



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

Our Fall/Winter Activity Guide will be available soon!
 Resident registration begins August 25.

Check out all that we have to offer and join a program that interests you!

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

Senior Travel Informational Meeting

Thursday August 4th. 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.



3rd Annual Diabetes & Wellness Day

Saturday, September 17, 2016. 8:00am-1:00pm
 San Leandro Senior Community Center

Walk for Wellness - A one mile walk led by Retired Oakland A's Player Dave Anderson!

Presentations from Leading Experts:

Paul Rosman and Cynthia Sweet

Q&A with the Professional Panel. Health Screenings.

Free T-Shirt & Goody Bag. Raffle!

Register Online Today!

www.diabetesandwellnessday.myevent.com

Adult Coloring Coming Soon!

Join the art activity that is popular for good reason!

Adult coloring is known to reduce stress and anxiety, and creates relaxation, focus, and mindfulness.

This drop-in program will take place each Friday from 1:00pm-2:30pm beginning September 2.

Adult coloring sheets and colored pencils will be available each week for participants to use, or bring your own materials if you wish. \$1.00 drop-in fee.



MERCY BROWN BAG



Adults aged 60+ can receive a grocery bag of nutritional food consisting of bread, fresh produce, assorted canned foods, and USDA commodities TWICE monthly.

The program is co-sponsored by Mercy Retirement and Care Center.

Maximum income restrictions apply.

For more information, please call (510) 577-3462

Movie time at the SCC!

FREE

Friday August 19, 1:30pm - 4:30pm

Everyone is welcome to join us for a special **FREE** screening of *Moneyball* (2011, PG-13).

All star cast including Brad Pitt and Jonah Hill!

No registration is required and popcorn will be served!



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



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!

August is National Black Business Month and National Goat Cheese Month in the United States of America. Shop local in San Leandro! Did you know that Julius Caesar added 2 days to the month when he created the Julian calendar in 45BC giving it its modern length of 31 days? The Perseid Meteor Shower peaks on August 12 and 13! Watch the night sky for shooting stars and make a wish!

Monday

Programs & Services

9:00 - 10:30	Beginner Line Dancing (w Norma Nocera)
9:00 - 11:00	Computer Class*
10:00 - 12:00	Mercy Brown Bag Pick Up (8/8 & 8/22)
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	Enhance Fitness (MCC)
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

9:00 - 11:00	Caregiver Support Group (1st Tues only: 8/2)
9:00 - 10:00	Yoga for Health
9:00 - 12:00	Words in Bloom (8/2 & 8/16)
10:00 - 12:00	Diabetes Support Group (4th Tues only: 8/23)
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 (8/9 & 8/23)
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

Wednesday

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: 8/3)
9:40 - 10:35	Cardio Workout*
10:00 - 11:00	Peer Support for Seniors (8/3 only)
10:00 - 1:30	Sunshine Seniors
10:30 - 2:00	Chair Massage (3rd Wed only: 8/17)
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

Thursday

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: 8/11)
10:00 - 12:00	Diabetes Self-Management
10:00 - 1:00	Health Insurance Counseling (HICAP) (8/11 & 8/25)
10:30 - 11:30	Enhance Fitness
10:30 - 11:30	Enhance Fitness
12:00 - 1:00	Spectrum Senior Meals+
12:00 - 4:30	Open Computer Lab
12:30 - 3:00	Common Threads
1:15 - 4:45	Table Tennis (No class 8/4 & 8/25)
1:45 - 2:45	Enhance Fitness
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)

Friday

8:40 - 9:35	Cardio Workout*
9:30 - 11:00	High Beginner Line Dancing (w Alice Lo)
9:30 - 1:30	Recreational Mahjong
9:40 - 11:35	Cardio Workout*
10:30 - 11:30	Laugh Yourself Healthy (2nd Friday only: 8/12)
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).

Aging in Place Forum

Thursday, August 25
2:00pm - 4:00pm
Course #6893



Listen to a panel of experts discuss issues related to Aging in Place. Learn about resources such as meal delivery, communication and monitoring systems, fitness, transportation and assistive devices that can help you remain in your own home.

What a Moment!
Check out the Taiko Drumming group
"Heiwa" from the 5th
Anniversary Celebration Event held
on July 7th.
Thank you to all who attended!



Silver Screen Theatre

Marina Community Center
Tuesdays at 1:00pm

- Aug 2:** For Love of the Game
- Aug 9:** 5 Flights Up
- Aug 16:** The Choice
- Aug 23:** Max
- Aug 30:** Where Eagles Dare



AUGUST 2016						
S	M	T	W	T	F	S
	1	2	3	4	5	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			

*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.

