



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



October 10th is Columbus Day. The Senior Community Center will be open during regular business hours. Please note Spectrum Lunch will not be operating.

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

FREE

A Celebration of

Dia de los Muertos



Thursday, October 27, 1:00 pm - 2:45 pm

Dance, Storytelling, Refreshments and Tamales

Open to seniors 50+ and their families!

Decorate your own mini-sugar skull.

Pre-registration requested. Course # 10054

Pumpkin Painting Contest

Bring your painted pumpkins into the San Leandro Senior Community Center by October 14, 2016 to be entered into the contest!

Prizes for 1st, 2nd, and 3rd places!

Open to seniors aged 50+. One entry per person. No carved pumpkins please.

Please contact Judy for full contest rules

(510) 577 7987.

Get Creative!

Your imagination knows no limit!



Acrylic and Oil Painting Classes

Course # 10053



Discover the qualities and versatility of acrylic (or oil) paints as you create your own unique works of art.

Learn to create depth and impactful visual effects. Be introduced to significant artists and their techniques to enhance your creativity and knowledge.

Bring your own supplies or pay a \$25 materials fee. A limited amount of table easels will be available for use during class; please bring your own if possible.

\$60 (R) / \$70 (NR)

Mondays, 10/17 - 11/21 10:00 am - 12:00 pm



Flu Shot Clinic

Stay Healthy this Flu Season!

Monday, October 10

9:00 am - 2:00 pm

Nurses from Sutter Care at Home will be on-site at the Senior Community Center to administer flu-shots.

Drop-in clinic. No appointment needed!

Free if you have Medicare Part B with no HMO affiliation and \$5 for all others.



Performance Applications Now Available for Talent & Tea

Pick up a *Performance Rules, Guidelines, and Application Form* at the Customer Service desk and be sure to return the completed form by November 8, 2016 in order to be considered as a performer.

Join us for our very first senior talent showcase!

Tuesday, December 20, 2016

1:00 pm - 2:30 pm

Course # 10013

Come as a spectator and enjoy the talents of seniors as they perform amazing acts that include comedy, dance, poetry, music and more!



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 8:30 am - 5:00 pm

Marina Community Center, 15301 Wicks Boulevard

Monday - Friday 11:30 am - 7:00 pm

Saturday 10:00 am - 2:00 pm Sunday - Closed

October is Domestic Violence Awareness Month. Celebrate World Mental Health Day on the 10th and National Chocolate Day on the 28th!
 Fruits and veggies associated with October include pears, persimmons, apples and ginger. The monthly flower is Calendula.
 Happy Birthday to all the Libras and Scorpios!

Monday

Programs & Services

9:00 - 10:30 Beginner Line Dancing (with Norma Nocera)
 9:00 - 11:00 Computer Class*
 10:00 - 12:00 Mercy Brown Bag Pick Up (10/10 & 10/24)
 10:00 - 11:00 T'ai Chi Chih*
 10:00 - 12:00 Acrylic and Oil Painting (classes begin 10/17) - NEW CLASS!
 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)
 1:30 - 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 (No class 10/31)

Tuesday

9:00 - 10:00 Yoga for Health
 9:00 - 12:00 Words in Bloom (10/4 & 10/18)
 10:00 - 12:00 Diabetes Support Group (4th Tues only: 10/25)
 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 (10/11 & 10/25)
 1:00 Silver Screen Theatre (MCC)
 1:30 - 3:30 Finding Wellness
 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: 10/5)
 9:40 - 10:35 Cardio Workout*
 10:15 - 11:15 Peer Support for Seniors
 10:00 - 1:30 Sunshine Seniors
 10:30 - 2:00 Chair Massage (3rd Wed only: 10/19)
 11:00 - 12:00 T'ai Chi Chuan*
 11:00 - 12:00 Be Healthy Be Fit
 11:45 - 1:00 Spectrum Senior Meals+
 12:00 - 2:00 Wii Seniors Have FUN!
 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: 10/13)
 10:00 - 12:00 Diabetes Self-Management
 10:00 - 1:00 Health Insurance Counseling (HICAP) (10/13 & 10/27)
 10:30 - 11:30 Enhance Fitness
 10:30 - 11:30 FLEX Shuttle Orientation for New Riders (10/13 only)
 11:45 - 12:45 Enhance Fitness
 12:00 - 1:00 Spectrum Senior Meals+
 12:00 - 4:30 Open Computer Lab
 1:15 - 4:45 Table Tennis (No class 10/20 & 10/27)
 1:45 - 2:45 Enhance Fitness
 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 (w Alice Lo)
 9:30 - 1:30 Recreational Mahjong
 9:40 - 11:35 Cardio Workout*
 10:00 - 11:30 Alexander Tech: Your Solution to Back Trouble (10/14, 10/21, 10/28)
 10:30 - 11:30 Laugh Yourself Healthy (2nd Friday only: 10/14)
 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 Latin and Ballroom Dancing (Salsa)
 1:00 - 2:30 Adult Coloring
 1:15 - 2:15 Introduction to Zumba Gold (No class 10/21) - NEW CLASS!
 1:15 - 2:15 Enhance Fitness (MCC)
 1:30 - 2:25 Intermediate Latin and Ballroom Dancing (Rumba)
 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.

Chronic Pain Management

FREE

Thursday, Oct 6
 1:30 pm - 3:00 pm
 Course #9632



Dr. Lim of Alameda Healthcare Systems will discuss what you can do to take control of your chronic pain, rather than let your pain take control of you! Learn the roles that stress management, exercise, pain medication and communicating with your healthcare team play in helping to effectively manage chronic pain.

Dementia and Alzheimer's Forum

Thursday, October 20
 1:00 pm - 2:30 pm
 Course #10012

FREE



Pre-registration is recommended

The City of San Leandro Senior Commission is hosting this forum to increase public awareness about these common diseases. Learn about the differences between Dementia and Alzheimer's, hear from a panel of experts, and participate in a question and answer period.

MERCY BROWN BAG



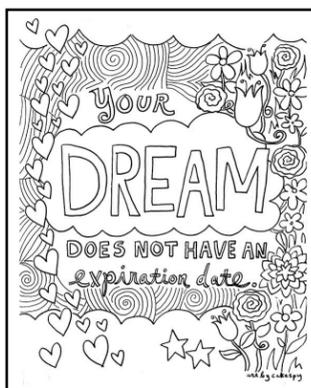
Adults aged 60+ can receive a grocery bag of nutritional food consisting of bread, fresh produce, assorted canned foods, and USDA commodities TWICE monthly.

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

Maximum income restrictions apply.
For more information, please call (510) 577-3462

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 takes place each Friday from 1:00 pm - 2:30 pm.

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.

Silver Screen Theatre

Marina Community Center
 Tuesdays at 1:00 pm

- Oct 04: Suffragette
- Oct 11: The Meddler
- Oct 18: Eddie the Eagle
- Oct 25: Mrs. Miniver



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

OCTOBER 2016

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

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.