

OCTOBER 2025



THE LINK

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


WHAT'S HAPPENING @ ESC


OCTOBER 2025 AT A GLANCE

October 1- Friends of ESC Mtg.
October 2- Mercy Brown Bag
October 3- Diabetes Support Group
October 3- ESC Walking Group
October 3- Movie: **About My Father**
October 4- Special Event:
Harvest Festival @ Huchiu Park
October 5- Trip: **NBA Game: GSW vs Lakers**
October 8- Trip: **Shop Around:**
SF Premium Outlets
October 8- COA Meeting
October 10- Movie: **Play Dirty**
October 11- Trip: **Fleet Week Cruise**
October 12- Trip:
Brunch in Napa: Lil Sista's Goody's
October 13- Holiday Closure:
Happy Indigenous Peoples Day!
October 14- Trip: **Cornerstone Sonoma**
October 16- Trip: **Safari West**
October 17- Presentation:
Respite Program: Aging w/ Confidence
October 17- Movie: **Playdate**
October 18- Trip: **Touring Tri-Valley**
October 22- Trip: **Old Sac by Amtrak**
October 24- Trip: **Egyptian Museum**
October 24- Movie: **A House of Dynamite**
October 26- Trip: **Hagemann Ranch**
October 29- Trip: **Dine Around:**
House of Prime Rib
October 31- Special Event:
Halloween Lunch & Costume Contest
October 31- Movie: **Ballad of a Small Player**

Harvest Festival 2025

Celebrate the season with us at the Emeryville Harvest Festival! Bring your friends, family, and neighbors for a fun-filled day of community gathering at Huchiu Park (4311 Hubbard St., Emeryville).

 Date: Saturday, October 4, 2025

 Time: 11:00 AM – 3:00 PM

 Location: Huchiu Park, 4311 Hubbard St., Emeryville

Enjoy a vibrant afternoon with:

 Live music

 Local vendors

 Delicious food

 Games & activities for all ages

Don't miss this chance to celebrate fall, connect with the community, and enjoy a day of fun under the autumn sky!



SAVE THE DATE(S):

11/1-11/4: In-Person Polling Location

11/7- Gala Ticket Sales Begins

11/11: Holiday Closure:

Happy Veteran's Day

11/13 & 11/20: AARP (8-HOUR)



11/15- Friends of ESC Marketplace

11/26- Thanksgiving Luncheon

11/27-11/28- Holiday Closure:

Happy Thanksgiving

Halloween Lunch & Costume Contest

 **Halloween Lunch & Costume Contest** 
Join us for a spook-tacular Halloween Lunch at 11:45 AM!

★ Dig out your best Halloween costume and join the fun.

🏆 Participate in this year's Costume Contest judging will take place right after lunch.

Come hungry, come festive, and come ready for some Halloween cheer! 🎃❤️



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Friends of the Emeryville Senior Center

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

Mark your calendars! The Friends Holiday Market Sale will take place on Saturday, November 15th—your chance to snag unique holiday gifts from talented local artisans and vendors.

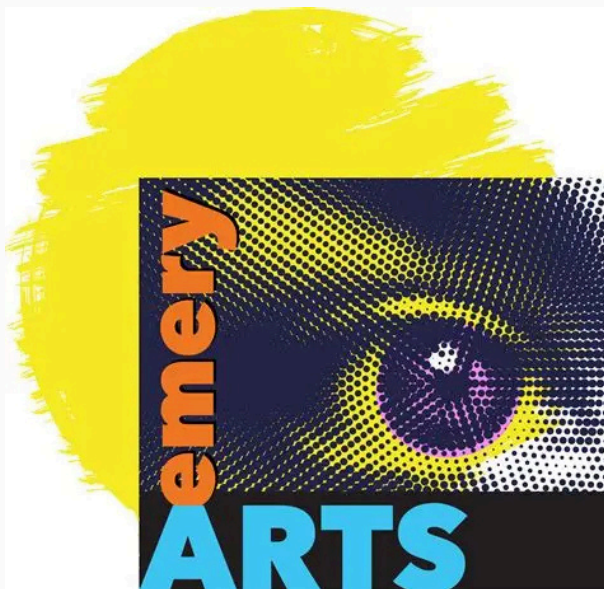
Your ESC Friends Board is working hard to create an amazing event, but we need volunteers to help make it a success!

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?

Please contact the front desk at (510) 596-3730 to sign up.

Together, we can make the Holiday Market a joyful success and continue enhancing the ESC experience for all!



Emeryville Celebration of Arts

Emeryville Celebration of the Arts is a nonprofit organization dedicated to fostering appreciation of the arts and artists in Emeryville, and to promoting the city as a vibrant, culturally rich place to live and work.

For over 30 years, the organization has produced the Annual Art Exhibition—a juried show featuring works by 142 artists who live or work in Emeryville. This unique event highlights both emerging talent and new works from established artists.

🖼 Exhibition Highlights:

- Paintings, sculptures, ceramics, and photographs
- Works in wood, textiles, and digital art
- Original music and more

📅 Open October 4 – 26, 2025

🕒 11:00 AM – 6:00 PM, Wednesdays through Sundays

📍 Public Market Emeryville
5905 Shellmound Street, Emeryville, CA

Don't miss this chance to explore an impressive and varied collection celebrating creativity and community!



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WHAT'S HAPPENING @ ESC

⚠️ **ESC Code of Conduct Reminder**

Restricted Spaces Policy

To ensure a safe and respectful environment, certain areas of the Senior Center (**such as staff offices, storage rooms, kitchens, and supply closets**) are staff-only. Members and guests may not enter or remove items from these spaces without authorization.



Access is permitted only with staff approval.



Unauthorized entry, tampering, or misuse is strictly prohibited.

📌 Consequences: Violations may result in warnings, suspension, or expulsion, depending on severity.

We appreciate everyone's cooperation in keeping our Center safe and supportive for all.

Housekeeping at ESC:

🌸 A Gentle Reminder 🌸

At the Emeryville Senior Center, we want everyone to feel comfortable, welcome, and at ease while spending time together.

- ✨ Please remember to maintain good personal hygiene—cleanliness helps us all enjoy our time in community. If you ever need, hygiene kits are available at the front desk (while supplies last).
- ✨ Out of care for members with allergies or sensitivities, we kindly ask that perfumes, colognes, and other scented products be used lightly.

Your thoughtfulness helps us keep the Center a pleasant and inviting space for all. ❤️

Thank you for your cooperation!

🌟 **Volunteer Opportunity – Help Plan Our 2026 Celebrations!**

We're excited to begin planning two of our biggest cultural celebrations for 2026, and we'd love your help!

✨ **Events:**

Black History Celebration – Friday, February 27, 2026
Lunar New Year Celebration – Date TBD (Jan./Feb. 2026)

We are seeking volunteers to join our event committees to help with:

Program planning and brainstorming
Decorations and setup
Food, music, and entertainment coordination
Outreach and event promotion
Day-of support during the festivities

This is a great opportunity to share your creativity, cultural knowledge, and passion with the community while helping us make these events meaningful and memorable.

👉 **Interested?**

Please contact Tamika Wright at twright@emeryville.org or call (510) 596-3787 to sign up or learn more.

Together, we can honor culture, history, and community spirit in a big way!

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WHAT'S HAPPENING @ ESC

Presentation Title: Respite Program: Aging With Confidence 10/17 @ 11am

Presentation Info Blurb: This presentation will focus on how the Respite Program supports seniors who are caregivers, providing them with essential relief and resources to increase their confidence. We will discuss the benefits of respite care, share success stories, and highlight how our program can positively impact the well-being of both caregivers and those they care for.

Billiards Room

Medicare and the annual Enrollment Period- changes for 2026 (10/24 @ 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 explore 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



FAMILY SUPPORT SERVICES
KEEPING FAMILIES HEALTHY AND INTACT



Diabetes Support Group

Diabetes Support Group Meeting (10/3 @ 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 (10/3 @ 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 (10/21 @ 1:00pm)

Join us as The Volunteer Circle gathers to continue working on meaningful projects that make a difference in our community. Your time and talents help us build a better tomorrow, one project at a time!
All are welcome. We look forward to seeing you there!

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NOVEMBER TRIP
REGISTRATION
OPENS MONDAY,
10/3, @ 9AM

TRIPS: NOVEMBER 2025

Winters Salmon Festival
(11/1, 9:00am-5:00pm)
\$15

Join us for the 8th Annual Winters Salmon Festival to celebrate the return of Chinook salmon to Putah Creek each fall. Enjoy live music, local food trucks, and family-friendly vendors as we gather to celebrate the salmon's journey and the community's stewardship of Putah Creek. **Trip #: 1125001**

Alameda Holiday
Boutique
(11/2, 9:30am-3:30pm)
\$15

Get ready for festive fun and early holiday shopping at the Alameda's Holiday Boutique! Explore unique vendors, handcrafted goods, and seasonal treasures all in one holiday-cheerful setting. Don't miss this chance to kick off the season with good company, great finds, and festive vibes! **Trip #: 1125002**

Berryessa Gap Vineyard
Paella Cook-off
(11/8, 2:30pm-9:30pm)
\$112

The 18th Annual Paella Cook-Off at Berryessa Gap Vineyards is a cherished tradition that brings together a community of food enthusiasts and wine lovers. The cook-off will feature a variety of paella dishes each paired with a selection of Berryessa Gap wines. The event is known for its vibrant atmosphere and the joy of gathering with friends old and new. This year promises another unforgettable evening filled with flavor, fun, and festive spirit. From the aromas of sizzling paella to the perfect wine pairings, it's an experience you won't want to miss. **Trip #: 1125003**

de Young Museum:
Boom & Bust Exhibit
(11/13, 8am-4pm)
\$29

Since the 19th century, photographers have captured the ongoing transformation of the California landscape, documenting both the growth and the environmental challenges that threaten its livability. The images featured in this new exhibit showcase the urban development, highlighting significant events such as the construction and revitalization of SF before and after the 1906 earthquake and fire, the building of the Golden Gate Bridge and the evolution of the South of Market neighborhood. Discover the incredible history captured on camera, reflecting the enduring resilience of both the land and its people! This trip includes museum admission, lunch (on your own) at a nearby restaurant, and time to walk around the park. **Trip #: 1125004**

Touring Lodi
(11/15, 8A-6P)
\$15

Saturday in Lodi – Food, Fun, Shopping & Art
Join us for a perfectly curated day trip to explore the charm of Downtown Lodi! We'll start with brunch at Brick House Restaurant & Lounge, sip sparkling drinks at Pop the Bubbly, enjoy some shopping at local boutiques and shops, and explore art at the Lodi Community Art Center or Nova & Co. To wrap up the day, we'll wind down with a sweet stop at the Double Dip Gallery, where ice cream meets art.

A day full of flavors, shopping, and culture, don't miss it! **Trip #: 1125005**

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TRIPS: NOVEMBER 2025

NOVEMBER TRIP
REGISTRATION
OPENS WEDNESDAY,
10/3, @ 9AM

Tyme for Tea
(11/19, 10:15am-4pm)
\$55

Truly a treasure waiting to be discovered, Tyme for Tea offers an enchanting experience in a charming Victorian setting. Guests will enjoy the Grand Sparkling Victorian Tea Service, featuring a delightful 3-course High Tea served in proper old-fashioned style. Afterward, take time to browse the antiques and collectibles throughout the store—an experience as unique and memorable as the tea itself. **Trip #: 1125006**

Dine Around:
Rooftop 25 @ Lusk
(11/21, 10:15am-4pm)
\$15

Casual Vibe with Great Views
As one of San Francisco's most sought after outdoor venues, Rooftop 25 offers outdoor seating with upbeat music and a casual vibe perfect for kicking back with friends and family. Our oakwood fired oven serves up delicious culinary offerings with something for everyone. The full bar offers frozen and specialty cocktails, wines and a great selection of ice cold local beers. **Trip #: 1125007**

The Octagon House &
Garden Tour
(11/23, 11am-3pm)
\$15

Join us for a special visit to the historic Octagon House & Garden. This charming destination offers a guided tour through the beautifully preserved home and grounds.

Accessibility: The house and garden are ADA accessible. For those with mobility concerns, a virtual tour of the upstairs will be available.

Don't miss this opportunity to experience one of the Bay Area's hidden treasures! **Trip #: 1125008**

Red Hawk Casino
(11/29, 7:30am-7pm)
\$56

Try your luck at one of California's newest casinos! Red Hawk offers over 2,000 slot machines, 75 table games, and six restaurants to choose from.

🎁 Bonus Package: \$15 free slot play + \$5 food credit
(casino package subject to change)

Valid government photo ID and Players Club card required to receive package. **Trip #: 1125009**

We Want Your Trip Suggestions!

Trips are a big part of our ESC programming, and we put a lot of time into finding new, fun, and exciting excursions for our members. But we couldn't do it without you!

As the weather cools down, we encourage you to share ideas for indoor activities and destinations across the Bay Area, think museums, theaters, wineries, shopping centers, and more.

Have a spot in mind? Send your trip suggestions to twright@emeryville.org.

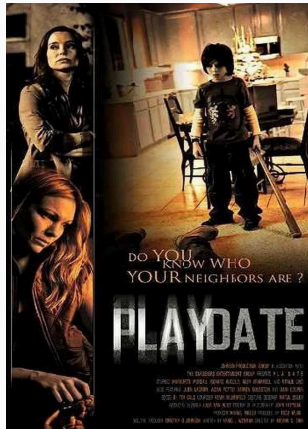
We can't wait to hear your ideas!



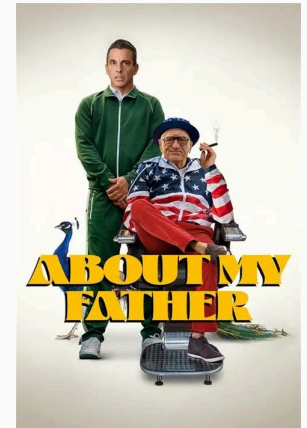
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FRIDAY MOVIES



DID YOU KNOW?
ROBERT DOWNEY JR. WAS
ORIGINALLY SET FOR THE ROLE
OF PARKER, BUT HE STEPPED
DOWN AND WAS REPLACED BY
MARK WAHLBERG. HOWEVER,
ROBERT STILL SERVES AS A
PRODUCER ON THE FILM
ALONGSIDE HIS WIFE, SUSAN
DOWNEY, FOR TEAM DOWNEY,
WHICH IS THE NAME OF THEIR
PRODUCTION COMPANY.

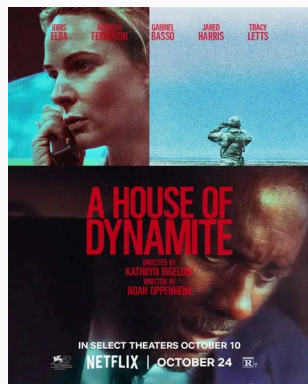


10/3- About My Father:

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her parents.

10/10- Play Dirty:

Play Dirty is an upcoming action thriller starring Mark Wahlberg as the lead character. The plot revolves around a skilled thief who embarks on a high-stakes heist against various adversaries, including the New York mob. The film is based on the Parker book series by Donald E. Westlake.



10/17- Playdate:

After befriending a family that has just moved in next door, Emily Valentine begins to realize that these new neighbors are hiding a deadly secret. And when her daughter is "accidentally" hurt on a playdate with her neighbor's son, Emily digs deeper and uncovers something in the family's past, not realizing that they will do anything to make sure it stays a secret!

10/24- A House of Dynamite:

When a single, unattributed missile is launched at the United States, a race begins to determine who is responsible and how to respond.



10/31- Ballad of a Small Player:

When his past and his debts start to catch up with him, a high-stakes gambler laying low in Macau encounters a kindred spirit who might just hold the key to his salvation.



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ESC INFO & RESOURCES



Mercy Brown Bag Grocery Pick Ups


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

 Next dates: **October 2nd & 16th**

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



AARP

 AARP Driver Safety Refresher Course
The next 4-hour AARP refresher course will be held on:

Thursday, October 6, 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.




Tech Help w/ Ashby Village (4th Thursdays @ 2pm)

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

 Thursday, **October 23rd**

 2:00–4:00 PM

 ESC Main Hall, 4321 Salem St.

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

☑ Just drop in!

☎ Questions? Call (510) 596-3730.

☀ Let's make tech easier, together!

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 **October** menu for daily offerings.

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





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RESOURCES (CONT.)

ESC Help Desk (Wednesdays @ 11am)

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

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

📅 Dates: **10/1, 10/8, 10/15, 10/22, 10/29**

🕒 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.

SENIOR HELP DESK

NEED HELP??

THE DOCTOR IS IN

MEET WITH VOLUNTEER GUIDES FOR HELP ACCESSING:

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

📅 Dates: **9/3, 9/10, 9/17, 9/24**
🕒 Time: **11:00 AM**

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

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

Art Sessions coming to ESC!

We extend our heartfelt thanks to Teresa Kalnoskas for leading the 10-week Sketch-to-Finish Drawing & Painting class, supported by the City of Emeryville's Project Grant.

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

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

📌 Upcoming Art Sessions
• Art Studio with Helena – November 18
• Holiday Paint Party – December 6

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

Other Resources

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

Born to Age Resource Referral: borntoage.com/alameda-county

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.centerforindependentliving.org/programs>

SPECTRUM for Community Services: www.spectrumcs.org/energy-services/liheap

Home Energy Assistance Program (HEAP): <https://www.spectrumcs.org/energy-services/liheap>

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 10/13)	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, P: 670945
Pamela	Yoga	Thursdays, 9:00am	Zoom	ID 925 9097 9143, PW 4321

In-Person Classes

Instructor	Class	Day/Time	Location	Other Info
Judy	Tai Chi	Mon days, 9:00am	Upstairs	No Class 10/13
Sandra	NIA	Mon days, 10:00am	Main Hall	No Class 10/13
Volunteer	Current Events	Mon days, 10:00am	Billiards Rm	No Class 10/13
Sandra	Chair Yoga	Mon days, 11:00am	Upstairs	No Class 10/13
Helen	Weights	Tuesdays, 9:30am	Main Hall	Zoom Link Above
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	Zoom Link Above
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	M/W, 1:30pm	Main Hall	
Pamela	Yoga	Thursdays, 9:00am	Upstairs	Zoom Link Above
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	
Helen	Zumba	Thursdays, 10:30am	Main Hall	Zoom Link Above
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	
Teresa	Draw & Paint Class	Thursdays, 1:00pm	Upstairs	Concludes 10/22
Ann	Tai Chi	Fridays, 10:00am	Upstairs	
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	1st/3rd/5th Fridays
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 10/31

Holiday Closure:

In observance of Indigenous Peoples Day, our office/facility will be closed on Monday, October 13th. We will resume regular hours on Tuesday, October 14th.
Wishing everyone a safe and enjoyable holiday!



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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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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> .	+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk. Menu is subject to change without notice.	1 Soup is a large 12 ounces Albondigas (Mexican beef meatball soup) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Plum	2 Sweet Potato Peanut Stew+ over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens* Diced Mango <i>Contains Peanuts</i>	3 Roast Beef and Monterey Jack Sandwich on Whole Wheat Lettuce Leaf & Tomato Beet Salad Fresh Citrus Cutie+
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13 Emeryville Center Closed for Indigenous People's Day	14 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Grapes	15 Soup is a large 12 ounces Thai Fish Curry Soup+ Whole Wheat Crackers Green Salad with Shredded Carrots* and Vinaigrette Mixed Fresh Fruit Medley (Berries, Mango, Melon)	16 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+)- no crouton Whole Wheat Bread Plum	17 Turkey and Cheese Croissant Sandwich Potato Salad+ Romaine Side Salad+ & Dressing Whole Wheat Crackers Fresh Seasonal Pear
20 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+ Higher Sodium Meal	21 Beef and Vegetable Stew* Brown Rice Zucchini Cantaloupe+ French Roll & Butter	22 Soup is a large 12 ounces Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Plum	23 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Lentil soup Whole Wheat Bread & Butter Grapes	24 Tex-Mex Chicken Taco Salad (chicken, romaine lettuce mix, corn, black beans, bell pepper) +* Whole Wheat Cracker Vegetable Tortilla Soup Banana
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MEET OUR NEWEST TEAM MEMBER



 **MEET & GREET WITH
HAZEL BARRY**

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11:45 AM - 12:15 AM**

 **EMERYVILLE SENIOR
CENTER
(DINING HALL)**

**COME SAY HELLO, ENJOY OUR DINE-
IN LUNCH, AND GIVE HAZEL A WARM
WELCOME!**

"Hi, I'm Hazel!"

I've been working in Senior Services since 2022 with the YMCA in San Francisco after 15 years in Outdoor Education.

I enjoy staying active with pickleball, golf, sailing, and swimming, but I also love quality time sharing meals with friends.

When I'm not working, you'll probably find me walking dogs, gardening, or baking fresh bread, yes, I love to share!

I'm excited to now be working within my own community and getting to know you all!"



Hazel Barry
ESC Supervisor





THE FRIENDS OF THE EMERYVILLE SENIOR CENTER *Holiday Marketplace*

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



Saturday, November 15



10:00 AM – 4:00 PM

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

✨ **Entry is FREE!**

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

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LUNCH, COSTUME CONTEST,
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**EMERYVILLE SENIOR CENTER
4321 SALEM ST.
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Presents exclusively for...

***Emeryville Seniors
Red Hawk Casino
Saturday, November 29, 2025
Cost per person \$ 56.00***

9:00 am Depart the Emeryville City Hall

11:00 am Arrive at Red Hawk Casino, California Newest Casino. Red Hawk offers over 2000 slot machines, 75 table games, and six different restaurants to choose from.

Receive: \$15.00 Free slot play, *\$5.00 food credit

3:00 pm Depart Red Hawk for the return trip home.

5:00 pm Approximate arrival time home.

Casino package subject to change.



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*Emeryville Seniors
Cache Creek Resort Casino
Wednesday, January 21, 2026
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9:30 am Depart from the Emeryville Senior Center

11:00 am Arrive at Cache Creek Indian Casino

Receive: \$20.00 Bonus play

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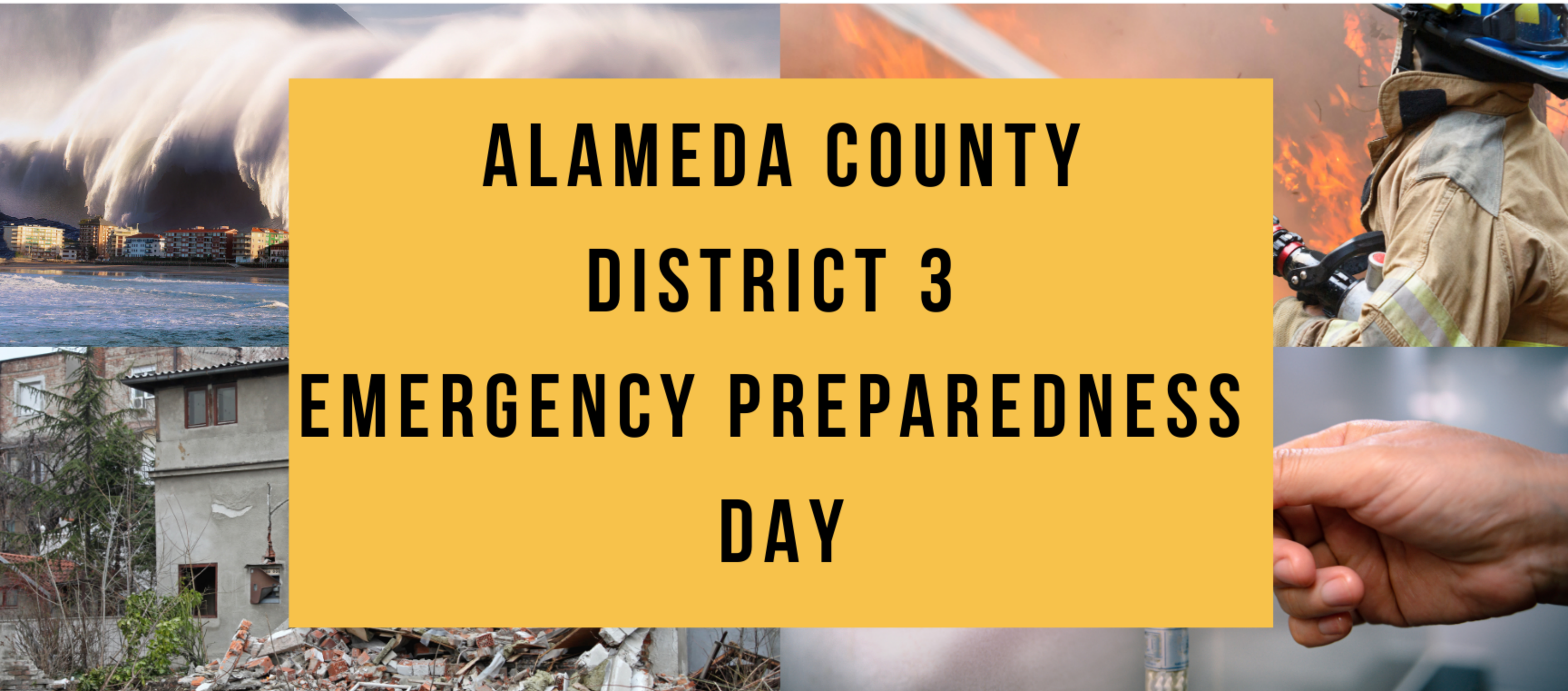
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READY. SET. PREP

ARE YOU READY FOR THE NEXT EMERGENCY?



ALAMEDA COUNTY DISTRICT 3 EMERGENCY PREPAREDNESS DAY

SATURDAY, OCTOBER 18TH, 2025 | 10:00 AM - 2:30 PM

SAN LEANDRO MAIN PUBLIC LIBRARY

300 ESTUDILLO AVE, SAN LEANDRO, CA 94577

PLEASE REGISTER:

[HTTPS://EVENTS.HUMANITIX.COM/ALAMEDA-COUNTY-DISTRICT-3-EMERGENCY-PREPAREDNESS-EVENT](https://events.humanitix.com/alameda-county-district-3-emergency-preparedness-event)

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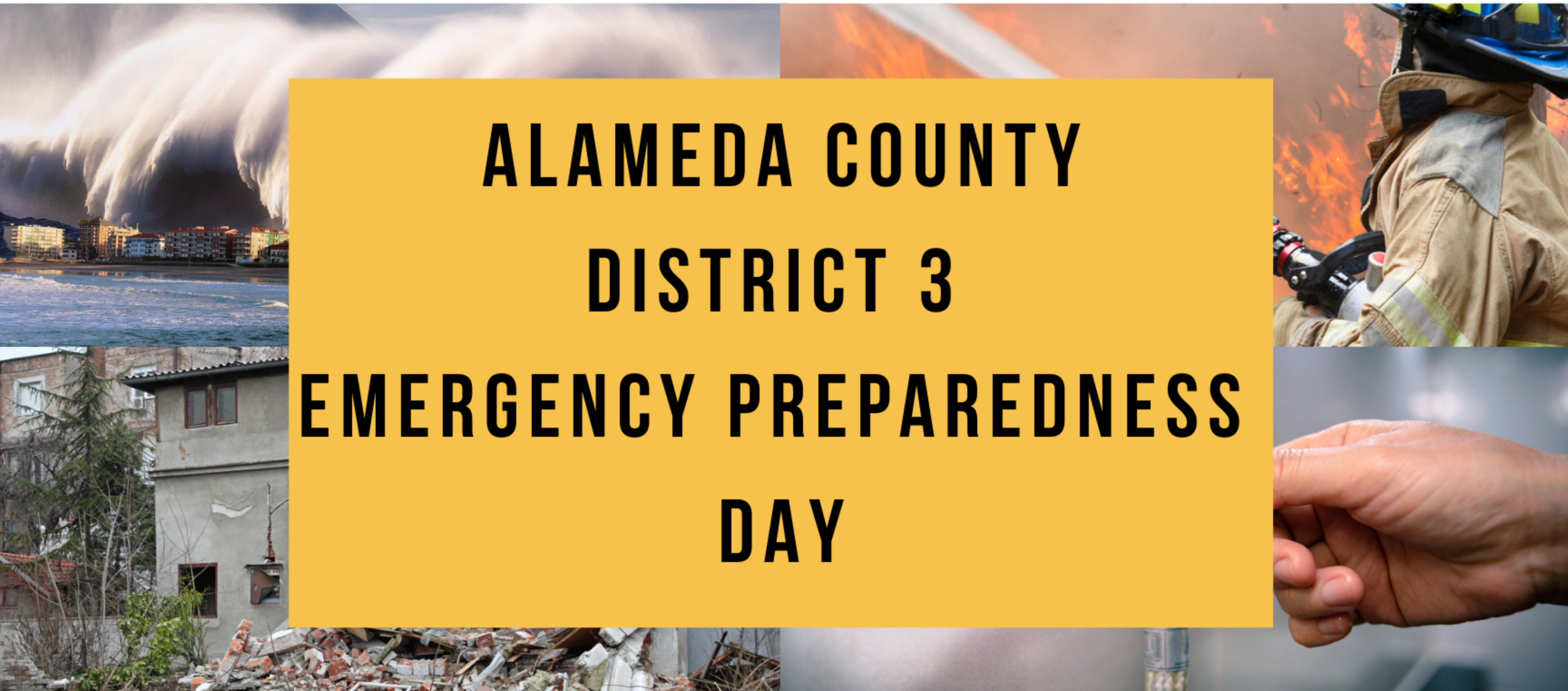


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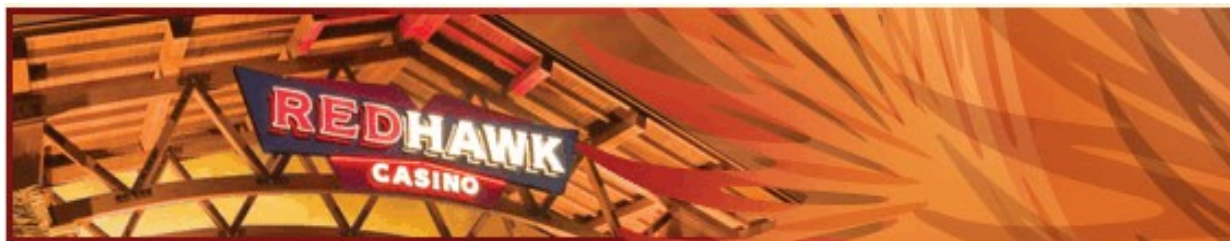
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