



San Leandro Senior Services

For Adults 50+

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

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



**Don't forget to celebrate Dad this year!
Father's Day is June 19, 2016.**

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

June is Great Outdoors Month!



Did you know that there is a beautiful outdoor patio area with shaded tables and chairs outside of the SCC?

Enjoy a fun game of cards with friends, read a book, meditate, enjoy a bagged lunch from home or simply just work on your suntan!

Celebrate the great outdoors at the Senior Community Center!

Get-To-Know Your Paratransit Workshop



Wednesday, June 22, 10:30am-11:30am
Discover your FLEX Shuttle and Taxi Voucher Program options! This is a free workshop and pre-registration is required. **Course # 9101**

SCC's 5th Anniversary Celebration

Thursday, July 7
1:30pm - 3:30pm

Join us as we celebrate the SCC with music, cake, light refreshments, prizes and more.

Save The Date!

This is a **FREE** event and pre-registration is not required.



Cherry Festival

San Leandro, California
Saturday, June 4, 2016

Downtown San Leandro
11am-6pm



The Senior Travel Troupe wants to hear from you!

Do you have a great idea for a day trip?

Drop by the new *Day Trip Suggestion Box* located at the customer service desk in the Senior Community Center to submit your travel idea!



Assistive Listening Devices available within the Senior Community Center. Please inquire with staff.



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!

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



May is African-American Music Appreciation Month and pearl is the gemstone. Popular holidays are National Chocolate Ice Cream Day (June 7), Father's Day (June 19), and Summer Solstice (June 20). Watch the night sky for a full moon on June 20!



Programs & Services

9:00 - 10:30	Beginner Line Dancing (with Norma)
9:00 - 11:00	Computer Class*
10:00 - 12:00	Mercy Brown Bag Pick Up (6/13 & 6/27)
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 - Continuing
4:00 - 5:00	Zumba Gold
4:15 - 5:15	Barb Creamer Dance Fitness for Women

Monday

9:00 - 11:00	Caregiver Support Group (1st Tues only: 6/7)
9:00 - 10:00	Yoga for Health
9:00 - 12:00	Words in Bloom (6/7 & 6/21)
10:00 - 12:00	Diabetes Support Group (4th Tues only: 6/28)
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+
12:00 - 2:00	SCC Information and Assistance
12:00 - 4:30	Open Computer Lab
12:15 - 1:30	Ultra Beginning Line Dancing (with Susie Okada)
12:30 - 2:00	Rainbow Seniors (6/14 & 6/28)
1:00	Silver Screen Theatre (MCC)
2:00 - 3:00	Yoga in a Chair*
4:00 - 5:00	Simply Fit with Peggy

Tuesday

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: 6/1)
9:40 - 10:35	Cardio Workout*
10:00 - 11:00	Peer Support for Seniors (6/29 - 8/3)
10:00 - 1:30	Sunshine Seniors
10:30 - 2:00	Chair Massage (3rd Wed only: 6/15)
10:00 - 11:30	Get-to-Know Your Paratransit Workshop (6/22)
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 (No class 6/29)

Wednesday

8:30 - 10:00	Intermediate Line Dancing (with Norma)
9:00 - 10:00	Yoga for Health
9:30 - 11:00	Hearing Health 2016 & Beyond (6/30)
9:30 - 11:00	Memory Power (2nd Thurs only: 6/9)
10:00 - 12:00	Diabetes Self-Management
10:00 - 1:00	Health Insurance Counseling (HICAP) (6/9 & 6/23)
10:00 - 1:00	Ceramics (MCC)
10:30 - 11:30	Fall Prevention Exercise
10:30 - 11:45	Line Dance - Cont' Beg. (w Alice Marez)
11:45 - 12:45	Fall Prevention Exercise
12:00 - 1:00	Spectrum Senior Meals+
12:00 - 1:30	Intermediate Line Dancing (w Alice Marez)
12:00 - 4:30	Open Computer Lab
12:30 - 3:00	Common Threads
1:15 - 4:45	Table Tennis (No class 6/16)
2:30 - 3:30	Beginning Arthritis Tai Chi
4:00 - 5:00	Simply Fit with Peggy
4:00 - 5:00	Zumba Gold (MCC)
5:15 - 6:15	Chen Tai Chi (MCC)

Thursday

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*
10:00 - 11:30	Alexander Technique in Daily Activities (6/17 & 6/24)
10:30 - 11:30	Laugh Yourself Healthy (2nd Friday only: 6/10)
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*
1:15 - 2:15	Fall Prevention Exercise
1:30 - 2:25	Intermediate Ballroom Dancing
1:30 - 3:30	Fun with Fresh Flowers: Red, White and Blue (6/24)
2:00 - 4:00	Hands On Help
2:00 - 4:00	Scam Awareness (6/10)
2:30 - 3:30	Arthritis Foundation - Walk With Ease
4:15 - 5:15	Barb Creamer Dance Fitness for Women

Friday

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.

FREE Scam Awareness Trivia
Friday, June 10
2:00pm - 4:00pm

Join friends and neighbors to pool your knowledge at a fun, informative session of Scam Awareness Trivia! A series of questions will be asked. As each correct answer is revealed, information will be provided about that topic. The members of the team which has the highest score will each win a small prize!

Course #8521

Hearing Health 2016 & Beyond
Thursday, June 30
2:00pm - 4:00pm

Dr. Ehrlich, A.U.D and Dr. Smith, PhD will explain the causes of hearing loss and how to prevent it, what steps you should take to have your hearing evaluated, what is new in hearing aids and why you might want to consider updating yours. **Course #9119**



NEW!

Peer Support for Seniors

FREE drop-in Peer Support for Seniors provides an opportunity for seniors to gather on a weekly basis and be heard by their peers without judgement. A Comfort Contract is agreed upon to provide a feeling of safety and confidentiality. Learn valuable listening skills and experience how to be truly present for each other. Form friendships and experience a sense of belonging. Many different topics of interest are possible, including self-care, personal freedom, creative endeavors, exercise, nutrition, life transitions, independence, grief, and more. Developing hope and a sense of purpose can result in a happier, healthier you!

Wednesdays, June 29 - August 3
10:00am - 11:00am



Masquerade Ball
with DJ Geri Foley

June 22, 2016
1:30pm - 4:30pm
Senior Community Center

Contact Geri Foley for ticket information at (925) 595-4661
Tickets are \$20 and include a catered lunch.
Dressy Attire Recommended!



Drop-in Admission: \$1.00



Silver Screen Theatre
Marina Community Center
Tuesdays at 1:00pm

June 7: The Martian
June 14: The Lady in the Van
June 21: Mission Impossible: Rogue Nation
June 28: Hello, Dolly!

*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 between 10:00am and 1:00pm.

JUNE 2016						
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