



# San Leandro Senior Services

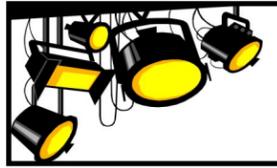
**For Adults 50+**

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



Monday September 5th, 2016 is Labor Day and all San Leandro Municipal Buildings will be closed. The FLEX Shuttle will not be running.



**Talent & Tea is Coming!**  
**Tuesday, December 20, 2016**  
1:00pm - 2:30pm  
Course # 10013

Join us for our very first senior talent showcase! Come as a spectator and enjoy the talents of seniors as they perform acts that include comedy, dance, poetry, music and more!

**Look for more information in October on how to be a participant.**

## 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



Are you wanting a place where you can feel connected to other LGBTQ older adults 50+?

Rainbow Seniors is a safe and confidential space for LGBTQ seniors to share thoughts, feelings, resources, information, and support one another!

Meetings are held on the 2nd and 4th Tuesday of each month from 12:30pm - 2:00pm. Rainbow Seniors is a FREE drop-in peer group and is facilitated by trained peers.

Co-sponsored by Lavender Seniors of the East Bay and Pacific Center.

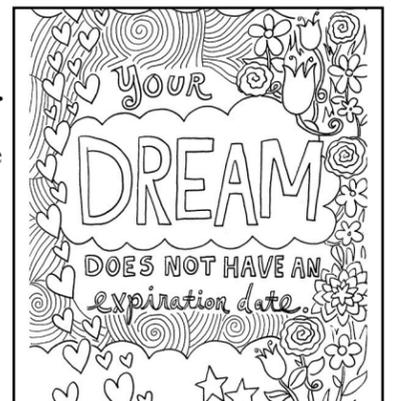
## Adult Coloring Is Here!

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 1:00-2:30pm. 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.



Calling All Readers! The SCC is starting a monthly Book Club! Sign the 'interest list' at the Customer Service Desk for more info!

## 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**

### 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



## Finding Wellness



Finding Wellness is a free, 7-week fun and interactive series of classes focusing on topics designed to promote healthy living and well-being.

Each class also includes 20 minutes of gentle exercise.

The program is sponsored by *The Senior Support Program of the Tri-Valley*, a non-profit organization that has been providing senior services since 1981.

Funded by the Alameda County Behavioral Health Care Services.

**Tuesdays, September 13 - October 25, 2016 1:30pm - 3:00pm**

**Cost is FREE. Registration is required. Course # 10007**

**Instructor: Amy Jones**

There are spaces available on **Senior Travel Troupe** day trips!

Join us at the horse races on October 21st when we celebrate Red Hat Day at **Golden Gate Fields**. We'll enjoy a fabulous buffet lunch at the Turf Club too! On January 9th we will be ringing in the New Year at **River Rock Casino**.

Register today and join us for a fun day trip!



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!

The name September come from the old Roman word 'septem', which means seven, because in the Roman calendar it was the seventh month. Celebrate Grandparents Day on September 11, International Talk Like A Pirate Day on September 19, and Elephant Appreciation Day on September 22. Take note that Autumn Equinox is September 22 and that marks the official beginning of Fall.

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 (9/12 & 9/26)
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 (No class 9/5)
2:30 - 3:30	Arthritis Foundation - Walk With Ease (no class 9/5)
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: 9/6)
9:00 - 10:00	Yoga for Health (no class 9/13)
9:00 - 12:00	Words in Bloom (9/6 & 9/20)
10:00 - 12:00	Diabetes Support Group (4th Tues only: 9/27)
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 (9/13 & 9/27)
1:00	Silver Screen Theatre (MCC)
1:30 - 3:00	Finding Wellness (no class 9/6)
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: 9/7)
9:40 - 10:35	Cardio Workout*
10:00 - 1:30	Sunshine Seniors
10:15 - 11:15	Peer Support for Seniors
10:30 - 2:00	Chair Massage (3rd Wed only: 9/21)
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 (no class 9/8)
9:30 - 11:00	Memory Power (9/15 only)
10:00 - 1:00	Health Insurance Counseling (HICAP) (9/8 & 9/22)
10:30 - 11:30	Enhance Fitness
10:30 - 11:30	FLEX Shuttle Orientation (2nd Thursday only, 9/8)
10:30 - 11:30	Enhance Fitness
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
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*
10:00 - 11:30	Alexander Technique (9/9, 9/16, 9/23 only)
10:30 - 11:30	Laugh Yourself Healthy (2nd Friday only, no class 9/9)
11:00 - 12:00	T'ai Chi Chuan*
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
1:00 - 2:30	Adult Coloring
1:15 - 2:15	Enhance Fitness (MCC)
1:15 - 2:15	Introduction to Zumba Gold
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**

**The ABC's of LTC**

An Overview of Long Term Care Insurance  
**Thursday, September 8**  
**9:30pm - 11:00am**  
**Course #6892**



Legal Assistance for Seniors staff will explain the differences between Medicare coverage and long term care. Discover ways to get long term care, options for financing it and guidelines for purchasing long term care insurance. Discussion will focus on the features and pros and cons of long terms care insurance.

**Affordable Housing**

**Friday, September 23**  
**9:30am - 11:00am**  
**Course #9631**



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

**FLEX Orientation for New Riders**

New riders are invited to attend an orientation to be held the 2nd Thursday of each month from 10:30am -11:30am.



Your Paratransit Coordinator will help you learn the basics on how to use the shuttle, route maps, flagging a stop, riding safely and much more! Bring your questions and enjoy light refreshments.

**Orientation is FREE and pre-registration is required.**

**NEW!**

September 8, Course # 10037  
 October 13, Course # 10038

**NEW!**

**Travel Training Course for Older Adults 55+**

Provided by the United Seniors of Oakland and Alameda County Expand your horizons and travel options! Learn to ride Alameda County's public transit to get where you want to go with confidence, independence and ease. Receive guidance and training in learning the necessary skills to ride AC Transit and BART. Lunch will be provided.

**Day One: Sept 20, 10:00am - 12:00pm**

**Day Two: Sept 21, 10:00am - 2:00pm**

**Day Three: Sept 22, 9:30am Field Trip to Oakland Zoo**

To register please contact Chonita Chew at the United Seniors of Oakland and Alameda County at (510) 577-7985.

**Silver Screen Theatre**

Marina Community Center  
 Tuesdays at 1:00pm

**Sept 6: A Royal Night Out**

**Sept 13: Race**

**Sept 20: My Big Fat Greek Wedding 2**

**Sept 27: Strangers on a Train**



**SEPTEMBER 2016**

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4	5	6	7	8	9	10
11	12	13	14	15	16	19
18	19	20	21	22	23	24
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.