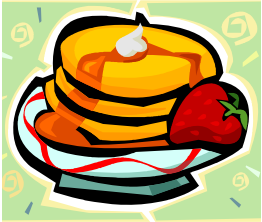
EMERYVILLE SENIOR CENTER
4321 Salem Street, Emeryville, CA 94608
510-596-3730
May 2014
36 YEARS

The Link

2nd Annual Pancake Breakfast



Wednesday, May 21st, 9am-11am
Only $3 per person

May is Older Americans Month and to celebrate, we will be hosting our annual pancake breakfast! We will be serving pancakes, scrambled eggs, pork sausage and turkey bacon. We will also have a pajama contest, so put on your cutest pajamas! After breakfast, stick around and dance with Novella's beginning line dance class! Tickets must be purchased in advance for $3 in the office (there will not be assigned seating for this event).

Try our Anti-Aging Class!

Mondays, 1-2pm, Billiards Room

This class deals with aging issues such as pain, stiffness, hearing, digestion, walking, balance, weight, bones and many other things that arise as we age. This self-help class teaches acupressure, safe Chinese herbs that one can buy at Safeway, diet recommendations for aging well, and many more helpful techniques that can be done at home. The Instructor is 71-year-old Juanita Oribello. She has taught Feldenkrais for 30 years and has studied extensively, modalities such as Chinese Medicine for 10 years, is a Reiki Master, does Acutonic, Jin Shen Jyutsu, meditation and is constantly studying for new ways to have a happy, healthy long life.

New Quilting Instructor!

Thursdays 1-4pm, Main Hall

Please join us in welcoming Sandy Newman to the Emeryville Senior Center Family. Sandy has taken over the Quilting & Sewing Class, which is held each Thursday from 1-4pm. Sandy, who is originally from New Zealand, has many years of experience as a quilting instructor at a local fabric store. Bring your own sewing project or come and pitch in to make the annual quilt for the Holiday Gala Raffle!

First Friday Night Club of 2014!

Fridays starting May 16th
5:00pm to 8:00pm

It's that time of year again! Come hang with us out at the Senior Center for Friday Night Club! Joe Melancon will be hosting games, activities, entertainment, friendly competitions (such as pool tournaments & card tournaments), light refreshments, movies, dancing and so much more! Each Friday Night will have a different theme. Tradewinds Band will kick off the season, then join us for card games on the 23rd and a pool tournament to end the month on the 30th. Catch up with old friends or make some new friends!

Upcoming Dates

May 2 Friday Club/Movie
May 3 Cinco de Mayo SF Trip
May 4 Niles Canyon & Tyme for Tea Trip
May 6 Stanford Shopping Center Trip
May 7 DVC Spring Buffet Trip
May 8 Mission Dolores & Noe Valley Trip
May 9 Friday Club/Movie
May 10 Cache Creek Casino Trip
May 13 Mindy Myers Food Adventures Trip
May 14 ACT Theater—The Suit
May 15 Book Club
May 16 Friday Movie/First Friday Night Club!
May 18 Hakone Japanese Gardens Trip
May 20 Historic Churches Trip
May 20 Newsletter Day!
May 21 2nd Annual Pancake Breakfast
May 22 Charles Krug Winery Trip
May 22 AARP Safe Driving Class—Part 1
May 23 Friday Movie/Friday Night Club
May 24 Sacramento Music Festival Trip
May 26 Memorial Day —Senior Center Closed
May 27 Legion of Honor Trip
May 28 National Senior Health & Fitness Day!
May 29 A's vs. Tigers Baseball
May 29 AARP Safe Driving Class-Part 2
May 30 Friday Movie/Friday Night Club
May 31 Castroville Artichoke Festival Trip

Program Highlights

MONTHLY BOOK CLUB

Meets the Third Thursday of each month. 10:00AM

Books being read:

May - Fever Season

June - Homer & Langley

Please bring your book with you; we will have a few copies on hand for you to borrow.

May Presentations:

Fridays are presentation days at the Emeryville Senior Center. So drop in; you might learn something new or discover a new frame of mind!

Friday, May 2nd, 10:00am Water Conservation

EBMUD has requested that customers reduce their water consumption voluntarily by 20%. Join Joseph Lerma from EBMUD to learn the best ways to conserve water during a drought. There willbe prizes and other giveaways, so don't miss this presentation.

Friday, May 9th, 10:30am: Armchair Travel

This month, Tony and Laura Bushman will take you on a journey to the Seine. We start our adventure in Paris and take a slow boat to the Normandy coast. Along the way we will visit the towns of Van Gough, Monnet and the painters of the 19th century and visit the graves of WWII soldiers.

Friday, May 16th, 11:00am: Lan Shaw

Join Lan as she talks about diversification and staying invested for the long term. This will be a volatile year for the market. Interest rates will rise. Learn how to stay the course and not pull out.

Friday, May 23rd, 10:30am:Free Phones!

California Phones is a state-mandated program which offers free specialized telephones, regardless of age and income, to any eligible California residents who have difficulty using their standard home phones due to vision, hearing, mobility, speech and/or cognitive impairments.

Friday, May 30th, 11:00am: Golden Gate Library

Ruby Bernstein will be here to share all of the services the Golden Gate Library has to offer. The Golden Gate Library serves Emeryville as well as the North Oakland Area.

FLEA MARKET FLASH: Don't forget to shop or volunteer at our annual Flea Market, April 24-25, 9am-5pm and April 26, 10am-2pm

The mission of the Emeryville Senior Center is to provide an array of activities and services that promote healthy aging and contribute to the physical, emotional, and financial well-being of older persons in our community. Participation is not limited with regard to race, color, creed, national origin, sex, or handicap.

AARP Safe Driver Full Course

May 22 & May 29, 12:15-4:30pm

Checks are made to AARP **only**. If you are 50 years old or older and want to take a class to refine your driving skills, then join this class. YOU MUST sign up prior to the class! Many insurance providers offer discounts to seniors who take this class every four years. The course is $15 for members of AARP & $20 for non-members. The Refresher Course will be offered again on June 26th.

We Can Call You When a Class is Cancelled!

We are implementing a new feature of our registration system that can allow us to easily inform you when your favorite classes are cancelled. The system employs a "robo-caller" that we can program to call you to inform you when your class is cancelled. If you are interested in participating in this new feature, please call Chauncey Anderson at 510-596-3778.

We are looking for a friendly volunteer to serve the congregate meals each Tuesday and/or Wednesday from 11:30-12:30. If interested, call 510-596-4309.

Thank You!

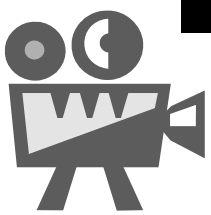
A HUGE Thank-You to Dr. Marceline Krafchick, who made a $3,000 donation to the Emeryville Senior Center. Dr. Krafchick is a retired college professor who resides in Emeryville and is a member of the Emeryville Senior Center. She has requested that every penny of her donation go to a Trip and Membership Scholarship Fund for people who cannot otherwise afford it. Watch for more details on how this will work in future newsletters. Thanks Dr. Krafchick!

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

STAFF: Community Services Director: **Cindy Montero**, Adult Services Supervisor: **Brad Helfenberger**, Program Coordinator: **Kim Burrowes**, Recreation Assistant: **Chauncey Anderson**, Nutrition Specialist: **Winifred Arbeiter**, Front Desk "Ambassador": **Joe Melancon**, Student Intern: **Crystel Aguilar.**

PROGRAM HIGHLIGHTS

MOVIES



Movies are shown in the Community Room Fridays at 1:00PM, unless otherwise noted. Refreshments provided.

"20 Feet from Stardom" - May 2nd
Winner of the 2014 Best Documentary Feature, this film is a behind the scenes look at the world of background vocalists. Starring Bruce Springsteen, Stevie Wonder and more!
(Documentary, 89 Minutes)

"Nebraska" - May 9th
When a cantankerous old boozer thinks he's won a sweepstakes prize, his son reluctantly takes a road trip with him. Starring Bruce Dern and Will Forte (Drama, 115 Minutes)

"Side Effects" - May 16th
Emily takes antidepressant medication to cope with her depression, but when her husband is released from prison she turns to a new medication that alters her life forever. (Thriller, 105 Minutes)

"The Place Beyond the Pines" - May 23rd
Luke is a professional motorcycle rider who turns to robbing banks to support his newborn son until he crosses paths with a rookie police officer. Ryan Gosling and Bradley Cooper star. (Drama, 140 Min)

"The Intouchables" - May 30th
Based on a true story, a quadriplegic's world is turned upside-down when he hires a good humored ex-con as his caretaker. They overcome adversity of every flavor shattering preconceptions of life, love and each other. (Foreign Drama, 114 Minutes)

MEETINGS

"Friends of the Emeryville Senior Center"
Wednesday May 7th; 10:30am
This is an open meeting & anyone can attend.
Please come and give input into our programs.

EMERYVILLE COMMISSION ON AGING
Wednesday May 14th, 10:00am
This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.

NEWSLETTER DAY
Tuesday, May 20th; 9:30am
Volunteers help put together the newsletter for the monthly mailing.

Tai Chi & Alexander Technique

Fridays 9am-11am
Instructed by Ann Koo
Tai Chi and Alexander Technique have now been rolled into one class. Instead of individual appointments for Alexander Technique, it will now be incorporated with Tai Chi into a group class. We hope to be able to serve more people with this format change. Ann Koo will continue her wonderful instruction.

Cooking Round the World

Thursdays May 8th & 22nd, 9:30-11:30am
Mindy Myers is back to take you on cultural and culinary journeys abroad! Space is limited, so please call the office at 510-596-3730 to sign up for each date. On May 8th, the class will travel to Jamaica and on May 22nd you can explore Malaysian Cuisine

Bulk Lunch Tickets Available

As you know, there is a recommended $3.00 daily donation for Café meals. To make it easier on yourself, we would suggest that you purchase a meal card from Brad: 20 meals at a total cost of $60. And at $3 per meal, it is a bargain!!!

SERVICES & PROGRAMS

HICAP COUNSELING

Tuesday, May 20th, 1-4pm
Call for Appointment
Unbiased assistance & information on long term care, Medicare, supplements to Medicare, & HMOs

BROWN BAG FOOD DISTRIBUTION

Thursday, May 1st & 15th; 9:00-10:00am
Bags of fresh produce & groceries for eligible program participants. Bring bag.
FEE: Annual Donation of $10.

BLOOD PRESSURE CHECK UP
Friday May 2th & 16th; 11:30am
The Emeryville Fire Department will check your blood pressure each month and record your progress from month to month.

FINANCIAL ADVICE Friday May 16th, 10am
Lan Shaw of Edward Jones offers free investment advice to help manage your retirement.

PROGRAM HIGHLIGHTS

Senior Tip of the Month: By Mary Soo-Hoo

Technology in our Lives

Technology has been great on many levels. It has also caused problems.

Socially, people are being disconnected using these devices. They are communicating less face to face. They are walking down the street all plugged in. They are not paying attention to where they are going. They are targets for thieves. They are taking more time talking to online friends. They ignore friends around them. Writing is now in an abbreviated form. Words are being shortened. It is affecting the way the students in school write. Writing is becoming a lost art. Activities are focus on video games and texting. Exercising is not happening as much. This will add to the obesity problems that we see all around us. The remote control for your garage can be a problem. With your car's registration in your glove compartment, car thieves can easily get into your house. It would be best not to have your registration where it is accessible.

Source: Mrs. Renee, Yahoo Contributor Network

Measure A Exemption

The Emery Unified School District has made provisions for senior citizens to claim an exemption from the Measure A Parcel Tax included on the property tax bill. An exemption from the special tax for tax year 2014/15 will be made available to each property owner in the District who will attain the age of 65 years prior to July 1, 2014, who owns a beneficial interest in the parcel, who uses that parcel as his or her principal place of residence, and who applies to the District on or before July 1, 2014.

To request this exemption, please submit the completed Senior Citizen Exemption Request Form and proof of ownership and age directly to the Emery Unified School District by noon on July 1, 2014. Forms will be available at the Senior Center, the Emery USD District Office, the District website: www.emeryusd.org, or by calling Lisa Taymuree at (510) 601-4906. Completed form should be mailed to the following address:

Emery Unified School District
Attn: Lisa Taymuree
1275 61st Street
Emeryville, CA 94608

National Senior Health & Fitness Day

Join us on **Wednesday, May 28** for **National Senior Health & Fitness Day!**

We will have a variety of fitness classes for you to try, massage therapy, informational resources, presentations, some promotional items and free refreshments for all participants. Don't miss this event! Get healthy and fit with us!

Other Services

BART TICKETS

Discount tickets for people with disabilities & adults age 65+. A $24 ticket costs only $9. Tickets can be purchased in the office.

INTERNET ACCESS/WIFI

The center has 8 computers and 3 laptops available for use, or bring your own computer and log on to our free WiFi (password available from staff).

INFORMATION/REFERRAL

On housing, health care, in-home care, and other community resources and professional services.

ONLINE TRIP RESERVATIONS ADDITIONAL FEES APPLY

Have you been having trouble getting through to the Senior Center phones on Trip Sign-up Day? Are the trips you want full before you have a chance to come to the Senior Center? Did you know you can sign up for trips up to THREE DAYS BEFORE Trip Sign-up Day. Visit our online registration website today at:

www.emeryville.org/activenet

You can set up your account today so it will be ready when online registration opens. Online registration for June trips will open on Friday, April 18th. Phone and walk-in registration will begin on Monday, April 21st. There is a small convenience fee for online registration.

Upcoming trips:

June 2014 Page 1 of 2

Online Sign ups begin Friday, April 18
Walk in/phone Sign-ups begin Monday, Apr 21

Tips for Tripsters: Refund Policy Reminder

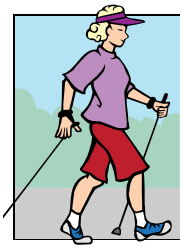
Full refunds are available if you cancel your trip at least two weeks in advance of the date of your trip (30 days for overnight trips). Requests received then than two weeks prior to date of the trip will only be considered if a replacement can be found. It is your responsibility to remember which trips you signed up for. Escorts usually make reminder phone calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.

Great Mall Shopping

Tuesday, June 3
10:00am-4:00pm
Cost: $10 Res/$11 Non-Res

The Great Mall is the largest indoor outlet and value shopping destination in Northern California. It provides the ultimate shopping experience with more than 200 outlet and value stores ranging from jewelry to women's apparel to sporting goods.
WALK AT YOUR OWN PACE

Point Lobos—Carmel



Thursday, June 5
8:30am-5:00pm
Cost: $27 Res/$28 Non-Res

Join us for a private docent led hiking tour of the "crown jewel" of the California State Park system. This geologically historical area, where dinosaurs once roamed the earth, is rich in flora and fauna of land and sea. Picnic lunch is provided. **EXTENSIVE WALKING (Minimum one mile walk on hiking trail)**

Russian River Rose Company-Santa Rosa

Monday, June 9
9:00am-5:00pm
Cost: $25 Res/$26 Non-Resident

Come enjoy this totally unique and romantic experience! Start with a cup of organic tea upon arrival as you roam through the rose gardens. Then enjoy a guided tour of the garden and the process of harvesting the roses. Bring your own bucket and clippers and you can harvest your own bouquet of roses for 25 cents per stem. Afterwards, we'll go to Healdsburg to enjoy lunch and shopping on your own. **MODERATE WALKING**.

Mindy's Food Adventure LeCordon Bleu Academy

Tuesday, June 10
9:30am-2:30pm
Cost: $40 Res/$42 Non-Res

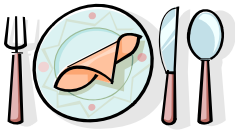
Join Mindy on a Food Adventure to Le Cordon Bleu Culinary Academy in SF. Observe culinary classes in session, plus tour the facility and dine at Pera Mediterranean Restaurant. Lunch is included in the price.
MODERATE WALKING

ACT: The Orphan of Zhou

Wednesday, June 11
11:00am-5:00pm
Cost: $10 Res/$11 Non-Res

In this beautiful rendition of a classic Chinese legend, described by some as the *Chinese Hamlet*, self-sacrifice and revenge plays out as a young orphan discovers the truth about his origins. **STANDING and MODERATE WALKING**

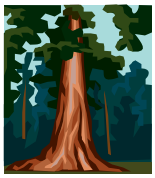
Dine Around Sodini's Bertolucci



Thursday, June 12
11:00am-3:00pm
Cost: $10 Res/$11 Non-Res

Bertolucci's Ristorante in South San Francisco was founded by the Bertolucci Family in 1928. It was originally a boardinghouse where Mama Bertolucci cooked family style meals for steel workers. The large Italian eatery soon became an institution attracting diners from all over the Bay Area. Enjoy lunch on your own. **MINIMAL WALKING**

Marilyn Straka Tour - Presidio II (NEW)



Tuesday, June 17
9:30am– 4:00pm
Cost: $22 Res/$23 Non-Res

Think you've seen it all? Well, think again! There is so much to see in the Presidio that we have created an "advanced" tour. You will see a pet cemetery, stables, greenhouses and more of the 500 historic buildings of the Army era. Lunch is on your own at the RX Café, then wander through the gardens of Lucas Film Center. **MODERATE WALKING**

Upcoming trips:

June 2014 Page 2 of 2

Online Sign ups begin Friday, April 18
Walk in/phone Sign-ups begin Monday, Apr 21

A's Baseball vs. Rangers

Wednesday, June 18
10:30-4:00pm
Cost: $25Res/$26 Non-Res

Join us at the ball park when the Oakland A's take on the Texas Rangers. This is the make up game for the Exhibition game that was rained out in March. We will tailgate in the parking lot before the game (lunch provided). **MODERATE WALKING**

Sausalito Houseboat Tour

Thursday, June 19
10:30pm-4:00pm
Cost: $20 Residents/$21 Non-Res

The roots of the Houseboat Community lie in the re-use of abandoned boats and material after World War II. We will take an hour-long tour of two of the docks, have lunch on your own at Bayside Café, then finish the tour with another dock.

EXTENSIVE WALKING

Stern Grove: Smokey Robinson & Patti Austin

Sunday, June 22
10:00-5:00 Cost: $7 Res/$8 Non-Res

The Stern Grove Festival, San Francisco's wildly popular free outdoor music and performance series will kick off its 77th season with appearances by Smokey Robinson & Patti Austin. Don't miss it!

EXTENSIVE WALKING

DeLoach & Kendall Jackson Wineries

Tuesday, June 24
9:00am-5:00pm
Cost: $35 Residents/$37 Non-Res

Join us for wine tasting! First stop will be DeLoach Vineyards in the Russian River Valley known for Pinot and Chardonnay. Then on to Charlie's in Windsor for lunch on your own. Last stop of the day will be Kendall Jackson Vineyards. **MODERATE WALKING**

Janet Pomeroy Center

Wednesday, June 25
9:00am-3:00pm Cost: FREE

Join us for this annual musical comedy performance of Jack & Jill & the Wolf at the Janet Pomeroy Center in San Francisco. Lunch on your own in the city after the show. No online registration.

MINIMAL WALKING

Alameda County Fair

Thursday, June 26
10:00am-4:00pm
Cost: $10 Res/$11 Non-Res

It's Senior Day at the Alameda County Fair! Enjoy free admission, for 62+, as you stroll through the various exhibits, food booths, fair games and rides. Loads of fun for all ages! Price includes transportation only.

WALK AT YOUR OWN PACE

Sonoma Lavender Festival

Saturday, June 28
10:00am-5:00pm
Cost: $15 Residents/$16 Non-Res

The air will be rich with the smell of Lavender this weekend. Discover products, taste food infused with lavender, and try wines of Sonoma at this delightful festival. After a few hours getting your lavender fix, we will go over to Railroad Square for some shopping and dining on your own. **EXTENSIVE WALKING**

Colusa Casino & Resort

Monday, June 30
9:00am-5:15pm
Cost: $25 Residents/$26 Non-Res

It's all about you at Colusa Casino & Resort! As the premier casino and resort in Northern California, they offer over 1,270 of your favorite slot machines, as well as 12 different table games and fast-paced Bingo five days a week. You can also enjoy the Monday special $5 buffet at Season's Buffet.

MODERATE WALKING

FREE Video/Slideshow Presentation

SAVE THE DATE! Wed, Apr 23, 2014, 1:30pm

If you seek new adventures, are curious about other cultures and enjoy meeting people from all over the U.S. and abroad, join us @ 1:30pm to see how hassle-free travelling can be with **COLLETTE VACATIONS**! If you missed the last presentation, you don't want to miss this one - *featuring:* **Niagara Falls**, **Heart of the South**, **Rome/Amalfi Coast, Panama**, **SPAIN** and more! For more info. contact: **Deborah Neal @ 510-499-5900**

MAY 2014

EMERYVILLLE SENIOR CENTER
4321 SALEM STREET, (510) 596-3730
HOURS: MON–THU: 9AM-5PM; FRI 9AM-8PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEKEND EVENTS: **May 3: Cinco de Mayo** **May 4: Niles Canyon & Tea** **May 10: Cache Creek Casino** **May 18: Hakone Japanese Garden** **May 24: Sacramento Music Fest** **May 31: Castroville Artichoke**		1 9:00 Brown Bag 9:00 Light Weight Training 10:15 Rosen Movement 11:45 Lunch 1:00 Quilting/Sewing 1:00 Yarn Around	2 9:00 Beginning Tai Chi 10:30 Alexander Technique 11:30 Blood Pressure Check 11:00 Friday Club 11:45 Lunch 1:00 Tango Dance Class 2:00 Dayan Qi Gong **MOVIE: 20 Feet from Stardom**
5 9:00 Beginning Computers 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 11:45 Lunch 1:00 Bingo 1:00 Anti-Aging 1:00 POW	6 9:00 Light Weight Training 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Lunch 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Beg. Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Dance Stanford Shopping Trip	7 9:00 Beg. Line Dance 9:00 Yoga 10:00 Friends of ESC Meeting 10:00 Soul Line Dancing 10:15 Zumba Gold 11:15 Qi Gong 11:45 Lunch 12:15 Art Group DVC Spring Buffet	8 9:00 Light Weight Training 9:30 Cooking Round the World 10:15 Rosen Movement 11:45 Lunch 1:00 Quilting/Sewing 1:00 Yarn Around Mission Dolores	9 9:00 Beginning Tai Chi 10:00 Financial Advising 10:30 Alexander Technique Workshop 11:45 Lunch 1:00 Tango Dance Class 2:00 Dayan Qi Gong **MOVIE: Nebraska**
12 9:00 Beginning Computers 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 11:45 Lunch 1:00 Bingo 1:00 Anti-Aging 1:00 POW	13 9:00 Light Weight Training 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Lunch 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Beg. Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Dance Mindy's Food Adventure	14 9:00 Beg. Line Dance 9:00 Yoga 10:00 COA Meeting 10:00 Soul Line Dancing 10:15 Zumba Gold 11:15 Qi Gong 11:45 Lunch 12:15 Art Group ACT "The Suit"	15 9:00 Brown Bag 9:00 Light Weight Training 10:00 Book Club 10:15 Rosen Movement 11:45 Lunch 1:00 Quilting/Sewing 1:00 Yarn Around	16 9:00 Beginning Tai Chi 10:30 Alexander Technique 11:30 Blood Pressure Check 1:00 Tango Dance Class 2:00 Dayan Qi Gong **MOVIE: Side Effects** **Friday Night Club:** **LIVE MUSIC!**
19 9:00 Beginning Computers 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 11:45 Lunch 1:00 Bingo 1:00 Anti-Aging 1:00 POW	20 9:00 Light Weight Training 9:30 Newsletter 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Lunch 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Beg. Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Dance Historic Churches	21 9:00 Beg. Line Dance 9:00 Yoga 10:00 Soul Line Dancing 10:15 Zumba Gold 11:15 Qi Gong 11:45 Lunch 12:15 Art Group	22 9:00 Light Weight Training 9:30 Cooking Round the World 10:15 Rosen Movement 11:45 Lunch 1:00 Quilting/Sewing 1:00 Yarn Around Charles Krug Winery	23 9:00 Beginning Tai Chi 10:30 Alexander Technique 11:45 Lunch 1:00 Tango Dance Class 2:00 Dayan Qi Gong **MOVIE: The Place Beyond the Pines** **Friday Night Club: Card Games**
26 **MEMORIAL DAY HOLIDAY SENIOR CENTER IS CLOSED**	27 9:00 Light Weight Training 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Lunch 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Beg. Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Dance Legion of Honor	28 9:00 Beg. Line Dance 9:00 Yoga 10:00 Soul Line Dancing 10:15 Zumba Gold 11:15 Qi Gong 11:45 Lunch 12:15 Art Group National Senior Health & Fitness Day	29 9:00 Light Weight Training No Rosen Movement 11:45 Lunch 1:00 Quilting/Sewing 1:00 Yarn Around A's vs. Tigers	30 9:00 Beginning Tai Chi 10:30 Alexander Technique 11:45 Lunch 1:00 Tango Dance Class 2:00 Dayan Qi Gong **MOVIE: The Intouchables** **Friday Night Club:** **Billiards Tournament**

Ongoing Classes & Activities

All Classes are free with Senior Center membership unless otherwise noted.

TAI CHI – Mon, 9:00am-10:00am Quan Ping or long form style. Excellent for maintaining posture, balance, and co-ordination. **Instructor:** Judy Jamerson

BEGINNING COMPUTERS–Mondays, 9:00am

Learn basic computer skills like how to surf the internet & set up an email account.
Instructors: Peter & Sharon Lee

COFFEE & CURRENT EVENTS - Mondays, 10:00am Join in discussions on current events. You pick the topic. Complementary coffee and tea are available. **Instructor:** Gene Weinstein

PHYSICAL FITNESS – Mondays, 10:30-11:30am;

Aerobic exercise for healthy heart, lungs, & muscles.
Instructor: Geraldyne Washington

NIA CLASS – Mondays, 10:15-11:15am; NIA is a cardio vascular mind body workout with a blend of martial arts and dance.
Instructor: Angie Spector

PILATES – Monday, 11:15am-12:15pm;

Pilates teaches awareness of breath, alignment of the spine, & strengthens the deep torso muscles.
Instructor: Angie Spector

ANTI-AGING CLASS – Mondays, 1:00-2:00pm; Anti-aging & Pain management with Feldenkrais, Chinese Medicine, Acupressure, and more
Instructor: Juanita Oribello

BINGO – Mondays, 1:00-3:00pm Join in for a chance to socialize and perhaps win a cash prize.
FEE: $1/card or $5/6 cards.

POSTURE OREINTED WELLNESS– Mondays, 1:00pm; Change your life and your posture through the Egoscue Method **Instructor:** Amy Aldrich

WEIGHT TRAINING Tues/ Thurs, 9am-10am Build strength & maintain bone density. Bring light weights. **Instructor:** Helen Vaughn(T), Geraldine Washington(Th)

ZUMBA - Tuesdays, 10:30am-11:30am Party yourself into shape with this easy to follow fun workout.
Instructor: Helen Vaughn

CHAIR YOGA - Tuesdays, 11:00am-12:00pm; Increase blood flow to the organs & brain & improve range of motion & strength. **Instructor:** Sally Maxwell

FOLK SINGING/GUITAR Tuesdays 11:30am-12:30pm Dust off that old guitar that's been in your garage for years. Learn chords and harmonies. Class is perfect for beginners. **Instructor:** Terry Lee

RESTORATIVE PILATES – Tuesdays, 12:15pm-1:15pm Using Balls, strengthen your core. Good for any skill level.
Instructor: Isabelita Papa

MAH JONG CLASS – Tuesdays, 1:00pm-3:00pm Mahjong involves skill, strategy, and calculation, as well as a certain degree of luck. **Instructor:** Terry Lee

ADULT TAP DANCE – Tuesdays, Beginners-1:30pm, Int.-2:30pm Learn the basic steps, a pattern and a routine.
No tap shoes are necessary.
Instructor: Bruce Biada

GENTLE YOGA - Wednesdays, 9:00-10:00am; Awareness, concentration and balance, are a few of the benefits of Yoga. Bring a mat if you have one. **Instructor:** Sally Maxwell

SOUL LINE DANCE – Wednesdays, Beginners - 9:00am, Int– 10:30am Learn the fundamentals of Line Dancing and have fun with no pressure!
Instructors: Novella Peterson (Beg), Ray Johnson (Int)

ZUMBA GOLD - Wednesdays, 10:15am-11:15am ; Dance fitness that feels fresh and exhilarating. Fun, low impact moves! **Instructor:** Isabelita Papa

QI GONG – Wednesdays, 11:15am-12:15pm Improve blood quality and add vitality by bringing Qi into the bones. **Instructor:** Isabelita Papa

ART – Wednesdays, 12:15pm Open studio for students of any level from beginner to advanced.
Instructor: Marjorie Wagner

ROSEN METHOD MOVEMENT Thursdays, 10:15am The movements are easy, fun, simple and powerful.
Instructor: Stephanie Peters

YARN AROUND – Thursdays, 1:00pm Drop in to learn to knit & crochet. All levels welcome.
Instructor: Kim Huhta

QUILTING/ SEWING – Thursdays, 1pm Learn patterns, design, & construction at your own pace.
Instructor: Sandy Newman

TAI CHI & ALEXANDER TECHNIQUE- Fridays, 9-11am; Easy and basic short versions of Tai Chi that are perfect for beginners with elements of Alexander Technique incorporated.
Instructor: Ann Koo

BEGINNING ARGENTINE TANGO CLASS

Fridays, 1:00pm-2:30pm; Practical 2:30pm-4:00pm Learn the tango embrace, walking style, basic steps and the music.
Instructors: Ivan Shvarts & Guests

DAYAN QI GONG – Fridays, 2-3pm Gentle movement leads to healing and healthy living; **Instructor:** Susan Carpendale

INTERESTED IN TEACHING A CLASS??? PLEASE CALL THE CENTER FOR MORE DETAILS!!

Emery Unified School District
Measure A – Special Parcel Tax

Senior Citizen Exemption Request Form
Property Tax Year 2014-15
Due Date: July 1, 2014 at Noon

A Senior Citizen property owner, defined as anyone who has attained the age of 65 prior to July 1, 2014, may request an exemption from the Emery Unified School District's Parcel Tax (known as "Measure A") for his or her residence. This form must be filled out in full, signed, and received at the Emery USD offices by **noon on July 1, 2014** to be eligible for the exemption. Please note that this exemption must be requested each year. For questions, please call (800) 676-7516.

Property Owner Information

Property Owner Name: _____

Address: _____

Telephone number(s): _____

Age as of July 1, 2014: _____

Property Information

Assessor's Parcel No: _____

(See County Tax Bill or Records. Example: 049-1111-222-33)

Check One Type: ___ Single Family Home ____ Condominium ___ Live/Work/Loft
___ Other _____

Is this your principal residence?
___ Yes ___ No (If you are checking No, please stop. You are not eligible for the senior exemption.)

Attachments

If you have submitted proof of ownership and age in the last two years and have been granted the exemption, you do not need to provide copies of those documents again.

If have not applied for or received the senior exemption in prior years, your completed application must have two attachments, as follows:

1) Proof of Age. Please attach a copy of one of the following showing a birth date of June 30, 1948 or earlier: Driver's License, California Identification Card, Passport, Medi-Cal Card, or Birth Certificate/ Birth Record.

2) Proof of ownership and residence: Copy of recent tax bill, recent purchase documentation, or other (please specify) _____

Signature Required

Under penalty of perjury, I affirm the validity of the information stated above:

Signature of Property Owner: _____

Date: _____

Upcoming trips:

Online Sign ups begin Friday, March 21
Walk in/phone Sign-ups begin Monday, Mar 24

Tips for Tripsters: Registration Dates

In the interest of fairness for all members, all Emeryville Senior Center Members can now register for trips at the same time. If you are an Emeryville resident and want to sign up for a trip that is full, we will put you at the top of the waiting list. Most trips have several cancellations, so residents will still have an opportunity to get on the trips they want. Please call Brad at 510-596-3779 for any questions on this policy.

☐ Cinco de Mayo Celebration!

Saturday, May 3
10:00am-4:00pm
Cost: $10 Res/$11 Non-Res

Come celebrate with San Francisco's Mexican-American heritage at the 10th Annual Cinco de Mayo Festival in historic Mission Park. Share the pride and joy of this heritage with colorful demonstrations of traditional dance, music and food. On your own for the day. **EXTENSIVE WALKING**

☐ Niles Canyon Railroad & Thyme for Tea

Sunday, May 4
9:30am-4:00pm
Cost: $48 Res/$50 Non-Res

Start your day with a traditional Victorian Tea, including scones, assorted tea sandwiches and pastries. Then hop on board the Niles Canyon Railroad for a beautiful and historic train ride up through the Canyon with a stop in Sunol.
MODERATE WALKING

☐ Stanford Shopping Center

Tuesday, May 6
10:00am-4:00pm
Cost: $10 Residents/$11 Non-Resident

The Stanford Shopping Center is Northern California's premier Open-air shopping and dining destination. Shop 'til you drop at Macy's, Nordstrom, Bloomingdale's and more! Lunch is on your own. **EXTENSIVE Walking**

☐ DVC Spring Buffet

Wednesday, May 7
10:00am-3:00pm
Cost: $35/Res/$36 Non-Res

Back by popular demand, Diablo Valley College Culinary Students present their Spring Buffet! Join us as we dine on gourmet seasonal treats prepared by future chefs. **MODERATE Walking**

☐ Mission Dolores and Noe Valley

Thursday, May 8
10:00am-4:00pm
Cost: $13 Res/$14 Non-Res

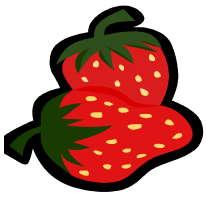
Mission Dolores has always had a central place in the religious, civic, and cultural life of San Francisco. It is the oldest original intact Mission in California and the oldest building in SF. After the Mission, you will explore the quaint neighborhood of Noe Valley for shopping and lunch on your own.
EXTENSIVE WALKING

☐ Cache Creek Casino

Saturday, May 10
9:00am– 5:00pm
Cost: $25 Res/$26 Non-Res

Come to Cache Creek for the day! You'll get $10 in bonus play and a $5 food credit. On your own for the day. **EXTENSIVE WALKING**

☐ Food Adventures with Mindy Meyers



Tuesday, May 13
10:30-4:00pm
Cost: $43Res/$45Non-Res

Mindy invites you to come to Brentwood to tour and taste at a local winery, enjoy a hosted picnic lunch and pick strawberries at a local farm. Trip includes tour, tasting, lunch and a basket of strawberries for all! **MODERATE walking**

☐ ACT—The Suit

Wednesday, May 14
10:00—5:00pm
Cost: $10 Residents/$11 Non-Res

When a husband catches his wife with her lover, he flees but leaves behind his suit. African melodies and jazz standards accompany this simple yet surprising tale. **MODERATE Walking and Standing**

Upcoming trips:

May 2014 Page 2 of 2

Online Sign ups begin Friday, March 21
Walk in/phone Sign-ups begin Monday, Mar 24

Hakone Japanese Garden

Sunday, May 18
10:30pm-4:00pm
Cost: $10 Residents/$11 Non-Res

Hakone is the oldest Asian estate and garden in the western hemisphere. Join us in celebrating the Spring Festival—Matsuri. You will see calligraphy demonstrations, music performances, dance, art, crafts and food booths. **MODERATE Walking**

Historic Churches SF

Tuesday, May 20 9:00-5:00pm
Cost: $22 Res/$23 Non-Res

Join Marilyn Straka for a tour of San Francisco's historic churches. You will go inside a few churches including a temple, a Russian Orthodox church and a Calvary Church. Lunch is on your own. **EXTENSIVE walking**

Charles Krug Winery

Thursday, May 22
9:00am-5:00pm
Cost: $35 Residents/$37 Non-Res

Founded in 1861, this winery, under the guidance of Robert Mondavi, is dedicated to producing fine Bordeaux style wines. Join us for a tasting of 5 or 6 wines. Lunch will be on your own in Calistoga after the tasting. **MODERATE Walking**

Sacramento Music Festival

Saturday, May 24-25
9:00am Sat—6:00pm Sun
Cost: TBD; $50 deposit to enroll

Join us for a fun weekend of music at the 41st Annual Sacramento Music Festival. There is a party in the street all day and all night! Several live performances at different locations all around Old Town and the City Center. One night accommodations and 2 day all access pass to get your fill of festivities and music. All meals are on your own. Cost will include transportation, hotel accommodations and festival entrance for Saturday and Sunday. Price is expected to be about $250-$350 per person.

A Friendly Reminder: All **WEEKEND** trips will now depart from Emeryville City Hall at 1333 Park Avenue. We have made this adjustment to make parking easier for you. Call the office for questions.

Legion of Honor Intimate Impressionism

Tuesday, May 27
10:00am-4:00pm
Cost: $26 Res/$27 Non-Res

This exhibit showcases over 70 Impressionist and Post-Impressionist collections from the National Gallery of Art in Washington DC. You will see works from Degas, Cezanne and Renoir. Lunch is on your own in the museum café. **MODERATE Walking**

Oakland A's Game

Thursday, May 29
11:00am-5:00pm
Cost: $10 Residents/$11 Non-Res

Come out to the ball park and watch Oakland A's take on the Detroit Tigers for this day game. Lunch is on your own at the ball park. Tickets and transportation included. **EXTENSIVE Walking**

Castroville Artichoke Food & Wine Festival

Saturday, May 31
9:00am-6:00pm
Cost: $15 Residents/$16 Non-Res

Castroville is the Artichoke capital of the world! Join us for the 55th Anniversary of the Artichoke Festival complete with food, wine, activities for all ages, several entertainment stages and a parade! On your own for the day. **EXTENSIVE Walking**

Domestic & International Guided Tours

Free Presentation April 23rd @ 1:30pm; Main Hall If you missed the last Travel Show in January, you won't want to miss this one! **Collette Vacations,** our respected travel partner, will be on-hand to highlight the wonderful tours available for 2014-2015. ***If you love to travel, this slide-show is for you!*** Featuring: **Heart of the South, Rome & the Amalfi Coast, Panama, Spain & Southern Charm!** See our Flyer in the April Newsletter for more details or call Deborah Neal at 510-499-5900.