

FEBRUARY 2026



# THE LINK

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

## WHAT'S HAPPENING @ ESC

### FEBRUARY 2026 AT A GLANCE

**Feb 4** – Apple Store Tech Support Trip  
**Feb 4** – ESC Friends Mtg.  
**Feb 5** – **Presentation:** Estate Planning  
**Feb 5** – Mercy Brown Bag  
**Feb 5** – **Trip:** Super Bowl Exp. Moscone Center  
**Feb 6** – **Presentation:** PACE Healthcare  
**Feb 6** – **Friday Movie:** The Black Panther Party: Vanguard of the Revolution  
**Feb 7** – **Trip:** Livermore Wine & Chocolate Stroll  
**Feb 8** – **Special Event:** Super Bowl LX Party  
**Feb 9** – **Trip:** Dumpling Making  
**Feb 11** – **Special Event:**  
ESC Member Group Photo  
**Feb 11** – **Trip:** China Live  
**Feb 11** – **Spartans & Seniors:**  
Lunar NY Cooking Activity  
**Feb 11** – **Special Event:** Senior Singles Mixer  
**Feb 11** – **Presentation:** Traveling Abroad in 2026  
**Feb 13** – **Special Event:** Valentine's Day Party  
**Feb 13** – **NO FRIDAY MOVIE**  
**Feb 16** – **Holiday Closure:** Presidents Day  
**Feb 18** – ESC PRIDE Peer Support Group  
**Feb 18** – Friends Volunteer Group Meeting  
**Feb 18** – **Trip:**  
African American Art & Culture Complex  
**Feb 19** – Mercy Brown Bag  
**Feb 20** – **Special Event:**  
2026 Lunar New Year Celebration  
**Feb 20** – **Friday Movie:** Shirley  
**Feb 21** – **Trip:**  
Lunar NY Celebration @ Oakland Museum  
**Feb 22** – **Trip:** Black Joy Parade  
**Feb 25** – **Spartans & Seniors:**  
Black History Month Social  
**Feb 25** – **Trip:** Black Spaces Exhibit @ OMCA  
**Feb 26** – Tech Help w/ Ashby Village  
**Feb 27** – **Special Event:**  
2026 Black History Celebration  
**Feb 27** – **Friday Movie:** Barry  
**Feb 28** – **Trip:** Art of African Diaspora Exhibit @ Richmond Art Center

### ESC'S SINGLES MIXER

#### 💖 Senior Singles Mixer 💖

Looking to meet new people and make meaningful connections? Join us for a daytime Senior Singles Mixer featuring a lighthearted, speed-dating-style experience designed for fun, conversation, and connection.

 **Wednesday, February 11**  
 **2:00 PM – 4:00 PM**

Enjoy guided introductions, casual conversations, and a relaxed atmosphere, no pressure, just good company and a little fun.

💬 Come mingle, laugh, and see where the conversation takes you!

### SAVE THE DATES

**2/16**– President's Day Holiday Closure

**3/4**– Android Tech Support  
powered by the Geek Squad

**3/6**– International Women's Day Paint  
Party

**3/11**– Leprechaun Fun w/ Spartans

**3/18**– Soda Bread Baking w/ Spartans

**3/25**– Tap Dance Fun w/ Spartans

### ESC's FRIDAY SOCIAL

#### 💖 Valentine's Day Party 💖 Presented by ESC

Celebrate love, friendship, and community at ESC's Valentine's Day Party! Enjoy dancing, games, sweet treats, light bites, and a fun photo booth to capture the memories.

 **Friday, February 13, 2026**  
 **3:00 PM – 5:00 PM**

Whether you're coming with friends or flying solo, it's the perfect way to spend Valentine's Day.

💖 All are welcome, come share the love! 💖



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## WHAT'S HAPPENING @ ESC

**EVENTS &  
NEWS!**

### LUNAR NEW YEAR 2026: *Year of the Horse*

The Lunar New Year in 2026 welcomes the Year of the Horse, a symbol of energy, strength, independence, and forward movement. Celebrated by millions around the world, Lunar New Year is a time to honor cultural traditions, gather with loved ones, and welcome good fortune and new beginnings.

In 2026, Lunar New Year begins on February 17, marking the start of the 15-day Spring Festival, a period filled with celebration, reflection, and hope for the year ahead. As we move on from the wise and intuitive Year of the Snake, the Year of the Horse invites us to embrace optimism, determination, and momentum toward new opportunities.

Join ESC for our Lunar New Year Celebration on Friday, February 20, 2026, at 11:00 a.m. Enjoy a festive gathering with cultural elements, community, and celebration as we welcome the new year together. Tickets are on sale, get yours NOW!

### ESC'S LUNAR NEW YEAR CELEBRATION

#### ENJOY EXCITING ACTIVITIES

- Lion Dance Performances
- Red Envelope Giving
- Raffle

Friday, 20 February 2026  
At 11:00 AM - 2:00 PM  
Emeryville Senior Center  
4321 Salem St.  
Emeryville, CA.

**TICKETS ON  
SALE 1/12**

For more information  
please contact us at:  
510.596.3730



### SPARTANS & SENIOR SOCIAL

**REGISTER & LET US  
KNOW IF YOU ARE  
PLANNING TO  
ATTEND**

### SPARTANS & SENIORS SOCIAL FEBRUARY HIGHLIGHTS

Join Emery High Spartans and ESC members this February for a series of intergenerational activities designed to connect, learn, and have fun together! **Wednesdays 2:15 - 3:30pm**

📱 2/4/26 – Apple Store Tech Support Trip

Get hands-on tech help from students. Space is limited—call to sign up.

🍲 2/11/26 – Lunar New Year Cooking Activity

Celebrate culture through cooking! Senior volunteers needed—call for more information.

🍷 2/25/26 – Black History Month Social

Engage in meaningful discussions, documentary viewing, and cooking demonstrations as we honor Black history together.

✨ Building connections across generations—come be part of the experience! ✨

FEBRUARY 2026

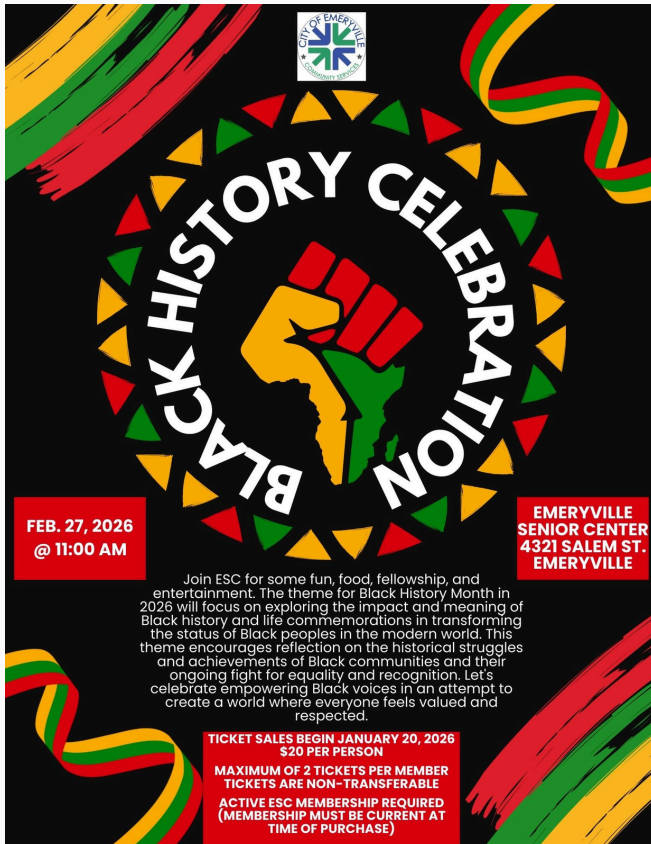


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## WHAT'S HAPPENING @ ESC

**EVENTS &  
NEWS!**



### **Black History Celebration 2026: A CENTURY OF BLACK HISTORY COMMEMORATIONS**

**Join ESC for Our Annual Black History Celebration  
Theme: A Century of Black History  
Commemorations**

**Join us as the Emeryville Senior Center honors Black History Month with our annual celebration, highlighting this year's national theme, A Century of Black History Commemorations. This powerful theme reflects 100 years of recognizing, preserving, and uplifting Black history, culture, and contributions—rooted in the legacy of Dr. Carter G. Woodson and the enduring importance of collective remembrance.**

**Our 2026 celebration will reflect on how Black history commemorations have shaped community, identity, and progress across generations, while continuing to inspire learning and dialogue today.**

**Friday, February 27, 2026  
11:00 AM**

**Emeryville Senior Center  
4321 Salem St., Emeryville, CA 94608**

**Tickets:**

**\$20 per person**

**Maximum of 2 tickets per member**

**Tickets are non-transferable**

**Active ESC membership required  
(membership must be current at time of purchase)**

**Get your tickets NOW, don't miss this meaningful  
and enriching community celebration.**

**Friends  
of ESC**

### **Friends of Emeryville Senior Center**

Thank you to everyone who supported our recent Popcorn Sale, which raised over \$500 for Emeryville Senior Center activities! Your generosity directly supports classes, Sewing Circle supplies, entertainment for our February luncheons, trip scholarships, and a variety of programs designed to enrich the lives of our members.

The Friends of the Emeryville Senior Center are also recruiting new board members who are eager to share their talents and help make our senior center a shining star of the Bay Area. If you're interested in getting involved, applications are available at the front desk.



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## WHAT'S HAPPENING @ ESC

**EVENTS &  
NEWS!**

### **ESC Annual Super Bowl LX Party** 2/8/26

Join ESC for our annual Super Bowl Party as Super Bowl LX comes to the Bay Area! Enjoy a fun-filled viewing party with friends, game-day excitement, and plenty of food.

 **Potluck Style:** Please bring a pre-packaged or store-bought dish to share (recommended for ~10 people).

 **Fun & Games:** Super Bowl trivia and Super Bowl squares will be played throughout the event.



 **Sunday, February 8, 2026**

 **Doors Open: 3:00 PM**

**Come for the game, stay for the fun!**




### **\*\*\*NEW- ESC PRIDE Peer Support Group**

 PRIDE Peer Support Group   
Every 3rd Wednesday of the Month

All members and aging adults of the LGBTQ+ community are invited to join us for a safe, welcoming space to connect, socialize, and build community. Enjoy coffee, conversation, and meaningful connection in a relaxed, supportive environment.

 **3rd Wednesdays (beginning 2/18/26, @ 10:00 am)**

 Emeryville Senior Center

 Come as you are, everyone is welcome.

**LGBTQ+ Peer  
Support Group**

**Friends  
Volunteer  
Circle**

### **Friends Volunteer Group Meeting (2/17 @ 1:00pm)**

You are invited to join the Volunteer Circle on Tuesday, February 17th as we will be preparing summer fun backpacks for elementary school children to encourage a positive, safe summer, and wrapping utensils for ESC's annual Lunar New Year. We hope you'll join us as we work to uplift the lives of our future citizens while enjoying friendly conversation.

**ESC's  
Code of Conduct**

### **ESC'S Code of Conduct Reminder**

Attention everyone, to help keep ESC safe and welcoming for everyone, please remember that stealing is not permitted and staff-only areas are off limits to members. Thank you for your cooperation and respect.



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## TRIPS: MARCH 2026

**MARCH TRIP  
REGISTRATION IS  
OPEN FRIDAY, 1/30  
@ 9AM**

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.

### HOLIDAY EXTENDED DAY TRIP:



**Celebrate the season with a festive overnight getaway to California's Central Coast. This two-day holiday trip includes a relaxing stop at Casa De Fruta, an overnight stay in Paso Robles with complimentary happy hour and breakfast, and an evening at the Cambria Christmas Markets filled with lights, food, and holiday cheer. Day two features a guided tour of the iconic Hearst Castle, offering a rare glimpse into the grandeur and history of this legendary estate, followed by a tasty stop at Freedom Meat Lockers on the return home. Travel in comfort aboard a luxury motorcoach and enjoy a thoughtfully curated holiday experience from start to finish.**

**\$408/pp Double/\$477/pp Single/\$391/pp Triple/\$388/pp Quad**

**Napa Valley Museum  
of Art & Culture:  
Julia Child Exhibit  
(3/4, 10A-5P)  
\$40**

Step into the extraordinary life of Julia Child at Julia Child: A Recipe for Life, now open at the MAC. This immersive exhibition celebrates the beloved chef, author, and television icon who introduced French cuisine to America and forever transformed our food culture. Through interactive experiences (including a recreated French Chef TV studio) personal artifacts, photographs by her husband Paul Child, and her traveling demonstration kitchen, visitors explore Julia's curiosity, tenacity, and passion for teaching. This multi-sensory exhibition is an inspiring, not-to-be-missed tribute to a true American original. Lunch on your own at a local Downtown eatery of your choice.

**(NAPA) MINOR TO MAJOR WALKING Trip #: 32026001**

**Achadinha Cheese Co.  
Farm Tour  
(3/11, 8:30A-4:30P)  
\$60**

Join us for a delightful visit to Achadinha Cheese Company, a beloved family-owned farm known for its handcrafted cheeses and commitment to sustainable farming. This behind-the-scenes farm tour offers a chance to meet the animals, learn about the cheese-making process from pasture to plate, and enjoy a tasting of their award-winning cheeses. Tour includes a Full Ranch Tour, Cheese Plant Tour, Cheese Tasting, and Animal TLC.

Lunch on your own at a Ray's Deli & Tavern.

**(PETALUMA) MODERATE TO MAJOR WALKING Trip #: 32026002**

**Shop Around:  
Sun Valley Mall  
(3/24 11A-3P)  
\$15**

Sun Valley Shopping Center is the largest regional shopping center in Contra Costa County with 160 stores and restaurants, including Macy's, JCPenney, Sears, Coach, and many more. You are on your own for the day. Enjoy the shops, restaurants, and endless entertainment options.

**(CONCORD) MINOR TO MAJOR WALKING Trip #: 32026003**

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## TRIPS: MARCH 2026



### *GS Warriors vs Brooklyn Nets*

**(3/25/26, 4:30p-9:30p)**

**Join us for an outing to see the Golden State Warriors take on the Brooklyn Nets at the Chase Center. Participants will be seated in the Bridge Section, located behind HOME basket! Includes roundtrip Transportation. (SF)**

**ALERT: Moderate Walking**

**(\$123/pp)**

**(See flyer for more info.) Trip #: 32026005**

### **Overnight Extended Stay Trip: Amtrak Oakland → Reno March 17-19, 2026**

Enjoy a scenic Amtrak journey from Oakland to Reno with a relaxing 2-night stay at the Atlantis Casino & Resort Spa. Travel stress-free with hotel trip protection included and complimentary shuttle service between the Amtrak station and hotel.

#### **Trip Details:**

**Departure:** Tuesday, 3/17 @ 6:30 AM (Oakland)

**Return:** Thursday, 3/19 @ 9:00 PM (Oakland)

**Lodging:** Atlantis Casino & Resort Spa (2 nights)

On Your Own: Enjoy Reno at your pace  
(A sample itinerary will be provided.)

#### **Pricing:**

\$350 per person – Double Occupancy

\$508 per person – Single Occupancy

(Hotel trip protection included)

#### **Transportation:**

Free shuttle to/from Amtrak and hotel

#### **Parking:**

(Rideshare encouraged.)

**Market Garage** – 255 2nd Street at Harrison

Open 24 hours (next to Amtrak Station)

**\$15/day**

Space is limited, reserve your seat and enjoy a spring getaway to Reno!

**(RENO) MINOR TO MAJOR WALKING Trip #: 32026004**

Amtrak Trip  
Oakland to Reno  
**(3/17-3/19, 10A-5P)**  
**\$350/pp (Double)**  
**\$508 (Single)**



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## PRESENTATIONS



### **A Discussion of Estate Planning Myths and Misconceptions w/ Bonnie Hayden** **2/5 @ 11:00am**

Estate planning can often feel overwhelming or confusing. In this interactive one-hour presentation, we will discuss common estate planning myths and misconceptions and explain how being properly informed can help you create a meaningful legacy that provides for you and your loved ones.

Participants will gain a better understanding of key estate planning concepts and have the opportunity to ask questions in a welcoming, informational setting.

### **Optional Follow-Up Opportunity**

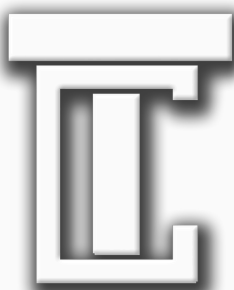
Attendees are invited to schedule a 30-minute one-on-one follow-up or meet-and-greet informational session on **February 6**, available between 9:00 AM and 3:00 PM.

**Billiards Room**

### **PACE Healthcare Presentation w/ Center for Elders Independence** **2/6 @ 11:00**

PACE (Program of All-Inclusive Care for the Elderly) healthcare program, that offers information on *Primary Care, Home Care, Physical Therapy, Day Center, Home-delivered Prescriptions, Dental and Vision, Nutrition and Meals, Mental Health, Transportation* and much more.

**Billiards Room**



### **Travel Presentation w/ TravelCenter** **(2/11 @ 1:30pm)**

Collette and TravelCenter will be returning to ESC for a Travel Presentation that will share information on extended travel & day trips for 2026. Please call the front desk to RSVP, if you plan to attend the presentation. Registration is not mandatory but encouraged.

Light refreshments will be served.

**Billiards Room**



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## FRIDAY MOVIES

Did you know that the Black Panther Party organized Community Programs that established over 60 community assistance programs, including free breakfast programs and health clinics.



### 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.**

**(NOTE: Movie time changes on special event days.)**

### *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.**

### **2/6- The Black Panther Party: Vanguard of the Revolution**

More than 40 years after the Black Panther Party was founded the group and its leadership remain powerful and enduring images in our popular imagination. This will weave together the voices of those who lived this story -- police informants journalists white supporters and detractors those who remained loyal to the party and those who left it.

### **2/13- NO FRIDAY MOVIE:**

Join us for the Valentine's Day dance

### **2/20 (begins @ 2:00 pm)- SHIRLEY:**

SHIRLEY tells the story of the first Black congresswoman and political icon, Shirley Chisholm, and her trailblazing run for president of the U.S.

It chronicles her audacious, boundary-breaking 1972 presidential campaign.

### **2/27 (begins @ 2:00 pm)- Barry:**

A young Barack Obama, known to his friends as "Barry," arrives in New York City in the fall of 1981 to begin his junior year at Columbia University.

In a crime-ridden and racially charged environment, Barry finds himself pulled between various social spheres and struggles to maintain a series of increasingly strained relationships with his Kansas-born mother, his estranged Kenyan father, and his classmates.

Barry is the story of a young man grappling with those same issues that his country, and arguably the world, are still coming to terms with 35 years later.



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## RESOURCES



### Mercy Brown Bag Grocery Pick Ups

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: **February 5 & 19**

- ➡ 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 Full (8-hr) Course

The next 4-hour AARP refresher course will be held on:

Thursday, **March 18 & 25**, 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](https://aarp.org) or renew insurance discounts through the AARP Driver Safety Program at [aarpdriversafety.org](https://aarpdriversafety.org).



### Tech Help w/ Ashby Village (4th Thursday @ 1pm)


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


 1:00–3:00 PM (2/26/26)

 ESC Main Hall, 4321 Salem St.

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

 Just drop in!


 Questions? Call (510) 596-3730.

 Let's make tech easier, together!

### Meals on Wheels


Meals on Wheels

Meals on Wheels continues to serve homebound seniors (60+) in Emeryville with up to 7 ready-to-heat meals per week, delivered on Monday, Wednesday, and Friday mornings.

 To request meals or refer a senior: Call 510-596-4309 or email [jacob.wojnar@emeryville.org](mailto:jacob.wojnar@emeryville.org).

Outside Emeryville? Contact your local program:

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

 Join us for Lunch @ ESC!

Enjoy a hot congregate (dine-in) lunch, Monday–Friday at 11:45 AM. Check the **February** menu for daily offerings.

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



Meals on Wheels  
OF ALAMEDA COUNTY

**We are in need of  
kitchen  
volunteers, come  
join our team**



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## RESOURCES (CONT.)

**SENIOR HELP DESK**

NEED HELP?

MEET WITH VOLUNTEER GUIDES FOR HELP ACCESSING:

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

Dates: 1/7, 1/14, 1/21, 1/28  
Time: 11:00 AM

Location: 4321 Salem St., Emeryville, CA 94608

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

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

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

🎓 Education 🍲 Food Assistance 🏥 Medical Services  
🏠 Housing 📄 Estate Planning 🚌 Transportation  
⚖️ Legal Services 💼 Employment ...and more!

📅 Dates: 2/4, 2/11, 2/18, 2/25  
🕒 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.

### Staying Connected

#### **Want to learn more about the Emeryville Senior Center?**

Visit the City of Emeryville's **50+ Adult Services** webpage to find detailed center information, available resources, and access our monthly newsletter.

#### **Stay Informed with Email Updates**

Sign up to receive center bulletins, newsletters, and important updates directly to your inbox. You can also manage your subscriber preferences at any time by entering your contact information through the City of Emeryville's email update system. **City of Emeryville**

#### **Stay Connected with the City of Emeryville**

**Don't miss out on important City news and community updates.** Follow the City of Emeryville on social media for the latest information on events, programs, services, and everything happening in the community. **City of Emeryville**

#### **Need Assistance?**

Visit the City of Emeryville's **Contact Us** page to connect with staff or find the appropriate department for your needs.

### 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 (No Class 2/16)	<a href="#">Zoom</a>	ID 940 9351 3137, PW 4321
Helen	Weights	Tuesdays, 9:30am	<a href="#">Zoom</a>	ID 870 8808 7266, PW 4321
Helen	Zumba	Tuesdays, 10:30am	<a href="#">Zoom</a>	ID 818 8733 2590, PW 4321
Pamela	Pain Ease	Tuesdays, 2:00pm	<a href="#">Zoom</a>	ID 925 9097 9143, PW 4321
Novella	Line Dance	Wednesdays, 9:30am	<a href="#">Zoom</a>	ID 993 4137 3668, PW 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	<a href="#">Zoom</a>	ID 810 5258 6014, PW 4321
Stephanie	Rosen	Thursdays, 10:00am	<a href="#">Zoom</a>	ID 894 5266 7677, P: 670945
Pamela	Yoga	Thursdays, 9:00am	<a href="#">Zoom</a>	ID 925 9097 9143, PW 4321

### In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Mondays, 9:00am	Upstairs	No Class 2/16
Sandra	NIA	Mondays, 10:00am	Main Hall	No Class 2/16
Volunteer	Current Events	Mondays, 10:00am	Billiards Rm	No Class 2/16
Sandra	Chair Yoga	Mondays, 11:00am	Upstairs	No Class 2/16
Helen	Weights	Tuesdays, 9:30am	Main Hall	
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	
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	Zoom Link Above
Daphne	Beginner Tap	Tuesdays, 2:00pm	Main Hall	
Novella	Line Dance	Wednesdays, 9:30am	Main Hall	Zoom Link Above
Lee	Ageless Grace	Wednesdays, @ 10am	Upstairs	
Lee	Body Restore	Wednesdays, @ 11am	Upstairs	
ESC Staff	Pickleball	MW, 1:00pm	Main Hall	
Pamela	Yoga	Thursdays, 9:00am	Upstairs	
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Zumba	Thursdays, 10:30am	Main Hall	
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	
Ann	Tai Chi	Fridays, 10:00am	Upstairs	
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 2/20, 2/27

### ESC Closures:

**2/16- Closed in observance of President's Day**



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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.



# FEBRUARY 2026

# CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Chicken and Mushroom in Black Bean Sauce</b> Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+	<b>3 Beef and Vegetable Stew*</b> Brown Rice Zucchini Tangerine+ French Roll & Butter	<b>4 Soup is a large 12 ounces</b> <b>Chicken Pozole</b> Green Salad (Romaine & Cabbage) with shredded carrots & citrus vinaigrette+* Whole Wheat Crackers Mango Chunks+	<b>5 Cheese Ravioli with Marinara</b> Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread & Butter Seasonal Pear	<b>6 Chicken Fried Steak with Country Gravy</b> Collard Greens* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+
<b>9 Moo Shu Pork</b> Squash Medley Stir Fry +* Steamed Rice Blend (Half Brown) Mandarin Oranges+	<b>10 Baked Salmon in a Lemon Garlic Cream Sauce</b> Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana	<b>11 Soup is a large 12 ounces</b> <b>Chicken &amp; Vegetable Tortilla Soup</b> Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+	<b>12 Pulled Pork Sandwich on Whole Wheat Bun/Roll</b> Southern Green Beans Baked Beans Peach Fruit Cup	<b>13 Chicken Parmesan</b> Whole Wheat Pasta Ratatouille+ Grapes
<b>16 Senior Center's Closed</b> <b>Washington's Birthday</b>	<b>17 Lunar New Year</b> <b>Soy Sauce Chicken</b> Stir Fry Vegetable (carrots, broccoli, cauliflower) + Brown Rice Orange+ Fortune Cookie	<b>18 Soup is a large 12 ounces</b> <b>Chicken &amp; Tortellini Soup</b> Green Salad (Romaine) + with Dressing Whole Wheat Crackers Grapes	<b>19 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+	<b>20 Oven Baked "Fried" Chicken w/ Gravy</b> Stir Fried Greens+* Roasted Sweet Potatoes+* Cornbread WW Cracker Warm Cinnamon Peaches
<b>23 Mongolian Meatballs</b> (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onion Banana	<b>24 Tuna Noodle Casserole (Whole Wheat Noodles)</b> Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing+ Seasonal mixed fruit (pineapple, berries, mango)	<b>25 Soup is a large 12 ounces</b> <b>Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b> Whole Wheat Crackers Asian Cabbage Salad (Slaw) +* Seasonal Pear  <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.	<b>26 Shepherd's Pie</b> soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread & Butter Pineapple/Mango Chunks+	<b>27 Chicken &amp; Sausage Gumbo over Brown Rice</b> Cornbread Spinach Salad with Dressing* Cutie Citrus+
		All meals include 1% milk.  Menu is subject to change without notice.		



FEBRUARY 2026



# THE LINK

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

## VOLUNTEERS

### **We need you!**

Do you love answering the phone?  
Do you want to get involved with Meals on Wheels?  
Do you want to support your peers with resources?  
Do you want to support with events?

**We have the opportunities for you!** Whether its supporting at the front desk, delivering meals, or supporting the Help Desk we would love to have you on board!



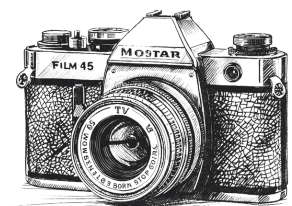
Ask Hazel or Tamika how you can get involved with volunteering at Emeryville Senior Center!  
[twright@emeryville.org](mailto:twright@emeryville.org) or (510) 596 4308

## GROUP PHOTO

**Join us on Wednesday February 11<sup>th</sup> @ 9am for a group photo in front of the building.**

This photo will be used for the Spring/Summer Activity Guide promoting all activities offered by the City of Emeryville.

**We would love to have as many of you as possible to be in the photo**





# THE LINK

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

## STAY UP TO DATE!

Make sure you are subscribed to receive The Link and other announcements, such as last minute events or class cancellations through email.

<https://www.emeryville.org/Home>

Scroll down to

subscribe to get notified about City news and events

Subscribe Here!

Insert email address & complete security question

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YOU'RE INVITED!

## ***PACE PRESENTATION***



***FIND OUT HOW PACE CAN HELP YOU STAY  
HEALTHY & INDEPENDENT***



Meet Your  
Enrollment Development  
Representative

**Laurabelle Adaza**  
**(510) 414-4401**



### **PACE is Program of All-Inclusive Care for the Elderly**

- ✓ Primary Care Home
- ✓ Care Physical
- ✓ Therapy Day Center
- ✓ Home-delivered Prescriptions
- ✓ Dental and Vision
- ✓ Nutrition and Meals
- ✓ Mental Health
- ✓ Transportation
- ✓ and much more...
- ✓

**Emeryville Senior Center – Billiards Room**

**Friday, February 6<sup>th</sup> | 11:00AM**

**Questions? Email Laurabelle: [ladaza@cei.elders.org](mailto:ladaza@cei.elders.org)**





# **SUPERBOWL**

*Emeryville Senior  
Center*

*Join us for Sport & Snacks*

**FEBRUARY 8TH**

**AT 3:00 PM**

**4321 SALEM ST. EMERYVILLE**

***Free Event! Potluck items welcome!***

**To Register call: (510) 596-3730**



# SPARTANS & SENIORS



**Wednesday's 2:15-3:30pm\***

**Spend time with Spartans!**

## January

**1/14- Social with Arts and Crafts**

**1/21-Intro to Pickleball**

**1/28- Board Games Mania**

## February

**2/4- Apple Tech Support**

**2/11-Social with a Cooking classes**

**2/25- Black History Celebration**

## March

**3/4-Android Tech Support**

**3/11-Social with St. Patrick's Mischief**

**3/18- Cooking Class**

**3/25- Intro to Tap Dance**

## April

**4/1 and 4/2-**

**Senior Egg Hunt**

**4/15-Volunteer Recognition Event**

**4/22- Tech Support**

**4/29- End Celebration**

**Spend time with Spartans from Emery High as part of the intergenerational program at Emeryville Senior Center.**

**Enjoy a large variety of activities while making memories**

**Questions? Call: (510) 596-3730**

**\*Activities and times subject to change, prior notice will be given**







# ESC'S LUNAR NEW YEAR CELEBRATION

## ENJOY EXCITING ACTIVITIES

- Lion Dance Performances
- Red Envelope Giving
- Raffle

 Friday, 20 February 2026

 At 11:00 AM - 2:00 PM

 Emeryville Senior Center  
4321 Salem St.  
Emeryville, CA.

**TICKETS ON  
SALE 1/12**

For more information  
please contact us at:  
**510.596.3730**





# BLACK HISTORY CELEBRATION

**FEB. 27, 2026  
@ 11:00 AM**

**EMERYVILLE  
SENIOR CENTER  
4321 SALEM ST.  
EMERYVILLE**

Join ESC for some fun, food, fellowship, and entertainment. The theme for Black History Month in 2026 will focus on exploring the impact and meaning of Black history and life commemorations in transforming the status of Black peoples in the modern world. This theme encourages reflection on the historical struggles and achievements of Black communities and their ongoing fight for equality and recognition. Let's celebrate empowering Black voices in an attempt to create a world where everyone feels valued and respected.

**TICKET SALES BEGIN JANUARY 20, 2026 \$20  
PER PERSON**

**MAXIMUM OF 2 TICKETS PER MEMBER  
TICKETS ARE NON-TRANSFERABLE  
ACTIVE ESC MEMBERSHIP REQUIRED  
(MEMBERSHIP MUST BE CURRENT AT  
TIME OF PURCHASE)**



# THE GOLDEN STATE WARRIORS VS. THE BROOKLYN NETS



## WEDNESDAY MARCH 25TH, 2026



Get ready for a slam-dunk day out as we cheer on the Golden State Warriors against the Brooklyn Nets 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. **Game will begin at 7pm.**

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.*

### Time: 4:30pm-9:30pm

**City Of Emeryville will be providing the transportation in the mini-bus. For full registration details, please see Tamika Wright at the Senior Center.**

**MUST REGISTER BY 2/20/26**

### Only 15 Seats Available!

Pickup Location: Emeryville Senior Center

**For Reservations Please Contact:**

Tamika Wright (510) 596-3730



**Bridge Section Seats**

# COST: \$123/PP

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

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