



# 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](http://www.sanleandrorec.org)



**San Leandro municipal offices will be closed in observance of July 4th and FLEX Shuttle will not be running!**

### 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

## SCC's 5th Anniversary Celebration

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

Celebrate the Senior Community Center's 5<sup>th</sup> anniversary with live entertainment, cake, light refreshments, raffle prizes, art activities and more. Share memories of the time you've spent at the Senior Community Center and celebrate the friendships you've made. We hope to see you there!

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



## Senior Travel Informational Meeting

Thursday August 4. 2:00pm-4:00pm (**NEW TIME!**)  
 Pre-registration required. Course # 9094

Learn the affordable, exciting, and fun ways to travel!

Come and join the Senior Travel Troupe as we discuss our upcoming fall and winter travel season. Informational slide show, trip details, refreshments and **PRIORITY** registration for all meeting participants.



## July is Park & Recreation Month



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

Make new friends, improve your health and wellness, and enjoy the lovely California sun on the back patio!

**Celebrate Parks & Recreation at the Senior Community Center!**



## Senior Travel Troupe invites you to join us out at the ballgame!

Wednesday August 24, 2016  
 11:30am – 4:30pm  
 Course # 9099  
 \$60(R) / \$70(NR)  
 Oakland Athletics vs Cleveland Indians

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



July is national ice cream month and national hotdog month in the United States of America. Ruby is the gemstone which represents contentment. Happy birthday to all those born in the horoscope month of Cancer and Leo!



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**Programs & Services**

9:00 - 10:30 Beginner Line Dancing (w Norma Nocera) (No class 7/4)  
 9:00 - 11:00 Computer Class\* (No class 7/4)  
 10:00 - 12:00 Mercy Brown Bag Pick Up (7/11 & 7/25)  
 10:00 - 11:00 T'ai Chi Chih\* (No class 7/4)  
 10:00 - 1:30 Sunshine Seniors (No class 7/4)  
 12:00 - 1:00 Spectrum Senior Meals+ (No lunch 7/4)  
 12:00 - 4:30 Open Computer Lab (No lab 7/4)  
 1:15 - 2:15 Enhance Fitness (MCC) (No class 7/4)  
 1:15 - 2:15 Pull Up A Chair (No class 7/4)  
 1:30 - 4:30 Table Tennis (No class 7/4)  
 2:30 - 3:30 Arthritis Foundation - Walk With Ease (No class 7/4)  
 2:30 - 3:30 Arthritis Tai Chi (No class 7/4)  
 4:00 - 5:00 Zumba Gold (No class 7/4)  
 4:15 - 5:15 Barb Creamer Dance Fitness for Women (No class 7/4)

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9:00 - 11:00 Caregiver Support Group (1st Tues only: 7/5)  
 9:00 - 10:00 Yoga for Health  
 9:00 - 12:00 Words in Bloom (7/5 & 7/19)  
 10:00 - 12:00 Diabetes Support Group (4th Tues only: 7/26)  
 10:30 - 11:30 Enhance Fitness  
 11:00 - 12:00 T'ai Chi Chih\*  
 11:45 - 12:45 Enhance Fitness  
 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 (7/12 & 7/26)  
 1:00 Silver Screen Theatre (MCC)  
 1:45 - 2:45 Enhance Fitness  
 2:00 - 3:00 Yoga in a Chair\*  
 4:00 - 5:00 Simply Fit with Peggy

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8:40 - 9:35 Cardio Workout\*  
 9:00 - 10:30 High Beginner Line Dancing (with Norma Nocera)  
 9:00 - 12:00 Knit, Crochet, Sew, Handcrafts  
 9:30 - 12:30 Blood Pressure & Weight Check (1st Wed only: 7/6)  
 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: 7/20)  
 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  
 1:15 - 2:15 Enhance Fitness (MCC)  
 1:30 - 4:00 Senior Swingers  
 2:30 - 3:30 Arthritis Foundation - Walk With Ease  
 4:15 - 5:15 Barb Creamer Dance Fitness for Women (No class 7/4)

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8:30 - 10:00 Intermediate Line Dancing (with Norma Nocera)  
 9:00 - 10:00 Yoga for Health  
 9:30 - 11:00 Memory Power (2nd Thurs only: 7/14)  
 10:00 - 12:00 Diabetes Self-Management  
 10:00 - 1:00 Health Insurance Counseling (HICAP) (7/14 & 7/28)  
 10:30 - 11:30 Enhance Fitness (No class 7/7)  
 10:30 - 11:45 Line Dance - Cont' Beg. (w Alice Marez)  
 10:30 - 11:30 Enhance Fitness (No class 7/7)  
 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 7/14)  
 1:45 - 2:45 Enhance Fitness (No class 7/7)  
 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)

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8:40 - 9:35 Cardio Workout\*  
 9:30 - 11:00 High Beginner Line Dancing (w Alice Lo) (No class 7/1)  
 9:30 - 1:30 Recreational Mahjong  
 9:40 - 11:35 Cardio Workout\*  
 10:30 - 11:30 Laugh Yourself Healthy (2nd Friday only: 7/8)  
 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 Beginning Ballroom Dancing  
 12:30 - 1:25 T'ai Chi Chuan\*  
 1:15 - 2:15 Enhance Fitness (MCC)  
 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.

**FREE**

**NEW DATE AND TIME!**

**Age Well Drive Smart**

Friday, August 12  
 2:00pm - 5:00pm  
 Course #6890



California Highway Patrol and Alameda County Senior Injury Prevention representatives will address topics including rules of the road, myths about older drivers, compensating for age related changes, and safe driving tips. Participants will receive a certificate of completion which may qualify you for a discount on your auto insurance (verify with your insurance carrier).

**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**

**Arts & Crafts and Music Classes**

We are looking to add **NEW** arts & crafts and music classes to our center!



What class would you like to see offered?

Please visit the suggestion box across from the SCC Customer Service Desk and add your suggestions!

**Silver Screen Theatre**

Marina Community Center  
 Tuesdays at 1:00pm

- July 5:** East Side Sushi
- July 12:** Unfinished Song
- July 19:** The Rewrite
- July 26:** The Adventures of Robin Hood



**Drop-in Admission: \$1.00**

JULY 2016						
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

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 between 10:00am and 1:00pm.