EMERYVILLE SENIOR CENTER
4300 San Pablo Avenue, Emeryville, CA 94608
510-596-3730
October 2015

38 YEARS

The Link

UNDER CONSTRUCTION

Flu Shot Clinic

Wednesday, October 21st
9am-12pm, Recreation Center
4300 San Pablo Avenue

Get your annual flu shot early! The 60+ Health Clinic will be here to help. A $2 donation is requested from participants, but not required. If you are able to get your flu shot for free through your healthcare provider, we encourage you to allow others to use the service 60+ provides. Mark your calendars!

Operating Hours During Construction

Recreation Center:
Mon, Tue, Thu, Fri: 9am-3pm
Wednesday: 9am-1pm
Ralph Hawley:
Open while programs are held

Sierra Scenic Snow Train

March 8-10, 2016
Cost: Double Occupancy
$319 Res/$324 Non-Res
Single: $369 Res/$374 Non

Climb aboard the Sierra Scenic Snow Train with Martha Reeves and the Motown themed party! Enjoy the ride on this historic scenic rail way and be entertained with live music and historical narratives.
Price of this trip includes scenic round-trip train transportation to Reno, lunch on board the train and two nights stay at the Eldorado Hotel and Casino in Reno. Train departs from the Emeryville station. Transportation to and from Emeryville station is on your own. Baggage handling is included. All meals are on your own in Reno. Call to reserve your spot with a $50/deposit. Full amount due 2/1.

Annual Halloween Party

Friday October 30th
11am-1pm at the Recreation Center
4300 San Pablo Avenue

The Senior Center may be under construction, but we aren't SCARED to have this party! Kim's famous chili-dogs will be served along with a spooky potion-punch. We will also include our annual costume contest with gift card prizes for 1st, 2nd, & 3rd place. Please call the office to sign up. We look forward to seeing you there!

Upcoming Dates

Oct 1 Brown Bag
Oct 6 Vacaville Outlets Shopping
Oct 6 Weights and Zumba are Cancelled
Oct 7 Friends of Emeryville Senior Center Meeting
Oct 7 Filoli Gardens Trip
Oct 8 Cantor Museum (new date!)
Oct 10 Renaissance Fair - Gilroy
Oct 12 Senior Center Closed - Columbus Day
Oct 13 Mindy's Food Adv.: Harvest in Brentwood
Oct 13 Weights and Zumba are Cancelled
Oct 14 Commission on Aging Meeting
Oct 14 High Hill Ranch (Apple Hill) Trip
Oct 15 Marilyn Straka Roof Top Gardens II Tour (this is a new date!)
Oct 15 Brown Bag
Oct 15 Book Club meets
Oct 15 HICAP Counseling
Oct 16 Pescadero Beach Walk Trip
Oct 16 Lan Shaw—Financial Advising
Oct 17 Creole United Festival Sausalito
Oct 20 Newsletter Day!
Oct 21 Flu Clinic at the Recreation Center
Oct 21 Graton Casino Trip
Oct 22 V. Sattui Winery Trip
Oct 28 ACT Theater
Oct 29 Golden Gate Fields Trip
Oct 30 Halloween Party at the Recreation Center

Program Highlights

MONTHLY BOOK CLUB

Meets the Third Thursday of each month. 10:00AM Books being read:
October-Testimony by Anita Shreve
November-God Help the Child by Toni Morrison
Please bring your book with you; we will have a few copies on hand for you to borrow.

October Presentations for the Emeryville Senior Center. Drop in; you might learn something new or discover a new frame of mind!

Friday, October 2nd, 10:30am - Medicare
Patricia Krango is here to explain your rights and the different types of enrollment into medicare. Learn how medicare works and the difference between plans.

Friday, October 9th—NO PRESENTATION

Friday, October 16th, - 10:30am: Lan Shaw -
Lan Shaw will be here to answer all of your financial questions. Topic for this month is "Providing for your families future".

Friday, October 23rd, - NO PRESENTATION

Friday, October 30th, - NO PRESENTATION

Senior Center Construction Updates

Brad is attending weekly meetings with the project manager, the contractor, architect, and City staff each week to get updates on the construction. Roof demolition has been completed and is now in the process of being reframed. The ramp has also been removed. As walls and other "invisible" parts of the building are being opened up, the contractor has discovered some structural features that need to be replaced. Repairing the steps will also be more challenging than expected because the structure beneath is different than what the original building designs show. As a result, the project will experience some delay, though how much is not yet known.

The Senior Center's renovation will include a badly needed new roof including solar panels to help us go green, an ADA accessible restroom on the first floor, new flooring in the upstairs multipurpose room, window repair and replacement, updating of many of the light fixtures, new pipes, a fresh coat of paint for the whole building, and many more "little things" that the building needs. Every effort is being made to preserve and even restore the historical architecture of our fabulous Art-Deco building, which was originally constructed in 1930.

AARP Safe Driver Refresher Course

October 29, 9:00am-1:00pm

AARP Class are held at the Recreation Center

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. This is the 4-hour Refresher Course. The course is $15 for members of AARP & $20 for non-members. The 8-hour Full Course will be offered again in November.

Weights and Zumba

Helen Vaughn's classes will be cancelled on the following dates and times:
Tuedsay, October 6th, 9am: Light Weight Training
Tuesday, October 6th, 10:30am: Zumba
Tuedsay, October 13th, 9am: Light Weight Training
Tuesday, October 13th, 10:30am: Zumba
Please mark your calendars!

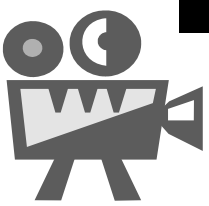
Thank You!

Thanks to all of our volunteers for the summer picnics: Catherine Bates, Sharon Blackburn, Bobbie Bohlar, Joan Haley, Peter Lee, and everyone else who has helped to pitch in. Also thanks to Marilyn Fulrath, who has been assisting with organizing the nametags for our trips while Deborah Neal is on vacation. Finally, thanks to Judge Morris Jacobson, who gave a presentation on Elder Abuse at the COA meeting on 9/9.

The Link is published monthly by the Emeryville Senior Center , 4300 San Pablo Avenue 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: Youth and Adult Services Manager: **Brad Helfenberger**,
Temporary Recreation Supervisor: **Stacy Thomas**,
Program Coordinator: **Kim Burrowes**,
Recreation Assistant: **Chauncey Anderson**,
Nutrition Specialist: **Ruth Arreguin**

PROGRAM HIGHLIGHTS

MOVIES



Movies are shown in the "2/3 Room"
Fridays at 1:00PM, unless otherwise noted. Refreshments provided.

"Love, Marilyn" - October 2nd
A diverse group of actresses read from Marilyn Monroe's recently discovered diaries and personal papers in this intimate portrait that examines the luminous star's life and legend through her own words. (Documentary, 105 Min)

"Black or White" - October 9th
Still reeling from his wife's death, Elliot Anderson struggles to maintain custody of his biracial granddaughter when her grandmother begins pushing to have the girl sent back to her father -- crack addict Elliot blames for his daughter's demise. (Drama, 121 Minutes)

"While We're Young" - October 16th
Documentary filmmaker Josh Srebnick is up against a creative wall when he meets an attractive and quirky young couple, Jamie and Darby, who bring new vigor and energy to the lives of Josh and his wife -- until a professional conflict arises. (Comedy, 97 Minutes)

"Inside Llewyn Davis" - October 23rd
The Coen Brothers helm this chronicle of struggling musician Llewyn Davis, set during the height of the folk era in the early 1960s. The drama follows Davis through a week of creative highs and lows amid a bleak New York winter. (Drama, 105 Minutes)

"Tyler Perry's The Single Mom's Club" -Oct 30th
Tyler Perry wrote, directed and starred in this heartwarming drama about a diverse group of single mothers who come together after an upsetting occurrence at their kids' school -- and find they have more in common than they thought. . (Comedy, 111 Minutes)

MEETINGS

"Friends of the Emeryville Senior Center"

Meets at 10:30am on October 7—Recreation Center
This is an open meeting & anyone can attend.
Please come and give input into our programs.

EMERYVILLE COMMISSION ON AGING

Meets at 10:00am on October 14-Recreation Center
This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.

NEWSLETTER DAY

Tuesday, Oct 20th ; 9:30am

Volunteers help put together the newsletter for the monthly mailing. Located at Ralph Hawley

Brain Fitness is BACK!

Starting October 5th
Monday & Thursday 1-2:30pm at the Rec Center
Your brain thrives on novelty, variety and challenge, but what does that really mean? Can we improve our memories, our focus and our processing speed? Class includes hands on activities, computer based brain games, discussions about memory, brain plasticity and staying cognitively fit.

Has your Membership Expired??

The date on the label of your newsletter envelope is the date your membership expires. As a courtesy, we continue mailing you the newsletter for up to three months after you expire. Don't let this be your last LINK, renew your membership in the office today!

New Meditation Class!!

Starting on Thursday October 1st, at 9am-9:45am
Isabelita Papa will be volunteering to teach a new Mindful Meditation class. Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. Come to Ralph Hawley Campus.

SERVICES & PROGRAMS

HICAP COUNSELING

Thursday, October 15, 1-4pm
Call HICAP for Appointment 510-839-0393
Unbiased assistance & information on long term care, Medicare, supplements to Medicare, & HMOs

BROWN BAG FOOD DISTRIBUTION

Thursday, Oct 1 & 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 October 2nd & 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 October 16th, 10am

Lan Shaw of Edward Jones offers free investment advice to help manage your retirement.

PROGRAM HIGHLIGHTS

Senior Tip of the Month: Just for Today By Mary Soo-Hoo

I will not brood about yesterday or obsess about tomorrow.
I will not dwell on thoughts that depress me.
I will accept what is and face reality, correct what I can and accept what I can not.
I will improve my mind. Read something that requires effort, thought and concentration.
I will make an effort to be agreeable.
I will be kind and courteous to people I see.
I will not speak ill of others.
I will improve my appearance and speak softly.
I will not interrupt when someone else is talking.
I will refrain from improving anybody but myself.
I will do something positive to improve my health.
I will take responsibility for my own actions.

Al-Anon

Annual Holiday Gala and Raffle

Yes, even with the Senior Center under construction, we still plan to hold our largest event, which the Senior Center has held every year since it was founded in 1977. The Gala is scheduled for Friday December 11th from 11am-2pm. Our current plan is to hold the event at the new ECCL Basketball Gym. Raffle tickets will be on sale soon for the same price they've always been sold for: $1 each or 6 for $5. The grand prize Quilt is already complete and the Afghan is currently being crafted. Stay tuned!

Dine Around-Last Chance to Apply

As many of you are aware, Frieda Pardo, who originated and escorted our Dine Around trips for the Emeryville Senior Center, has moved to Oregon to be closer to her family. This leaves a vacancy for an escort/coordinator position to fill her shoes for her popular monthly Dine Around trips. If you are interested in assisting the center with these dining trips, please contact the office to complete an application. We will conduct interviews to choose the best candidate to represent the Senior Center and carry on the legacy of Frieda Pardo that began almost 10 years ago. Thank you Frieda! You will be missed!

Friends of the Emeryville Senior Center

Are you looking to be more involved in your community? The Friends of the Emeryville Senior Center are looking for volunteer committee members to help with special events. Ask in the office for info.

Commission on Aging Opening

There is currently one opening on the Emeryville Commission on Aging. Applicants must be a resident of Emeryville to qualify. If interested, see a staff member or visit www.emeryville.org.

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 August trips will open on Friday, September 18. Phone and walk-in registration will begin on Monday, September 21st. There is a small convenience fee for online registration.

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.

OCTOBER 2015

EMERYVILLLE SENIOR CENTER
4300 SAN PABLO AVENUE, (510) 596-3730
HOURS: M,T,TH,F 9AM-3PM, W 9AM-1PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekend Trips: 10/10 Renaissance Faire 10/17 Creole United Festival	**Café Lunch:** **Served daily from 11:45-12:15** 		1 9:00 Brown Bag 9:00 Light Weight Training 9:00 Meditation 10:15 Rosen Movement 1:00 Brain Fitness 1:00 Yarn Around 1:00 Quilting/Sewing	2 9:00 Tai Chi/Alexander Tech. 10:30 Medicare Presentation 11:30 Blood Pressure Check 11:45 Friday Lunch 12:15 Dance Moves for Parkinsons 1:00 Tango Dance Class **MOVIE: Love Marilyn**
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 1:00 POW & Anti-Aging 1:00 Brain Fitness	6 NO WEIGHTS NO ZUMBA 11:00 Chair Yoga 11:30 Guitar Class 11:45 Restorative Pilates 1:00 Mah Jong 1:00 Beg. Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Dance Vacaville Outlets	7 9:00 Beg. Line Dance 9:00 Yoga 10:30 Friends of ESC Meeting 10:00 Soul Line Dancing 10:15 Qi Gong 12:15 Art Group Filoli Gardens	8 9:00 Light Weight Training 9:00 Meditation 10:15 Rosen Movement 1:00 Brain Fitness 1:00 Quilting/Sewing 1:00 Yarn Around Cantor Museum	9 9:00 Tai Chi/Alexander Tech. 11:45 Friday Lunch 12:15 Dance Moves for Parkinsons 1:00 Tango Dance Class **MOVIE: Black or White**
12 **Columbus Day** **Senior Center is** **CLOSED**	13 NO WEIGHTS NO ZUMBA 11:00 Chair Yoga 11:30 Guitar Class 11:45 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 Soul Line Dancing 10:00 COA Meeting 10:15 Qi Gong 12:15 Art Group High Hill Ranch (Apple Hill)	15 9:00 Brown Bag 9:00 Light Weight Training 9:00 Meditation 10:00 Book Club 10:15 Rosen Movement 1:00 Brain Fitness 1:00 Quilting/Sewing 1:00 Yarn Around Roof Top Gardens II	16 9:00 Tai Chi/Alexander Tech. 10:00 Financial Advising 11:30 Blood Pressure Check 11:45 Friday Lunch 12:15 Dance Moves for Parkinsons 1:00 Tango Dance Class **MOVIE: While We're Young** Pescadero Beach Walk
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 1:00 POW & Anti-Aging 1:00 Brain Fitness	20 9:15 Light Weight Training 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Restorative Pilates 1:00 Mah Jong 1:00 Tap Dance 1:30 Chinese Dance 2:00 Int. Tap Class Newsletter Day	21 9:00 Beg. Line Dance 9:00 Yoga 10:00 Soul Line Dancing 10:15 Qi Gong 12:15 Art Group Graton Casino	22 9:00 Light Weight Training 9:00 Meditation 10:15 Rosen Movement 1:00 Brain Fitness 1:00 Quilting/Sewing 1:00 Yarn Around V. Sattui Winery	23 9:00 Tai Chi/Alexander Tech. 11:45 Friday Lunch 12:15 Dance Moves for Parkinsons 1:00 Tango Dance Class **MOVIE: Inside Llewyn Davis**
26 9:00 Beginning Computers 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 1:00 POW & Anti-Aging 1:00 Brain Fitness	27 9:15 Light Weight Training 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 11:45 Restorative Pilates 1:00 Mah Jong 1:00 Beg./Int. Tap Dance 1:30 Chinese Dance Ashland Oregon	28 9:00 Beg. Line Dance 9:00 Yoga 10:00 Soul Line Dancing 10:15 Qi Gong 12:15 Art Group ACT	29 9:00 Light Weight Training 9:00 Meditation 9:00 AARP 10:15 Rosen Movement 1:00 Brain Fitness 1:00 Quilting 1:00 Yarn Around Golden Gate Fields	30 9:00 Tai Chi/Alexander Tech. 11:30 **Halloween Party!** 12:15 Dance Moves for Parkinsons 1:00 Tango Dance Class **MOVIE: Tyler Perry's: New Mom's Club**

EMERYVILLE SENIOR CENTER
NEW CLASS SCHEDULE
EFFECTIVE OCTOBER 5TH, 2015

Monday Programs	Instructor/Leader	Time	NEW Location
T'ai Chi	Judy Jamerson	9:00-10:00	Ralph Hawley Campus
Beginning Computers	Peter & Sharon Lee	9:00-11:00	Rec Center Computer Lab
Coffee & Current Events	Gene Weinstein	10:00-12:00	Rec Center Conference Rm
NIA	Angi Spector	10:15-11:15	Ralph Hawley Campus
Physical Fitness	Geraldine Washington	10:30-11:30	Rec Center Game Room
Pilates	Angi Spector	11:15-12:15	Ralph Hawley Campus
Posture Oriented Wellness	Amy Aldrich	1:00-2:30	Ralph Hawley Campus
Anti-Aging/Feldenkrais	Juanita Oribello	1:00-2:00	Rec Center Game Room
Brain Fitness	Teri Barr	1:00-2:30	Rec Center Computer Lab

Tuesday Programs	Instructor/Leader	Time	NEW Location
Weight Training	Helen Vaughn	9:00-10:00	Ralph Hawley Campus
Newsletter	Birdie Lodge	9:30-12:00	Ralph Hawley Campus
Zumba	Helen Vaughn	10:30-11:30	Ralph Hawley Campus
Guitar/Folk Singing	Terry Lee	11:30-12:30	Rec Center HW Room
Chair Yoga	Sally Maxwell	11:00-12:00	Rec Center Game Room
Restorative Pilates	Isabelita Papa	11:45-12:45	Ralph Hawley Campus
Beg/Int Tap Dance	Bruce Biada	1:00-2:00	Ralph Hawley Campus
Mah Jong	Terry Lee	1:00-3:00	Rec Center HW Room
Intermediate Tap Dance	Bruce Biada	2:00-3:00	Ralph Hawley Campus
Chinese Dance	Julia Zhang	12:30-2:30	Rec Center Game Room

Wednesday Programs	Instructor/Leader	Time	NEW Location
Yoga	Sally Maxwell	9:00-10:00	Ralph Hawley Campus
Beginning Soul Line Dance	Novella Peterson	9:00-10:00	Rec Center Game Room
Commission on Aging (2nd)	Joyce Jacobson	10:00-11:30	Rec Center HW Room
Qi Gong/Healing	Isabelita Papa	10:15-11:45	Ralph Hawley Campus
Friends of ESC Meeting (1st)	Judy Inouye	10:30-12:00	Rec Center HW Room
Art Studio	Marjorie Wagner	12:15-3:00	Ralph Hawley Campus

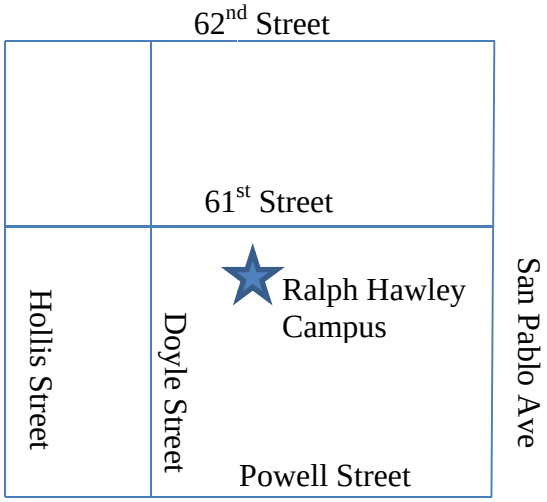
Thursday Programs	Instructor/Leader	Time	NEW Location
Brown Bag (1st & 3rd)	Ruth Arreguin	8:30-9:30	Rec Center 2-3 Room
AARP Driving Classes	Olithia O'Toole	9:00-1:00	Rec Center HW Room
Light Weight Training	Geraldine Washington	9:00-10:00	Rec Center Game Room
Meditation	Isabelita Papa	9:00-9:45	Ralph Hawley Campus
Book Club	Annie Fong	10:00-11:00	Rec Center 2-3 Room
Rosen Movement	Stephanie Peters	10:15-11:30	Ralph Hawley Campus
Brain Fitness	Teri Barr	1:00-2:30	Rec Center Computer Lab
Quilting & Sewing	Sandy Newman	1:00-4:00	Ralph Hawley Campus
Yarn Around	Kim Huhta	1:00-3:00	Ralph Hawley Campus

Friday Programs	Instructor/Leader	Time	NEW Location
Tai Chi/Alexander Tech.	Ann Koo	9:00-11:00	Ralph Hawley Campus
Blood Pressure Checks	ACFD	11:30-12:30	Rec Center HW Room
Dance Moves Me	Debbie Sternbach	12:15-1:30	Bridgecourt Room
Chinese Dance	Julia Zhang	12:30-2:30	Rec Center Game Room
Tango	Ivan Shvarts	1:00-4:00	Ralph Hawley Campus
Weekly Movies	ESC Staff	1:00-3:00	Rec Center HW Room

EMERYVILLE SENIOR CENTER
TEMPORARY FACILITY INFO
EFFECTIVE AUG 31ST, 2015

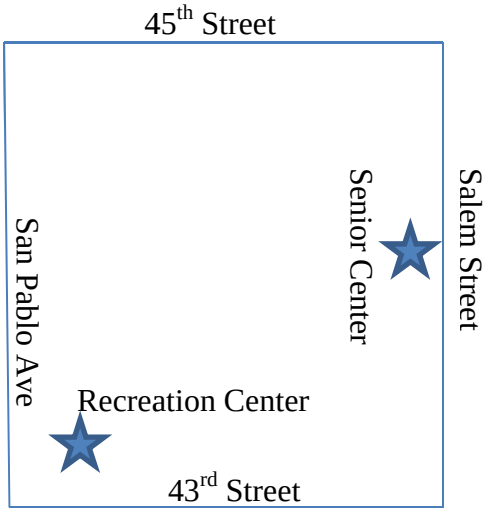
Ralph Hawley Campus
1275 61st Street
Emeryville CA, 94608
Kim's Cell: 510-596-4308
Open during program hours
(See other Side for schedule)

The Ralph Hawley Campus was originally an Intermediate Elementary School. It currently serves as the Emeryville Unified School District Office. EUSD has been kind enough to allow us to run programs in the Multi-Purpose Room that was designed for the school. Most of our larger exercise programs will be operated here. Kim Burrowes will be stationed here and will be able to register you for trips and membership while you are on-site. There is a small parking lot on site that you can enter from Doyle Street. You can also park in the residential neighborhood and enter the building on 61st Street. Walk straight down the hallway and you will see the Multi-Purpose Room on your left.



Emeryville Recreation Center
4300 San Pablo Avenue.
Emeryville, CA 94608
510-596-3730
Hours: 9:00am-3:00pm M,T,Th,F
9:00am-1:00 Wednesday

- "Home Base" during construction
  - Most programs will be located here
- Very near the Senior Center, parking is the same
- Enter on 43rd Street across from Bank of America
  - Grey building with the orange door
- Departure Location for Weekday Trips
  - Weekend Trips will continue to depart from City Hall
- Coffee will be served here daily
- Lunch will be served from 11:45-12:15 M-F
- Computer Lab will be open:
  - 9:00am-3:00pm M,T,Th,F
  - 9:00am-1:00 Wednesday
- BART Tickets, stamps, and other services will be available
- HICAP & Over 60 Clinic will operate out of this location
- 8 To Go will be dispatched from this location
  - The number will remain 510-596-3778



Upcoming trips:

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

Scholarships are Available!

If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! One trip per senior per year.

Fairfield– Jelly Belly Factory and Budweiser Brewery Tour

Monday November 2
9:00am– 4:00pm
Cost: $15 Res/$16Non-Res

Let's go see how Jelly Belly's are made then have Lunch on your own in the Jelly Belly Café. We will make one last stop and take a tour of the Local Budweiser Brewery. Trip includes admission and transportation. **MODERATE Walking**

USS Potomac Tour and Oakland Museum

Wednesday November 4th
10:30am-5:00pm
Cost: $28 Res/$29Non-Res

Come take a tour of F.D.R's "Floating White House" After the boat tour, lunch is on your own in Jack London Square then back on the bus for our last stop at the Oakland Museum where we will take a tour of the museum and then have time on your own to explore permanent exhibits. **MODERATE Walking**

Levi Stadium Super Bowl Tour

Friday, November 6
9:30am-4:30pm
Cost: $55 Res/$57 Non-Res

Levi Stadium is host to Super Bowl 50! Join us for an exclusive 90 minute guided tour of the stadium and learn all about the SF 49er's five Super Bowl victories as well as explore the Super Bowl 50 exhibit now open at the 49ers Museum presented by Sony. Your tour will include three photo opportunities with one complementary photo provided at the end of your tour or the option to purchase a full photo book. Lunch will be on your own TBD. **MODERATE Walking**

Mindy's Food Adventure: Mission Delicious

Tuesday November 10
10:00am—3:30pm
Cost: $40 Res/$42 Non-Res

An Artful Food Tour of San Francisco's Mission District. Get ready for a visual and gastronomic feast! Starting in the Mission District, we will tour the beautiful murals created by the artist collective Precita Eyes. Dine on traditional Mayan dishes and sip refreshing agua fresca at Poc Chuc. For dessert, we will munch pan dulce pastries at La Victoria Mexican Bakery, then pay a visit to La Palma for an opportunity to bring home the Mission's best freshly made tortillas. **MODERATE Walking**

Guide Dogs for the Blind and Sausalito

Friday, November 13
9:00am-4:00pm
Cost: $15 Res/$16 Non-Res

Enjoy a guided tour of the Guide Dogs for the Blind California Campus. See how the dogs are trained to be ready to make a difference in someone's life. Later, travel to Sausalito for shopping and lunch on your own. **EXTENSIVE Walking**

Monterey Bay Aquarium

Monday, November 16
8:30am– 6:00pm
Cost: $42 Res/$44 Non-Res

When was the last time you visited the Aquarium? Monterey Bay Aquarium is world renowned for its extensive exhibits of sea life and interactive exhibits. Explore dozens of sea life exhibits including the largest octopus and the smallest squid. Lunch will be on your own in the Aquarium café. **Walk at your own pace**

Cache Creek Casino

Wednesday, November 18
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. **Walk at your own pace**

Upcoming trips:

November 2015 Page 2 of 2

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

SF Conservatory of Flowers and Fisherman's Wharf

Friday, November 20
9:30am-4:00pm
Cost: $15 Res/$16 Non-Res

The Conservatory of Flowers has captivated guests for more than a century. This gem of Victorian architecture has a long and storied history, and is the oldest public wood-and-glass conservatory in North America. As a city, state and national historic landmark, the Conservatory remains one of the most photographed and beloved attractions in San Francisco. After seeing the classic and current exhibition, travel down to fisherman's wharf for shopping and lunch on your own. **Walk at your own pace.**

SF Dickens Fair

Saturday, November 21
10:00am-5:00pm
Cost: $35 Res/$37 Non-Res

The Great Dickens Christmas Fair is a one-of-a-kind holiday adventure into Victorian London - an elaborate party with hundreds of costumed players performing and interacting with patrons in over 120,000 square feet of theatrically-lit music halls, pubs, dance floors, and Christmas shops. It's a twilight evening in Charles Dickens' London Town - a city of winding lanes filled with colorful characters from both literature and history. Dozens of lamplit shops are filled to overflowing with Christmas gifts. Lunch is on your own.

Walk at your own pace

Domestic & International Guided Tours

CUBA is Now Available!

April 5-13, 2016 9 days $4,549. - Limited to 35 passengers! Step back in time - Collette has redesigned this tour to include Cayo,Santa Maria, an island off of Cuba's north central coast- pristine beaches and an all -inclusive resort await you. Early booking discount expires 11/5/15.

Canadian Rockies by Train

May 21-29, 2016 9 days $4,099. - featuring: Vancouver, Jasper, Lake Louise, Banff & Calgary. The most beautiful sight seeing experiences for your enjoyment! Early booking discount expires 11/21/15.

For more information or to make reservations: Call Deborah Neal @ 510-499-5900

SF Asian Art Museum: Looking East

Tuesday November 24
9:30am-3:30pm
Cost: $24 Res/$25 Non-Res

Looking East explores the many movements and artists affected by Japanese art, including the great impressionist and post-impressionist painters Vincent van Gogh, Mary Cassatt, Edgar Degas, Paul Gauguin and Claude Monet. Juxtaposing masterpieces of Western art and design with rare works by prominent Japanese artists, the exhibition reveals the interplay of new styles and themes inspired by Japan. Lunch is on your own at the Café Asia. **Walk at your own pace**

Paragon Outlets in Livermore

Monday November 30
9:30am-3:30pm
Cost: $10 Res/$11 Non-Res

Get the Black Friday Deals without the Black Friday Crowds! Come shop with us at Livermore Premier Outlets. Stores include: Bloomingdales, Gap, Jockey, Neiman Marcus, Tommy Hilfiger, Saks Fifth Avenue, Coach, Dooney & Bourke, Le Creuset, Cole Hahn, Nike and so many more! **EXTENSIVE Walking**

Tips for Tripsters: Refund Policy

Recently, we have seen an increase in requests for refunds and questions about our policy. Here is our official refund policy:

Full refunds are available if you cancel your trip at least two weeks in advance of the date of the trip (30 days for overnight trips). Requests received less than two weeks prior to the date of the trip will only be considered if a replacement can be found. No other refunds will be considered, regardless of the reason for cancellation.

Please remember that it is YOUR responsibility to remember which trips you signed up for. Escorts usually make reminder calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.

A Friendly Reminder: All **WEEKEND** trips will depart from Emeryville City Hall at 1333 Park Avenue. Call the office for questions.

Upcoming trips:

October 2015 Page 1 of 2

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

Scholarships are Available!

If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! One trip per senior per year.

Phantom of the Opera

Wednesday, September 30
11:00am– 6:00pm
Cost: $42 Res/$45 Non-Res

Back in the Bay Area for the first time many years, you won't want to miss this performance at the Orpheum Theater in SF. "A young soprano becomes the obsession of a musical genius who lives beneath the Paris Opera House". Trip includes admission and transportation. Lunch before the show is on your own. **MINIMAL Walking**

Vacaville Shopping Center

Tuesday, October 6
10:00am-5:00pm
Cost: $10 Res/$11 Non-Res

Come shop with us at everyone's favorite outlet mall located near the Old Nut Tree Center in Vacaville. Shop at the top designer stores and your local favorites for the best deals. Lunch is on your own at any of the local restaurants including Fenton's.
MODERATE Walking

Filoli Gardens

Wednesday, October 7
10:00am-5:00pm
Cost: $25 Res/$26 Non-Res

The gardens are in bloom with end of summer flowers and fall foliage favorites, where everyday is a beautiful day at Filoli Gardens. You will enjoy a guided tour of the historic estate house and gardens. This a 2 hour tour with extensive walking through out the mansion and the surrounding grounds. After the tour, you can enjoy lunch on your own in the on-site café featuring homemade soups, salads, sandwiches and delicious baked goods.
EXTENSIVE Walking

Marilyn Straka's Roof Top Gardens II

Thursday, October 8
9:00am-4:00pm
Cost: $25 Res/$26 Non-Res

Join Marilyn on this sequel to her famous Rooftop Garden Tour. The Emporium Dome, the new Sales Force Tower (soon to be the tallest building in SF) and the new Metreon. Lunch is on your own.
MODERATE Walking

Renaissance Fair—Gilroy

Saturday, October 10
9:00am-6:00pm
Cost: $30 Res/$32 Non-Res

The Northern California Renaissance Fair in Gilroy is the best in the west! Come for jousting competitions, crafts, rustic food vendors, and activities to be enjoyed by all. Enjoy Celtic music and traditions from groups all over the world. All entertainment is included in admission. Food and vendor costs are on your own. **EXTENSIVE Walking**

Mindy's Food Adventure Harvest in Brentwood

Tuesday, October 13
10:00am– 3:00pm
Cost: $39 Res/$41 Non-Res

Join us for a fun filled harvest day at Brentwood's famous Smith Family Farm and ranch! We'll tour their fields on an exciting hayride, meet a few of their friendly farm animals, and crack freshly harvested corn. We'll enjoy a seasonal picnic lunch and take in the beautiful scenery. At the end of the day, we'll have our pick of the pumpkin patch to take home as well! **MODERATE Walking**

High Hill Ranch

Wednesday, October 14
8:30am-5:30pm
Cost: $40 Res/$42 Non-Res

Don't miss this yearly trip to Apple Country. You will be able to load up on apples and apple products such as fritters, donuts, pies, cakes and fresh apple cider. You'll be greeted with hot coffee and an apple fritter, followed by a docent led bus tour to other nearby orchards. After the tour you will enjoy a delicious BBQ chicken lunch complete with apple pie a la mode. Don't miss the craft vendors and the Fudge Shoppe. **MODERATE Walking**

Upcoming trips:

October 2015 Page 2 of 2

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

Cantor Museum

Thursday, October 15
10:00am-4:00pm
Cost: $10 Res/$11 Non-Res

The museum at Stanford University is proud to present this collection of ADM Cooper's Old West paintings depicting buffalo and American Indians. This is a private collection on loan to the museum. You will have a docent tour of the museum's permanent collection and lunch on your own in the Cool Café. **MODERATE Walking**

Pescadero Beach Walk

Friday, October 16
9:00am-4:00pm
Cost: $10 Res/$11 Non-Res

Join us for a serene and picturesque walk on the beach along the beautiful Pescadero coastline then enjoy shopping at the boutiques and thrift stores and lunch on your own. This trip is not appropriate for walkers. **EXTENSIVE Walking**

Creole United Festival Sausalito

Saturday, October 17
10:00am-4:00pm
Cost: $10 Res/$11 Non-Res

Creole United Festival is celebrating it's third year on the bay in Sausalito. Join us for a musical trip to Southwest Louisiana for arts, crafts, dance lessons, exhibits, a wide variety of delicious food, music and rich Creole culture. Admission is free. All other purchases are on your own. **EXTENSIVE Walking**

Graton Casino

Wednesday, October 21
10:00am– 4:00pm
Cost: $22 Res/$23 Non-Res

Graton Casino is the newest gaming casino in Northern California and the closest to Emeryville!!! Come play with us! Price includes coach transportation and game coupons. **MODERATE Walking**

A Friendly Reminder: All **WEEKEND** trips will depart from Emeryville City Hall at 1333 Park Avenue. Call the office for questions.

V. Sattui Winery

Tuesday, October 22
10:00am-4:00pm
Cost: $35 Res/$37 Non-Res

V. Sattui Winery has the largest tasting room in the Napa Valley. You will have a narrated tour of the history of this famous winery followed by a tasting in the main tasting room. Afterwards, you can enjoy lunch on the beautiful picnic grounds that make this winery such an enjoyable excursion.
MODERATE Walking

ACT Theater Presents:

Ah, Wilderness!
Wednesday, October 28
10:30am-5:00pm
Cost: $10 Res/$11 Non-Res

"Eugene O'Neill's passionate coming-of-age classic is a tender portrait of a sensitive teenage poet whose experience of first love leads him into the raptures of romantic poetry and the pain of heartbreak" Stand in line for RUSH tickets—please have CASH ready for purchase! Lunch will be on your own before the show begins at 2:00pm.
EXTENSIVE Standing & Walking

Golden Gate Fields

Thursday, October 29
10:30am-4:00pm
Cost: $40 Res/$42 Non-Res

Join us for a Day at the Races at Golden Gate Fields. Try your luck and bet on your favorite horse or sit back, relax and just enjoy the excitement of racing. Price includes a delicious gourmet buffet lunch in the Turf Club. **MODERATE Walking.**

Domestic & International Guided Tours

Dreamed of traveling to Italy? Don't miss this wonderful opportunity!

March 5, 2016 travel to the **"Italian Vistas"** featuring: Rome, Colosseum, Ruins of Pompeii, Sorrento Coast, Isle of Capri, Florence, Venice, Murano Island, Verona, Switzerland & more. Hurry to reserve your space! The **$200 early booking discount expires September 5th, 2015.**

FINALLY - JUST ARRIVED...CUBA !!! April 5-13, 2016 Limited to 35 passengers! If you are interested, don't miss this opportunity. The tour has been redesigned to include Cayo, Santa Maria, an island off of Cuba's north central coast- pristine beaches and an all-inclusive resort await you.

FOOD GIVE AWAY AND FREE MEALS

Dial 211 for emergency or experiencing a crisis for referrals to community resources

EMERYVILLE
Emeryville Citizens Assistance Program (ECAP)
3610 San Pablo Ave., 510.499.1263
Six days a week/11 am hot meals
http://www.ecaprogram.org/

Emeryville Senior Center
4321 Salem St., 510.596.3730
1) Meals on Wheels: Lunch served at 11:45am M-F;
$3 suggested donation
2) Brown Bag Food Distribution
1st & 3rd Thursday/month, 9-9:30 am
Annual donation: $10

OAKLAND
Food Distribution
Alameda County Food Bank
www.accfb.org
1.800.870.3663 or 510.635.3663
M-F, 9 am- 4 pm

Food Not Bombs
Downtown Oakland:
@ park directly opposite Greyhound
Bus station @ 21st street.
Th: 9:30 am; Fri: 5:30-6:15 pm

Lunch
St. Vincent De Paul Community Center
Tu-Sat: 10:45 am-12:45 pm
2272 San Pablo Avenue
Oakland, CA 94612

Downs Memorial United Methodist Church
Wed, 11 am.-12:30 pm
6026 Idaho Street
Oakland, CA 94608

BERKELEY
Food Distribution

6th and Addison St.
Fresh vegetable giveaway
Monday @ 9 am
Tuesday @ 3 pm (includes bread)

Urban Adamah
1050 Parker St.
Fresh vegetables and bread
Wed., 10:30-11 am

Liberty Hill Baptist Church
9th and University
Alameda Co. Food Bank
Thu, 1 pm

Lifelong Over 60 Clinic
Fresh vegetables give away
3260 Sacramento St.
Mon., 9 am
Tu, 3 pm (bread included)

Breakfast
Dorothy Day House Catholic Worker
M-Sa
Christ Church
2138 Cedar, 510.466.5553
7 am coffee, 7:30 breakfast

Night on the Streets – Catholic Worker
Sunday only
People's Park
Haste Street above Telegraph
7:30–8 am
BERKELEY (CONT'D)

Also in front of Men's Shelter:
1931 Center Street
Sun only, 8:15 – approx. 9 am

Lunch
Good Shepherd Church
M-F, 12 pm
9th and Hearst Street
Alameda County Food Bank

McGee Avenue Baptist Church
M, W, & F, 12-1 pm
1640 Stuart Street
No one served after 1 pm

St Paul AME Church
Tu, 11:30 am-12:30 pm
2024 Ashby @ Adeline

South Berkeley Community Church
Th, 12-1 pm
1802 Fairview St. @ Ellis

Liberty Hill Baptist Church
Th, 1 pm
9th and University
Alameda County Food Bank

The Church By the Side of the Road
2nd Sun of month, 1:30-3 pm
2108 Russell Street

Grace Baptist Church
4th Sat of month, 1-2 pm
People's Park
Haste Street above Telegraph

Weekday Dinner
M-F, approx 2:30 pm
People's Park
Haste Street above Telegraph
Vegetarian meals

Berkeley Food and Housing Project
M-Th, 4:15-5 pm (meals)
F, 3:30-4:15 pm (bag lunch)
United Methodist Church
2362 Bancroft Way (@ Dana

Lutheran Church of the Cross
Wed, 5-6 pm, 1744 University
Spaghetti dinner, vegetarian option

Saturday Dinner
Newman Hall/Loaves and Fishes
Holy Spirit Parish
1st Sat of month 4:30 pm
2700 Dwight Way @ College
Tickets distributed @ 2 pm
Meals to go @ 4:45 pm

Covenant Worship Center
Sat, 4-6 pm
2622 San Pablo Avenue

First Presbyterian Church
2nd & last Sat of each month
2407 Dana @ Haste
Tickets @ 4 pm, dinner @ 5 pm

St. Mark's Episcopal Church
3rd Sat of each month
2300 Bancroft Way
tickets @ 4 pm, dinner @ 5 pm

University Lutheran Chapel
4th Sat in Aug, Oct 2015, and
Jan, April, July, Oct, Dec 2016
2425 College @ Haste
4:30 pm

Sunday dinners
St Mary Magdalen Church
1st & 4th Sun @ 3 pm
2005 Berryman @ Henry
BERKELEY (CONT'D)

All Soul's Episcopal Parish
2nd Sun of month @ 4 pm
2220 Cedar Street

Congregation Bethel
3rd Sunday of month @ 5 pm
1301 Oxford Street
Numbered tickets distributed @ 3-4 pm,

Night on the Streets – Catholic Worker
5th Sunday of month (see below) @ 4 pm
People's Park
Haste Street above Telegraph
5th Sunday of the month (2015: there are 5 Sundays in March, May, Aug, Nov;
2016: Jan, May, July, Oct)

Wintertime Evening Soup
Night on the Streets – Catholic Worker
Wintertime only, starting Dec 1st to April 1st.
From 7-9 pm
Stops in front of the Multi-Agency Service and along Shattuck Ave between Rose St and Dwight Way, and at People's Park.

Holiday Dinners
Night on the Streets – Catholic Worker
Labor Day: Mon, 9/7/15; July 4th;
MLK, Jr. Day: Mon, 1/18/16; President's Day: Mon, 2/15/16; 4 pm
Meal served at parking lot at corner of College & Dwight Way