

EMERYVILLE SENIOR CENTER

4321 Salem Street, Emeryville, CA 94608

510-596-3730

October 2017

40 YEARS

The Link

Flea Market Donations

If you have been holding on to your treasures, Waiting and collecting to donate to the next Flea Market, **WAIT NO MORE!**

The Friends will begin accepting donations for the next Flea Market (in April 2018) starting on Thursday, 10/12 (every 2nd Thurs of the month)

One day per month, you can drop off your donations at the Old Recreation Center:

4300 San Pablo Ave. from 10:00am to 1:00pm.

Do not leave donations at ESC!

NEW! iPhone Tech Support

Mon., Oct 16 & 30, 10:30-11:30 am
in the Coffee Bar

Got a question about your iPhone?
Want to update your contacts? Learn to use the calendar? Take photos?
Ralph Greenberg is happy to answer your questions!

Come by the coffee bar for a hot drink and solutions to your iPhone questions.



Pole Walking 10/6 @11:00am



Pole Walking makes you feel taller and more confident! Experience a profound freedom of movement – as if you have 4 legs.

Learning to use poles lets people navigate everyday obstacles as well as improve balance, endurance, walking gait, agility and posture.

Join us for a special presentation on **Fri., Oct. 6 at 11:00 am to meet Jayah** and learn how to use poles. A variety of top quality poles and tips provided.

Oktoberfest! 10/13

Willkommen!!!

Our third annual Oktoberfest is here!

When: Friday, October 13th

Time: 5:00pm to 8:00pm

Where: ESC Main Hall & Bar

What: Authentic German Polka Band, Dancing, German Food, German Beer & Wine!

Don't miss out on this Fun Event!!!

Tickets are \$10 in advance.

Buy your tickets today!!!



Upcoming Dates:

- Oct 3 Ashland, OR trip departs
- Oct 4 ACT—Hamlet
- Oct 4 Friends of ESC Meeting
- Oct 5 China Camp
- Oct 5 Brown Bag
- Oct 6 Alameda Fire Dept. Blood Pressure Checks
- Oct 6 Pole Walking Demo
- Oct 9 Indigenous Peoples Day—**ESC CLOSED**
- Oct 11 Red Hawk Casino
- Oct 11 COA Meeting
- Oct 12 Apple Hill
- Oct 13 **Oktoberfest!**
- Oct 13 Advanced Directive Presentation
- Oct 14 Columbia Gold Rush Days
- Oct 17 Newsletter Day
- Oct 18 Monterey & Carmel
- Oct 19 Delta River Cruise
- Oct 19 Brown Bag
- Oct 19 HICAP
- Oct 19 AARP
- Oct 19 Book Club
- Oct 20 Alameda Fire Dept. Blood Pressure Checks
- Oct 20 HICAP Open Enrollment Presentation
- Oct 24 Pope Valley Winery
- Oct 25 Joe's Buffet
- Oct 25 SF Opera Lecture
- Oct 26 DeYoung Museum
- Oct 27 *Designing Your Life* presentation
- Oct 28 Harvest Festival at ECCL
- Oct 31 Halloween Costume Contest
- Oct 31 **Happy Halloween!**

Program Highlights

MONTHLY BOOK CLUB

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

October 19: Cold Earth: Ann Cleeves

November 16: Burial Rites: Hannah Kent

Please bring your book with you.

October Presentations: Start time is 10:30am

Drop in; you might learn something new!

Friday, Oct 6 - Pole Walking: Learn how to use poles and walk your way to health! Begins at 11:00am

Friday, Oct 13 - Advanced Directives: Important Info

To help you prepare for health care emergencies.

Friday, Oct 20 - HICAP Open Enrollment: HICAP will answer your questions about open enrollment.

Friday, Oct 27- Design Your Life Workshop:

Marjorie is back to help you with your short term goals



AARP Refresher Course

Thursday, Oct. 19, 9:00 am-1:00 pm

If you are over 50 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. **Please bring exact change or check payable to AARP only.** The 8-hour Full Course will be offered again on November 9 & 16, 2017.



Halloween Costume Contest 10/31

Join us for lunch at ESC and wear your best Halloween Costume to participate in this years contest! Judging will take place after lunch in the Main Hall.



Contest starts @ 12: 30

Your Advice is Needed!

Can you help?

Are you interested in giving advice to people who are facing challenges with:

- raising kids
- getting along with friends and family
- dealing with work issues.. and more?



Join volunteer Susan Fisher to explore how a group from the Emeryville Senior Center can support the clients of ElderWisdomCircle.org. Meet on

Thur., Oct. 19 in the Bar at 12 pm for a brown bag lunch meeting to chat & brainstorm.

Recruiting Holiday Gala Volunteers

If you are interested in volunteering for this years' Holiday Gala, please contact Charla Blackmon at 510-533-0309 or 510-325-5742. Several volunteer positions are needed: Check in desk, table decorations, set up, clean up, donation solicitation, raffle ticket sales, food service, and other assistance as needed.



SF Opera Lecture

The SF Opera shares a lecture on Massenet's *Manon* with our members prior to the performance scheduled on November 2nd. Join us on **Wednesday, Oct 25 at 1:30** in the **Billiards Room**. You can attend the lecture without enrolling in the trip, but if you are on the trip, it is recommended to attend.

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Age Friendly Cities

Is Emeryville an "age-friendly" city? AARP representatives joined the September meeting of the Commission on Aging to encourage this city to join an international network of cities and counties that have committed to support quality of life and aging-in-place for all their citizens. Stay tuned—community input will be needed!

Thank You! Thank You! Thank You!

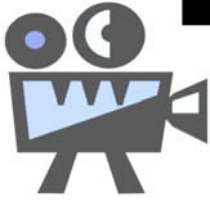
Now that the picnics are behind us, I want to thank all of the faithful volunteers that help out with the picnics every month! I also want to give a shout out to the members for bringing something to share (food, drink, etc) to make the day special for everyone!



The Link is published monthly by the Emeryville Senior Center, 4321 Salem Street Emeryville CA 94608, which is funded primarily by the City of Emeryville, with additional funds from Alameda County Area Agency on Aging, Measure B, corporate and individual donations, and fundraising activities.
STAFF: Youth and Adult Services Manager: **Brad Helfenberger**, (Acting) Adult Services Supervisor: **Kim Burrowes**, Recreation Assistant: **Chauncey Anderson**, Administrative Assistant: **Peter Chan & Andrea Mok**, Nutrition Specialist: **Mary McKenna**

PROGRAM HIGHLIGHTS

MOVIES



Movies are shown in the "Billiards Room" Fridays at 1:00PM, unless otherwise noted.

"Collateral Beauty" - Oct 6 - With his life shattered by personal tragedy, advertising executive Howard Inlet is unable

to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan. Will Smith, Ed Norton, Keira Knightly (2016 Drama, 96 Minutes)

"Michael Clayton" - Oct 13 - A law firm brings in its "fixer" to remedy the situation after a lawyer has a breakdown while representing a chemical company that he knows is guilty in a multi-billion dollar class action suit. George Clooney & Tilda Swinton (2007 Drama, 120 Minutes)

"Snowden" - Oct 20 - In 2013, CIA technical expert Edward Snowden stunned the world by revealing a stolen trove of classified U.S. government documents. This Oliver Stone-helmed drama tells the story of the bold theft that exposed secret NSA mass surveillance programs. Joseph Gordon-Levitt & Shailene Woodley (2016 Drama, 134 minutes)

"Boo! A Madea Halloween" - Oct 27 - Adding another chapter to Tyler Perry's hit franchise, this ghoulish comedy finds formidable matriarch Madea warding off specters and zombies while trying to contain an even scarier force: a group of unruly teenagers. Tyler Perry, Cassie Davis & Patrice Lovely (2016 Comedy, 103 Minutes)



MEETINGS

FRIENDS OF THE EMERYVILLE SENIOR CENTER
Meets at 10:30am on Wednesday, October 4

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

EMERYVILLE COMMISSION ON AGING
Meets at 10:00am on Wednesday, October 11

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

NEWSLETTER DAY
Tuesday, October 17; 9:30am

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

...The Link...

HICAP Services

Legal Assistance for Seniors (LAS) is the parent agency for Alameda County's HICAP program. HICAP is a volunteer program helping people on Medicare and pre-retirees to navigate the health insurance maze.

Medicare's Annual Enrollment Period runs from 10/15-12/7 and allows people to make changes in their Medicare plan for the following year. If you have experienced changes in your health or financial situation, this is your opportunity to ensure your health care needs are being met. There is no cost to meet with a HICAP Counselor who can provide individual appointments to answer specific questions for individual needs. By early October, it will be clear what changes will affect coverage in 2018 and we can provide accurate information for all Alameda County Medicare Beneficiaries. Legal Assistance for Seniors (LAS) offers services in Public Benefits, Immigration, Elder Abuse, Guardianship and Health Care.

SERVICES & PROGRAMS

HICAP COUNSELING

Thursday, October 19, 9:00-12:00pm
Call HICAP for Appointment 510-839-0393

Unbiased assistance & information on long term care, Medicare, supplements to Medicare, &



BROWN BAG FOOD DISTRIBUTION

Thursdays, Oct 5 & 19; 9:00-9:30am
Bags of fresh produce & groceries for eligible registered program participants. Bring bag. FEE: Annual Donation of \$10.



BLOOD PRESSURE CHECK UP

Friday Oct 6 & 20; 11:30am

The Emeryville Fire Department will check your blood pressure each month and record 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 reimbursement** program for residents over 70. If you have any questions about these services, please call Chauncey: 510-596-3778

PROGRAM HIGHLIGHTS

Senior Tip of the Month by: Mary Soo Hoo

Six Generations Living in America; Continued: Generation X

- Born between 1965 and 1980*
- The “latch-key kids” grew up street-smart but isolated, often with divorced or career-driven parents. Latch-Key came from the house key kids wore around their neck, because they would go home from school to an empty house.
- Entrepreneurial. Very individualistic.
- Government and big business mean little to them.
- Want to save the neighborhood, not the world
- Feel misunderstood by other generations
- Cynical of many major institutions, which failed their parents, or them, during their formative years and are therefore eager to make marriage work and “be there” for their children
- Don’t “feel” like a generation
- Raised in the transition phase of written based knowledge to digital knowledge archives; most remember being in school without computers and then after the introduction of computers in middle school or high school
- Desire a chance to learn, explore and make a contribution
- Tend to commit to self rather than an organization or specific career. This generation averages 7 career changes in their lifetime, it was not normal to work for a company for life, unlike previous generations.
- Society and thus individuals are envisioned as disposable.
- AIDS begins to spread and is first lethal infectious disease in the history of any culture on earth which was not subjected to any quarantine.
- Beginning obsession of individual rights prevailing over the common good, especially if it is applicable to any type of minority group.
- Raised by the career and money conscious Boomers amidst the societal disappointment over governmental authority and the Vietnam war.
- School problems were about drugs.
- Late to marry (after cohabitation) and quick to divorce...many single parents.
- Into labels and brand names.
- Want what they want and want it now but struggling to buy, and most are deeply in debt.
- May be conversationally shallow because relating consists of shared time watching video movies, instead of previous generations.

Congratulations!

Congratulations to Aki Morimoto for being selected as ESC’s **October Senior of the Month!** Aki is a dedicated member who helps unload the groceries from the Mercy Brown bag truck for the bi-monthly food distribution. He also helps with many special events and always wears a smile! Aki is an amazing volunteer that helps to make the senior center a better place!

Thank you Aki for your service and commitment to the Emeryville Senior Center!

Other Services

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.

INFORMATION/REFERRAL

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

CLIPPER CARD APPLICATIONS are available in the lobby.

Registration

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 November trips will open on Friday, September 22nd. Phone and walk-in registration will begin on Monday, September 25th. 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.

Upcoming trips:

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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.

NEW! Whenever you register for trips, please provide the ID#.

Joe's Buffet Bus

Wed., Nov. 21, 11 am—2 pm

Cost: \$10/person Trip ID#: 7163



Ride the buffet bus with Mr. Melacon to a surprise location! Cost of lunch is typically a fixed price and will be announced when your lunch spot is revealed! Pay for your own lunch. **MINIMAL WALKING**

SF Opera Dress Rehearsal: *Manon*

Thu., Nov. 2, 11:00 am—5:30 pm

Cost: \$20/person Trip ID#: 7164

Jules Massenet's tale invites you to enter the world of fashionable, sensual Paris and meet Manon and her lover. From convent girl to femme fatale, Manon's story features betrayal, passion, scheming relatives and romance. **MODERATE Walking**



Sacramento Wildlife Refuge

Tue., Nov. 7, 9:30 am-5:30 pm

Cost: \$12/person Trip ID#: 7165



Enjoy a bird watching tour from the comfort of the bus. Duck & geese numbers start to peak in November. The arrival of

Northern Pintail ducks signal the beginning of fall migration. Look for snow geese, mallards, wigeon, teal, ruddy ducks, and more in the flooded marsh. Bring binoculars! No-host lunch at Granzella's Deli or Restaurant in Williams. **MODERATE Walking**

Online Sign ups begin Fri., Sept. 22
Walk in/phone Sign-ups begin Mon., Sept. 25

Rosie the Riveter WWII Home Front

Wed., Nov. 8. 11:00 am - 4:00 pm

Cost: \$10/person Trip ID#: 7166

We Can Do It!



Explore and honor the efforts and sacrifices of American civilians on the World War II home front at the Visitor Center in Richmond. Find out how they lived, worked and got along. No-host lunch at Assemble Restaurant, or bring a picnic lunch to enjoy on the waterfront.

MODERATE Walking

BEAUTIFUL: The Carole King Musical

Thu., Nov. 9, 11:00 am —6:00 pm

Cost: \$60/person

Trip ID#: 7167

Her music became the soundtrack to a generation. By the time she reached her 20's, she had the husband of her dreams and a career writing hits for the biggest acts in rock 'n' roll. But when her personal life began to crack, she finally managed to find her true voice. Orchestra seats at the Sacramento Community Theater! No-host lunch. **MODERATE Walking.**



HARVEST FESTIVAL

ORIGINAL ART & CRAFT SHOW

Harvest Festival, San Mateo

Fri., Nov. 10, 10:00 am —4:00 pm

Cost: \$17/person Trip ID#: 7168

Get ready for a day of non-stop holiday shopping, entertainment and family fun as the largest indoor arts and crafts show on the West Coast returns to the Peninsula. Enjoy live stage entertainment and strolling performers who entertain attendees as they shop. **EXTENSIVE Walking**

Upcoming trips:

November 2017 Page 2 of 2

Online Sign ups begin Fri., Sept. 22
 Walk in/phone Sign-ups begin Mon., Sept. 25

SF Modern Art Museum
 Tue., Nov. 14, 10:00 am —4:00 pm
Cost: \$29/person
Trip ID#: 7169
 Enjoy the newly dedicated California galleries that focus on Bay Area and Los Angeles artists active from the 1960s to now. If you haven't seen the Fisher Collection and the new building, you're in for a treat! **EXTENSIVE Walking**



Gloria Ferrer Caves & Vineyards
 Thur., Nov. 16, 10:00 am—5:00 pm
Cost: \$50/person Trip ID #: 7171
 Why not celebrate the start of the holidays with a sparkling wine tasting at Gloria Ferrer? Private tour plus a sample of 3 sparkling wines & 1 estate varietal. Start the adventure with a no-host lunch in historic downtown Sonoma Square. **MODERATE Walking**



ACT Theater: *Small Mouth Sounds*
 Wed., Nov., 15, 11:00 am—5:00 pm
Cost: \$10/person, Trip ID#: 7170
 On a week-long silent retreat in the woods, six wildly disparate urbanites looking for life balance find that staying quiet doesn't necessarily bring inner peace. A wickedly-sharp comedy about a not-so-silent retreat. Bring **cash** for tickets (\$25) and no-host lunch. Includes audience exchange after the show. **MODERATE Walking**

Paragon Outlets
 Tue., Nov. 28, 10 am—4 pm
Cost: \$10/person Trip ID: 7172
 Get started early with your holiday shopping at the Paragon Outlets in Livermore. There are new outlets to shop with the addition of stores, restaurants, and services. On your own for the day. **MODERATE Walking**



Please Read This:

Tips for Tripsters: Refund 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. 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.

Domestic & International Guided Tours

Exciting new guided group tours!

Destinations for 2018

Discover Cuba, Treasures of France, Spotlight on New Orleans, Spain's Classics, Eastern Canada - Montreal, Quebec, Ottawa, Toronto, & Niagara Falls, Discover S. Dakota - Mt. Rushmore & Crazy Horse, Islands of New England - Martha's Vineyard & Cape Cod, Australia and New Zealand, Italian Vistas - Rome, Florence & Venice.



Coming Soon for 2019

Iconic Israel, Peru - Ancient Land of Mysteries, Taste of Vietnam, Southern Charm Discovery
 Early booking discounts apply when you make your reservation 6 month in advance!

Pick up a color brochure in the Senior Center Lobby for pricing & itineraries.
Deborah Neal - Group Tour Coordinator
@ 510-499-5900

OCTOBER 2017

EMERYVILLE SENIOR CENTER
4321 SALEM ST., (510) 596-3730
HOURS: M-F 9:00AM-5:00PM

ONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Beginning Computers 2 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit 10:15 NIA 11:15 Pilates Class 1:00 POW 1:00 Chakracize	9:15 Light Weight Training 3 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00-3:00 Tap I/II 1:30 Chinese Dance	9:00 Beg. Line Dance 4 9:00 Yoga 10:30 Friends of Emeryville Mtg. 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball <div style="border: 1px solid black; padding: 2px; display: inline-block;">ACT: Hamlet</div>	9:30 Light Weights 5 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around <div style="border: 1px solid black; padding: 2px; display: inline-block;">China Camp</div>	9:00 Feldenkrais 6 10:00 NIA 1 10:00 Tai Chi 11:00 Pole Walking 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "Collateral Beauty"
SENIOR CENTER CLOSED FOR: INDIGENOUS PEOPLE'S DAY 9	9:15 Light Weight Training 10 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00-3:00 Tap I/II 1:30 Chinese Dance	9:00 Beg. Line Dance 11 9:00 Yoga 10:00 COA Meeting 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball <div style="border: 1px solid black; padding: 2px; display: inline-block;">Red Hawk Casino</div>	9:00 Brown Bag 12 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around <div style="border: 1px solid black; padding: 2px; display: inline-block;">Apple Hill</div>	9:00 Feldenkrais 13 10:00 NIA 10:00 Tai Chi 10:30 Advanced Directives 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "Michael Clayton" 5:00-8:00 Oktoberfest!
9:00 Beginning Computers 16 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA 11:15 Pilates Class 1:00 POW 1:00 Chakracize	9:15 Light Weight Training 17 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00-3:00 Tap I/II 1:30 Chinese Dance <div style="border: 1px solid black; padding: 2px; display: inline-block;">Newsletter Day</div>	9:00 Beg. Line Dance 18 9:00 Yoga 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 1:30 Nutrition Class 3:00 Pickle Ball <div style="border: 1px solid black; padding: 2px; display: inline-block;">Monterey & Carmel</div>	9:30 Light Weights 19 10:00 Book Club 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting 1:00 Yarn Around <div style="border: 1px solid black; padding: 2px; display: inline-block;">Delta River Cruise</div>	9:00 Feldenkrais 20 10:00 NIA 10:00 Tai Chi 10:30 HICAP Medicare: Open Enrollmnt 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "Snowden"
9:00 Beginning Computers 23 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA 11:15 Pilates Class 1:00 POW 1:00 Chakracize	9:15 Light Weight Training 24 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00-3:00 Tap I/II 1:30 Chinese Dance <div style="border: 1px solid black; padding: 2px; display: inline-block;">Pope Valley Winery</div>	9:00 Beg. Line Dance 25 9:00 Yoga 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 1:30 Nutrition Class 3:00 Pickle Ball <div style="border: 1px solid black; padding: 2px; display: inline-block;">Joe's Buffet Bus</div>	9:00 Brown Bag 26 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around <div style="border: 1px solid black; padding: 2px; display: inline-block;">DeYoung Museum</div>	9:00 Feldenkrais 27 10:00 NIA 10:30 DeClutter Presentation 10:00 Tai Chi 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE "Boo!A Madea Halloween"
9:00 Beginning Computers 30 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA 11:15 Pilates Class 1:00 POW 1:00 Chakracize	9:15 Light Weight Training 31 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00-3:00 Tap I/II 1:30 Chinese Dance	<div style="text-align: center;">  </div>	<div style="text-align: center;"> <p>Lunch Served Daily 11:45-12:15</p>  </div>	<div style="text-align: center;"> <p>Weekend Trips! 10/14 Columbia Gold Rush Days</p> </div>

EMERYVILLE SENIOR CENTER

CLASS SCHEDULE

Monday Programs	Instructor/Leader	Time	Location
Beginning Computers	Peter & Sharon Lee	9:00-11:00	Upstairs Computer Lab
T'ai Chi	Judy Jamerson	9:00-10:00	Upstairs Dance Room
Coffee & Current Events	Gene Weinstein	10:00-12:00	Upstairs Conference Rm
Sit-n-Fit	Sally Maxwell	10:00-11:00	Upstairs Dance Room
Non-Impact Aerobics (NIA)	Angi Spector	10:15-11:15	Main Hall
Fitness Center	Instructor	10:00 & 11:00	ECCL Fitness Center
Pilates	Angi Spector	11:15-12:15	Upstairs Dance Room
Posture Oriented Wellness	Amy Aldrich	1:00-2:30	Upstairs Dance Room
Tuesday Programs	Instructor/Leader	Time	Location
Light Weight Training	Helen Vaughn	9:15-10:15	Main Hall
Newsletter (3 rd)	Birdie Lodge	9:30-12:00	Main Hall
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Chair Yoga	Laura Newbold	10:30-11:30	Upstairs Dance Room
Guitar/Folk Singing	Terry Lee	11:30-12:30	Billiards Room
Restorative Pilates	Isabelita Papa	12:10-1:20	Upstairs Dance Room
Tap Dance I & II	Bruce Biada	1:00-3:00	Main Hall
Mah Jong	Terry Lee	1:00-3:00	Billiards Room
Chinese Dance	Julia Zhang	1:30-3:30	Upstairs Dance Room
Wednesday Programs	Instructor/Leader	Time	Location
Beg. Line Dance	Novella Peterson	9:00-10:00	Upstairs Dance Room
Yoga	Laura Newbold	9:00-10:00	Main Hall
Commission on Aging (2 nd)	Joyce Jacobson	10:00-11:30	Billiards Room
Qi Gong	Isabelita Papa	10:30-12:00	Upstairs Dance Room
Friends of ESC (1 st)	Rodney Wong	10:30-12:00	Conference Room
Calligraphy	Joe Pugliese	9:30-11:00	Conference Room
Adv. Soul Line Dance	Ray Johnson	11:00-12:00	Main Hall
Fitness Center	Instructor	10:00 & 11:00	ECCL Fitness Center
Art Studio	Marjorie Wagner	12:15-2:30	Upstairs Dance Room
Nutrition Education (3 rd /4 th)	Maria Acosta	1:30-2:30	Main Hall/Kitchen
Pickle Ball	Staff	3:00-4:30	Main Hall
Thursday Programs	Instructor/Leader	Time	Location
Brown Bag (1 st & 3 rd)	Mary McKenna	8:30-9:30	Main Hall
AARP Driving Classes	Olithia O'Toole	9:00-1:00	Billiards Room
Light Weights (2 nd & 4 th)	Helen Vaughn	9:15-10:15	Main Hall
Book Club (3 rd)	Annie Fong	10:00-11:00	Conference Room
Rosen Movement	Stephanie Peters	10:15-11:30	Upstairs Dance Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Quilting & Sewing	Sandy Newman	1:00-4:00	Main Hall
Yarn Around	Kim Huhta	1:00-3:00	Billiards Room
Friday Programs	Instructor/Leader	Time	Location
Feldenkrais	John Stevens	9:00-10:00	Upstairs Dance Room
NIA	Angie Spector	10:00-11:00	Main Hall
Tai Chi	Ann Koo	10:00-11:00	Upstairs Dance Room
Fitness Center	Instructor	10:00 & 11:00	ECCL Fitness Center
Blood Pressure Checks	ACFD (1 st & 3 rd)	11:30-12:30	Billiards Room
Dance Moves Me/Parkinsons	Debbie Sternbach	12:15-1:30	Bridgcourt Room
Chinese Dance	Julia Zhang	12:30-2:30	Upstairs Dance Room
Tango	Ivan Shvarts	1:00-4:00	Main Hall