Program Highlights

Upcoming Dates

Events & Highlights

JAN
1. ESC Closed
2. Mercy Brown Bag
3. ACF Blood Pressure Check
4. Presentation: Financial Planning
5. Movie: Toy Story 4
6. Rosie the Riveter
7. Friend's of ESC Meeting
8. COA Meeting
9. Joe's Buffet Bus
10. Monarch Butterfly Sanctuary
11. Presentation: New Year's Resolution
12. Movie: Blinded by the Light
13. Hard Rock Casino
14. AARP (part 1 or 2)
15. Chili Cook-Off
16. ACF Blood Pressure Check
17. Movie: After the Wedding
18. Hamilton
19. ESC Closed
20. Newsletter Day
22. AARP (part 2 of 2)
23. Treasure Island Fine Dining
24. Presentation: Green Releaf
25. Movie: Once Upon a Time in Hollywood
26. Pinot's Palette
27. V. Sattui Winery
28. Presentation: Nutrition Facts
29. Movie: Judy

Updated Refund/Cancellation Policy goes into effect January 1, 2020:

Emeryville Community Services Department
Program Refund/Cancellation Policy:

Refunds and cancellations will only be considered if they are requested within 14 days prior to the start date of the scheduled activity*. In the event the Community Services Department cancels a class or program (due to inclement weather, low enrollment, etc.), a refund or make-up program will be offered. If the participant is unable to attend a class or program due to personal reasons outside of the dates specified, a refund or make-up lesson will not be granted (including pro-rated refunds).

A $10.00 administrative fee will be applied, per customer, for ALL refunds/cancellations. This fee may be deducted from the total refund amount if requested.

*Certain Specified Senior Trip refunds (overnight trips) must be requested within 30 days prior of the date of the trip.
If you have questions, feel free to ask a staff member.

Holiday Closures
In celebration of the holiday season, the Emeryville Senior Center will be closed Tuesday, Dec. 31- Wednesday, Jan 1, 2020 & Monday, Jan. 20, 2020

Save the Date! for our 2nd Annual Chili Cook-Off!
Friday, January 17th at 11:00am in the Main Hall
Everybody LOVES Chili and it's easy and affordable to make!
So break out your favorite Chili recipe and join in on the fun!
This could be your time to shine! Enter the contest today! Sign up at the front desk to be a contestant!

See's Candy Fundraiser
See's Candy Fundraiser for Friends of Emeryville: You can support the Friends of Emeryville Senior Center by purchasing See's Candy. You can pre-order 1 lb. boxes of your favorite chocolates or purchase small gift boxes of Peanut brittle, Lollipops or seasonal gift box assortments for a special occasion or Valentine's Day. See's Candy is a perfect choice to give and to get! Prices range from $7 to $21 – Cash or Check only – payable to Friends of ESC. Lollipops for sale at $1 each at the front desk. Please allow one week for candy sales processing; submit your order requests on a Friday to receive your ordered items the following Friday.
**Program Highlights**

**Book Club**

Meets the 3rd Thursday of each month at 10:00 am. Books being read:
- **January 16th**: A Gentleman in Moscow by Amor Towles
- **February 20th**: Before We Were Yours by Lisa Wingate

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

**Presentations**

**Every FRIDAY starting at 11:00 am**
Drop in! You might learn something new!

<table>
<thead>
<tr>
<th>Date</th>
<th>Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 3</td>
<td><strong>Toni Sprouse</strong> has been in the financial industry for over 20 years. Having a steady stream of money to support businesses, people and their goals is of the utmost importance. Join Toni to hear more about financial planning.</td>
</tr>
</tbody>
</table>
| Jan. 10 | **Marjorie Paul**
New Year’s Resolutions Don’t Work |
| Jan. 17 | **No Presentation**
Please join us for our Annual Chili Cook-Off in the Main Hall at 11:00am. Enter your best Chili recipe for a chance to win! See details on page 1. |
| Jan. 24 | **Green Releaf**
Eve will share her new Green Releaf products for pain care and management. |
| Jan. 31 | **Celeste Burrows**
Celeste Burrows presents the top tips for your healthiest aging. Learn what the science shows you can accomplish through nutrition and lifestyle. And find out how to prevent, slow, and even reverse chronic diseases including diabetes and cognitive decline |

**Thank you! Thank you! Thank you!**

Thank you to all the wonderful volunteers that helped with the Gala this year! This event can only happen with the outstanding team of volunteers and member participants that contribute every year. Thank you and Happy Holidays to you!

**The next 8-hour class will be on**
**January 16th & 23rd 2020 from 9am-1pm**
If you are 50+ and want to take a class to refine your driving skills, 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. Please bring cash (exact change) or check payable to AARP only!

**The Friends of Emeryville Senior Center**
(often non-profit 501©3) is looking for motivated members to participate on their Board of Directors. The Friends meet monthly to plan and implement fundraising opportunities and special events for the Emeryville Senior Center. All funds raised by the Friends goes directly back into improving your experience at the senior center. They pay for (some) instructors, support special events and activities, purchase equipment and member assistance as needed. If you would like to attend a meeting to find out more, regular meetings are held on the first Wednesday of the month at 10:30 in the Billiards Room. Our senior center thrives on the goodwill of volunteers! Join the fun and see how rewarding it can be!

**Thank you! Thank you! Thank you!**

Thank you to all the wonderful volunteers that helped with the Gala this year! This event can only happen with the outstanding team of volunteers and member participants that contribute every year. Thank you and Happy Holidays to you!

**FRIDAY KARAOKE**

**EVERY FRIDAY AFTER THE MOVIE**

**JOIN US FOR KARAOKE!**

**IN THE BILLIARDS ROOM**

**3:30PM 4:30PM**

Brad Helfenberger  Tamika Wright
Recreation Manager  Recreation Assistant
Kim Burrows  Bryan Andrews
Adult Services Supervisor  Recreation Leader
Dominique Hays  Mary McKenna
Program Coordinator  Nutrition Specialist

**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.
**Program Highlights**

**Friends of the Emeryville Senior Center**
Meet at 10:30 am
Tuesday, January 7th

This non-profit group raises funds to support Center programs and equipment. Meeting open to all.

**Emeryville Commission on Aging**
Meet at 10:00 am
Wednesday, January 8th

This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.

**Newsletter**
Meet at 9:30 am
Tuesday, January 21st

Volunteers help put together the newsletter for the monthly mailing. Join us and meet new friends!

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**Services & Programs**

**Mercy Brown Bag**
“Seniors helping Seniors” is the motto of the Mercy Brown Bag grocery program, based for 34 years in Oakland. ([www.mercybrownbag.org](http://www.mercybrownbag.org))

Emeryville Senior Center is one of 17 sites for Mercy Brown Bag throughout Alameda Co., and runs on the 1st and 3rd Thursdays of each month, from 9:00 am to 9:30 am.

The program staffed by senior volunteers provides nutritious groceries twice a month, free of charge, to our neighbors in Alameda County who are 60 years old+ and have incomes that are less than 150% of the federal poverty line. These are the **maximum** monthly income guidelines for our distribution sites:

- For a one-person household, $1,561
- For a two-person household, $2,113
- For a three person household, $2,666

To enroll, just come in on one of our distribution mornings and ask to sign up. Please bring a strong bag or two, and perhaps a wheeled cart if you prefer.

For any questions contact Mary McKenna at (510) 596-4309 or at mmckenna@emeryville.org

**HICAP**
Thursday - January 16th
1:00 pm - 3:00 pm
Call HICAP for Appointment
(510) 839-0393
Unbiased assistance & information on long term care, Medicare, supplements to Medicare, more.

**Blood Pressure Check-Up**
Fridays - January 3rd & 17th
11:30 am
The Alameda County Fire Department will check your blood pressure each month and records your progress from month-to-month.

**Transportation Services**
The Senior Center offers “8-to-Go” transportation services to seniors in the 94608 area code traveling within the area. In addition, we offer a taxi, Lyft & Uber reimbursement program for residents over 70. If you have any questions about these services, please call: (510) 596-3778

**MOVIES:**

January 3rd:
**Toy Story 4**

Woody has always been confident about his place in the world, and that his priority is taking care of his kid, whether that’s Andy or Bonnie. But when Bonnie adds a reluctant new toy named Forky to her room, a road-trip adventure with old and new friends shows Woody how big the world can be for a toy. (ANIMATED)

January 10th:
**Blinded by the Light**

Javed, a British Pakistani teen living in Luton, England, in 1987, writes poetry to escape pressure from his father at home and racial intolerance at school. But he finds inspiration and hope from an unexpected source - Bruce Springsteen - whose music empowers Javed to find his own unique voice. (DRAMA)

January 17th:
**After the Wedding**

Theresa is a media mogul who seemingly has it all; a thriving business, a handsome artist husband, a charming family and an idyllic home. When Theresa invites Isabel, an American living in India who has devoted her life to helping orphans, to meet her in New York, they are supposed to be discussing a generous donation that Theresa has agreed to. While Isabel thinks she’ll immediately be returning to her beloved orphanage, Theresa has other plans, insisting Isabel attend her daughter’s wedding at the family’s estate. The joyful event becomes a catalyst for a revelation that upends the lives of both women. (DRAMA)

January 24th:
**Once Upon a Time in Hollywood**

Actor Rick Dalton once starred in a hit TV Western, but six years after the show’s demise, his career has faded. As Rick and his stunt double, Cliff Booth, try to reinvent themselves, all hell is about to break loose at neighbor Sharon Tate’s house. (DRAMA)

January 31st:
**Judy**

Set in 1968, this dramatized biopic recounts singer Judy Garland’s last concerts in London, where the fragile and weary star prepares for a run of sold-out shows while beginning a courtship with her soon-to-be-fifth spouse (MUSICAL).

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**Meeting Highlights**

**January 3rd, 10th, 17th, 24th & 31st**

**MOVIES:**

January 3rd:
**Toy Story 4**

January 10th:
**Blinded by the Light**

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**After the Wedding**

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Unique Cultural Traditions
Submitted by Mary Soo Hoo

RUSSIA - Avoid yellow flowers, they represent a breakup of a relationship or deceit. Red carnations are presented to veterans who survived the war and on the graves of those who have left this earth.

CHINA - Majoriy of the Chinese are superstitious. Avoid white flowers. They are associated with ghosts and death. Avoid flowers with thorny stems. The name for a clock sounds like a funeral rite. Handkerchief in Chinese, sounds like a farewell greeting. Offering or giving your Chinese friend an umbrella, is a subtle hint of ending a relationship. Don't give a gift in a set of four. The number 4 is associated with death. No knives as gifts. It means you want to break or cut ties with them. Green is lucky, because it is the color of money. A green hat on a man, means his wife has been unfaithful. One year, a delegation from Oakland, went to China, and gave each member of the government an Oakland A's green hat.

EGYPT - Asking for salt is an insult to the host.

VENEZUELA - It is the norm to arrive 10-15 minutes late. You don't want to appear eager or greedy.

NORWAY - Sandwiches are eaten with a fork and knife.

GREECE - The children, when they lose a tooth, it is thrown onto their roofs. The children will have a healthy tooth as well as good luck to the family.

SOUTH KOREA - Using red ink to write your name, red symbolized death.

AUSTRALIA - They sit in the front with the driver.

MEXICO - After singing Happy Birthday and eating a piece of cake, the birthday person's face will be shoved into the cake.

REAL ID
Have you applied for your REAL ID yet? If not, time is running out! If you plan to travel abroad or domestically, enter a secure federal facility or military base, you will need to get your REAL ID by October 1, 2020. A passport is acceptable for domestic travel. If you choose not to apply for a REAL ID, you will receive a federal non-compliant card with the words “Federal Limits Apply” when you renew your driver license or identification card. Check out www.dmv.ca.gov for additional information.

Other Services

Internet Access/Wi-Fi
The center has 5 computers and 3 laptops available for use, or bring your own computer and log on to our free Wi-Fi.

Information/Referral
On housing, healthcare, in-home care, and other community resources and professional services.

Clipper Card applications
Available in the lobby.

DOMESTIC & INTERNATIONAL GROUP TOURS
Extended Guided Travel Made Easy!
Take time to Wander, Wonder and Awaken Your Soul!
There are still seats available for:
Join us for our 1st Travel Presentation on the New Year!
Wednesday, January 15th @ 1:30pm @ the Emeryville Senior Center

Featured Destinations for 2020

Spotlight on Chicago
The Grand Canyon
Santa Fe Holiday
Canadian Rockies & Glacier National Park
Rome & The Amalfi Coast
New Orleans
Washington, D.C. & more!
For more information or to make reservations please call:
Deborah Neal (510) 499-5900
Color brochures are available in the Senior Center lobby.

ASHLAND, OREGON SPRING TRIP 2020
Calling all Shakespeare Festival lovers! Mark your calendars! We will return to the Oregon Shakespeare Theater on March 11-14 of 2020. Total cost will include: transportation, 3 nights hotel accommodations at Ashland Springs Hotel or Plaza Inn & Suites, theater tickets for three plays at the Oregon Shakespeare Festival, and one show at the Oregon Cabaret Theatre. A boxed lunch will be provided for the trip home.

Single Occupancy: $899.00
Double Occupancy: $639.00
All payments must be made in full by January 30, 2020

Oregon Shakespeare Shows
March 11 at 8:00pm- The Copper Children
March 12 at 1:30pm- A Midsummer Night Dream
March 12 at 8:00pm- Peter and the Starcatcher
Oregon Cabaret Show, March 13 at 8:00pm
### Hamilton
**No advanced/online registrations.**

<table>
<thead>
<tr>
<th>Activity #2607</th>
<th>Saturday</th>
<th>11:00-5:00</th>
<th>$115</th>
</tr>
</thead>
</table>

**Indoor Trip to San Francisco, CA at the Orpheum Theatre**

Tony Award Winning 'Hamilton' is an American hit performance sung-and-rapped through musical about the life of American Founding Father Alexander Hamilton.

### Joe's Buffet

<table>
<thead>
<tr>
<th>Activity #2608</th>
<th>Tuesday</th>
<th>11:00-2:00</th>
<th>$15</th>
</tr>
</thead>
</table>

**Indoor Trip to a mystery location**

Ride the bus with Joe to a surprise buffet location. Cost of the buffet is typically a fixed price of $16 cash. Your spot will be announced and revealed on the bus! Pay for your own lunch the day of the trip.

### ACT: Wakey Wakey

<table>
<thead>
<tr>
<th>Activity #2609</th>
<th>Wednesday</th>
<th>11:00-5:00</th>
<th>$15</th>
</tr>
</thead>
</table>

**Indoor Trip to ACT's Geary Theater in San Francisco, CA**

Experience the play that has everyone talking. Starring two-time Emmy Award winner Tony Hale, *Wakey Wakey* is a remarkable combination of the extraordinary and the everyday that invites you to share the pleasure, humor and beautiful mystery of life. Bring cash to purchase your tickets at the box office's 'rush ticket sales'. Lunch will be on your own before the show.

### Vacaville Outlets

<table>
<thead>
<tr>
<th>Activity #2610</th>
<th>Tuesday</th>
<th>10:00-4:00</th>
<th>$15</th>
</tr>
</thead>
</table>

**Outdoor Trip to Vacaville, CA**

Shop 'til you drop at the Vacaville Outlets. Take advantage of post-holiday sales. Participants will receive a FREE welcome bag upon arrival at the Vacaville Outlets. There are tons of shopping and dining options for everyone to enjoy. On your own for the day.

### Treasure Island Fine Dining
**No advanced/online registrations.**

<table>
<thead>
<tr>
<th>Activity #2611</th>
<th>Wednesday</th>
<th>11:00-3:00</th>
<th>$15</th>
</tr>
</thead>
</table>

**Indoor Trip to Treasure Island, CA**

Job Corps Advanced Culinary Fine Dining Restaurant located on Treasure Island will provide a 3-course meal prepared and served by the students of the Academy. Pay for your lunch with cash. Lunch is $13 per person + gratuity (cash only). Please register in person with the Emeryville Senior Center staff.

### Breakfast & Bingo

<table>
<thead>
<tr>
<th>Activity #2612</th>
<th>Sunday</th>
<th>9:00-5:30</th>
<th>$30</th>
</tr>
</thead>
</table>

**Indoor Trip to Livermore, CA**

Bring your appetite and 'dabbers' for a day of good food and gaming. This trip includes a hosted breakfast buffet at Emil Villa's Livermore. After you've filled your bellies, take a stroll across the parking lot to neighboring Livermore Bingo Ranch where you'll be on your own for the day. Cash recommended-- Bingo packet gaming starts at $20 per person.
Tips for Tripsters: Refund Policy

Here is our official refund policy:

Refunds and cancellations will only be considered if they are requested within 14 days prior to the start date of the scheduled activity*. In the event the Community Services Department cancels a class or program (due to inclement weather, low enrollment, etc.), a refund or make-up program will be offered. If the participant is unable to attend a class or program due to personal reasons outside of the dates specified, a refund or make-up lesson will not be granted.

A $10.00 administrative fee will be applied, per customer, for all refunds/cancellations. This fee may be deducted from the total refund amount if requested.

A Friendly Reminder:

All WEEKEND trips will depart from Emeryville City Hall parking lot (in rear) at 1333 Park Ave. Call the office if you have any questions.

Online Trip Reservations

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:

www.emeryville.org/register

You can set up your account today so it will be ready when online registration opens. Online registration for February trips will open on Friday, December 20th at midnight. Phone and walk-in registration will begin on Monday, Dec. 23rd.

**Domestic & International Guided Group Tours** can be found on page 4 of the newsletter.

De Young Museum

| Thursday | 10:00-2:00 | $33 | Activity #2613 | Moderate Walking |

Indoor Trip to San Francisco, CA
Spend the day in the city exploring the long awaited exhibit, “Soul of a Nation” at the De Young Honor Museum. Enjoy lunch on your own at the museum’s cafe.

Sonoma Square Shopping

| Tuesday | 10:00-5:00 | $15 | Activity #2614 | Moderate Walking |

Outdoor Trip to Sonoma, CA
Sonoma Plaza is a popular getaway destination for people from all over the SF Bay Area and Sonoma locals, too. Within one block there are 30+ wine tasting rooms, 25+ amazing restaurants, a huge variety of shopping choices and more

San Francisco Symphony

| Thursday | 7:45-3:00 | $30 | Activity #2615 | Moderate Walking |

Indoor Trip to Davies Symphony Hall in San Francisco, CA
Spend the day enjoying a pre-rehearsal discussion followed by an open rehearsal observation of Leila Josefowicz playing Salonen Violin Concerto. Lunch will be on your own at Max’s Opera Cafe on Van Ness or other local eateries near Hayes Street.

Ashland, OR

*Overnight Trip*
See Trip Details on Page 4

| Wed-Sat | March 11-14 2020 | Double | Single | Activity #2474 | Moderate Walking |

| Double | $639.00 | $899.00 | Moderate Walking |

Indoor and Outdoor Trip to Ashland, OR
Calling all Shakespeare Festival lovers! We will return to the Oregon Shakespeare Theater on March 11-14 of 2020, for 3-nights of fun and live entertainment which includes 4-live shows.

Online Sign-ups begin Friday, Dec. 20th | Walk-in/phone sign-ups begin Monday, Dec 23rd

February 2020

A Friendly Reminder:
All WEEKEND trips will depart from Emeryville City Hall parking lot (in rear) at 1333 Park Ave. Call the office if you have any questions.
## Emeryville Senior Center Class Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Instructor</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Judy Jamerson</td>
<td>09:00-10:00</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td></td>
<td>Ralph Greenberg</td>
<td>TBD</td>
<td>Upstairs Computer Lab</td>
</tr>
<tr>
<td></td>
<td>Volunteer</td>
<td>10:00-12:00</td>
<td>Billiards Room</td>
</tr>
<tr>
<td>Non-Impact Aerobics (NIA)</td>
<td>Angi Spector</td>
<td>10:15-11:15</td>
<td>Main Hall</td>
</tr>
<tr>
<td>Sit’n’Fit</td>
<td>Sally Maxwell</td>
<td>10:15-11:15</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td></td>
<td>Angi Spector</td>
<td>11:15-12:15</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td>Posture Oriented Wellness</td>
<td>Amy Aldrich</td>
<td>01:00-03:00</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Joe John</td>
<td>09:00-10:00</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td></td>
<td>Helen Vaughn</td>
<td>09:30-10:30</td>
<td>Main Hall</td>
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<tr>
<td>Newsletter* (3rd Tuesday)</td>
<td>Staff</td>
<td>09:30-12:00</td>
<td>Main Hall</td>
</tr>
<tr>
<td></td>
<td>Sally Maxwell</td>
<td>10:30-12:00</td>
<td>Billiards Room</td>
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<tr>
<td></td>
<td>Terry Lee</td>
<td>11:30-12:30</td>
<td>Billiards Room</td>
</tr>
<tr>
<td></td>
<td>Isabelita Papa</td>
<td>12:00-01:15</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td></td>
<td>Bruce Blada</td>
<td>01:00-03:00</td>
<td>Main Hall</td>
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<td>Terry Lee</td>
<td>01:00-03:00</td>
<td>Billiards Room</td>
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<tr>
<td></td>
<td>Amy Luo</td>
<td>01:30-03:30</td>
<td>Upstairs Dance Room</td>
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<tr>
<td>Wednesday</td>
<td>Novella Peterson</td>
<td>09:00-10:00</td>
<td>Upstairs Dance Room</td>
</tr>
<tr>
<td></td>
<td>Kimber Simpkins</td>
<td>09:00-10:00</td>
<td>Main Hall</td>
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<td></td>
<td>Isabelita Papa</td>
<td>10:30-12:00</td>
<td>Upstairs Dance Room</td>
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<tr>
<td></td>
<td>Ray Johnson</td>
<td>11:00-12:00</td>
<td>Main Hall</td>
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<tr>
<td></td>
<td>Joe Pugliese</td>
<td>12:30-02:00</td>
<td>Upstairs Dance Room</td>
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<tr>
<td></td>
<td>Staff</td>
<td>02:00-04:00</td>
<td>Main Hall</td>
</tr>
<tr>
<td>Thursday</td>
<td>Mary McKenna</td>
<td>09:00-09:30</td>
<td>Main Hall</td>
</tr>
<tr>
<td></td>
<td>Oolithia O'Toole</td>
<td>09:00-01:00</td>
<td>Billiards Room</td>
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<td></td>
<td>Joe John</td>
<td>09:00-10:00</td>
<td>Main Hall</td>
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<td></td>
<td>Helen Vaughn</td>
<td>09:30-10:30</td>
<td>Main Hall</td>
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<td></td>
<td>Annie Fong</td>
<td>10:00-11:00</td>
<td>Upstairs Conference Room</td>
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<td>Stephanie Peters</td>
<td>10:15-11:30</td>
<td>Upstairs Dance Room</td>
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<td>Helen Vaughn</td>
<td>10:30-11:30</td>
<td>Main Hall</td>
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<td></td>
<td>Kim Huhta</td>
<td>01:00-03:00</td>
<td>Billiards Room</td>
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<td>TBD</td>
<td>01:00-04:00</td>
<td>Main Hall</td>
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<tr>
<td>Friday</td>
<td>John Stevens</td>
<td>09:00-10:00</td>
<td>Upstairs Dance Room</td>
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<td>Ann Koo</td>
<td>10:00-11:00</td>
<td>Upstairs Dance Room</td>
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<tr>
<td>Blood Pressure Checks* (1st &amp; 3rd Friday)</td>
<td>ACFD</td>
<td>11:30-12:30</td>
<td>Main Hall or Billiards Room</td>
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<tr>
<td>Dances Moves Me for Parkinson’s</td>
<td>Debbie Sternbach</td>
<td>12:15-01:30</td>
<td>Bridgecourt Room</td>
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<td>Chinese Dance</td>
<td>Amy Luo</td>
<td>12:30-02:30</td>
<td>Upstairs Dance Room</td>
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<td>Ivan Shvarts</td>
<td>01:00-04:00</td>
<td>Main Hall</td>
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### JANUARY 2020

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<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>Weekend Trips</strong>&lt;br&gt;1/18 HAMILTON 1333 Park Avenue, Emeryville, CA 94608  <em>All weekend trips are to meet at Emeryville City Hall</em> 1333 Park Avenue, Emeryville, CA 94608</td>
<td><strong>ESC CLOSED in observance of New Year's Day</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:30 Weights/10:30 Zumba&lt;br&gt;10:30 Chair Yoga; <strong>Friends Meeting</strong>&lt;br&gt;11:30 Guitar Class&lt;br&gt;12:00 Restorative Pilates (canceled)&lt;br&gt;1:00 Mah Jong&lt;br&gt;1:00 Intermediate Tap Dance&lt;br&gt;1:30 Chinese Dance</td>
<td><strong>ESC CLOSED in observance of New Year's Day</strong>&lt;br&gt;9:00 Beginner Line Dancing&lt;br&gt;9:00 Yoga&lt;br&gt;10:00 C.O.A. Meeting&lt;br&gt;10:30 Qi Gong (canceled)&lt;br&gt;11:00 Advanced Soul Line Dancing&lt;br&gt;12:30 Art Studio&lt;br&gt;2:00 Pickle Ball</td>
<td><strong>Joe's Buffet</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:00 Brown Bag&lt;br&gt;10:00 Rosen Movement&lt;br&gt;10:30 Zumba&lt;br&gt;1:00 Quilting&lt;br&gt;1:00 Yarn Around</td>
<td><strong>Monarch Museum</strong>&lt;br&gt;9:00 Feldenkrais&lt;br&gt;10:00 Tai Chi&lt;br&gt;11:30 ACFD Blood Pressure Check&lt;br&gt;12:15 Dance Moves/Parkinson's&lt;br&gt;12:30 Chinese Dance&lt;br&gt;1:00 Tango&lt;br&gt;<strong>Movie: Toy Story 4</strong></td>
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<td><strong>ESC CLOSED in observance of Martin Luther King Jr. Day</strong>&lt;br&gt;9:00 Tai Chi&lt;br&gt;10:00 Coffee &amp; Current Events&lt;br&gt;10:15 Sit &amp; Fit Exercise&lt;br&gt;10:15 Non-Impact Aerobics&lt;br&gt;11:15 Pilates&lt;br&gt;1:00 Posture Oriented Wellness</td>
<td><strong>Hard Rock Casino</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:30 Weights/10:30 Zumba&lt;br&gt;10:30 Chair Yoga&lt;br&gt;11:30 Guitar Class&lt;br&gt;12:00 Restorative Pilates&lt;br&gt;1:00 Mah Jong&lt;br&gt;1:00 Intermediate Tap Dance&lt;br&gt;1:30 Chinese Dance</td>
<td><strong>Legion of Honor Museum</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:00 Beginner Line Dancing&lt;br&gt;9:00 Yoga&lt;br&gt;10:30 Qi Gong&lt;br&gt;11:00 Advanced Soul Line Dancing&lt;br&gt;12:30 Art Studio&lt;br&gt;2:00 Pickle Ball</td>
<td><strong>Newsletter Day</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:30 Light Weight Training&lt;br&gt;10:00 Book Club&lt;br&gt;10:15 Rosen Movement&lt;br&gt;10:30 Zumba&lt;br&gt;1:00 Quilting &amp; Yarn Around&lt;br&gt;1:00 HCAP</td>
<td><strong>Treasure Island Fine Dining</strong>&lt;br&gt;9:00 Feldenkrais&lt;br&gt;10:00 Tai Chi&lt;br&gt;11:30 ACFD Blood Pressure Check&lt;br&gt;12:15 Dance Moves/Parkinson's&lt;br&gt;12:30 Chinese Dance&lt;br&gt;1:00 Tango&lt;br&gt;<strong>Movie: After the Wedding</strong></td>
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<td><strong>African-American Museum</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:30 Weights/10:30 Zumba&lt;br&gt;10:30 Chair Yoga&lt;br&gt;11:30 Guitar Class&lt;br&gt;12:00 Restorative Pilates&lt;br&gt;1:00 Mah Jong&lt;br&gt;1:00 Intermediate Tap Dance&lt;br&gt;1:30 Chinese Dance</td>
<td><strong>Treasure Island Fine Dining</strong>&lt;br&gt;9:00 Meditation&lt;br&gt;9:00 Beginner Line Dancing&lt;br&gt;9:00 Yoga&lt;br&gt;10:30 Qi Gong&lt;br&gt;11:00 Advanced Soul Line Dancing&lt;br&gt;12:30 Art Studio&lt;br&gt;2:00 Pickle Ball</td>
<td><strong>V. Sattui Winery</strong>&lt;br&gt;9:00 Feldenkrais&lt;br&gt;10:00 Tai Chi&lt;br&gt;11:30 ACFD Blood Pressure Check&lt;br&gt;12:15 Dance Moves/Parkinson's&lt;br&gt;12:30 Chinese Dance&lt;br&gt;1:00 Tango&lt;br&gt;<strong>Movie: Judy</strong></td>
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