



San Leandro Senior Services

For Adults 50+

All activities are held at the Senior Community Center unless otherwise noted



Spring begins on March 20th

San Leandro Senior Community Center
 13909 East 14th Street, San Leandro, CA 94578
 Phone: (510) 577-3462 Fax: (510) 577-3470
www.sanleandrorec.org



Barn Swallow

Spring forward into Daylight Savings on Sunday March 13! Set your clocks forward one hour before you go to bed the night before.

Laugh Yourself Healthy!
 2nd Friday each month 10:30 - 11:30am
 Drop-in program; no pre-registration required. Fee: \$1



Get silly and have fun! No mats on the floor, no strange or difficult contortions of your body. No stories, no jokes, just acting silly. Sit back, relax and laugh your class off with Stan Nelson as your Laughter Yoga teacher. Your mood will lighten and you will leave each session refreshed!

IMPORTANT PARATRANSIT REMINDERS

- Watch your mailbox! Renewal forms for current FLEX Shuttle riders will be mailed out during the month of April. Please be sure to process your renewal early in order to avoid an interruption in service.
- Beginning July 1, 2016 you must be 70 years or older to purchase Taxi Vouchers.



“Wii” Tutor! **FREE**

Would you like to learn how to play Nintendo Wii games? Student volunteers will be on hand to provide one-on-one tutoring to help you learn this fun, engaging activity!

- **Thursdays, February 25 – April 14**
- **Fridays, February 26 – April 15**
- **TOURNAMENT Friday, April 22**
4:00pm – 5:00pm



Senior Travel Troupe Direct from Las Vegas! A Salute to Sinatra



World renowned actor and Sinatra impressionist Gary Anthony brings his remarkable show to the stage of the California Theatre. During this dynamic, heartfelt, one-man theatrical tribute to Frank Sinatra Gary will perform Frank's most memorable songs, including "New York, New York", "You Make Me Feel So Young", "My Way", "It Was a Very Good Year", "Mack the Knife" and more!

Saturday, April 23 Course #37453 10:00am - 6:30pm
 Fee: \$104 (R) / \$124 (NR)

Senior Services Staff

Diane Atienza	Recreation Supervisor	(510) 577 - 6079
Susan Criswell	Senior Services Coordinator	(510) 577 - 6053
Sandy Rogers	Paratransit Coordinator	(510) 577 - 7985
Judy Christopher	Recreation Specialist	(510) 577 - 7987

Customer Service Locations and Hours:

Senior Community Center, 13909 East 14th Street
 Monday - Friday 8:30am - 5:00pm

Marina Community Center, 15301 Wicks Boulevard
 Monday - Friday 11:30am - 7:00pm
 Saturday 10:00am - 2:00pm Sunday - Closed

Monthly calendar is available online: <http://www.sanleandro.org/depts/rec/seniors>

Senior Resource Guide & Important Phone Numbers

Alameda County Adult Protective Services.....	1(866) 225-5277
Alameda County Crisis Support Services (24hr Crisis Line)....	1(800) 309-2131
Alameda County In-Home Supportive Services.....	(510) 577-1900
Alameda County Area Agency on Aging.....	(510) 577-3530
Alzheimer's Services of the East Bay.....	(510) 644-8292
American Diabetes Association.....	(510) 654-4499
Arthritis Foundation.....	1(888) 391-9389
California Relay for Hearing Impaired.....	7-1-1
California Smoker's Helpline.....	1(800) 662-8887
"Call before you dig" – to locate underground utility lines.....	8-1-1
Center for Independent Living.....	(510) 841-4776
City of San Leandro Minor Home Repair Program.....	(510) 577-6008
Consumer Fraud Reporting.....	(415) 553-7400
Covered California Hotline.....	1(800) 300-1506
Davis Street Family Resource Center.....	(510) 347-4620
Directory Assistance.....	4-1-1
DMV Parking Placards for Disabled.....	1(800) 777-0133
ECHO Housing.....	(510) 581-9380
Emergency Services (Ambulance, Fire and Police).....	9-1-1
Family Caregiver Alliance.....	1(800) 445-8106
Health Insurance Counseling & Advocacy.....	(510) 839-0393
Health, Housing, and Human Services.....	2-1-1
Legal Assistance for Seniors.....	(510) 832-3040
LIFE Eldercare Friendly Visiting Program.....	(510) 574-2073
Medi-Cal.....	(510) 670-6000
Mercy Brown Bag Program.....	(510) 534-8540x369
Mobility Matters.....	(510) 928-RIDE (7433)
Ombudsman Program.....	(510) 638-6878
PG&E Smarter Energy Line.....	1(800) 933-9555
Paratransit – City of San Leandro Flex Shuttle.....	(510) 577-7985
Paratransit – East Bay Paratransit (AC Transit).....	(510) 287-5000
Senior Legal Hotline of Northern California.....	1(800) 222-1753
Senior Center Without Walls.....	1(877) 797-7299
Social Security Administration.....	1(800) 772-1213
S.O.S. Meals on Wheels.....	(510) 582-1263
Spectrum Community Services, Inc.....	(510) 881-0300
Supplemental Security Income (SSI).....	1(800) 772-1213
Sutter Care at Home.....	1(800) 698-1273
Telephone Repair Service.....	6-1-1
The Friendship Line (Institute on Aging).....	1(800) 971-0016
Traffic and Transit.....	5-1-1
Veterans Assistance Benefits.....	1(800) 827-1000

Welcome Judy!



Hello San Leandro Seniors! My name is Judy Christopher and I am very excited to be joining the team at the Senior Community Center as a part-time Recreation Specialist. I recently graduated from California State East Bay with a Master's Degree in Public Administration. I completed my undergraduate studies in Toronto, Canada and hold a double major in International Development Studies as well as Caribbean & Latin American Studies. I have three children, ages 8, 6, and 4, who keep me very busy outside of work. In my spare time I like to hike in the beautiful California parks and spend time at local beaches. I look forward to building relationships with all of you at the Senior Community Center while working to provide great customer service. See you soon!



Did you know you could stay connected to the SCC from the comfort of your own home? Like us on Facebook to stay updated with all our latest happenings, programs, and special events!



Programs & Services

Monday

9:00 - 10:30	Beginner Line Dancing (with Norma)
9:00 - 11:00	Computer Class*
10:00 - 12:00	Mercy Brown Bag Pick Up (3/14 & 3/28)
10:00 - 11:00	T'ai Chi Chih*
10:00 - 1:30	Sunshine Seniors
12:00 - 1:00	Spectrum Senior Meals
12:00 - 4:30	Open Computer Lab
1:15 - 2:15	Pull Up A Chair
1:30 - 4:30	Table Tennis
2:30 - 3:30	Arthritis Foundation - Walk With Ease
2:30 - 3:30	Arthritis Tai Chi
4:00 - 5:00	Zumba Gold
4:15 - 5:15	Barb Creamer Dance Fitness for Women

Tuesday

8:45 - 9:45	Line Dance for Beginners (with Alice Lo)
9:00 - 11:00	Caregiver Support Group (1st Tues only: 3/1)
9:00 - 10:00	Yoga for Health
9:00 - 12:00	Words in Bloom (3/1 & 3/15)
10:00 - 12:00	Diabetes Support Group (4th Tues only: 3/22)
10:30 - 11:30	Fall Prevention Exercise
11:00 - 12:00	T'ai Chi Chih*
11:45 - 12:45	Fall Prevention Exercise
12:00 - 1:00	Spectrum Senior Meals + Information and Assistance
12:00 - 4:30	Open Computer Lab
12:15 - 1:30	Ultra Beginning Line Dancing (with Susie Okada)
1:00	Silver Screen Theatre (MCC)
2:00 - 3:00	Yoga in a Chair*
4:00 - 5:00	Simply Fit with Peggy

Wednesday

8:40 - 9:35	Cardio Workout*
9:00 - 10:30	High Beginner Line Dancing (with Norma)
9:00 - 12:00	Knit, Crochet, Sew, Handcrafts
9:30 - 12:30	Blood Pressure & Weight Check (1st Wed only: 3/2)
9:40 - 10:35	Cardio Workout*
10:00 - 1:30	Sunshine Seniors
10:30 - 2:00	Chair Massage (3rd Wed only: 3/16)
11:00 - 12:00	T'ai Chi Chuan*
11:00 - 12:00	Be Healthy Be Fit
12:00 - 2:00	Wii Seniors Have FUN!
12:00 - 1:00	Spectrum Senior Meals +
12:00 - 4:30	Open Computer Lab
1:30 - 4:00	Senior Swingers
2:00 - 3:00	Fall Prevention Exercise
2:30 - 3:30	Arthritis Foundation - Walk With Ease
4:15 - 5:15	Barb Creamer Dance Fitness for Women

Thursday

8:45 - 10:00	Intermediate Line Dancing (with Norma)
9:00 - 10:00	Yoga for Health
9:30 - 11:00	Memory Power (2nd Thurs. only: 3/10)
10:00 - 1:00	Health Insurance Counseling (HICAP) (2nd & 4th Thursday; 3/10 & 3/24) Call 839-0393 for appt.
10:00 - 12:00	Hypertension Management (3/3 & 3/10 only)
10:00 - 1:00	Ceramics (MCC)
10:30 - 11:30	Fall Prevention Exercise
10:30 - 11:45	Line Dance - Beginner (with Alice Marez)
11:45 - 12:45	Fall Prevention Exercise
12:00 - 1:00	Spectrum Senior Meals +
12:00 - 1:30	Intermediate Line Dancing (with Alice Marez)
12:00 - 4:30	Open Computer Lab
12:30 - 3:00	Common Threads
2:30 - 3:30	Beginning Arthritis Tai Chi
4:00 - 5:00	Simply Fit with Peggy
4:00 - 5:00	Zumba Gold (MCC)

Friday

8:40 - 9:35	Cardio Workout*
9:30 - 11:00	High Beginner Line Dancing (with Alice Lo)
9:30 - 1:30	Recreational Mahjong
9:40 - 11:35	Cardio Workout*
10:30 - 11:30	Laugh Yourself Healthy (2nd Friday only: 3/11)
12:00 - 1:00	Be Healthy Be Fit
12:00 - 1:00	Spectrum Senior Meals +
12:00 - 4:30	Open Computer Lab
12:30 - 1:25	T'ai Chi Chuan*
12:30 - 1:25	Beginning Ballroom Dancing
12:45 - 4:45	Table Tennis
1:15 - 2:15	Fall Prevention Exercise
1:30 - 2:25	Intermediate Ballroom Dancing
2:00 - 4:00	Hands On Help
2:30 - 3:30	Arthritis Foundation - Walk With Ease
4:15 - 5:15	Barb Creamer Dance Fitness for Women

Learn important information on topics that relate to seniors at our **FREE Community Education Programs**. Seniors, family members, caregivers, and friends are welcome. Space is limited, so we request that you pre-register by calling Customer Service at 577-3462.

Stress Management **FREE**
Friday, March 4
9:30am - 11:00am

Reduction of stress is an important component of self-care. Find out how the 'Worry Chair' can enhance your well-being. Eden Medical Center staff will also provide information regarding Low Dose CT Scan Lung Cancer Screening. **Course #37475**

Affordable Housing
Friday, March 25
9:30am - 11:00am

Eden Housing staff will provide up-to-date information on affordable housing in San Leandro. Topics will include locating affordable housing, adding your name to waitlists, and filling out applications.



Course #37476

Hands on Help

Fridays, 2:00pm - 4:00pm



Do you have trouble using your electronic devices? FREE help is available on a drop-in basis - first come, first served! Bring your cell phone, e-reader, laptop, or iPod for one-on-one gadget tutoring with a tech-savvy volunteer.

DON'T FORGET!



San Leandro Adult School Classes will not meet March 21 - April 1. All other classes will meet as normally scheduled.

Silver Screen Theatre

Marina Community Center
Tuesdays at 1:00pm



- March 1:** The Walk
- March 8:** Down Periscope
- March 15:** Bridge of Spies
- March 22:** Double Wedding
- March 29:** Ninotchka



MARCH 2016						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Find us on Facebook!



*These classes offered by San Leandro Adult School. Please call (510) 667-6287 for more information.
+ Spectrum Senior Meals: Reservations required at least one day in advance.
Please call (510) 825-9793