



**San Leandro Senior Community Center**  
 13909 East 14th Street, San Leandro, CA 94578  
 Phone: (510) 577-3462

**Flu Shot Clinic**

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!



Friday, October 6  
 9:00am—2:00pm  
 \$5 fee, or FREE if you have Medicare part B

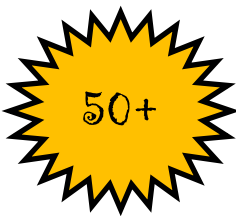
**Think Pink!**



A discussion on how to identify your risk factors for breast cancer, how often to be screened, how to navigate the decision making process after a diagnosis, and enhance your well being during treatment and recovery.

Friday, Oct 20, 9:30am—11:00am

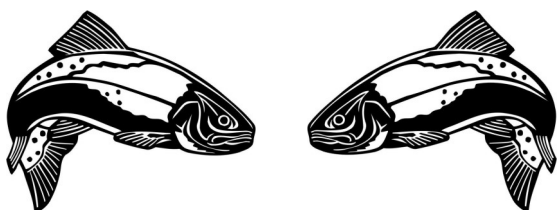
Course #11958 FREE



A Celebration of  
 Dia de los Muertos

Course #12070 \* FREE

Enjoy this traditional Day of the Dead celebration with entertainment, activities and light refreshments.



**Through A Trout's Eyes**

Course #11447

Thursday, October 5, 1:30pm - 3:00pm

What famous discovery was made at San Leandro Creek? What's a creek watershed, and why is it important to protect the San Leandro Creek watershed? Learn answers to these questions and more with Friends of San Leandro Creek's Suzy O'Mykiss



**Senior Resource Guide**

- Alameda County Area Agency on Aging, (Senior Info Line).....(510) 577-3530
- Alameda County Adult Protective Services.....1(866) 225-5277
- Alameda County Crisis Support Services (24hr Crisis Line)....1(800) 309-2131
- Alzheimer's Services of the East Bay.....(510) 644-8292
- American Diabetes Association.....(510) 654-4499
- Arthritis Foundation.....1(888) 391-9389
- Center for Independent Living.....(510) 841-4776
- Davis Street Family Resource Center.....(510) 347-4620
- ECHO Housing.....(510) 581-9380
- Family Caregiver Alliance.....1(800) 445-8106
- Health Insurance Counseling & Advocacy.....(510) 839-0393
- Legal Assistance for Seniors.....(510) 832-3040
- San Leandro Flex Shuttle.....(510) 577-7985
- East Bay Paratransit .....(510) 287-5000
- Senior Legal Hotline of Northern California.....1(800) 222-1753
- Social Security Administration.....1(800) 772-1213
- S.O.S. Meals on Wheels.....(510) 582-1263
- Spectrum Community Services, Inc.....(510) 881-0300
- The Friendship Line (Institute on Aging).....1(800) 971-0016
- Veterans Assistance Benefits.....1(800) 827-1000

**Senior Services Staff**

Ely Hwang	Recreation Supervisor	(510) 577-6079
Susan Criswell	Senior Services Coordinator	(510) 577-6053
Sandy Rogers	Paratransit Coordinator	(510) 577-7985
Maria Magallon	Recreation Specialist	(510) 577-7987

**Customer Service Locations and Hours**

**Senior Community Center, 13909 E 14th Street**

Mon—Fri, 8:30am—5:00pm

**Marina Community Center, 15301 Wicks Boulevard**

Mon—Fri, 11:30am—7:00pm; Sat 10:00am—2:00pm



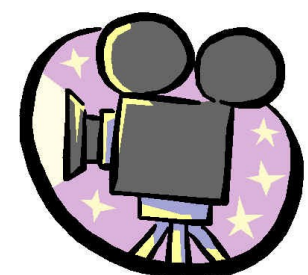
Did you know you could stay connected to the SCC from the comfort of your own home? Like us on Facebook to stay updated with all our latest happenings,

**Silver Screen Theater**


Marina Community Center

Tuesdays at 1:00 pm

- October 3: The Maiden Heist (2008)
- October 10: Howl's Moving Castle (2004)
- October 17: Jack Reacher (2012)
- October 24: The Princess Bride (1987)
- October 31: Arsenic and Old Lace (1944)



Drop-in Admission: \$1.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 A Matter of Balance 9:00 Beginner Line Dancing 9:00 Computer Class* 10:00 T'ai Chi Chih* 10:00 Sunshine Seniors 10—1:00 HICAP 12:00 Continuing Line Dance (MCC) 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 1:15 Inter Line Dance (MCC) 1:15 Enhance Fitness (MCC) 1:15 Pull Up a Chair 1:30—4:30 Table Tennis 2:30 Continuing Arthritis Tai Chi 2:30 Walk with Ease 4:00 Zumba Gold 4:15 Barb Creamer Fitness	<b>3</b> 9:00 Yoga for Health 9:00 Words in Bloom 9:00 Computer Class* 10:00 Creative Drawing 10:30 Enhance Fitness 11:00 T'ai Chi Chih* 11:45 Enhance Fitness 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 12:30 Ultra Beginner Line Dancing 1:00 Silver Screen Movie (MCC) 1:45 Enhance Fitness 4:00 Simply Fitness with Peggy	<b>4</b> 8:40 Cardio Workout* 9:00 Computer Class* 9:00 High Beginner Line Dancing 9:00 Knit, Crochet, Sew, Handcrafts 9:30 Blood Pressure/Weight Check 9:40 Cardio Workout* 10:00 Sunshine Seniors 10:15 Peer Support for Seniors 11:00 T'ai Chi Chuan* 11:00 Be Healthy Be Fit 11:45 Spectrum Senior Meals** 12:00 Wii Seniors 12—4:30 Open Computer Lab 1:15 Enhance Fitness (MCC) 1:30—4:00 Senior Swingers 2:30 Walk with Ease 4:15 Barb Creamer Fitness	<b>5</b> 8:30 Inter. Line Dancing 9:00 Yoga for Health 9:00 Computer Class* 9:30 Diabetes Self-Management 10:00 Ceramics (MCC) 10:30 Enhance Fitness 11:45 Enhance Fitness 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 12:30 Common Threads 1:15—4:45 Table Tennis 1:45 Enhance Fitness 2:30 Arthritis Tai Chi—Beginning 4:00 Simply Fit with Peggy 4:00 Zumba Gold (MCC) 5:15 Chen Tai Chi (MCC)	<b>6</b> 8:40 Cardio Workout* 9:30 Recreational Mahjong 9:30 High Beginner Line Dancing 9:40 Cardio Workout* 11:00 T'ai Chi Chuan* 12:00 Be Healthy Be Fit 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 1:00 Beg. Ballroom Dancing 1:15 Intro to Zumba Gold 1:15 Enhance Fitness (MCC) 2:00 Inter. Ballroom Dancing 2:00 Hands on Help 2:30 Walk with Ease 4:15 Barb Creamer Fitness
<b>9</b> 9:00 A Matter of Balance 9:00 Beginner Line Dancing 9:00 Computer Class* 10:00 T'ai Chi Chih* 10—12:00 Mercy Brown Bag 10:00 Sunshine Seniors 12:00 Continuing Line Dance (MCC) 12:00 No Spectrum Senior Meals** 12—4:30 Open Computer Lab 1:15 Inter Line Dance (MCC) 1:15 NO Enhance Fitness (MCC) 1:15 Pull Up a Chair 1:30—4:30 Table Tennis 2:30 Continuing Arthritis Tai Chi 2:30 Walk with Ease 4:00 Zumba Gold 4:15 Barb Creamer Fitness	<b>10</b> 9:00 Yoga for Health 9:00 Computer Class* 10:00 Creative Drawing 10:30 Enhance Fitness 11:00 T'ai Chi Chih* 11:45 Enhance Fitness 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 12:30 Ultra Beginner Line Dancing 12:30 Rainbow Seniors 1:00 Silver Screen Movie (MCC) 1:45 Enhance Fitness 4:00 Simply Fitness with Peggy	<b>11</b> 8:40 Cardio Workout* 9:00 Computer Class* 9:00 High Beginner Line Dancing 9:00 Knit, Crochet, Sew, Handcrafts 9:40 Cardio Workout* 10:00 Sunshine Seniors 10:15 Peer Support for Seniors 11:00 T'ai Chi Chuan* 11:00 Be Healthy Be Fit 11:45 Spectrum Senior Meals** 12:00 Wii Seniors 12—4:30 Open Computer Lab 1:15 Enhance Fitness (MCC) 1:30—4:00 Senior Swingers 2:30 Walk with Ease 4:15 Barb Creamer Fitness	<b>12</b> 8:30 Inter. Line Dancing 9:00 Yoga for Health 9:00 Computer Class* 9:30 Diabetes Self-Management 10:00 Ceramics (MCC) 10—1:00 HICAP 10:30 Enhance Fitness 11:45 Enhance Fitness 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 12:30 Common Threads 1:15 Book Bunch 1:15—4:45 Table Tennis 1:45 Enhance Fitness 2—4:00 HICAP (MCC) 2:30 Arthritis Tai Chi—Beginning 4:00 Simply Fit with Peggy 4:00 Zumba Gold (MCC) 5:15 Chen Tai Chi (MCC)	<b>13</b> 8:40 Cardio Workout* 9:30 Recreational Mahjong 9:30 High Beginner Line Dancing 9:40 Cardio Workout* 10:30 Alexander Technique 11:00 T'ai Chi Chuan* 12:00 Be Healthy Be Fit 12:00 Spectrum Senior Meals** 12—4:30 Open Computer Lab 1:00 Beg. Ballroom Dancing 1:15 Enhance Fitness (MCC) 1:15 Intro to Zumba Gold 2:00 Inter. Ballroom Dancing 2:00 Hands on Help 2:30 Walk with Ease 4:15 Barb Creamer Fitness
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**Assistive Listening Devices available within the Senior Community Center.**

\*These classes offered by **San Leandro Adult School**. Please call (510) 667-6287 for more

**\*\* Spectrum Senior Meals:**  
 Reservations required at least one day in advance. Please call (510) 825-9793