA 94608



3/31

11:30A-5:30P

$135

INCLUDES A POST-SHOW CAST TALKBACK
MID-ORCHESTRA SEATING
WITH LUNCH INCLUDED

Book & Lyrics by Eric Garcia
Music by Brian Feinstein
Based on the 1976 motion picture "The Bad News Bears" with a screenplay written by Bill Lancaster
Choreographed by Steph Paul
Directed by Sherri Eden Barber

This team still sucks—but now they sing! Based on the beloved 1976 Paramount Pictures film written by Bill Lancaster, this new musical follows a washed-up baseball player who takes a job coaching a ragtag team of Little League misfits, including his ex-stepdaughter. Through practice, persistence, and some good luck, they just may find victory in surprising places. Remember: they're not losers. They're athletically-challenged adolescents with developing coordination readiness.

Reserve your spot today

Registration now open! Call (510) 696 3730 or at the Emeryville Senior Center Front Desk

CITY OF EMERYVILLE
INCORPORATED 1896

JOIN EMERYVILLE SENIOR CENTER FOR A SPECIAL SHOWING OF

The Bodyguard

A New Musical at the Golden Gate Theater in San Francisco

DATE: SATURDAY FEBRUARY 13TH, 2027

COST: $95/PP

- GOLDEN GATE THEATER
- REAR ORCHESTRA TICKETS
- TRANSPORTATION IN EMERVILLE'S MINI BUS

WALKING LEVEL: 1 - EASY. THERE MAY BE 1-2 BLOCKS OF WALKING TO ACCESS THE THEATER, DEPENDING ON TRAFFIC. THE BUS WILL DO IT'S BEST TO GET AS CLOSE AS POSSIBLE TO THE THEATER.

THE BODYGUARD: A CAPTIVATING MUSICAL EXPERIENCE INSPIRED BY THE 1992 FILM FEATURING WHITNEY HOUSTON AND KEVIN COSTNER, *THE BODYGUARD* IS AN EXHILARATING ROMANTIC MUSICAL THAT MASTERFULLY BLENDS HIGH-STAKES SUSPENSE WITH UNFORGETTABLE MELODIES. FORMER SECRET SERVICE AGENT FRANK FARMER TAKES ON THE ROLE OF BODYGUARD, TASKED WITH SAFEGUARDING SUPERSTAR RACHEL MARRON FROM A MYSTERIOUS STALKER. WHILE BOTH CHARACTERS EXPECT TO MAINTAIN CONTROL OF THEIR CIRCUMSTANCES, THEY ARE UNPREPARED FOR THE ROMANCE THAT BLOSSOMS BETWEEN THEM. DESCRIBED AS "BRILLIANT" BY *THE TIMES*, THIS BREATHTAKINGLY ROMANTIC THRILLER SHOWCASES A PLETHORA OF TIMELESS CLASSICS, INCLUDING *QUEEN OF THE NIGHT*, *SO EMOTIONAL*, *I WANNA DANCE WITH SOMEBODY*, *SAVING ALL MY LOVE*, AND *ONE MOMENT IN TIME*. WITH ITS THRILLING PLOT TWISTS AND EMOTIONAL DEPTH, *THE BODYGUARD* OFFERS AN ELECTRIFYING MIX OF ROMANCE, SUSPENSE, AND CHART-TOPPING MUSIC THAT PROMISES TO ENCHANT AUDIENCES FROM BEGINNING TO END. THIS SHOW WILL BE A 1PM WEEKEND MATINEE.



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

TravelCenter Tours & Travel

"Life is a good trip."

All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, Emerville Seniors, City of Emerville and Tamika Wright assume no responsibility for any passenger or their possessions. All trips, tours and shows are subject to change and availability, No refunds unless a replacement is round. Tickets are non-refundable. Individual cancellations must follow Emerville Senior Center's cancellation policy. Specific conditions apply. Transportation is being provided by Emerville Senior Center and must follow all policies in place for Emerville Seniors transportation services. CST#102945-40 TravelCenter, Tours and Travel, 1956 Oak Park Blvd., Pleasant Hill, CA 94523 Phone: (925) 937-2223

Seeking

HOLIDAY EVENT VOLUNTEERS

FRIENDS OF EMERYVILLE SENIOR CENTER HOLIDAY MARKET NOVEMBER 14

DECKTHE HALLS DECEMBER 4

EMERYVILLE SENIOR CENTER HOLIDAY GALA DECEMBER 11

CONTACT VOLUNTEER COORDINATOR
HELENA.SORUS@EMERYVILLE.ORG
510-463-6478



YOU'RE INVITED TO THE EMERYVILLE SENIOR CENTER

Holiday Gala







FRIDAY, DECEMBER 11

Join us on Friday, December 11, 11am - 2pm for a festive day of mingling, lunch, a raffle, and live entertainment. Enjoy a cheerful celebration at the Emeryville Senior Center

Explore and shop for unique gifts at our Holiday Pop-Up which supports The Friends of Emeryville Senior Center

GET YOUR TICKETS BY CALLING (510) 596-3730 OR REGISTER AT THE EMERYVILLE SENIOR CENTER FRONT DESK !

Tickets on sale 11/9

4321 Salem St. Emeryville CA 94608

Friends of the
Emeryville Senior Center

Holiday Gala

RAFFLE FUNDRAISER

Win Great Prizes • Support a Great Cause!

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:



PRIZES INCLUDE:



Handmade Quilt
crafted by our Thursday Knitting & Sewing Group

QUILT RAFFLE TICKETS → $5 EACH ←



Gift Baskets
(All valued at $39+)



Gift Cards
(From various local businesses)



And much more!

RAFFLE TICKET PRICES:
$2 each
or **6 tickets for $10**

Tickets go on sale starting
November 2nd!

Every ticket supports the Friends of the Emeryville Senior Center and their efforts to enhance programs and activities for our community.

Join Us for the Holiday Gala!

- Friday, December 11, 2026
- 11:00 AM – 2:00 PM
- Live entertainment, a catered lunch, and holiday cheer!

Gala event tickets go on sale November 9th.

Stop by the office, purchase your raffle tickets, and help make this holiday season extra special!

Holiday MARKET

IN SUPPORT OF THE FRIENDS OF
EMERYVILLE SENIOR CENTER

CLOTHiNG, JEWELERY, CRAFTS, ART & MORE

NOVEMBER 14TH
10AM - 3PM

4321 SALEM ST,
EMERYVILLE CA 94608

Register as a seller

FRIENDS OF
EMERYVILLE SENIOR CENTER

ANNUAL HOLIDAY MARKETPLACE

NOVEMBER 14TH, 2026
10AM-3PM

RAFFLE, CRAFTS, FASHION & ACCESSORIES

JOIN US & GET A HEAD START ON YOUR HOLIDAY SHOPPING

MORE INFORMATION: (510) 596 3730

EMERYVILLE SENIOR CENTER
4321 SALEM ST. EMERYVILLE, CA 94608