

EMERYVILLE SENIOR CENTER

4321 Salem Street, Emeryville, CA 94608

510-596-3730

40 YEARS

July 2017

The Link

Pickle Ball is Here!

What is Pickle Ball?

It's a paddle sport for all ages and athletic abilities!!!

It's a combination of Badminton, Tennis and Ping Pong that is easy to learn and easy to play!
No wonder it's the fastest growing sport in America!

Starting in July, we will transform the Main Hall into two Pickle Ball courts for everyone to play!

We will set up the courts on Wednesday afternoons starting at 3:00 pm. We will teach you how to play and provide you with everything you need to play.

(Wear comfortable clothing and tennis shoes.)

Get ready for some FUN!!!

Sign up at the front desk or call (510) 596-3730.

Laguna Beach Trip: August 14-17

LAST CHANCE!

This year's trip to Southern California is bound to please everyone! Spend the day at San Diego's Old Town where you can visit the historic park including museums, blacksmith shop, pan for gold, traditional Mexican restaurants and Bazaar del Mundo! Old Town San Diego has something for everyone!

In addition to Old Town, we will see the spectacular Pageant of the Masters in downtown Laguna Beach as well as the famous Sawdust Festival. On the way back, spend the afternoon at the Nixon Library which will include a tour of President Nixon's birthplace in Yorba Linda, CA. We will overnight at the Dana Point Marina Inn.

Price includes: overnight accommodations, transportation, museum admission, two hosted lunches & one hosted dinner.

Single Occupancy:

\$679/per person

Double Occupancy:

\$519/per person

Reserve your spot now with a \$100 deposit! Final payment is due by July 17th!



Doyle Hollis Park Picnic 7/14

Our 2nd picnic of the year will take place at the Doyle Hollis Park at 61st & Doyle Streets. We will provide the meat and the grill, you provide a dish to share with your friends. The bus will bring you from the Senior Center to the park starting at 10:30 am. Come out and enjoy a beautiful day in the park!! Lunch @ 12:00 pm.



Upcoming Dates:

- July 1 Fillmore Jazz Festival
- July 4 Senior Center is CLOSED-Happy Fourth!
- July 5 Friends of Emeryville Senior Center mtg.
- July 6 Half Moon Bay
- July 6 Brown Bag
- July 7 Senior Center Group Photo
- July 7 Freedom from Fractures Presentation
- July 8 Colusa Casino
- July 9 Petaluma Art & Garden Festival
- July 12 Delta River Cruise
- July 12 Commission on Aging mtg.
- July 13 Legion of Honor
- July 14 Picnic—Doyle Hollis Park
- July 14 Cache Creek Casino
- July 18 Newsletter Day
- July 19 A's Baseball Game
- July 20 AARP Driver Course Pt. 1
- July 20 Brown Bag
- July 20 HICAP
- July 20 Book Club
- July 21 AC Fire Emergency Presentation
- July 21 Sacramento State Fair
- July 21 Friday Night Club—Pickle Ball
- July 26 Cornerstone Gardens
- July 27 Sacramento Theater
- July 27 AARP Driver Course Pt. 2
- July 28 Medicare, Medicaid & Social Security
- July 29 Gilroy Garlic Festival

Program Highlights

MONTHLY BOOK CLUB

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

July 20: Hidden Figures: Margot Lee Shetterly

August 17: Hillbilly Elegy: JD Vance

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

July Presentations: Start time is 10:30am Drop in; you might learn something new!

Friday, July 7 - Freedom from Fractures: American Bone Health will be here to discuss how you can prevent fractures and maintain healthy bones!

Friday, July 14 - NO PRESENTATION: Second Picnic of the Year! Join us at the Doyle Hollis Park!

Friday, July 21 - Emergency Preparedness: Alameda County Fire will help you get prepared for the next big emergency. Participation gift for attendants.

Friday, July 28 - Medicare, Medicaid & Social Security: Join us to learn everything you wanted to know about these necessary services and resources.



AARP Full Course

Thursday, July 20th & 27th, 9:00am-1:00pm

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 8-hour Full Course. The course is \$15 for members of AARP & \$20 for non-members. **Please bring exact change or check payable to AARP only.** The 4-hour Refresher Course will be offered again on August 17, 2017.



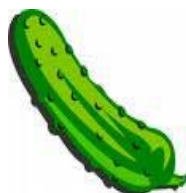
Friday Night Club 7/21

Get ready to have some fun!

Get your team signed up to play Pickle Ball!

We'll give you everything you need to play including lessons! 5:00-7:30 pm in the Main Hall
BYOB! Light refreshments will be served in the bar. Bring a dish to share.

Sign up your team at the front desk or we can help create one for you!



The Pool is OPEN Year Round!

The pool at ECCL is open year round!

The following senior rates apply:

\$2 Drop-in fee for Aqua Aerobics classes

\$15 for a 10-class punch card or \$50-Season Pass (4 months). The season pass also includes access to the weight room and lap swim. Sign up at the pool.

For more information, please call (510) 596-4385

Aqua Aerobics: 11:30-12:30 T/Th

ESC Annual Photo! July 7th

This year in July, the Emeryville Senior Center will celebrate it's **40th anniversary!** Let's celebrate with our annual group photo on the steps of the Senior Center! The photo will be taken at 11:30 am on front steps of the center on July 7th. Wear your best smile!

Extended Hours for Fitness Center

The hours for the Fitness Center at ECCL have been extended for the summer!

DATES: June 19 – August 18

HOURS: M—F: 5:30am-11pm, Sat/Sun: 10am-6pm

You can purchase your Fitness Passport at the Senior Center or Gym (4727 47th St.)

Thank You! Thank You! Thank You!

We celebrated our annual Volunteer Lunch on June 2nd to thank all of our wonderful volunteers for their hard work and dedication to our Senior Center. We can't say enough about how appreciated you all are and how grateful we are to have you as volunteers



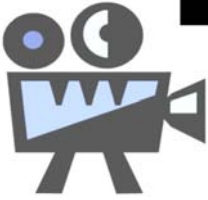
and members of our Senior Center Family. You make this center great for everyone!!!

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.

"Lion" - July 7 - In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India. Dev Patel & Nicole Kidman (2016 Drama, 118 minutes)

"Papa: Hemingway in Cuba" - July 14 - 2:00 PM
Set in the late 1950s amid the turmoil of the Cuban revolution, this fact-based drama follows young journalist Ed Myers during a pilgrimage to Havana to meet his hero, iconic writer Ernest Hemingway, who's descending into depression and alcoholism. (2016 Drama, 108 minutes)

"The Accountant" - July 21 - Offering two very different skills to his clients, a financial forensics expert and trained assassin goes to work for a tech mogul who's determined to eliminate those responsible for secretly manipulating the company's financial records. Ben Affleck & Anna Kendrick (2016 Drama, 128 minutes)

"Florence Foster Jenkins" - July 28 - Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible. Meryl Streep & Hugh Grant (2016 Drama, 110 minutes)



MEETINGS

FRIENDS OF THE EMERYVILLE SENIOR CENTER
Meets at 10:30am on Wednesday, July 5

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, July 12

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

NEWSLETTER DAY
Tuesday, July 18; 9:30am

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

...The Link...

Volunteer Opportunities

We need you! Do you have some time and energy to share?

- Meals on Wheels volunteers needed:
 - walking or driving route one regular weekday morning, 1 hour or less weekly.
 - office support, 2-3 hours, once a month
- Tri City Café volunteer needed to help with lunch at the Center, 2-3 hours, once a week
- Filing help, main office, 2-3 hours, 1-2 times a month
- Coffee bar volunteer for Friday mornings, weekly
- 4H Urban Club, kids 8-13 yrs. need mentors, teachers, project leaders or co-leaders. Do you have a skill, hobby or interest to share, starting Sept. or Oct.? Projects range from 1-6+ hours.



For meal programs contact Mary McKenna: mmkenna@emeryville.org

For filing and event support contact Kim Burrowes: kburrowes@emeryville.org

For coffee bar and 4H Club contact Andrea Mok: amok@emeryville.org

SERVICES & PROGRAMS

HICAP COUNSELING

Thursday, July 20, 1:00-3:00pm

Call HICAP for Appointment 510-839-0393

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



BROWN BAG FOOD DISTRIBUTION

Thursdays, July 6 & 20; 9:00-10:00am

Bags of fresh produce & groceries for eligible registered program participants. Bring bag. FEE: Annual Donation of \$10.



BLOOD PRESSURE CHECK UP

Friday July 7 & 21; 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

In America, there are six living generations, which are six fairly distinct groups of people. As a generalization each generation has different likes, dislikes, and attributes. They have had collective experiences as they aged and therefore have similar ideals. A person's birth date may not always be indicative of their generational characteristics, but as a common group they have similarities.

Enjoy the next 6 months of Senior Tip of the Month visiting a different generation.

The GI Generation:

- Born 1901-1926.
- Children of the WWI generation & fighters in WWII & young in the Great Depression...all leading to strong models of teamwork to overcome and progress.
- Their Depression was The Great One; their war was The Big One; their prosperity was the legendary Happy Days.
- They saved the world and then built a nation.
- They are the assertive and energetic do'ers.
- Excellent team players.
- Community-minded.
- Strongly interested in personal morality and near-absolute standards of right and wrong.
- Strong sense of personal civic duty, which means they vote.
- Marriage is for life, divorce and having children out of wedlock were not accepted.
- Strong loyalty to jobs, groups, schools, etc.
- There was no "retirement" you worked until your died or couldn't work anymore.
- The labor-union-spawning generation.
- "Use it up, fix it up, make it do, or do without."
- Avoid debt...save and buy with cash.
- Age of radio and air flight; they were the generation that remembers life without airplanes, radio, and TV.
- Most of them grew up without modern conveniences like refrigerators, electricity and air conditioning.

Sometimes called The Greatest Generation.

Next month: The Mature/Silent Generation

Congratulations!

Congratulations to Peter Lee for being selected as ESC's **July Senior of the Month!**

Peter is the guy in the kitchen who helps to serve lunch on Fridays! He is also the one who brings Popcorn to seniors during the Friday movie. Last but not least, he is the guy who teaches/coaches seniors in the computer lab! He is an amazing volunteer that makes the senior center a better place!

Thank you Peter 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 August trips will open on Friday, June 23rd. Phone and walk-in registration will begin on Monday, June 26th. 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.

JULY 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Beginning Computers 3 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 11:15 Pilates Class 1:00 POW 1:00 Bingo		9:00 Beg. Line Dance 5 9:00 Yoga & 9:00 Calligraphy 10:00 Fitness Center 10:30 Friends Meeting 10:30 Qi Gong 11:00 Soul Line Dancing 11:00 Fitness Center 12:15 Art Group & 3:00 Pickle Ball	9:00 Brown Bag 6 9:00 Meditation 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around Half Moon Bay	9:00 Feldenkrais 7 10:00 NIA 10:00 Tai Chi 11:30 Senior Group Photo 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 2:00 Tango Dance MOVIE: "Lion"
9:00 Beginning Computers 10 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 11:00 Fitness Center 11:15 Pilates Class 1:00 POW 1:00 Bingo	9:15 Light Weight Training 11 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 12 9:00 Yoga & 9:00 Calligraphy 10:00 Fitness Center Delta River Cruise 10:00 COA Meeting 10:30 Qi Gong 11:00 Soul Line Dancing 11:00 Fitness Ctr. 12:15 Art Group & 3:00 Pickle Ball	9:00 Meditation 13 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around Academy of Science	9:00 Feldenkrais 14 10:00 NIA 10:00 Tai Chi 10:30 Picnic-Emeryville Marina 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango Dance MOVIE: "Papa: Hemingway in Cuba"
9:00 Beginning Computers 17 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 11:00 Fitness Center 11:15 Pilates Class 1:00 POW 1:00 Bingo	9:15 Light Weight Training 18 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 Newsletter Day	9:00 Beg. Line Dance 19 9:00 Yoga & 9:00 Calligraphy 10:00 Fitness Center 10:30 Qi Gong 11:00 Fitness Center Oakland A's Baseball 11:00 Soul Line Dancing 12:15 Art Group 1:30 Nutrition Class & 3:00 Pickle Ball	9:00 Brown Bag 20 9:00 AARP 9:00 Meditation 10:00 Book Club 10:15 Rosen Movement 10:30 Zumba 1:00 HICAP 1:00 Quilting/Sewing 1:00 Yarn Around Cantor Museum	9:00 Feldenkrais 21 10:00 NIA 10:00 Tai Chi 10:30 Alameda County Fire Dept. 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "The Accountant" 5:00-7:30 State Fair Friday Night Club
9:00 Beginning Computers 24 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 11:00 Fitness Center 11:15 Pilates Class 1:00 POW	9:15 Light Weight Training 25 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 26 9:00 Yoga & 9:00 Calligraphy 10:30 Qi Gong 11:00 Soul Line Dancing Cornerstone Gardens 11:00 Fitness Center 12:15 Art Group 1:30 Nutrition Class & 3:00 Pickle Ball	9:00 Meditation 27 9:00 AARP 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting 1:00 Yarn Around Sac Theater "9 to 5"	9:00 Feldenkrais 28 10:00 NIA 10:00 Tai Chi 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance & 1:00 Tango MOVIE: "Florence Foster Jenkins"
9:00 Beginning Computers 31 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 11:00 Fitness Center 11:15 Pilates Class 1:00 POW 1:00 Bingo	Weekend Trips! July 1 -Fillmore Jazz July 8 - Colusa Casino July 9-Petaluma Art & Garden Festival July 29-Gilroy Garlic	Lunch Served Daily 11:45-12:15 		

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
Non-Impact Aerobics (NIA)	Angi Spector	10:15-11:15	Main Hall
Fitness Center Class	Corey Cisney	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
Bingo	Leona Neal	1:00-2:30	Main Hall
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)	Davetta Thibeaux	10:30-12:00	Conference Room
Calligraphy	Joe Pugliese	9:00-10:30	Conference Room
Adv. Soul Line Dance	Ray Johnson	11:00-12:00	Main Hall
Fitness Center Class	Corey Cisney	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
Mindful Meditation	Isabelita Papa	9:00-9:50	Upstairs Dance Room
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 Class	Corey Cisney	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

Upcoming trips:

Aug 2017 Page 1 of 2

Online Sign ups begin **Fri. June 23**
 Walk in/phone Sign-ups begin **Mon., June 26**

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#.

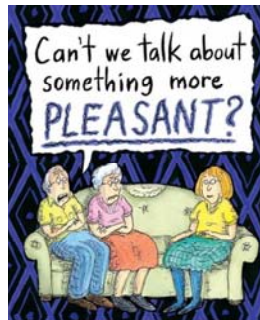
Contemporary Jewish Museum

Wed, Aug. 3, 10 am-4 pm

Cost: \$20/person

NEW! - Trip ID#: 6824

The CJM celebrates diversity of the Jewish experience through innovative exhibitions and programs that educate, challenge, and inspire. Special exhibit of Roz Chast's *Cartoon Memoirs* retrospective. Chast has been publishing with *The New Yorker* since 1978. Her 2014 graphic memoir *Can't We Talk About Something More Pleasant?* deals with the difficult subject of caring for aging parents. **MODERATE Walking**



American Craft Show

Fri., Aug. 4, 10 am—4 pm, Cost: \$22/person

NEW! - Trip ID#: 6826

More than 225 top contemporary jewelry, clothing, furniture, and home décor artists from across the country.

Touch, feel, and explore high-quality American crafts. This is the largest juried craft show west of the Rockies – a must-attend for craft lovers. **MODERATE Walking**

Thunder Valley Casino

Wed., Aug. 9, 9am -5pm

Cost: \$25/person

NEW! - Trip ID#: 6830

Check out 3,000 slot and video machines, 125 table games and a live poker room. **MODERATE Walking**

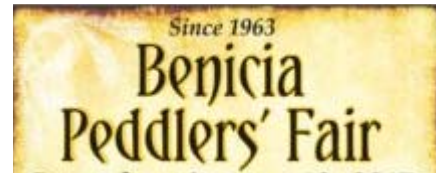


Benicia Peddlers' Fair

Sat. Aug. 12, 10 am-4 pm

Cost: \$10/person **NEW! - Trip ID#: 6829**

Beloved fair since 1963! Enjoy the wares of 300 select antique and collectible dealers from all over the country and 20,000+ loyal fans. We now span the entire 11 Blocks of First Street in the historic town of Benicia with beautiful views of the Carquinez Strait. **EXTENSIVE Walking**



San Jose Jazz Summer Fest

Sun., Aug. 13, 8:30 am—6:00 pm

Cost: \$30/person

NEW! Trip ID#: 6831



This year's star-studded line-up guarantees an unforgettable day! Don't miss it!

EXTENSIVE Walking

Oakland A's vs. Kansas City Royals

Wed., Aug. 16, 10 am-4 pm

Cost: \$15 per person

NEW! - Trip ID#: 68312

Come out to the ball park and watch Oakland A's take on the Kansas City Royals for this day game! A tail-gate lunch is included before the game.

MODERATE Walking



Saratoga and Big Basin State Park

Tue., Aug. 22, 9:30 am -4:30 pm

Cost: \$11 per person **NEW! - Trip ID#: 6828**

Experience the grandeur of California's famous redwoods. Redwood Loop is a .6 mile trail through ancient redwoods. Other trails available. Start with no-host lunch & shopping in historic downtown Saratoga.



MODERATE Walking

Upcoming trips:

August 2017 Page 2 of 2

Online Sign ups begin Fri., June 23
Walk in/phone Sign-ups begin Mon., June 26

SF Ferry Building, Wine Tasting and Ferries!

Thur., Aug. 24,
9:30 am –4:30 pm
Cost: \$18/person,
NEW!– Trip ID#: 6825



All aboard! We travel by boat to the SF Ferry Building for a no-host lunch in the artisanal market place. We return by ferry in time for a wine tasting in Jack London Sq. at the Rosenblum Winery Tasting Room. **MODERATE to EXTENSIVE Walking**

The Exploratorium Tues., Aug 29, 10 am–4 pm

Cost: \$35/person
NEW!– Trip ID#: 6827



Step inside a tornado, turn upside down in a curved mirror, walk on a fog bridge, ponder social behavior and enjoy the glorious view from the Bay Observatory Gallery. The Exploratorium is the ideal destination for keeping minds active! **EXTENSIVE 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.

Pt. Reyes Wed., Aug. 30, 9:30 am—5:00 pm Cost: \$10/person **NEW!**–Trip ID # 6823

Explore the beauty of the California Coast! Learn about the human cultures, plants and animals of the area with interactive exhibits at the Bear Valley Visitor Center. Enjoy lunch and shopping charming downtown Pt. Reyes Station. Appreciate the views on the ride to Limantour Beach, and stroll or relax for hour on the beach (dress in layers). **MODERATE to EXTENSIVE Walking**



Domestic & International Guided Tours



Save the Date!

Join us for Our Next Color Slide-Show Presentation:

Wednesday, August, 23rd

@ 1:30pm

Emeryville Senior Center - Main Hall

Last Call For: Panama & Iceland's Northern Lights!

Featured Destinations for 2018:

Tuscany, France, New Orleans, Australia/New Zealand, New England & Italian Vistas & more!

Pick up a color brochure in the Senior Center Lobby

Deborah Neal - Group Tour Coordinator
@ 510-499-5900

Upcoming trips:

July 2017 Page 1 of 2

Online Sign ups begin Friday, May 19
Walk in/phone Sign-ups begin Mon, May 22

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#.

Fillmore Jazz Festival

Sat., July 1, 10 am-4 pm

Cost: \$10 per person, **NEW!**—
Trip ID#: 6799



The Fillmore Jazz Festival is the largest free Jazz festival on the West Coast. Groove to the sounds of live music from multiple stages, browse over 12 blocks of art and crafts and enjoy gourmet food and beverages. Asian to Cajun, paintings to pottery, old favorites and new directions.

EXTENSIVE Walking

Half Moon Bay Shopping & Lunch

Thurs., July 6, 9:30 am-4:30pm

Cost: \$10 per person
NEW! - Trip ID#: 6801



Stroll along picturesque Main Street of this charming coastal town. Enjoy a day with unique specialty stores for shopping, art galleries, local bookstores & restaurants. **EXTENSIVE Walking**

Colusa Casino Sat., July 8, 9am-5:00pm

Cost: \$25 per person, **NEW!**— Trip ID#: 6803

Colusa Casino has what you're looking for! From traditional slot machines to Las Vegas style card games to Bingo and Spa amenities. **MODERATE Walking**



Petaluma Art & Garden Festival

Sun. July 9, 10:00am—4:00pm

Cost: \$10 per person. **NEW!**-Trip ID#: 6805

A showcase of Petaluma's artistic and horticultural splendor, the annual Art & Garden Festival returns for another celebration of music, food, wine, art and garden. Live bands will be performing a variety of music on 2 stages, guaranteed to have you dancing in the streets.



EXTENSIVE Walking

Delta River Cruise

Wed., July 12, 9:00pm—3:30pm

Cost: \$59 per person
NEW! Trip ID#: 6807



Welcome aboard! We launch from the Stockton Waterfront for a lovely, leisurely day on the water, exploring this historic area. A delicious BBQ lunch is included.

MODERATE Walking

Legion of Honor: *Degas, Impressionism & the Paris Millinery Trade*

Thurs., July 13, 10:00am-4:00pm

Cost: \$28 per person **NEW!**— Trip ID#:6808

This wonderful exhibit features 60 Impressionist works that focus on hats, their creators, and consumers. These are often radical in their experimentation with color and abstracted forms, and are central to his portrayal of women, fashion, and Parisian modern life. **EXTENSIVE Walking**



Oakland A's vs. Tampa Bay Rays

Wed., July 19, 10:00am-4:00pm

Cost: \$15 per person **NEW!**— Trip ID#: 6806



Come out to the ball park and watch Oakland A's take on the Tampa Bay Rays for this day game! A Tailgate lunch is included before the game.

Upcoming trips:

July 2017 Page 2 of 2

Online Sign ups begin Friday, May 19
Walk in/phone Sign-ups begin Mon, May 22



California State Fair

Fri., July 21, 10:00 am—6:00 pm

Cost: \$18 per person, **NEW!**— Trip ID#: 6798



Music, rides, exhibits, food & drink, special events, animals, shopping...it's

all happening in Sacramento! Celebrate California's achievements, agriculture, diversity of its people, traditions and trends that will shape the Golden State's future. **EXTENSIVE Walking**



Cornerstone Sunset Gardens & Marketplace

Wed., July 26, 8:30am-3:00pm

Cost: \$38 per person, **NEW!**— Trip ID#: 6800

There are currently 9 Cornerstone Gardens showcasing innovative designs from international and local landscape architects. 5 Sunset Gardens highlight food production, the Sunset plant line, bee habitat, cut flowers and composting. Also enjoy the Marketplace—a collection of unique shops and galleries, each independently owned, showcasing an elegance in style and a uniqueness of expression found nowhere else. Lunch is included. **EXTENSIVE Walking**



California Musical

Theater: "9 to

5: The Musical"

Thu., July 27, 10am-6 pm

Cost: \$56 per person **NEW!**—Trip ID # 6802

Enjoy a trip to Sacramento to see this hilarious story of friendship and revenge in the Rolodex era. 3 unlikely friends conspire to take control of their company and learn there's nothing they can't do – even in a man's world. **MINIMAL Walking**



Gilroy Garlic Festival

Sat., July 29, 9:00 am-5:00 pm

Cost: \$25/person **NEW!**— Trip ID#: 6804



"Summer's Ultimate Food Fair" - incredible food (go garlic crazy!), beverages, arts & crafts, live entertainment (3 stages and strolling musicians) and cooking competitions.

EXTENSIVE Walking

Domestic & International Guided Tours

Dream. Explore. Discover!

If you love to travel and don't want the hassle of researching & planning your own adventure, check out our new line-up of "Guided Group Tour Packages". Collette, our respected travel partner, has done all the work for you.

There is still limited space on the following tours for 2017:

America's Music Cities 10/8,

Niagara Falls 10/5 & Costa Rica 11/18

Other Featured Destinations for 2018

Discover Panama, Iceland's

Northern Lights, Spotlight on Tuscany,

Treasures of France,

New Orleans & South Dakota

Pick-up color brochures & information flyers in the Senior Center Lobby

Deborah Neal - Group Tour Coordinator

@ 510-499-5900

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.