



THE LINK

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

JAN 2021

SPECIAL EDITION

Updated 12/16/20

HAPPY NEW YEAR!

As we look to 2021 and hope for a healthy start to the new year with a vaccine that will be available for everyone soon, I want to take a moment to thank you all for supporting the Senior Center and riding on this roller coaster with us in 2020. We are here because of you! As you make your new years' resolutions, I hope you add one of our zoom classes to your daily routine; whether it's yoga, Zumba or meditation, there are several offerings to help keep you active and entertained while we wait until we all can come back together again at the Senior Center. We will continue to keep you updated with new resources and services as they come available. In the meantime, take care, stay healthy and Happy New Year !!!

Membership Renewals

Is your ESC Membership up for Renewal? Membership renewals are now being accepted via online registration through Civic Rec or by calling the front desk and speaking with a staff member. If you have an existing membership account, you can renew online. If you are a new member, please call the front desk to request a **New Member Application** to complete and return to ESC along with the annual membership fees of \$30. Click the link to complete your renewal online:

<https://secure.rec1.com/CA/emeryville-ca/catalog?filter=c2VhcmNoPTYxNTkyOQ==>

Do you have questions about membership? Please call us at 510-596-3730 or email twright@emeryville.org

Pen Pal Project

Being socially distant doesn't mean we have to be emotionally distant. Having a Pen Pal can help to alleviate the feeling of loneliness for Seniors by writing letters (handwritten or electronically) and making connections with new and old friends. Getting a letter delivered in the mail is something to look forward to and writing a letter gives you an opportunity to share your story with someone else.

If you are interested in being a Pen Pal with someone new, send us message and we will match you up with another senior within our Senior Center family. You might already know this person or perhaps you can meet someone new to share similar interests with. Or perhaps you're interested in being a Pen Pal with someone from our Youth Services Programs. Children and young adults also benefit from seniors sharing their stories and life experiences. Writing or journaling can be a very therapeutic practice during these times of social isolation. If you are interested in this program please let me know by emailing or calling me @ kburrowes@emeryville.org or 510-596-4308.



THE LINK

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

JAN 2021

SPECIAL EDITION Page 2

Tri City Café/ Meals on Wheels

In order to keep our Emeryville seniors and any other at-risk members of our community safely sheltered in place, we are sending volunteers to deliver our Tri-City Café meals to the homes of those that request it, along with those qualifying seniors already receiving Meals on Wheels. You can receive 7 ready-to-heat meals a week, or fewer, delivered on Monday, Wednesday, and Friday mornings. If you live in Emeryville and need meals delivered, or want to refer a senior in need, call 510-596-3730 or email mmckenna@emeryville.org.

If you do not live in Emeryville, here are some local Meals on Wheels / Senior Meal Programs that are serving your local community:

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: 510-582-1263

Berkeley: 510-981-5250

As usual, these programs are funded by Alameda County, but donations are always happily. Stay Safe!

Stores with "Senior Hours"



Pak N Save: 3889 San Pablo Ave.
Tues/Thurs/Sun: 6am-9am
Full Hours: 6am-10pm



Trader Joes: 5700 Christie Ave.
Wed/Sun: 8am-9am
Full Hours: 8am-9pm



Target: 1555 40th Street
Wednesdays 8am-9am
Full Hours: 8am-9pm



Whole Foods: 3000 Telegraph Ave, Berkeley
Daily 8am-9am
Full Hours: 9am-8pm

Stores Offering Assistance To Older Adults



Berkeley Bowl: 920 Heinz Ave
Senior Hours: Tues/Fri (8-9am).
Full Hours: 9am-8pm; Sun 10am-6pm



CVS Pharmacy: 4349 San Pablo Ave. Senior Hours Wed. 9-10am. Full Hours: 7am-8pm



Watergate Market:
2390 Powell St.
Hours 9am-9pm



Costco Wholesale
4801 Central Ave
Richmond
Mon-Fri: 9am-10am
Full Hours: 9am-6:30pm



THE LINK

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

JAN 2021

SPECIAL EDITION

Page 3

Senior Center Classes ONLINE

We care about your health and well-being during the Shelter In Place. We strongly encourage you to remain active and try to stick to your fitness routines as much as possible, or to try something new. Check out our online virtual activities offered by your favorite ESC Instructors!

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Sally	Chair Yoga	Mon 11am (no class 12/28)	Zoom	ID 946 4384 5819, Pass 4321
Amy	POW	Mondays, 1-2:30pm	Zoom	ID 974 9459 8719, Pass 4321
Joe	Meditation	M/TW//Th, 8:00am	Zoom	ID 958 0410 7867, Pass 4321
Helen	Weights	Tuesdays, 9:30am	Zoom	ID 308 582 5588, Pass 3jyyUM
Helen	Zumba	T/Th, 10:30am	Zoom	ID 308 582 5588, Pass 3jyyUM
Terry	Sing-A-Long	Tuesday: 11:30am	Zoom	ID 880 2886 9758, no PW
Isabelita	Pilates	Tuesdays, 12pm	Zoom	ID 478 819 550, Pass 012184
Novella	Line Dance	Wednesdays, 9:30am	Zoom	ID 993 4137 3668, Pass 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	ID 599 150 364, Pass 676104
Stephanie	Rosen	Thursdays, 10:00am-12	Zoom	ID 863 1231 6330, register
Pamela	Yoga	Thursdays, 11:00am	Zoom	ID 925 9097 9143, Pass 4321
Staff	Virtual Coffee	Wed 11:00am	ZOOM	ID 930 7389 9322 , Pass 4321

NEW Classes/Activities:

Cooking Classes - We are working on bringing you a new virtual cooking class. It will include a box of materials needed for you to follow along in your kitchen while the instructor demonstrates in their kitchen. This interactive class is sure to bring some new cooking ideas and skills to your daily routine. Registration and a materials fee will be required. Stay tuned for more information!!!

Diabetes Support Group: 4th Tues of the month through January: Call in number: 1-978-990-5320; Access code: 3835514# Offered through Alameda County Public Health. **Special focus: New Years Resolutions**

Armchair Entertainment:

How to Use Zoom Video Conference Tutorial for beginners: <https://youtu.be/FnFSBjFvK2o>

Ted Talks to Stir your Curiosity: <https://www.ted.com/talks> Over 3500+ talks available

Kwanzaa Celebration: <https://www.eventbrite.com/e/15th-annual-san-francisco-kwanzaa-celebration-tickets-125978869189?aff=ebdssbonlinesearch>

Virtual New Years Eve Party in New York's Times Square: for more information go to: <https://nypost.com/2020/12/16/times-square-ball-drop-without-spectators-for-first-time-since-1907/>

To join the party: <https://nye2021.com/authenticate>

NYE Countdown Specials Info: <https://www.washingtonpost.com/arts-entertainment/2019/12/31/new-years-eve-countdown-specials-where-watch-who-has-best-celebrity-guests/>



THE LINK

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

JAN 2021

SPECIAL EDITION

Page 4

Mercy Brown Bag

If you are a current Brown Bag recipient and are in need of food during this time, please call (510) 534-8540. Give your Mercy Brown Bag Program card number, name, address, and phone number and we will get the food to you. The next delivery dates for members are Thursday Jan 7th & Jan 21st.

Food Giveaway at ECCL - Mondays & Thursdays (except 12/21 thru 12/31)

The Emery Unified School District, in partnership with the Alameda County Food Bank is holding a grocery bag giveaway every Monday & Thursday (closed holidays) on 47th Street outside of the High School from 10:00-12:00pm (early arrival for seniors is suggested). The address is 1100 47th Street. Anyone in need can receive a bag of groceries. Bags typically consist of boxed goods, canned goods, and a dessert - enough for two meals to feed a family. If you are local to the Emeryville area and cannot get to ECCL, call 510-596-3779 and we will arrange delivery to you. For other questions about the program, email Brad Helfenberger at bhelfenberger@emeryville.org



For those needing the driver safety program to renew insurance discounts, go to: www.aarpdriversafety.org

AARP will extend 25% discount to all online classes through the end of the year.

Other Resources

211 for local services and assistance, visit 211.org/alamedacounty (or call 2-1-1 from any phone)

Low Income Home Energy Assistance Prog: <https://www.spectrumcs.org/energy-services/liheap>

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

Legal Assistance for Seniors - Call 510-832-3040 and leave a message.

East Bay Community Law Center - Call 510-548-4040

HICAP - Call 510-839-0393 for phone appointments. There may be delays in response time.

[Click this link for a Consumer Tip Sheet for Protecting yourself and Medicare against Fraud](#)

[Click this link for the FTC education page for Coronavirus Scams](#)

Center for Independent Living (CIL) Resources: <https://www.thecil.org/covid19resources>

AARP Resource Card for Californians: <https://states.aarp.org/california/covid19>

American Heart Association: www.heart.org/coronavirus

Running Essential Errands— CDC: [Click Here](#)

Grandpad—Technology with Seniors in Mind—<https://www.grandpad.net/overview>



THE LINK

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

JAN 2021

SPECIAL EDITION Page 5

Other Resources (continued)

- **Senior Centers Without Walls (COVIA) -**
<https://covia.org/services/well-connected/>
- **Home Energy Assistance Program: HEAP**
<https://www.spectrumcs.org/energy-services/liheap>
- **CVS Flu Shots:** https://www.cvs.com/immunizations/flu?cid=ps_pc&ds_rl=1274650&ds_rl=1274650&gclid=EAlaIqObChMIkPPLp6Dp6wIV2z2tBh20ZAUR_EAAYASAAEgKySPD_BwE&gclsrc=aw.ds
- **Senior Tech Support:**
<https://seniorplanet.org/coronavirus-2/>
- **COVID-19 Resources for Older Adults**
- **Staying Connected and Avoiding Social Isolation**
- **Rite Aid Free Flu Shots:** <https://www.riteaid.com/pharmacy/services/vaccine-central/immunization-information/flu>
- **Institute on Aging-Friendship Line California:**
<https://www.ioaging.org/friendship-line-california>



At this time, the Friends of Emeryville Senior Center have only one source of fundraising income:

Amazon Smile. Next time you make an Amazon purchase, please consider using **Amazon Smile** to donate a percentage of your purchase to the Friends of Emeryville Senior Center.

Thank you for your consideration and continued support!

The pool is OPEN for lap swim!!!

Lap swim is back! We are operating under County Guidelines to ensure everyone's safety. Lap swim and Water Walking is by reservation only. Reservations are 45 minutes long and must be booked online

at www.emeryville.org/register. Limit one swimmer per lane and three reservations per week. Registration for the following week (Sunday-Saturday) opens at 7:00am on Wednesdays for Emeryville Residents and 2:00pm on Wednesdays for Non-Residents. For full program information, please visit www.emeryville.org/1256.

Reservation Times:

- Monday-Friday 10:30am, 11:30am, and 12:30pm
- Saturday 3:00pm, 4:00pm, and 5:00pm
- Sunday 2:00pm, 3:00pm, and 4:00pm

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.



THE LINK

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

JAN 2021

SPECIAL EDITION

Page 6

Bryan's Brain Teaser

Riddle:

I am the beginning of everything, the end of everywhere. I am the beginning of eternity, the end of time and space. What am I? _____

Join us for Virtual Coffee w/ Seniors to share your responses and hear the answer to the riddle

Happy New Year

M	C	O	N	N	E	C	T	I	O	N	S	D	E
O	T	T	R	S	T	I	V	S	E	O	R	E	H
T	T	E	H	U	S	N	O	Y	S	C	N	D	L
H	N	S	E	P	E	E	E	L	O	M	Y	U	E
A	E	E	A	P	I	D	E	I	P	S	T	T	G
N	D	R	L	O	T	I	S	M	R	I	I	I	L
K	I	V	T	R	I	B	U	A	I	M	N	T	A
F	S	I	H	T	V	B	O	F	S	I	U	A	D
U	E	C	Y	I	I	C	H	R	I	T	T	R	N
L	R	E	U	V	T	N	E	E	R	P	R	G	E
N	P	I	S	E	C	S	T	H	R	O	O	N	S
E	N	I	C	C	A	V	I	O	A	E	P	O	S
N	I	A	R	U	U	R	H	P	H	I	P	A	R
C	C	H	E	E	R	S	W	E	R	S	O	I	I

- ACTIVITIES
- OPTIMISM
- THANKFUL
- GRATITUDE
- HARRIS
- SERVICE
- PRESIDENT
- CONNECTIONS
- HEALTHY
- WHITE HOUSE
- GLADNESS
- SUPPORTIVE
- RAIN
- BIDEN
- FAMILY
- OPPORTUNITY
- HEROES
- CHEERS
- HOPE
- VACCINE

Play this puzzle online at : <https://thewordsearch.com/puzzle/1465169/>



THE LINK

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

JAN 2021

SPECIAL EDITION

Page 7

Transportation / Paratransit Services

Mobility Options

The Emeryville Senior Center is the home of many transit / paratransit programs that support increased mobility and options for older adults in the community. Please see the information below to find out more about each program.

8-To-Go: Door-to-Door Shuttle Service

The Emeryville Senior Center, in conjunction with the Emeryville Transportation Management Association, is excited to provide the 8-To-Go shuttle service. 8-To-Go is a scheduled, door-to-door, shared ride transportation for residents of the 94608 zip code area.

Eligibility

The shuttle service is specifically for those age 70 years and above or persons between 18 and 69 that are East Bay Paratransit Certified. 8-To-Go will be happy to take eligible residents anywhere within the 94608 zip code and even to some destinations just outside of this area, such as Berkeley Bowl West, MacArthur BART, Herrick Hospital, Kaiser Oakland, and the "Pill Hill" Hospitals and Medical Clinics. Service hours for the 8-To-Go are generally from 9am-12:30pm and 1:30pm-5pm M/T/Th during current Shelter in Place restrictions. The shuttle does not operate on evenings, weekends, or holidays.

Complete Information

Click for a [brochure](#) with complete information about the 8-To-Go Program. For more information on 8-To-Go, please contact the Emeryville Senior Center at 510-596-3730.

Applying Click for an [application](#) for the 8-To-Go Program.

Fees

8-To-Go is only \$1 per ride (each way) for qualifying users through a multi-year grant by the Alameda county Transportation Commission (A-CTC). For more information on A-CTC's funding of this and other great programs, please visit the Alameda-CTC's [website](#).

Taxi/Lyft/Uber Reimbursement Program

The Emeryville Senior Center offers a taxi reimbursement program to Emeryville residents age 70 and older. Beginning July 2018, we are also accepting Lyft and Uber for Reimbursement.

Members will be reimbursed for 90% of their taxi/TNC rides every 3 months, up to \$80 in actual fares purchased (e.g. a recipient will receive up to a \$72 reimbursement check for up to \$80 worth of taxi rides every three months). Eligibility is not based on income or assets, so please apply today! Call the Senior Center at 510-596-3730 for any questions about this service.