

EMERYVILLE SENIOR CENTER

4321 Salem Street, Emeryville, CA 94608

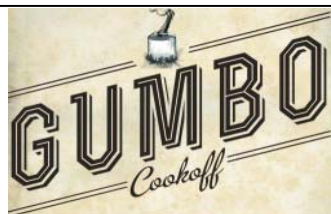
510-596-3730

January 2018

40 YEARS

The Link

Gumbo Cook-Off



It's time for the
Annual
Gumbo Cook-Off!
Friday January 26,
11:30 am-1:00 pm

Do you have a secret Family recipe that just might win the coveted *Gumbo Cook-Off Grand Prize*? Think you can beat the team from Alameda County Fire Dept.? Bring a pot of your best Gumbo to be sampled! Each entry will be judged by the senior center members for the top three prizes. You just might win!

House Gumbo will be served to everyone for lunch. Ask staff for details on how to enter!

Diabetes Workshop

Alameda County Public Health Dept. Presents:

Diabetes Self-Management Classes

In this 5 week class, you will learn how Diabetes is diagnosed, how to eat foods while managing your Diabetes, how medications work and Self-Care behaviors to help you manage your condition.

You must Pre-Register for this workshop!

Class will meet on Wednesday at 10:00-12:00

in the Billiards Room.

You must be diagnosed with pre-diabetes or type 2 diabetes. Alameda County residents only. Class size is limited to 15 members. You must commit to the entire FREE workshop series.

Call 510-596-3730 to reserve your space.

Reno Snow Train

All Aboard!

Hop on board the Scenic Sierra Snow Train for an unforgettable train ride through the mountain snow!

See details about how to sign up on the Trips Page (6) of this newsletter.

Dates: February 20-22, 2018

SAVE the Dates!

There is so much to look forward to in 2018 at the Emeryville Senior Center!!!

Upcoming Events include:

Sunday February 4th—Super Bowl Sunday!

Party starts at 3:00 in the Billiards Room

Friday Feb 16th—Black History Celebration

11:00 to 2:00 in the Main Hall

Fri. Feb 23rd—Chinese New Year Celebration

11:00 to 2:00 in the Main Hall

See the February LINK for ticket sale dates!

Upcoming Dates:

Jan 1 Senior Center is CLOSED: Happy New Year!

Jan 3 Joe's Buffet Bus

Jan 3 Friends of ESC Meeting

Jan 4 Brown Bag

Jan 5 Presentation: Resolutions Don't Work!

Jan 5 Alameda County Fire—Blood Pressure Checks

Jan 9 Lindsay Wildlife Museum

Jan 10 COA Meeting

Jan 10 Thunder Valley Casino

Jan 11 Santana Row Shopping

Jan 12 Medication Management

Jan 15 ESC CLOSED—MLK Day

Jan 16 Newsletter

Jan 17 Diabetes Workshop

Jan 17 Asian Art Museum

Jan 17 Collette Slide Show

Jan 18 AARP—Pt. 1

Jan 18 Brown Bag

Jan 18 Book Club

Jan 18 HICAP

Jan 19 Cannabis Presentation

Jan 19 Alameda County Fire-Blood Pressure Checks

Jan 23 Pope Valley Winery

Jan 24 Pacific Grove Butterfly Sanctuary

Jan 24 Diabetes Workshop

Jan 25 AARP—Pt. 2

Jan 26 Gumbo Cook-Off

Jan 31 ACT : The Birthday Party

Program Highlights

MONTHLY BOOK CLUB

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

January 18: Dark Money: Jane Mayer

Feb. 15: Underground Railroad: Colson Whitehead
Please bring your book with you; we will have a few copies on hand for you to borrow.

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

Friday, Jan 5 - New Years' Resolutions Don't Work:

Marjorie Paul, Life Coach, will be here to help you set goals for the new year and the rest of your life!

Friday, Jan 12 - Medication Management: Dr. Chung is back to help you be your own pain manager. Learn important tools to help manage your pain medications

Friday, Jan 19- Cannabis Presentation: Learn how to use Cannabis for pain management, sleep problems and general anxiety.

Friday, Jan 26 - NO Presentation: Join us in the Main Hall for our Annual Gumbo Cook-Off from 11:00am to 12:30pm.



AARP Full Course

Thursdays, Jan. 18 & 25,
9:00 am-1:00 pm

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. This is the 8 hour Full Course. The course is \$15 for members of AARP & \$20 for non-members.

Please bring a check or money order payable to AARP only! The 4 hour Refresher course will be offered on February 15th.



Final Farewell to Cindy!

As of December 29, 2017, **Cindy Montero** will officially be retiring from her position of Asst. City Manager. She will be missed.

Flea Market Donations

The Friends of ESC are getting ready for the big Flea Market in April 2018!

We will begin taking donations on
January 24th !!!

Flea Market donation hours will be from **9am-1pm** at 4300 San Pablo Ave. (old Recreation Center)

We accept gently used items, books, kitchen items, clothing, bedding, small furniture. No Electronics!



Keep posted for additional information about volunteer opportunities!

Lunch Service

Lunch is served daily from 11:45am to 12:15pm

Our kitchen volunteers are happy to serve you during this time. If you are late, you will not be served. Being on time shows courtesy and appreciation for our volunteers and other senior guests.

Also, if your Tri City Meal Registration is expired, please take the time to fill out a renewal. Thanks!

Your Advice Needed!

Are you interested in giving anonymous advice to people who are facing large & small life challenges? Join a volunteer team to help the advice seekers on ElderWisdomCircle.org. Meet on **Thurs, 12 pm in the Conference Room (upstairs)** for a brown bag discussion.



Thank You! Thank You! Thank You!

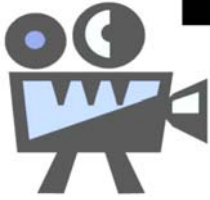
A BIG Shout out to all of the "Friends" and the volunteers that helped with the Annual Holiday Gala! Every year it gets better and better and it doesn't happen without the support and dedication of our wonderful Gala volunteers! From the raffle donations to the decorations and everywhere in between, thank you for a wonderful event to get everyone in the holiday spirit!!!



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**

PROGRAM HIGHLIGHTS

MOVIES



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

"Suffragette - Jan 5 - Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement.

But when the peaceful protests of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change. (2015 Drama, 106 Minutes)

"Pay it Forward"- Jan 12 : In this gentle drama from director Mimi Leder, young Trevor McKinney (Haley Joel Osment) responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. But Trevor touches more people than he expected, including his abused mother (Helen Hunt), his physically and emotionally scarred teacher (Kevin Spacey) and a journalist (Jay Mohr) who's investigating the plan. (2000 Drama, 123 Minutes)

"About Time" - Jan 19: - A young man who comes from a family of time-travelers changes history for the better in this romantic comedy from director Richard Curtis. During one of his trips to the past, he falls for a woman played by Rachel McAdams. (2013 Drama, 123 Minutes)

"A Dog's Purpose"—Jan 26: Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners. (2017 Drama, 100 Minutes)



MEETINGS

FRIENDS OF THE EMERYVILLE SENIOR CENTER
Meets at 10:30am on Wednesday, January 3

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

EMERYVILLE COMMISSION ON AGING
Meets at 10:00am; Wednesday January 10

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

NEWSLETTER DAY

Tuesday, January 16; 9:30am

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

...The Link...

PBID

Property Based Improvement District (PBID)
Property Assessment Senior Rebate Program
FY 2017-2018

New Applicants: To qualify for the Senior Rebate Program you must own and occupy your residence, Alameda County Property Taxes must be paid in full by 4/30/18 and you must be over 65 years of age or older.

Completed applications must include:
Proof of age, copy of 2016/17 tax bill and a W-9

Returning Applicants: If you satisfy all of the above requirements and you received a refund last year, you will only need to complete the application and return it with a copy of your 2017 Alameda County Property Tax Bill.

Questions should be directed to Rochelle in the City Manager's Office at 510-596-3770

Rebate checks will be issued in June 2018

Please note: continued eligibility must be confirmed each year.

SERVICES & PROGRAMS

HICAP COUNSELING

Thursday, January 18, 1:00-3:00pm

Call HICAP for Appointment 510-839-0393

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



BROWN BAG FOOD DISTRIBUTION

Thursdays, Jan 4 & 18; 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 Jan 5 & 19; 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

A Few Things Worth Saying Goodbye to in 2017

There are many things in life that we have to learn to accept, regardless of whether we like them or not. These include our flaws, regrets and mistakes. As the year draws to a close, I'd like to come to terms with the things I find difficult to accept so that I can let go of them before the New Year sets in. You should do the same—free yourself from the things that are keeping you stuck in the past. I'm sure that you can relate to a few of the following affirmations:

Say goodbye...

To the voices in your head that tell you that you are incapable of doing something or being someone.

To the need for validation.

To all the moments that let you down.

To the promises you didn't keep.

To the self-doubt and the negativity that last year brought.

To the times you suffered in silence.

To the people that have turned their back on you.

To the idealistic expectations you set for yourself.

To all the opportunities you let pass by.

To the thought that next year will be the same.

Say hello...

To all the wonderful possibilities, dreams and opportunities that are waiting to manifest themselves in YOU.

Brown Bag Registration

Thursday January 4th, 2018 8:30-9:30am

Mercy Brown Bag Program will be registering new and returning low income Alameda County seniors for a TWICE MONTHLY grocery bag giveaway of nutritional food at the Emeryville Senior Center. Bags consist of 10 to 15 items including bread, fresh produce, assorted canned foods, USDA commodities and other items depending on availability. WHO IS ELIGIBLE? Low income seniors over 60 years old. Only one brown bag per household. Please bring Driver's License or other ID and verification of TOTAL household income: SSI, Social Security, pension. A \$10 annual contribution is helpful but not required.

Senior of the Month Program

Congratulations to Dee Chambers for being selected as ESC's **January Senior of the Month!** Dee is a dedicated member who of the Senior Center who serves lunch on Wednesdays. She is kind, helpful, and compassionate. She shows patience, caring and professionalism to each person she serves. Dee is an amazing volunteer who helps to make the senior center a better place!

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

Other Services

INTERNET ACCESS/WIFI

The center has 7 computers and 3 laptops available for use, or bring your own computer and log on to our free Wi-Fi.

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 February trips will open on Friday, December 22. Phone and walk-in registration will begin on Tuesday, December 26. 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.

JANUARY 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ESC is CLOSED 1</p> 	<p>9:15 Light Weight Training 2 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</p>	<p>9:00 Beg. Line Dance 3 9:00 Yoga 10:30 Friends of Emeryville Meeting 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball</p> <p>Joe's Buffet Bus</p>	<p>9:30 Brown Bag 4 9:30 Meditation 10:15 Rosen Movement 10:30 Zumba 12:00 Elder Wisdom Circle 1:00 Quilting 1:00 Yarn Around</p>	<p>9:00 Feldenkrais 5 10:00 NIA 10:00 Tai Chi 10:30 New Years Resolutions Pres. 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "Suffragette"</p>
<p>9:00 Beginning Computers 8 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA & 10:30 iPhone Class 11:15 Pilates Class 1:00 POW 1:00 Chakracise</p>	<p>9:15 Light Weight Training 9 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</p> <p>Lindsay Wildlife</p>	<p>9:00 Beg. Line Dance 10 9:00 Yoga 10:00 COA Meeting 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball</p> <p>Thunder Valley</p>	<p>9:30 Light Weights 11 9:30 Meditation 10:15 Rosen Movement 10:30 Zumba 12:00 Elder Wisdom Circle 1:00 Quilting 1:00 Yarn Around</p> <p>Santana Row</p>	<p>9:00 Feldenkrais 12 10:00 NIA 10:00 Tai Chi 10:30 Medication Management Pres. 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "Pay It Forward"</p>
<p>ESC is CLOSED 15</p> 	<p>9:15 Light Weight Training 16 9:30 Meditation 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</p> <p>Newsletter</p>	<p>9:00 Beg. Line Dance 17 9:00 Yoga 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 1:30 Nutrition Class 2:00 Collette Slide Show 3:00 Pickle Ball</p> <p>Asian Art Museum</p>	<p>9:00 Brown Bag 9:00 AARP 18 9:30 Meditation 10:15 Rosen Movement & Book Club 10:30 Zumba 12:00 Elder Wisdom Circle 1:00 Quilting 1:00 Yarn Around 1:00 HICAP</p>	<p>9:00 Feldenkrais 19 10:00 NIA 10:00 Tai Chi 10:30 Cannabis Presentation 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "About Time"</p>
<p>9:00 Beginning Computers 22 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA & 10:30 iPhone Class 11:15 Pilates Class 1:00 POW 1:00 Chakracise</p>	<p>9:15 Light Weight Training 23 9:30 Meditation 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</p> <p>Pope Valley Winery</p>	<p>9:00 Beg. Line Dance 24 9:00 Yoga 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 1:30 Nutrition Class 3:00 Pickle Ball</p> <p>Pacific Grove</p>	<p>9:00 AARP 25 9:30 Light Weights 9:30 Meditation 10:15 Rosen Movement 10:30 Zumba 12:00 Elder Wisdom Circle 1:00 Quilting 1:00 Yarn Around</p>	<p>9:00 Feldenkrais 26 10:00 NIA 10:00 Tai Chi 11:00 Gumbo Cook-Off 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango MOVIE: "A Dog's Purpose"</p>
<p>9:00 Beginning Computers 29 9:00 Tai Chi 10:00 Coffee & Current Events 10:00 Sit & Fit Exercise 10:15 NIA & 10:30 iPhone Class 11:15 Pilates Class 1:00 POW 1:00 Chakracise</p>	<p>9:15 Light Weight Training 30 9:30 Meditation 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</p>	<p>9:00 Beg. Line Dance 31 9:00 Yoga 10:30 Qi Gong 11:00 Soul Line Dancing 12:15 Art Group 3:00 Pickle Ball</p> <p>ACT: Birthday Party</p>	<p>2018</p> 	
			<p>Lunch Served Daily 11:45-12:15</p> 	

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	11:00-2:00	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
Chakracise	Val Joy	1:00-2:00	Main Hall
Tuesday Programs	Instructor/Leader	Time	Location
Light Weight Training	Helen Vaughn	9:15-10:15	Main Hall
Meditation	Joe John	9:30-10:00	Upstairs Dance Room
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	11:00-2:00	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	9:00-9:30	Main Hall
AARP Driving Classes	Olithia O'Toole	9:00-1:00	Billiards Room
Light Weights (2 nd & 4 th)	Helen Vaughn	9:30-10:30	Main Hall
Meditation	Joe John	9:30-10:00	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
Elder Wisdom Circle	Volunteer Led	12:00-1:00	Upstairs Dance Room
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	11:00-2:00	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	Bridgescourt Room
Chinese Dance	Julia Zhang	12:30-2:30	Upstairs Dance Room
Tango	Ivan Shvarts	1:00-4:00	Main Hall

Upcoming trips:

February 2018 Page 1 of 2

Online Sign ups begin Friday, January 19
Walk in/phone Sign-ups begin Monday, Jan 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.

De Young Museum: Revelations—Art of the African American South



Tue., Feb. 6., 11am—5pm
Cost: \$18/per Trip ID #: 7461
This exhibit highlights contemporary African American artists from

the Southern US. These compelling works address some of the most profound and persistent issues in American society, including race, class, gender, and religion. No-host lunch in Museum Café. Art Talk in Auditorium at 2:30 pm. **MODERATE Walking**

Joe's Buffet Bus

Wed., Feb. 7,
11:00 am—2:00 pm

Cost: \$10/person Trip ID#: 7462

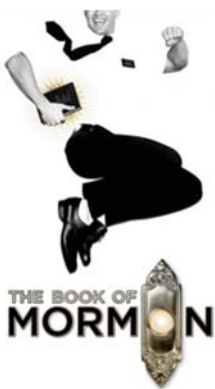


Ride the buffet bus with Mr. Melancon to a surprise location! Cost of lunch is typically a fixed price and will be announced when your lunch spot is revealed! Pay for your own lunch. **MINIMAL Walking**

Book of Mormon

Sat., Feb. 10, 12:00pm—5:30pm
Cost: \$60/person Trip ID#: 7463

This outrageous musical comedy (at the Orpheum Theater in SF) follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now with standing room only productions in London, on Broadway, and across North America, *THE BOOK OF MORMON* has truly become an international sensation. **MODERATE Walking**



Vacaville Outlets

Tue., Feb. 13,
10:00am-4:00pm

Cost: \$10/person
Trip ID#: 7464



Great shops, amazing deals, restaurants and Fenton's Creamery. Always a favorite place to spend the afternoon!
EXTENSIVE Walking

KQED Studio Tour

Thur., Feb. 15
9:30 am—3:00 pm

Cost: \$12/person
Trip ID#: 7465



This is a special opportunity for a behind-the-scenes tour of the Bay Area's favorite source of non-commercial news and informational programming. We will get to see a master control room, a working studio, video library, the TV facility and more. No-host lunch at nearby restaurants (such as Tartine Manufactory). **MODERATE Walking**

Chicken, Chitlins & Caviar



Sat., Feb. 17, 12:00pm-5:30pm Cost: \$40/person
Trip ID#: 7466


A musical soul food feast (at the Leshar Center for the Arts) that features the celebration of music in the African American culture. Come experience the pepper of Jazz, the seasoning of Classical and the spiritual comfort food of Gospel. Your musical palate will be overwhelmed by the stylings of recording artists April Wright-Hickerson, Doris Bumpus and Verlin Sandles. Be prepared to laugh, cry, rejoice and even sing along. Be fulfilled and inspired. Lunch is on your own before the show. **MODERATE Walking**

A Friendly Reminder: All WEEKEND trips will depart from Emeryville City Hall at 1333 Park Avenue. Call the office for questions.

Upcoming trips:

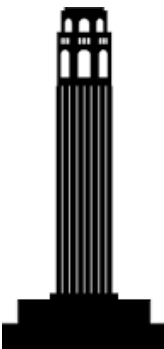
Online Sign ups begin **Friday, January 19**
 Walk in/phone Sign-ups begin **Monday, Jan 22**

Cline Winery
 Tue., Feb. 20, 10:30 am—4:00 pm
 Cost: \$20 per person
 Trip ID#: 7467



Cline Cellars is a family owned winery in the beautiful Carneros region of Sonoma County. Tour and taste several wines from this historic estate. There is also a fantastic museum on-site for your historical information. No-host lunch in downtown Sonoma. **MODERATE Walking**

Coit Tower and North Beach
 Tues., Feb. 27, 9:45 am-3:00 pm
 Cost: \$20 per person Trip ID#: 7469



The iconic Coit Tower, at the top of Telegraph Hill, has been an emblem of San Francisco's skyline since its completion in 1933. Alternating small groups will enjoy 30 minute docent-led tours that emphasize art, politics and architecture. Other tour members will take in the murals and other historical elements. No-host lunch and strolling on your own in the historic North Beach neighborhood after the Coit Tower tour.

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.

Reno's Sierra Scenic Snow Train

February 20-22, 2018
 Cost: Double ~ \$330 pp
 Single ~ \$385 pp
 (prices are approximate)
 Climb aboard the **Sierra Scenic Snow Train!** Enjoy the music of Motown on this scenic rail way and be entertained with and historical narratives. Trip includes round-trip train transportation to Reno, lunch on-board, cancellation waiver and 2 nights at the Silver Legacy in Reno. Train departs from the Emeryville station. Transportation to and from Emeryville station is on your own. All meals are on your own in Reno. Reserve your spot now with a \$50 deposit.



Full amount due by Jan. 5, 2018 (no exceptions)

Domestic & International Guided Tours

Next Travel Show Presentation
Wed. Jan. 17, 2018 @ 2:00pm
You won't want to miss this one!

Now is the time to plan your next journey. Join us to discover how hassle-free travel can be with our respected travel partner, **Collette**. Whether you choose **Europe, Australia, Canada** or the **U.S.!** **Just do it!**

Destinations for 2018

- Eastern Canada - Montreal, Quebec, Ottawa, Toronto & Niagara Falls
 - South Dakota - Mt. Rushmore & Crazy Horse
 - Australia & New Zealand - Outback & the Glaciers
 - Islands of New England - Martha's Vineyard & Cape Cod
 - Great Smoky Mountains - Atlanta, Dollywood, Asheville
 - Spain's Classics - Madrid, Seville, Granada, Valencia & Barcelona
 - Italian Vistas - Rome, Florence & Venice
- Pick up a color brochure in the Senior Center Lobby for pricing & itineraries.*
- Deborah Neal - Group Tour Coordinator**
@ 510-499-5900