



THE LINK

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

MARCH 2021

SPECIAL EDITION

Updated 2/17/21

Family Feud Gameshow: City of Albany vs. City of Emeryville February 25th at 1pm

Have you been wondering if you can be a winning contestant on Family Feud? Look no further, join the Albany Senior Center versus the Emeryville Senior Center in our Community Family Feud Game Show. We will have both senior centers participants competing in this new rendition of Family Feud! Join in as a participant (as space allows) or come and watch the trivia unfold. Please call (510) 524-9122 to get sign up information or register in advance for this meeting by using the link below:

<https://albanyca.zoom.us/meeting/register/tJEsc-2uqj4pGt2Cd4bWd2x3RVRdL6fhyGK7>

After registering, you will receive a confirmation email containing information about joining the meeting. People registering will be asked 2 questions to determine teams and being a participant:

1. Would you like to be a Participant or Audience member? (Limited participant entry, first come first served basis)
2. Which Senior Center are you representing: Albany Senior Center or Emeryville Senior Center?

LET THE GAMES BEGIN!!!

Mark your calendar for ESC's virtual Black History Celebration

Friday February 26th at 12:00pm

This year's theme will be celebrating the backbone of the "Black Family", the "Black Woman". We have a long way to go but Black Women went from being (almost) powerless to being empowered and not being able to vote to being voted into the White House. Join us in celebrating some notable Black women and Black Organizations who broke barriers, created change and are Black History in the making! The event will take place on **Friday, February 26th at 12:00pm via Zoom.**

<https://emeryville-org.zoom.us/j/94237827397?pwd=N25VVjl0R3JJRFg5OFNRb2dCNGhsZz09>

Meeting ID: 942 3782 7397 Passcode: 4321 Call in #: +1-669-900-6833

For questions about the event or logging on, please contact Tamika at twright@emeryville.org or call the front desk at 510-596-3730.

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



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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	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!!!

Coming soon! NIA (Non-Impact Aerobics) will start soon via Zoom. Tune in next month for this new class information and start date.

Do you need Technical Support? Ralph Greenberg is available to offer 1 on 1 support for: Zoom, Microsoft Word & Excel, Google and Apple products. To reach Ralph, please contact him via email at mobiletech4seniors@gmail.com. Services are free to senior center members.

Diabetes Support Group: 4th Tues of the month through March: Call in number: 1-978-990-5320; Access code: 3835514# Offered through Alameda County Public Health.

Armchair Entertainment:

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

International Women's Day is March 8th—Choose to challenge: <https://www.internationalwomensday.com/Theme>

Virtual Garden Tours to help beat the self-isolation blues: <https://www.gardensillustrated.com/gardens/gardens-to-visit/virtual-garden-tours-best/>

Virtual Tour of Cherry Blossom Trees: <https://www.youtube.com/watch?v=PFRNdLgI82s>

DeYoung Museum: Floor to Ceiling: Learn the Art of the Salon-Style Hang: <https://insights.famsf.org/salon-style/>



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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 accepted. 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: Sun (9-10am).
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



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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 March 4th & March 18th.

Food Giveaway at ECCL - Mondays & Thursdays

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 have questions about the program, please call Marcia Parham at (510)601-4929.

Get up to Speed, without leaving home! Attend AARP Driver Safety's NEW Live Virtual Workshops and learn how to get where you're going safer, easier and smarter. Choose from several online, self-paced workshops. Go to: aarp.org



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

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>



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Other Resources (continued)

- **Senior Centers Without Walls (COVIA) -**
<https://covia.org/services/well-connected/>
- **Home Energy Assistance Program: HEAP**
- DMV Information for Senior Drivers: <https://www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/>
- **Senior Tech Support:**
<https://seniorplanet.org/coronavirus-2/>
- Vaccine Updates: <https://covid19.ca.gov/vaccines/#when-can-i-get-vaccinated>
- [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>

NEW! Movie Club! Join ESC for our new Virtual Movie Club. Watch the movie from the comfort of your home and join us every 2nd Friday of the month on zoom to rate, review and discuss. Every month a new volunteer will be selected to choose the next month's movie and host the review.

Our review will be on **March 3/12 @ 2PM Pelé (Netflix Original)** "Against the backdrop of a turbulent era in Brazil, this documentary captures Pelé's extraordinary path from breakthrough talent to national hero."

Zoom ID: <https://emeryville-org.zoom.us/j/93297475684?pwd=VUpud3hpRXZOdTNT1JjNnFoeUVOUT09>
ID: 932 9747 5684 Password: 4321

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

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Bryan's Brain Teaser

Riddle:

What do Dentist's call their X-rays? _____

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

Spring is in the Air!

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

- ROAD TRIPS
- MUD PUDDLES
- OUTDOORS
- INTENTION
- HATCHING
- PUBLIC PARKS
- NATURE
- RAIN SHOWERS
- BUTTERFLIES
- POLLEN
- CHIRPING
- BLOOMING
- GARDENS
- SONG BIRDS
- STROLL
- PICNICS
- TULIPS
- BICYCLE

Play this puzzle online at : <https://thewordsearch.com/puzzle/1962222/>



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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.

OPENING ON THE EMERYVILLE COMMISSION ON AGING (COA)

The Commission on Aging has three vacancies for new members. The commission strives to address the needs of all who are aging in Emeryville. We hope applicants will reflect our vibrant, diverse, and multicultural community. Experience is not required. We value new perspectives and look forward to your contributions to our thinking and planning. We have one meeting monthly, currently held via Zoom.

APPLICATIONS ARE DUE BY MONDAY, MARCH 15, 2021, AT 5:00 PM. APPOINTMENTS ARE SCHEDULED TO BE MADE AT THE NEXT EMERYVILLE CITY COUNCIL MEETING.

Electronic applications can be completed and submitted online through the City's website

at www.emeryville.org/advisorybodies. For more information or questions, contact:

Lorrayne Leong, Deputy City Clerk, at (510) 596-4383 or city_clerk@emeryville.org.