

AUGUST 2025



# THE LINK

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

## WHAT'S HAPPENING @ ESC

### AUGUST 2025 AT A GLANCE

**August 1-** Diabetes Support  
**August 1-** ESC Walking Group  
**August 1- Presentation:**  
"Kindness begins with the Understanding that we All Struggle"  
**August 1- Movie:** Legends of the Fall  
**August 2- Trip:** Fremont Festival of the Arts  
**August 6- Trip:** Sonoma County Fair  
**August 6- Friends of ESC Mtg.**  
**August 7- Mercy Brown Bag**  
**August 8- Trip:** San Jose Jazz Festival  
**August 8- Special Event:** Summer Picnic #2  
**August 8- Movie:** Stolen: Heist of the Century  
(begins @ 2p)  
**August 9- Trip:** Vallejo Sin n' Thrift  
**August 10- Trip:** Mimosas & Motown Sunday Brunch  
**August 13- COA Meeting**  
**August 13- Trip:** Oyster Shucking @ Hog Island  
**August 14- Special Event:** ESC Ice Cream Social  
**August 15- Presentation:**  
Your Smart Health Toolkit: Putting AI to Work  
**August 15- Movie:** Night Always Comes  
**August 17- Trip:** SF MOMA: Make! w/ Scrap  
**August 19- ESC Volunteer Circle**  
**August 20- 10-wk (Group B) Drawing Class**  
begins  
**August 21- Mercy Brown Bag**  
**August 21- Special Event:** Julia Morgan Play  
Reading w/ Judith Offer  
**August 22- Presentation:**  
Financial Assistance: How to Get Help w/ Health Care Costs  
**August 22- Movie:** The Pickup  
**August 24- Trip:** Chicken, Chitlins, Caviar  
**August 29- Special Event:** ESC Paint Party (\$)  
**August 29- Presentation:**  
Medicare Questions & Medicaid in 2025  
**August 28- Ashby Village Tech Help**  
**August 29- Movie:** Flight Risk

### Summer Picnic #2 (8/8 @ 11am)

August 8<sup>th</sup> is  
National Happiness Happens Day!

This special day is all about embracing joy, delight, and the little moments that make us smile. Whether it's a flicker of a giggle or a burst of full-blown laughter, let it happen, and celebrate it!

Join us at Marina Park (**3300 Powell St.**) on **Friday, August 8<sup>th</sup>**, for our second summer picnic. Bring that beautiful smile and soak up the sunshine, good company, and positive vibes.

★ **Bonus fun:** Members from our Line Dance and Guitar classes will be there to show off their skills.

Let's laugh, sing, dance, and celebrate happiness together!

### ESC Ice Cream Social (8/14 @ 1pm)

🍦 I Scream, You Scream, We All Scream for ICE CREAM!

Get ready for a sweet time at our Annual Ice Cream Social!

 Thursday, August 14

 1:00 PM

 Emeryville Senior Center

Create your own refreshing ice cream sundae with all the fixings: sprinkles, sauces, whipped cream, and of course, a cherry on top! Prefer to keep it simple? No problem, a plain scoop in a bowl is just as delightful.

Whether you're a sundae artist or an ice cream minimalist, come enjoy a cold treat, great company, and lots of FUN!

🍷 **Volunteers Needed!**

If you're able to help serve, please let us know.

☎ Call 510-596-3730 to RSVP or sign up to volunteer.

### SAVE THE DATES:

9/12- End of Summer Picnic

9/26- Fall Formal



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## WHAT'S HAPPENING @ ESC

### Julia Morgan Play Reading (8/21 @ 1pm)

🧡 Step Into History: A Play Reading Experience

Join Poet & Playwright Judith Offer for a special reading of her original play:

"Scenes from the Life of Julia Morgan"

This fun and interactive event will take place in the Main Hall on **Thursday, 8/21**.

🕒 Approximate time: **1.5 hours**

Participants will each read from Judith Offer's script, which brings to life different chapters from the extraordinary journey of Julia Morgan, California's trailblazing architect and historical icon. No acting experience required, just a sense of curiosity and a love of storytelling!

If you've ever wanted to step into character and celebrate a local legend, this is your chance!

📋 Sign up at the front desk today!

### SCENES FROM THE LIFE OF JULIA MORGAN:



A Read-It-Yourself  
experience with Judith Offer

### Dine-in Lunch Policy

### **\*\*NEW\*\* Dine-in Lunch Policy**

The Emeryville Senior Center has introduced an updated Dine-In Lunch Policy to streamline lunch service, improve recordkeeping, and ensure a pleasant dining experience for all participants.

Effective immediately, diners are asked to follow these simple steps when arriving for lunch:

Sign-in at the kiosk, get a ticket, then proceed to lunch service window.

These steps are designed to make the process smoother and ensure accurate tracking for meal service. Staff members are available to assist if you have any questions. Thank you for your cooperation in helping us serve you better!

### Friends of ESC

### Friends of the Emeryville Senior Center 8/19 @ 1pm)

Did you enjoy the DuoWop Singers at the Holiday Luncheon?

How about the Taiko Drummers, Lion Dancers, and Dragon during our Chinese New Year celebration?

Or the praise dancer and jazz band at the Black History Month Luncheon?

These special performances were made possible by the Friends of the Emeryville Senior Center—a group dedicated to adding those extra touches that bring joy, culture, and connection to our center's events.

🎉 Our mission is simple: to support programs that foster happiness and enrich the lives of our seniors.

We're always planning something new—and we'd love your support! Whether you have time, talent, ideas, or wish to offer financial contributions, your involvement helps make the magic happen.

❤️ Thank you for being part of our vibrant community and your donations are greatly appreciated!



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## WHAT'S HAPPENING @ ESC

### **Paint Party at ESC!**

Get ready to unleash your creativity at our upcoming Paint Party.

 Friday, August 29  
 1:00 PM – 3:00 PM  
 Upstairs Dance Room

Groove to great music, sip on cider, and let your inner artist shine! You'll paint your own masterpiece while mingling with fellow members, enjoying light refreshments, and celebrate with a group toast at the end. **Please note:** Drawings are assorted and subject to change.

 Plus, everyone goes home with a keepsake group photo to remember the fun!

**Materials Fee:** \$20 per person

 Sign up at the front desk, space is limited!



### Diabetes Support Group

### **Diabetes Support Group Meeting (8/1 @ 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!

### ESC Walking Group

### **ESC Walking Group (8/1 @ 12:00pm)**

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

### Friends of ESC Volunteer Circle

### **ESC Volunteer Circle (8/19m @ 1pm)**

Join us as the ESC Volunteer Circle continues preparing comfort packs for our unhoused neighbors. Come be part of this meaningful effort while enjoying friendly conversation and community spirit.

 Tuesday, August 19th

 1:00 PM

 Emeryville Senior Center

Together, we can make a difference, one comfort pack at a time.



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## TRIPS: SEPTEMBER 2025

SEPTEMBER TRIP  
REGISTRATION  
OPENS WEDNESDAY,  
7/30, @ 9AM

Mountain View Art &  
Wine Festival  
(9/6, 9am-6pm)  
\$15

An authentic and moveable feast for the senses. Enjoy a day of vibrant art, music, and flavor at Silicon Valley's premier multicultural street fair! Enjoy handcrafted goods from 350+ vendors, live music, delicious food and drink, family fun, games, giveaways, and more—all in the heart of downtown Mountain View. Don't miss this award-winning celebration! **Trip #: 0925001**

Haight-Ashbury St. Fair  
(9/7, 9:30am-5pm)  
\$15

This year is the 46th Annual Haight Street Fair. This beloved community celebration honors the rich diversity, history, and creative spirit of San Francisco's iconic Haight-Ashbury District. Enjoy live music on two stages, browse local arts & crafts booths, and relax in the festival bar area with beer, wine, and more. Don't miss this lively, local tradition filled with culture, connection, and good vibes! **Trip #: 0925002**

Bedford Gallery: Beyond  
Color the Language of  
Black & White Exhibit  
(9/10, 10:30am-5pm)  
\$25

Discover the bold beauty of black and white at Beyond Color, Bedford Gallery's annual juried exhibit showcasing the expressive power of achromatic art. Featuring 80 talented artists from around the globe, this stunning collection explores emotion, detail, and composition through a wide range of mediums—without a hint of color. Following the exhibit, enjoy lunch on your own at a nearby local eatery. Don't miss this thought-provoking artistic experience!  
**Trip #: 0925003**

Trader Vics  
Rum Fest 2025  
(9/13, 1pm-7:30pm)  
\$105

Raise your glass for an unforgettable experience at the VIP Rum Enthusiast Grand Tasting Session! This exclusive 4-hour program is designed for spirits and rum lovers ready to savor the best. Your VIP perks include: 1-hour early admission, exclusive tasting cup, premium rum tastings from top-tier brands, and access to brand seminars (in which you must RSVP required; limited space). Sip, learn, and indulge in this spirited celebration!  
**Trip #: 0925004**

Solano Ave. Stroll  
(9/14, 9am-3pm)  
\$15

Attend the Solano Avenue Stroll, the East Bay's largest street festival! The Solano Avenue Stroll stretches a full mile through Berkeley and Albany, packed with live entertainment, music, food booths, local shops, and family fun. With over 400 vendors, including artisans, nonprofits, and performers, there's something for everyone at this vibrant community celebration! **Trip #: 0925005**

Healthy Living Festival  
@ Oakland Zoo  
(9/25, 8A-3:30P)  
\$15

Join the 22nd Annual Healthy Living Festival (HLF), a vibrant celebration of health and wellness for adults 55+ in Alameda County! You will have the opportunity to experience free health screenings, live music, fun activities, resources, and complimentary lunch, in effort to come together to promote active, healthy aging, while taking collective action to uplift the quality of life for older adults in the community. Don't miss out on the fun, food, and inspiration! **Trip #: 0925006**



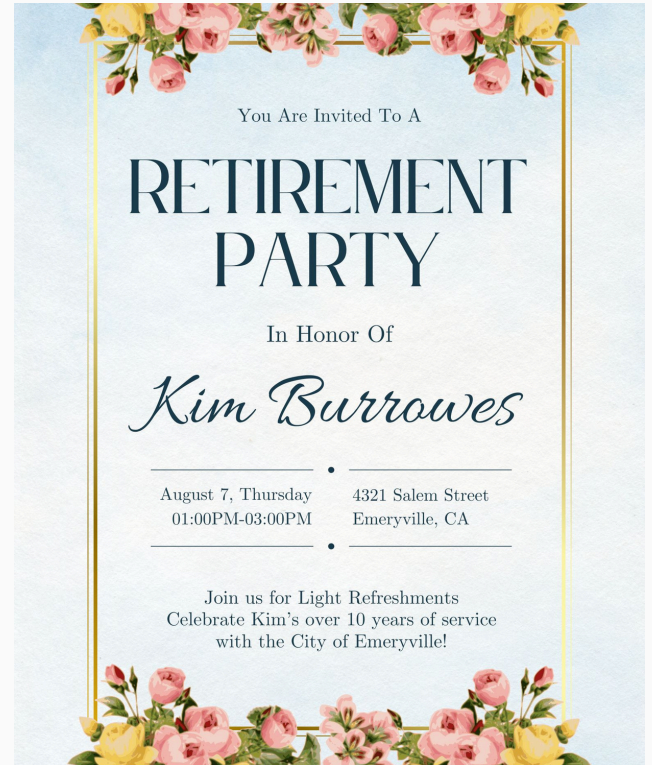
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## KIM'S FAREWELL JOURNEY



Dear Kim,

As you turn the page to a new and exciting chapter, we pause to reflect on the incredible legacy you've created over your 10+ years with the City of Emeryville. Your unwavering dedication, leadership, and compassion have not only shaped programs and policies, but also deeply touched the lives of so many in our community.

You led with both strength and heart, always putting people first, and your vision helped elevate the services and spaces we share. From big-picture planning to everyday moments of kindness, your impact is woven into the fabric of Emeryville's Senior Center and Community Services.

While your retirement marks the end of a remarkable era, it also signals the beginning of well-deserved rest, joy, and adventure. May your days ahead be filled with laughter, peace, purpose, and the same love you gave so generously to this city.

You will be deeply missed but always celebrated. Congratulations on your retirement, Kim. Emeryville is better because of you.

With heartfelt gratitude and best wishes,

The Entire ESC team

Have something you want to say or share to wish Kim farewell, join us for her retirement party, here at ESC, on **8/7, @ 1P**



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## PRESENTATIONS

### **"Kindness Begins with the Understanding that We All Struggle With" w/ Charles Glassman (8/1 @ 11am)**

In this presentation you will learn and discuss the importance of Advanced Health planning.

Also how Anchor Hospice is making a difference in patient's lives through utilizing virtual reality to bring happiness and experiences to their patients and families, how their Anchor Health Recruit Pediatric Hospice, programs explores celebrates, and cherishes every moment of their youth patient's lives, or how they use the power of music as a therapeutic tool and its profound impact on healing and well-being.

**Billiards Room**

### **Your Smart Health Toolkit: Putting AI to Work (8/15 @ 11am)**

In our first session, we began exploring the exciting possibilities of AI for wellness. In this interactive follow-up session, Ramona Health will guide you through the "how-to" of using technology as your personal wellness toolkit.

We'll focus on skills like:

- Mastering Voice Assistants: Simple commands for setting health reminders on your phone or smart speaker.
- Finding Trusted Apps: Tips for identifying high-quality, secure health and wellness apps.
- "Talking" to AI: How to ask effective questions to tools like ChatGPT to get better results for things like meal ideas or exercise plans.

**Billiards Room**

### **Financial Assistance: How to Get Help w/ Health Care Costs (8/22 @ 11am)**

Navigating the world of health care can be overwhelming, especially when it comes to costs. Join us for an informative session designed to help you understand the financial assistance programs available to older adults.

This workshop will cover:

- A review of Medicare and its associated costs
- An overview of Medi-Cal and Medicare Savings Programs
- Details on the Low-Income Subsidy (Extra Help) for prescription drugs
- Eligibility requirements, application steps, and how to access these benefits

Whether you're currently enrolled or just looking to understand your options, this session offers valuable insight to help ease the burden of health care expenses.

Don't miss this opportunity to get the support and answers you need!

**Billiards Room**

### **Medicare Questions & Medicaid in 2025 Presented by Amada Health (8/29 @ 11am)**

Have questions about Medicare or Medicaid in the coming year? Join us for an informative session where Amada Health will break down what you need to know to confidently manage your health care in 2025.

Topics include:

- How to find doctors in Emeryville, Albany, and Berkeley
- Medicare 101 – understanding and making the most of your benefits
- Navigating Medicaid and Medicare Advantage plans in Alameda County

Whether you're new to Medicare or just need a refresher, this session will provide the tools and guidance to help you stay informed and in control of your care.

**Billiards Room**





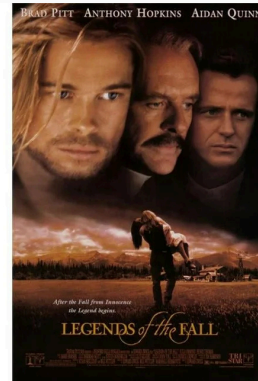
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## FRIDAY MOVIES

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

**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.**



### 8/1- Legends of the Fall:

In the early 1900s, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love, nature, and war.

### 8/8- Stolen: Heist of the Century:

A gang of thieves rob the impenetrable Diamond Center. Who was behind one of the world's biggest heists, and how did they pull it off?

### 8/15- Night Always Comes:

Risking everything to secure a future for herself and her brother, Lynette sets out on a dangerous odyssey, confronting her own dark past over the course of one propulsive night.

### 8/22- The Pickup:

A routine cash pickup turns into a deadly pursuit when two mismatched armored truck drivers are ambushed by ruthless criminals with plans beyond the cash.

### 8/29- Flight Risk:

A pilot transports an Air Marshal accompanying a fugitive to trial. As they cross the Alaskan wilderness, tensions soar and trust is tested, as not everyone on board is who they seem.







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## ESC INFO & RESOURCES



### Mercy Brown Bag Grocery Pick Ups

Brown Bags are distributed to seniors age 60+ at ESC, from **9am-10am**, on the **1st & 3rd Thursday** of the month.

**August 7<sup>th</sup>, & 21<sup>st</sup>**, are the next Mercy Brown Bag Pick-up. Please remember to bring bags for carrying, and to be prepared to update any personal information. We will hold a bag for you **ONLY** if you request it ahead of time for that week. If you are not registered for Mercy Brown Bag, please call Jacob @ (510) 596-4309 for more info, or we will be happy to sign you up at approximately 9am, on distribution days. **Note: BRING YOUR OWN REUSABLE BAG.**



### AARP

The next AARP refresher (**4-hr**) course is **Thursday, 10/6, (9A-1P)**. Call 510-596-3730, to register in advance. \$20/AARP members, \$25/Non-AARP members.

If you are unable to attend the course in-person, click here for online, self-paced workshops: [www.aarp.org](http://www.aarp.org); or here to access the driver safety program to renew insurance discounts: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

You can register for the next AARP Driving Course session by phone (@ 510.596.3730) or walk-in.



### Friends of ESC- Holiday Bazaar

The Friends of the Emeryville Senior Center will be hosting a holiday bazaar on **Saturday, November 15**, at ESC. Are you a crafter who would like to earn some money to buy more supplies? A collector with no one to pass your treasures to? Consider reserving a table for the bazaar. **20%** of proceeds will go to the Friends to pay for teachers, entertainment at events and improvements to the Center's decor. The Friends are not responsible for sales tax. This event is open to the public for selling and buying. If you would like to reserve a table, or have questions, call Katherine Harris at **(805) 720-2789** or email her at [cpanp5661@gmail.com](mailto:cpanp5661@gmail.com).

### Meals on Wheels

Meals on Wheels continues to be available for seniors age 60+ that are homebound, and who can receive up to 7 ready-to-heat meals a week, delivered on Monday, Wednesday, and Friday mornings. If you live in Emeryville and need meals delivered, or want to refer a senior in need, call **510-596-4309** or email [jacob.wojnar@emeryville.org](mailto:jacob.wojnar@emeryville.org).

If you do not live in Emeryville, here are some local Meals on Wheels / Senior Meal Programs that are serving your local community:

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: 510-582-1263  
Berkeley: 510-981-5250

Join us for **Lunch @ ESC!**

ESC offers lunch **Monday thru Friday** for the congregate (Dine in) lunch service **@ 11:45am**. Check the menu for **August**.

These programs are funded by Alameda County, but a **\$3 donations/per meal** are accepted.



Meals on Wheels  
OF ALAMEDA COUNTY

Want volunteer hours?  
We are in need of  
kitchen volunteers  
contact Jacob @  
[jacob.wojnar@emeryville.org](mailto:jacob.wojnar@emeryville.org)



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## RESOURCES (CONT.)



**Fall Into Fun with October Day Trips!**  
Whether you're in the mood for scenic cruises, festive flavors, live sports, or cultural adventures, we've got something for everyone. Don't miss your chance to explore new places, make memories, and enjoy the season with friends old and new.  
 Spaces fill quickly, register early to reserve your seat!  
 Call (510) 596-3730 or visit [www.rec.us/emeryville](http://www.rec.us/emeryville) to sign up today!

### Deadline Day Trips

Warriors vs. Lakers

**Sunday, October 5 | 3:30 PM – 9:30 PM | \$192/pp**

Cheer from the Bridge Section at Chase Center in this epic preseason match-up!

Includes transportation + ticket | Must register by **9/1/25**

Fleet Week Cruise on the SF Belle

**Saturday, October 11 | 11:30 AM – 7:00 PM | \$236/pp**

Experience the Blue Angels Air Show from the Bay aboard a historic paddlewheel boat.

Includes buffet lunch, champagne, music + more | Register by **8/25/25**

Ghost Lunch at Andy's Orchard & The Steinbeck House

**Friday, October 31 | 7:45 AM – 5:30 PM | \$145/pp**

A Halloween-themed foodie adventure with orchard treats and a 3-course lunch.

Limited space! | Must register by **9/1/25**

Reserve your seat today: Call (510) 596-3730, stop by the Senior Center, or visit us online at [www.rec.us/emeryville](http://www.rec.us/emeryville).

Pickup Location: Emeryville Senior Center, 4321 Salem St.

Let's make October one to remember, on the court, the water, and beyond!



### 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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## 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
<b>(No Class 8/28)</b>				
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	
Sandra	NIA	Mon days, 10:00am	Main Hall	
Volunteer	Current Events	Mon days, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mon days, 11:00am	Upstairs	
Helen	Weights	Tuesdays, 9:30am	Main Hall	<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	
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	
Teresa	Draw & Paint Class	Wednesdays, 1:00pm	Upstairs	<b>Begins 8/20</b>
ESC Staff	Pickleball	M/W, 1:30pm	Main Hall	
Pamela	Yoga	Thursdays, 9:00am	Upstairs	<b>Zoom Link Above</b>
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
Teresa	Draw & Paint Class	Thursdays, 1:00pm	Upstairs	<b>Concludes 9/11</b>
Ann	Tai Chi	Fridays, 10:00am	Upstairs	<b>No Class 8/22, 8/29</b>
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	<b>1st/3rd/5th Fridays</b>
Sandra	Tango	Fridays, 1:00pm	Main Hall	

### Class Extension Announcement:

**We're thrilled to share that our Friday Tai Chi class w/ instructor Ann Koo is being extended an additional 30 minutes, every 2nd & 4th Friday of the Month (in august: 8/8 & 8/22)**

**Whether you're a beginner or new to Tai Chi, this is a perfect chance to get basic understanding of what we're practicing, ask questions, and get individual attention.**





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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 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.



# AUGUST 2025

# CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>+denotes vitamin C-rich foods</b> <b>* denotes vitamin A-rich foods</b>  <b>All meals include 1% milk.</b>  <b>Menu is subject to change without notice.</b>	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> .	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging		<b>1 Egg Salad Sandwich</b> with dill and peas on Whole Wheat Caesar Salad (Romaine)+ Mixed Fresh Fruit Parfait Sun chips
<b>4</b> <b>White Fish with Oyster Sauce</b> Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Plum <i>Contains Shellfish</i> <b>Higher Sodium Meal</b>	<b>5 Elsie's Chicken Adobo</b> Brown Rice Mixed Vegetables (Carrots, Broccoli, Green Beans) +* Banana	<b>6 Soup is a large 12 ounces Albondigas</b> (Mexican beef meatball soup) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Watermelon Wedge	<b>7 Sweet Potato Peanut Stew+ over Quinoa</b> (Vegan, with peanuts & chickpeas) Seasoned Greens* Diced Mango <i>Contains Peanuts</i>	<b>8</b>  <b>PICNIC EVENT DAY</b>
<b>11</b> <b>Beef and Tomato Stir Fry</b> Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Fresh Grapes  <b>Higher Sodium Meal</b>	<b>12</b> <b>Beef and Bean Chili</b> Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Watermelon Wedge	<b>13 Soup is a large 12 ounces Southwest Chicken Vegetable Soup</b> Garden Salad with Carrots* & Dressing Whole Wheat Bread & Butter Fresh Citrus Cutie+	<b>14</b> <b>Homemade Baked Macaroni &amp; Cheese (Vegetarian)</b> Lentil/ Bean Soup Braised Collard Greens* Pineapple Chunks+	<b>15</b> <b>Chicken and Vegetable Pasta Salad +</b> Vegetable Minestrone Whole Wheat Crackers Fresh Fruit Medley (melon, berries)
<b>18</b> <b>Teriyaki Chicken</b> Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+  <b>Higher Sodium Meal</b>	<b>19 Meat Loaf (Turkey) w/ Gravy</b> Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Grapes	<b>20 Soup is a large 12 ounces Thai Fish Curry Soup+</b> Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fruit Medley	<b>21 Spinach &amp; Mushroom Lasagna* (Vegetarian)</b> Three Bean Salad* Caesar Salad (Romaine+)- no crouton Vanilla Yogurt and Berry parfait+	<b>22</b> <b>Turkey and Cheese</b> Croissant Sandwich Potato Salad+ Fresh Seasonal Pear
<b>25</b> <b>Chicken and Mushroom in Black Bean Sauce</b> Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+  <b>Higher Sodium Meal</b>	<b>26</b> <b>Beef and Vegetable Stew*</b> Brown Rice Zucchini Cantaloupe Cut+ French Roll & Butter	<b>27 Soup is a large 12 ounces Chicken Pozole</b> Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Fresh Stone Fruit	<b>28</b> <b>Cheese Ravioli with Marinara</b> Herbed Broccoli & Carrots+* Lentil Soup Whole Wheat Bread & Butter Grapes	<b>29</b> <b>Tex-Mex Chicken Taco Salad (chicken, romaine lettuce mix, corn, black beans, bell pepper) +*</b> Tortilla Chips Vegetable Tortilla Soup Banana

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.





You Are Invited To A

# RETIREMENT PARTY

In Honor Of

*Kim Burrowes*

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August 7, Thursday  
01:00PM-03:00PM

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4321 Salem Street  
Emeryville, CA

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Join us for Light Refreshments  
Celebrate Kim's over 10 years of service  
with the City of Emeryville!





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# Monthly, 4th Thursdays, 1-3pm

EMERYVILLE SENIOR CENTER  
4321 SALEM STREET, EMERYVILLE  
IN THE MAIN HALL



## FREE MONTHLY DROP-IN TECHNOLOGY ASSISTANCE for Smartphones, Tablets & Laptops



**ASHBY VILLAGE  
TECHNOLOGY TEAM**

Get help with general questions and topics including how to use transportation apps (maps, BART, Uber/Lyft); voice recording apps; assistive apps for low hearing and low vision; helpful features of your Apple or Android smartphone or tablet; and more!

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# **THE GOLDEN STATE WARRIORS VS. THE L.A. LAKERS SUNDAY OCTOBER 5TH, 2025**



Get ready for a slam-dunk day out as we cheer on the Golden State Warriors against the L.A. Lakers at the Chase Center! We've snagged seats in the Bridge Section, right behind the home basket on Level 6, where you'll enjoy legroom, a table, and pull-out chairs. Close to the restrooms and with a concession stand/bar just a hop behind, convenience is the name of the game. Arrive by 4:15 PM, and you'll have a whole hour to soak in the vibes before tip-off at 5:30 PM.

Feast on bites from Sam's Chowder House, Sadie's Deli, Bakesale Betty, Big Nate's BBQ, and more scrumptious options!

*Heads up: It's a cash-free zone! Only credit, debit, or mobile payments are your ticket to munchies. Walking Level 2 awaits as the bus drops you right outside the Chase Center. A short stroll to the security gate and then to your seats, aided by elevators and escalators galore.*

*Remember, security/bag checks are part of the drill.*

**Boarding: 3:30PM Depart: 3:45PM**

**Approx. Arrival Home: 9:30PM**

**MUST REGISTER BY 9/01/25**

**First Game of the Season!**

*This is considered a pre-season game.*

**Only 30 Seats Available!**

**Includes Roundtrip Motorcoach Transportation,  
Bus Fees (Fuel, Bridge Toll, Driver Gratuity, Parking),  
Warriors Ticket in the Bridge Section.**

**Pickup Location: Emeryville Senior Center**

**For Reservations Please Contact:**

**Tamika Wright (510) 596-3730**



**Bridge Section Seats**

## **COST: \$192/PP**

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

TravelCenter  
Tours & Travel



"Life is a good trip..."





Emeryville Senior Center Presents:

# SAN FRANCISCO FLEET WEEK CRUISE SATURDAY OCTOBER 11TH

The San Francisco Belle stands as a cherished beacon, conjuring the enchanting essence of the city's turn-of-the-century Barbary Coast. This majestic 292-foot sternwheeler showcases the elegance of Art Nouveau across its three enclosed levels, complemented by a generous sun deck and three inviting wrap-around decks. What could be more exhilarating than witnessing the Fleet Week Air Show from beneath the soaring planes—gliding aboard the iconic S. F. Belle? Delight in a hosted buffet lunch adorned with a variety of decadent desserts, all while you savor the effervescent flow of sparkling wine and the melodic harmonies spun by the onboard D.J. As the day unfolds, revel in music, captivating entertainment, and a special glimpse of the Blue Angels Show (weather permitting).

## Cost includes:

Roundtrip Deluxe Motorcoach  
Transportation, Driver Gratuity, 2 Hour  
Cruise on board the S.F. Belle Paddle  
Wheeler, Reserved Seats for Dining, Hot  
Buffet Luncheon Including Coffee  
Service, Tea, Juice, Dessert and  
Bottomless Champagne, Music  
Entertainment, Special Viewing of the  
Blue Angels Show (weather permitting).

**COST: \$236/PP**

**BASED ON A MINIMUM OF 35 GUESTS**

**TIME: DEPART 11:30AM**

**RETURN 7PM APPROX.**

**PICKUP: EMERYVILLE**

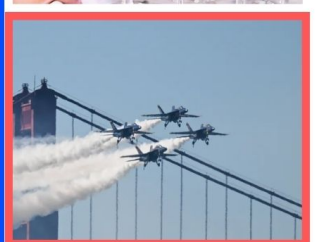
**SENIOR CENTER**

**4321 SALEM ST**

**FOR RESERVATIONS**

**PLEASE CONTACT:**

**TAMIKA WRIGHT  
(510) 596-3730**



**NEW REGISTRATION DEADLINE:  
MONDAY AUGUST 25<sup>TH</sup>, 2025**

**Walking Level: 1 - Easy - There is a ramp to board boat, but it is not extensive. SF Belle has elevators and they also have multiple decks. Lunch is seated, but you will have to serve yourself.**

TravelCenter  
Tours & Travel



"Life is a good trip..."

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# GHOST LUNCH

**Day Trip Featuring Andy's Orchard  
& The Steinbeck House Restaurant**



This delightfully spooky day trip promises a cauldron of seasonal fun! Make a pit stop at Andy's Orchard, where summer is all about the fruit frenzy, but as fall limits those bounties, Andy conjures his magic, transforming special fruits into deliciously dehydrated treats for year-round munching. Tasty surprises await! Among his legendary delights are homemade sugar plums—these scrumptious treats disappear faster than a ghost at dawn, so grab them while you can! Andy will enchant you with tales of his orchard, the history, and the magic behind these delightful sweets before you go into the store. Once you are done at the orchard, prepare to embrace the Halloween spirit with a shiver of excitement! You're off to the Steinbeck House Restaurant for their Ghost Lunch, where you'll enjoy a touch of spooky fun with a mystical magician's performance. It's a boo-tiful experience! The menu will be announced closer to the date of the trip, but the Steinbeck house will have an option for all, whether gluten free, vegetarian, or liquid diets for vampires. \*WINK\* All ghosts, goblins, and ghouls welcome, costumes optional.



**Date: Friday October 31st**

**Time: 7:45am-5:30pm**

**Price: \$145/pp**



**Includes: Roundtrip Transportation in Luxury Motorcoach w/ Restroom Onboard, Bus Fees (Parking, Bridge Toll, Fuel, Driver Gratuity, all when applicable), Special Talk and Tasting at Andy's Orchard, 3 Course Lunch at the Steinbeck House for the Ghost Lunch with special Magician Performance**



**Note: Be sure to take a moment to visit the Best Cellar Bookstore, as it celebrates its 50th anniversary since opening.**

**LIMITED SPACE AVAILABLE! ONE DAY EVENT ONLY!  
Please sign-up immediately to avoid cancellation.**

**To Register Call  
510-596-3730**

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