



WHAT'S HAPPENING @ ESC

JANUARY 2025 AT A GLANCE

January 1- Holiday Closure:
Happy New Year

January 2- Mercy Brown Bag

January 2- Movie: **The Last Holiday**

January 3- Trip: **GS Warrior vs Utah Jazz**

January 7- Trip: **Shop Around: Walnut Creek**

January 7- Friends of ESC Mtg.

January 8- Escort Training Refresher & 2026 Trip Brainstorm

January 9- Presentation:
Empowered Funeral Planning: Navigate w/ Clarity, Not the Unknown

January 9- Movie: **A Long Way Down**

January 11- Trip: **Motown Mania**

January 14- COA Meeting

January 14- Trip: **House of Prime Rib**

January 14- Intergenerational Socialization Activity: **Meet & Greet**

January 15- Mercy Brown Bag

January 16- Presentation:
Grief & Crisis in the Community

January 16- Trip:
Legion of Honor: Manet & Morisot Exhibit

January 16- Movie:
Mission Impossible: The Final Reckoning

January 19- Holiday Closure:
Happy Martin Luther King Jr. Day

January 20- Trip: **House of Prime Rib**

January 20- Friends Volunteer Circle

January 21- Intergenerational Socialization Activity: **Pickleball**

January 23- Presentation:
Financial Fraud & Online Scam Prevention

January 23- Movie: **The Rip**

January 25- Trip: **Dine Around: Towne Fare Soul Sunday Buffet Brunch**

January 28- Intergenerational Socialization Activity: **Board Game Mania**

January 29- Ashby Village Tech Help

January 29- AARP (4-hr Refresher)

January 30- Presentation:
Home Match Program w/ Front Porch

January 30- Movie: **The Six Triple Eight**

WELCOME TO 2026

We're excited to begin a new year filled with fresh programs, meaningful connections, and many opportunities to stay active, engaged, and inspired. A new year brings new activities, new connections, and even more moments to enjoy together, and we can't wait to share them with you.

As we step into 2026, we're truly grateful for our community and the energy, participation, and support you bring each day. We look forward to a year ahead filled with engaging programs, special events, and continued opportunities to connect, learn, and celebrate together. Let's make 2026 a great year, together!

SAVE THE DATES

1/19- MLK Jr. Holiday Closure

2/8- Super Bowl Party

2/13- ESC Singles Mixer

2/20- Lunar New Year Celebration

2/27- Black History Celebration

ESC's Beloved Volunteers

Thank You! Thank You! Thank You!

A special thank you to all of the volunteers who helped deck the halls of ESC for the holidays. Your time, creativity, and holiday spirit truly made the space warm and welcoming.

Thank you as well to everyone who attended and supported this year's Gala. We had a wonderful time supporting awesome vendors, enjoying great food, amazing entertainment, and the joy of coming together as a community.

A big shout-out to our event volunteers for their warm greetings, serving, and assistance throughout the event. We truly couldn't have done it without you, your support made the night a success!



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

THE LINK

WHAT'S HAPPENING @ ESC

EVENTS &
NEWS!



ESC'S LUNAR NEW YEAR CELEBRATION

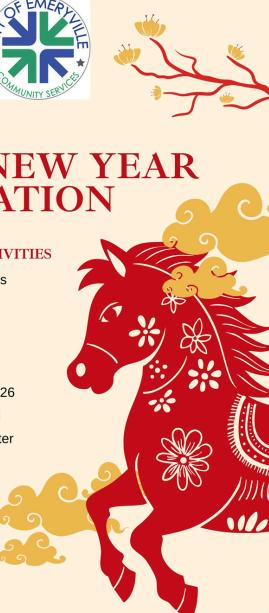
ENJOY EXCITING ACTIVITIES

- 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



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 go on sale January 12, so be sure to secure yours early!

SUPPORT GROUPS

Diabetes & Walking Support Group Meetings
 ESC's Diabetes & Walking Support Groups, will resume in February 2026.

ESC NEW Members & Renewals

ESC Membership Renewals. Is your ESC Membership up for Renewal? Membership renewals are now being accepted via online registration through Civic Rec or by calling the front desk and speaking with a staff member. If you have an existing membership account, you can renew online. If you are a new member, please call the front desk to request a New Member Application to complete and return to ESC along with the annual membership fees of \$31. Click the link to complete your renewal online: [Membership Registration](#). Please call us at 510-596-3730 for more info.

ESC 2026 Coffee Station Updates

Due to ongoing misuse of supplies, the coffee station will now be shut down daily at 1:00 p.m. Staff will prepare no more than four (4) coffee pots per day. Members are welcome to use their own thermos or coffee cup; however, we kindly ask that everyone be mindful when refilling multiple cups so that coffee remains available for others.

Thank you for your cooperation and consideration as we work to maintain shared resources for the entire community.

COFFEE W/ ESC

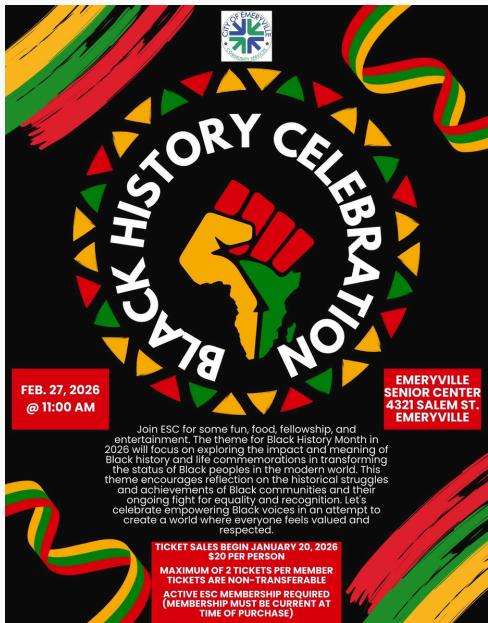


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WHAT'S HAPPENING @ ESC

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.

JUL
17

Friday, February 27, 2026

11:00 AM

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

Tickets:

**On sale beginning 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)

Space is limited—don't miss this meaningful and enriching community celebration.

Friends of Emeryville Senior Center

Community Care in Action...Our Holiday Gift Bags for isolated seniors were lovingly completed and delivered in December, thank you to everyone who contributed! Our amazing volunteers will take a well-deserved break over the winter holidays and will return in January to begin preparing comfort packs for our unhoused neighbors and summer fun backpacks for local children.

We are deeply grateful for the ongoing generosity of our ESC members. Your donated items help us continue spreading care and kindness throughout our community.

We are thankful for all the donated items from ESC members

Friends
of ESC



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EVENTS &
NEWS!

WHAT'S HAPPENING @ ESC



Your official source for
Alameda County election
and voting information.
acvote.alamedacountyca.gov

Alameda County Registrar of Voters
12/31/25 (9am -1pm)
1/5/26 (9am -4pm)

**The Registrar of Voters office will be on site where you
can apply to register to vote.**

**To register to vote in California, you must be:
A United States citizen and a resident of California and
meet all of the other eligibility requirements to vote.**

What You Will Need:

**To register online you will need your California driver
license or California identification card number, the last
four digits of your social security number, and your date
of birth.**

*****NEW- ESC 2nd Fridays (begins 1/9 @ 5:00pm)**

Friday Night Social at the Emeryville Senior Center!

Kick off your weekend with friends, fun, and great vibes at our Friday Night Social! Join us for an evening of music, light "potluck" refreshments, games, and good company in a warm, welcoming atmosphere. Whether you're looking to unwind, meet new people, or just enjoy a lively night out, this is the place to be!

2nd Fridays (**beginning 1/9/26, 5p-7p**)
 Emeryville Senior Center

Come laugh, connect, and make memories—your Friday nights just got a whole lot more fun!

Friends Volunteer Group Meeting (1/20 @ 1:00pm)

You are invited to join the Volunteer Circle on Tuesday, January 20th as we prepare comfort packs for our unhoused neighbors and help assemble table decorations for upcoming Center events. We recently put together gift bags for our isolated senior members that were delivered for the holidays and will begin assembling summer fun backpacks for the children in our community in February. We hope you join us in activities bettering lives in our area while enjoying friendly conversation..

Lost & Found @ ESC

Attention everyone! Please check the Lost and Found @the front desk for any missing items. If you've lost something, come by to identify it and claim your belongings. Unclaimed items will be donated after 1/31/25. Remember to label your personal items to help with identification!

Friday
Social

Friends
Volunteer
Cirrcle

ESC's
Lost & Found

JANUARY 2026



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FEBRUARY TRIP
REGISTRATION IS
OPEN MONDAY 1/6
@ 9AM

TRIPS: JANUARY 2026

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.



UPCOMING (APRIL) DAY TRIP:

MJ THE MUSICAL (4/1/26)
Includes roundtrip Transportation, Tickets in Rear Orchestra, and a boxed lunch (lunch choices: Egg Salad, Chicken Salad, Ham, or Turkey Sandwich. Please make your selection at time of registration. (\$110/pp)
(See flyer for more info.)

Super Bowl LX
Experience
(2/5, 1:30P-7:30P)
\$55

As excitement builds for Super Bowl LX, the Moscone Center will be a hub for official Super Bowl events and fan experiences in San Francisco.

Visitors can enjoy interactive exhibits, appearances by NFL legends, panel discussions, photo opportunities with iconic memorabilia, and live entertainment throughout the week. Whether you're a lifelong football fan or simply want to experience the energy of the Super Bowl, Moscone Center will be the place to be leading up to the NFL's biggest game.

(SF) MODERATE TO MAJOR WALKING Trip #: [22026001](#)

Livermore Wine &
Chocolate Stroll
(2/7, 11A-5P)
\$63

Stroll through participating local businesses while sampling 15+ local wines and enjoying a variety of chocolate samples along the way. Shop local small businesses as you explore downtown, and bring your friends, family, and loved ones to celebrate Valentine's Day early with an afternoon of fun and flavor. **(LIVERMORE) MODERATE TO MAJOR WALKING** Trip #: [22026002](#)

Dumpling Making
Class w/ Preserved
(2/9 11A-3P)
\$171

Learn to make your own Chinese-style dumplings! You'll learn to make the most delicious homemade dumplings and choose from two fillings: pork or cabbage and roasted veggies (vegetarian). Together we'll learn how to make pork dumpling filling from scratch. Then we'll get hands-on using pre-made dough to fill, pleat, and cook off our class-made dumplings to enjoy together with Henry's homemade dipping sauce!

(BERKELEY) MINOR WALKING Trip #: [22026003](#)

JANUARY 2026



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FEBRUARY TRIP
REGISTRATION IS
OPEN MONDAY 1/6
@ 9AM



Dine, Drink, Shop:
China Live
(2/11, 11A-3P)
\$15

Discover the flavors, culture, and energy of SF's Chinatown at China Live, a vibrant culinary and shopping destination all under one roof. Enjoy authentic Chinese cuisine, sip handcrafted cocktails or tea, and browse a curated marketplace featuring unique gifts, gourmet goods, and artisanal finds. Whether you're dining, drinking, or shopping, China Live offers a lively and immersive experience you won't want to miss.

(SF) MINOR WALKING Trip #: 22026004

African American Art &
Culture Complex
(2/18, 11:30A-5:30P)
\$20

Experience a celebration of history, creativity, and culture with a visit to the African American Art & Culture Complex (AAACC). Explore inspiring exhibitions that highlight Black art, heritage, and community voices, followed by a delicious lunch at Minnie Bell's Soul Movement, a beloved San Francisco spot known for its modern take on classic soul food. This enriching outing offers the perfect blend of culture, conversation, and comforting cuisine. **(SF) MODERATE WALKING** Trip #: 22026005

Lunar New Year @
Oakland Museum
(2/21 10A-5P)
\$25

Celebrate culture, tradition, and community with a festive visit to the Oakland Museum of California (OMCA) for their Lunar New Year Celebration. Enjoy vibrant performances, engaging activities, and special programming honoring the Lunar New Year, then treat yourself to lunch from a variety of on-site food trucks offering diverse and flavorful options. This lively outing is a wonderful opportunity to explore art, history, and culture while enjoying great food and good company.

(OAKLAND) MODERATE TO MAJOR WALKING Trip #: 22026006

Oakland's Black Joy
Parade
(2/22, 11A-4P)
\$15

Join us for an uplifting trip to the 2026 Black Joy Parade in Oakland, a vibrant celebration of Black culture, creativity, and community. Experience colorful floats, live music, dance, art, and joyful expressions that honor Black excellence and resilience. This high-energy event brings people together in a powerful atmosphere of pride, unity, and celebration, an inspiring day you won't want to miss.

(OAKLAND) MODERATE TO MAJOR WALKING Trip #: 22026007

UPCOMING (MAY) DAY TRIP:

ALICIA KEYS HELL'S KITCHEN (5/6/26)

@ Orpheum Theater

**Includes roundtrip Transportation, Tickets in
Rear Orchestra
(\$73/pp)**

(See flyer for more info.)

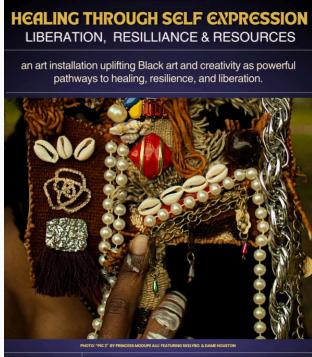
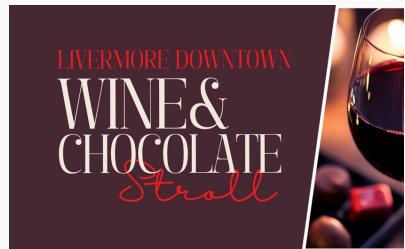
JANUARY 2026



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CONT. TRIPS: JANUARY 2026



OMCA: Black Spaces Exhibit
(2/25, 1:30P-7:30P)
\$34

Join us for a meaningful trip to the Oakland Museum of California to experience Black Spaces: Reclaim and Remain, a powerful exhibit exploring Black presence, resilience, and cultural expression through art, architecture, and storytelling. This thought-provoking exhibition highlights the importance of place, belonging, and the ongoing work of reclaiming space in Black communities.

Following our museum visit, we'll enjoy lunch together at Town Fare Café, located inside OMCA and known for its locally sourced, seasonal dishes inspired by California's diverse cultures.

This trip offers a wonderful opportunity to engage with impactful history and art, enjoy great food, and share conversation with fellow participants. **(OAKLAND) MODERATE WALKING** Trip #: [22026008](#)

Art of the African Diaspora Exhibit & Soul Food
(2/28, 11A-5P)
\$15

Join us for an enriching cultural outing to the Richmond Art Center to explore the Art of the African Diaspora exhibit, featuring powerful and thought-provoking works by artists of African descent. This exhibit celebrates creativity, heritage, and storytelling through a dynamic range of artistic expressions.

After our gallery visit, we'll head to Oakland for a late lunch at Y's Choice, a beloved local spot known for its delicious comfort food and welcoming atmosphere.

This trip offers a meaningful blend of art, culture, and cuisine—an inspiring and enjoyable way to connect, reflect, and celebrate community. **(RICHMOND/OAKLAND) MODERATE TO MAJOR WALKING**

Trip #: [22026009](#)



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PRESENTATIONS



Empowered Funeral Planning: Navigate w/ Clarity, Not the Unknown (1/9 @ 11:00am)

This Seminar is suitable for individuals who are currently planning a funeral, considering pre-planning, or simply seeking to understand the process to make informed decisions when the time comes. Get tips and understanding on how to plan a meaningful funeral with a professional funeral planning consultant.

Billiards Room

Grief & Crisis Services in the Community 1/16 @ 11:00am

Join us in partnership with Crisis Support Services of Alameda County to learn about their free, confidential support services, including 24-hour crisis support through the 988 Lifeline and free outpatient therapy for adults 65+ and community members experiencing grief or loss.

This presentation will provide an overview of available services, how to access support, and insight into their compassionate, person-centered approach to grief and emotional wellness.

Billiard Room

Financial Fraud & Online Scams Prevention (1/23 @ 11:00am)

Join us in partnership with FraudStop for a 45 minute presentation on financial fraud & online scams! You will learn about the main types of scams, relevant safeguards for each type, as well as law enforcement & government resources to report fraud. Check out more details at www.fraudstopclub.org.

Billiards Room

Home Match Program (1/30 @ 11:00am)

Front Porch's Home Match program is a shared housing program that provides free personalized services in the Bay Area to help find the perfect match for you (learn more about how it works. They work with anyone over 18, typically matching an older adult home provider seeking to age in place with a community member seeking affordable housing.

Billiards Room

Fraud Stop


front porch



 **CRISIS SUPPORT SERVICES**
of Alameda County



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FRIDAY MOVIES



Did you know The Six Triple Eight is based on the true story of an all-black and all-female battalion in World War

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 by the 1st Friday of every month, for your title submission to be considered for the next month's movie.

1/2- The Last Holiday:

Georgia, who leads a life full of unfulfilled desires, is left shocked when she discovers her terminal illness. Soon, she quits her job, gathers her savings and sets out on a luxurious trip to Europe.

1/9- A Long Way Down:

Four people meet on New Year's Eve, and form a surrogate family to help one another with the difficulties of their lives.

1/16- Mission Impossible-The Final Reckoning:

Hunt and the IMF pursue a dangerous AI called the Entity that's infiltrated global intelligence. With governments and a figure from his past in pursuit, Hunt races to stop it from forever changing the world.

1/23- The Rip:

Ben Affleck and Matt Damon headline this action thriller where they play a cop duo who seize a sizable cash stash in a house, which puts them firmly in the wrong sort of spotlights from friend and foe.

1/30- The Six Triple Eight:

855 women joined the war to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.



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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: **January 2 & 15**

- 👉 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, January 29th, 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 (Last Thursday @ 2pm)

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



⌚ 2:00–4:00 PM (Returns 1/29/26)



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.

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 **January** 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 – 1:00 PM

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: 1/7, 1/14, 1/21, 1/28
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.

****NEW** Intergenerational Social Hour at ESC (Wednesdays @ 2:30pm)**

The Emeryville Senior Center is excited to launch a new intergenerational program in partnership with local high school students. This weekly social hour brings together aging adults and high school seniors for meaningful connection, conversation, and collaboration.

Each week, participants will work together on a different activity designed to foster understanding, shared learning, and relationship-building, helping to bridge the generational gap in a fun and engaging way.

This month's social hour activities are:

1/14- Meet & Greet Social Engagement, 1/21- Pickleball, 1/28- Board Game Mania

We look forward to creating space for connection, creativity, and mutual respect across generations.



Other Resources

211 (Local Assistance and Referral Program): <http://211alamadacounty.org/>
 Born to Age Resource Referral: borntoage.com/alamada-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](http://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](http://www.spectrumcs.org/energy-services/liheap)

Ashby Village: Aging Better Together: [https://www.ashbyvillage.org](http://www.ashbyvillage.org)

Alameda County Aging and Disability Resource Connection (ADRC):
[https://alameda.my-adrc.org/](http://alameda.my-adrc.org/)



JANUARY 2026

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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 1/1)	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 (No Class 12/31)	Zoom	ID 810 5258 6014, PW 4321
Stephanie	Rosen	Thursdays, 10:00am (No Class 1/1)	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	Mondays, 9:00am	Upstairs	
Sandra	NIA	Mondays, 10:00am	Main Hall	
Volunteer	Current Events	Mondays, 10:00am	Billiards Rm	
Sandra	Chair Yoga	Mondays, 11:00am	Upstairs	
Helen	Weights	Tuesdays, 9:30am	Main Hall	No Class 1/1
Jay	Ukulele	Tuesdays, 10:30am	Billiards Rm	
Helen	Zumba	Tuesdays, 10:30am	Main Hall	No Class 1/1
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, 1:00pm	Main Hall	No Class 12/31
Pamela	Yoga	Thursdays, 9:00am	Upstairs	No Class 1/1
Terry	Guitar & Songs	Thursdays, 10:00am	Billiards Rm	No Class 1/1
Helen	Zumba	Thursdays, 10:30am	Main Hall	No Class 1/1
Staff	Needlework Circle	Thursdays, 1:00pm	Billiards Rm	No Class 1/1
ESC Staff	Pickleball	Thursdays, 1:00pm	Main Hall	No Class 1/1
Ann	Tai Chi	Fridays, 10:00am	Upstairs	No Class 1/2
Bayon	Happy Meditation	Fridays* @ 11:30am	Upstairs	No Class 1/2
Sandra	Tango	Fridays, 1:00pm	Main Hall	No Class 1/2

ESC Closures:

12/31 - Closed at 1pm after lunch

1/1- Closed in observance of New Year's Day

1/19- Closed in observance of MLK Jr. Day



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.



JANUARY 2025 CAFÉ PRODUCTION MENU FINAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year! Senior Centers Closed	2 Chicken Fried Steak with Country Gravy Collard Greens* (1/2 cup) Black-eyed Peas (1/2 cup) Whole Wheat Bread Fresh Citrus Cutie+ (MOW wk. 4 Wednesday)
5 Chicken Bulgogi (3oz) Carrots & Mung Bean Sprouts Stir Fry* (1/2 cup) Steamed Rice Blend (Half Brown Rice) (1 cup) Mango Chunks+ (1/2 cup) (MOW wk. 5 Tuesday)	6 Pork Loin (3-4oz) with Gravy Mashed Potatoes (1/2 cup) Mixed Vegetables+* (1/2 cup) Grapes (1/2 cup) Whole Wheat Bread & Butter (FRIDAY MOW WK 4)	7 Soup/salad = 12 oz Italian Wedding Meatball Soup (beef, x4) Creamy Coleslaw+* (1/2 cup) Whole Wheat Bread Tangerine+ (MOW wk. 5 Thursday)	8 Three Sisters Stew (8oz) (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes (1/2 cup) Whole Wheat Crackers Seasonal Pear (1/2 cup) (MOW wk.5 Monday)	9 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* (1/2 cup) Three Bean Salad (1/2 cup) Whole Wheat Bread & Butter Banana (MOW wk. 5 Wednesday)
12 White Fish with Oyster Sauce (3 oz) Stir Fried Carrots and Cabbage+* (1/2 cup) Steamed Brown Rice (1/2 cup) Fresh Citrus Cutie+ (MOW wk. 6 Tuesday)	13 Elsie's Chicken Adobo (3oz) Brown Rice (1/2 cup) Mixed Vegetables (carrots, Broccoli, Green Beans) +* (1/2 cup) Banana (FRIDAY MOW WK 5)	14 Soup = 12 oz Albondigas (Mexican beef meatball soup) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing (1 cup) Pineapple & Mango Chunks+ (1/2 cup) (MOW wk. 6 Thursday)	15 Sweet Potato Peanut Stew+ over Quinoa (8oz) (Vegan, with peanuts & chickpeas) Seasoned Greens* (1/2 cup) Grapes (1/2 cup) <i>Contains Peanuts</i> (MOW wk. 6 Monday)	16 Chicken Parmesan Whole Wheat Pasta (Under Chicken) Ratatouille/Vegetables+* (1/2 cup) Tangerine+ (MOW wk. 6 Wednesday)
19 Centers Closed for Martin Luther King Jr Day	20 Beef and Bean Chili Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Seasonal Apple (FRIDAY MOW WK 6)	21 Soup = 12 oz Southwest Chicken Vegetable Soup Garden Salad with Carrots* & Dressing (1 cup) Whole Wheat Bread & Butter Fresh Citrus Cutie+ <i>Large soup cup</i> (MOW wk. 7 Thursday)	22 Homemade Baked Macaroni & Cheese (Vegetarian) Black Eyed Peas (1/2 cup) Braised Collard Greens* (1/2 cup) Pineapple Chunks+ (1/2 cup) (MOW wk.7 Monday)	23 Chicken & Sausage Gumbo Brown Rice (1/2 cup) Collard Greens* (1/2 cup) Garden Salad with Dressing (1 cup) Citrus Cutie+ (MOW wk. 7 Wednesday)
26 (3-4oz) Teriyaki Chicken Vegetable Medley Stir Fry+ (1/2 cup) Steamed Brown Rice (1/2 cup) Fresh Citrus Cutie+ Higher Sodium Meal (MOW wk. 8 Tuesday)	27 Meat Loaf (Turkey) w/ Gravy (4oz) Whipped Sweet Potatoes* (1/2 cup) Herbed Broccoli+ (1/2 cup) Whole Wheat Bread & Butter Seasonal Pear (FRIDAY MOW WK 7)	28 Soup = 12 oz Thai Fish Curry Soup+ Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette (1 cup) Banana (MOW wk. 8 Thursday)	29 Spinach & Mushroom Lasagna* (Vegetarian) (1 piece) Three Bean Salad* (1/2 cup) Caesar Salad (Romaine+)- no crouton (1 cup) Mixed Fruit (berries, pineapple) (1/2 cup) (MOW wk. 8 Monday)	30 Chicken Enchilada Casserole Zucchini, Corn & Peppers+ (1/2 cup) Mexican Coleslaw+* (1/2 cup) Warm Pineapple Chunks+ (1/2 cup) (MOW wk. 8 Wednesday)



A NOTE FROM

*The Friends of
Emeryville Senior Center*

This has been a busy time for the Friends of the ESC. The Holiday Marketplace and the Gala required lots of energy and time from members of the Friends and from willing and able volunteers. Each event raised just over \$1000 to pay for classes, trip scholarships, equipment, and entertainment at special events. Your participation, donations and volunteer efforts make our fundraising efforts successful.

Our next fundraiser will be a Popcorn store in anticipation of the Superbowl so keep an eye out for sales to open soon. Maylou Bartlett, our treasurer, has been picking up the bread from Acme for our bread sale fundraiser. She is wanting to slow down a bit and would appreciate it if someone could pick up bread at 9 am on Mondays and bring it to the Center. This would be a once-a-month commitment or more, if you're able.

Would any of our wonderful volunteers like to join us on the Friends committee? You already give us your time and efforts at our fundraising events, and this would be an opportunity to give valuable input for future events. Meetings are first Wednesdays of every month at 10 am.

If you are interested (and we hope you are) please contact Katherine Harris at 805-720-2789 or cparnp5661@gmail.com.

(Non-volunteers are welcome too, in fact, being one of the Friends IS a volunteer opportunity.)

~Friends of ESC



Front Porch's Home Match program is a shared housing program that provides free personalized services in the Bay Area to help find the perfect match for you (learn more about how it works. They work with anyone over 18, typically matching an older adult home provider seeking to age in place with a community member seeking affordable housing.

**Learn more:
January 30th
11am Billiards Room**



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)**



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.

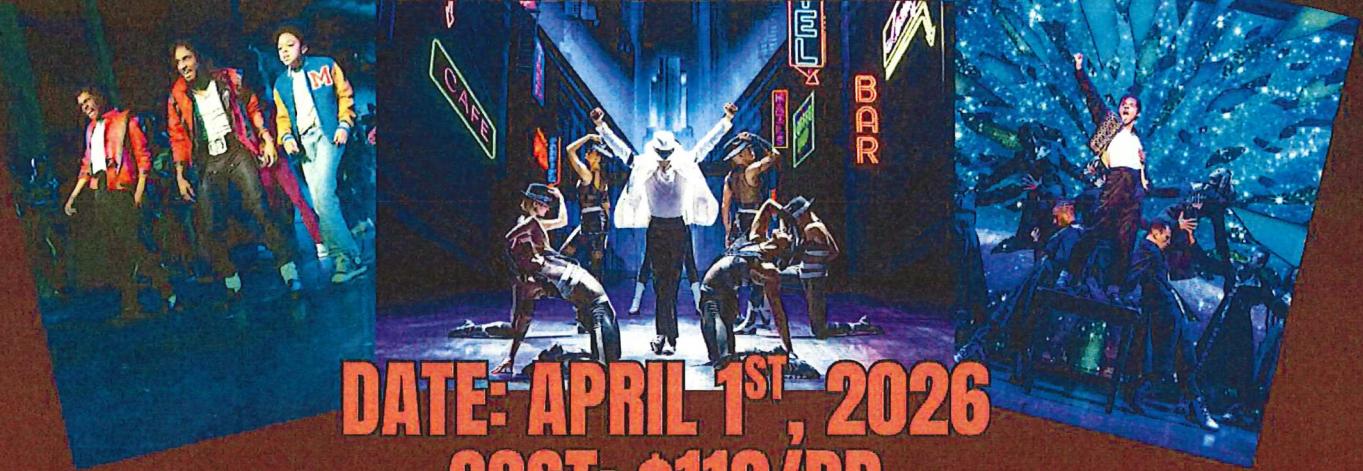
**TICKETS ON
SALE 1/12**

For more information
please contact us at:
510.596.3730





EMERYVILLE SENIOR CENTER PRESENTS MJ THE MUSICAL



DATE: APRIL 1ST, 2026
COST: \$110/PP

Only 15 Spots Available!

**INCLUDES: ROUNDTRIP TRANSPORTATION EMERYVILLE'S MINI-BUS,
TICKETS IN REAR ORCHESTRA, BOXED LUNCH AT THE THEATER**

HE IS ONE OF THE GREATEST ENTERTAINERS OF ALL TIME. NOW, MICHAEL JACKSON'S UNIQUE AND UNPARALLELED ARTISTRY HAS FINALLY ARRIVED ON BROADWAY IN A BRAND-NEW MUSICAL. CENTERED AROUND THE MAKING OF HIS 1992 DANGEROUS WORLD TOUR, AND CREATED BY TONY AWARD(R)-WINNING DIRECTOR/CHOREOGRAPHER CHRISTOPHER WHEELDON AND TWO-TIME PULITZER PRIZE WINNER LYNN NOTTAGE, MJ GOES BEYOND THE SINGULAR MOVES AND SIGNATURE SOUND OF THE STAR, OFFERING A RARE LOOK AT THE CREATIVE MIND AND COLLABORATIVE SPIRIT THAT CATAPOULTED JACKSON INTO LEGENDARY STATUS. TURN IT UP, BROADWAY – MJ IS HERE!

Walking Level: 1 - Easy. There may be 1-2 blocks of walking to access the theater, depending on traffic. The bus will do its best to get as close as possible to the theater.

**For More Information or to make a Reservation Please Contact:
Tamika Wright (510) 596-3730**

Please make a lunch choice at time of registration: Includes sandwich, side of fruit, and a cookie. Drinks will be available to purchase at the theater bars.

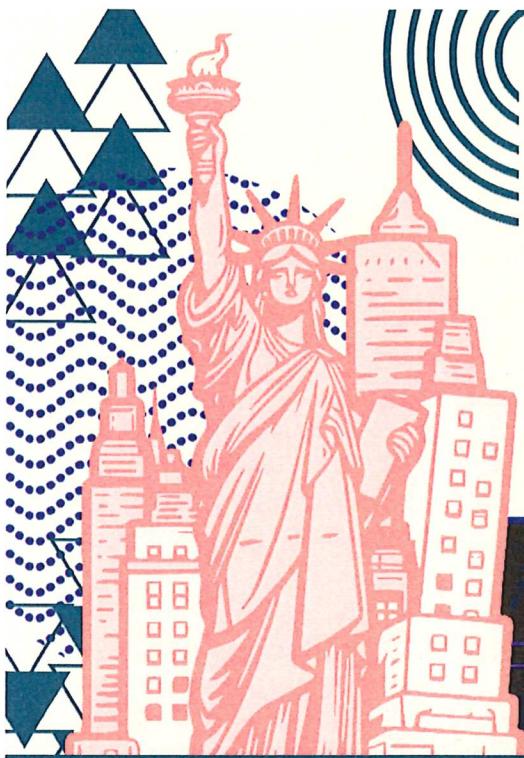
Egg Salad Chicken Salad Ham Turkey

All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, Emeryville Seniors, City of Emeryville and Tamika Wright assume no responsibility for any passenger or their possessions. All trips, tours and shows are subject to change and availability. No refunds unless a replacement is found. Tickets are non-refundable. Individual cancellations/changes must follow Emeryville Senior Center's cancellation policy. Specific conditions apply. Transportation is being provided by Emeryville Senior Center, and must follow all policies in place for Emeryville Seniors transportation services. CST#1002945-40

TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523 Phone: (925) 937-2225

TravelCenter
Tours & Travel

TravelCenter.com



HELL'S KITCHEN



THE BROADWAY MUSICAL
INSPIRED BY ALICIA KEYS'
MUSIC AND LIFE STORY



COST: \$73/PP

**JOIN EMERYVILLE SENIOR CENTER FOR A DAY TRIP
DATE: WEDNESDAY MAY 6TH, 2026**

Walking Level: 1 - Easy. There may be 1-2 blocks of walking to access the theater, depending on traffic.

The bus will do its best to get as close as possible to the theater.

- ORPHEUM THEATER SF
- REAR ORCHESTRA TICKETS
- ROUNDTRIP TRANSPORTATION PROVIDED BY EMERYVILLE'S MINI-BUS

Meet Ali, a spirited 17-year-old girl on a quest for freedom, passion, and her identity in the world. Throughout her journey, you will encounter a transformative musical mentor, her vibrant family, and the neighborhood that nurtures her growth. Relatable, authentic, and delightfully entertaining, HELL'S KITCHEN is a tribute to self-discovery, purpose, and the supportive people who uplift you.

This is more than just a performance; it's an experience that pulls you from your seat and leaves you buzzing with excitement as you ponder who to share it with first. The music—a captivating blend of Keys' greatest hits and original songs crafted solely for the show—is brought to life with exhilarating choreography. It's a powerful soundtrack of rebellion, life, and love that resonates with everyone, regardless of where you come from, where you've been, or where you're headed.

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

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Specific conditions apply. Transportation is being provided by Emeryville Senior Center, and must follow all policies in place for Emeryville Seniors transportation services. CST#1002945-40

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TravelCenter
Tours & Travel



Life is a good trip.™