

East Bay Senior Independent

Event calendar and information you can use



January 2018 Events

Oakland / Alameda

Every Monday – FREE Organic Farm Stand 11am-2pm (or until all produce is gone)
5709 Market St, Oakland (at Arlington Med Center)

1/4 – Healthy Living Class – Free 1st Thursdays
East Oakland Senior Center, Craft Room, 9255 Edes Ave., Oakland, (510) 615-5731, 10am- 2pm. Lunch served daily. BART to Coliseum, Bus #45

1/5 – Oakland Asian Cultural Center – Free 1st Fridays Art, performance, and games – 6-8pm, 388 9th St., Oakland, (510) 637-0455. BART: 12th Ave., City Center

1/7 – Oakland Museum of CA – Free on 1st Sundays 11am-5pm
1000 Oak St., Oakland, (510) 318-8400
BART: Lake Merritt, Bus #18, #88

1/31 – Grief Support Group – Free, 4pm
Alameda Hospital, Women's Health Center
2070 Clinton Ave, Alameda (510) 522-3700

Berkeley / Albany

1/4 – UC Berkeley Art Museum and Pacific Film Archive – Free on 1st Thursdays, 11am-7pm
2120 Oxford Street, Berkeley, (510) 642-0808
BART: Downtown Berkeley; Bus #6

1/17 – Macular Degeneration/Low Vision Support Group – Free 3rd Wednesdays, 2-3:30pm, Berkeley. For info, call Eleanor (510) 866-4781.

1/21 – Sunday Assembly Community Sing & Meetup – Free, 11am.
South Berkeley Senior Center
2939 Ellis St, Berkeley

1/26 – Candlelit Labyrinth Walk & Live Music – Free
Grace North Church, 6-7pm
2138 Cedar St, 2nd Floor, Berkeley

Hayward / San Leandro

Every Monday, Wednesday, Friday – Spectrum Fall Prevention Program, Hayward – Free
Josephine Lum Lodge 8-9am or 9:15-10:15am
2747 Oliver Dr, Hayward

Every Monday, Wednesday, Friday – Spectrum Fall Prevention Program – Free (510) 881-6700
Ashland Community Center, 1530-167th Ave., San Leandro, 9:45-10:45am or 11:15am-12:15pm

Every Tuesday & Friday – Treasure Chest Thrift Shop, 10am-3:30pm (510) 881-6778
Sorensdale Recreation Center, Room 9
275 Goodwin St., Hayward

1/2, 1/16 (1st & 3rd Tuesdays) Out Standing Seniors – Free drop-in peer support group for LGBTQ seniors. 11:30am-2pm.
Hayward Area Senior Center, (510) 881-6766
22325 North 3rd Street, Hayward

West Contra Costa County

1/8, 1/22, 1/29 (Mondays) – \$1 Senior Tea Dance with Herby Derby Band
San Pablo Senior Center, 1-3pm
1943 Church Lane, San Pablo, (510) 215-3090

1/10 – Blood Pressure Screening (2nd Wednesdays) Free
Richmond Annex Senior Center, 10am-12pm
5801 Huntington Ave., Richmond (510) 620-6812

Send upcoming senior events to edavis@cei.elders.org



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 CENTER FOR ELDER'S
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New Medicare cards are coming

Starting in April 2018, people with Medicare will start receiving a new Medicare card with a new Medicare number. The new cards will be mailed between April 2018 and April 2019.

Why a new number?

Medicare is removing Social Security Numbers from your card in order to:

- Better protect your private medical and financial information
- Prevent identity theft and fraud
- Safeguard taxpayer money

Each unique “Medicare Beneficiary Identifier” (MBI) will consist of 11 numbers and letters. Your MBI will not be based on your Social Security Number, birthday, address, or anything else related to you. It has no hidden meaning and cannot be used for any purpose other than getting health care.

Update your address

Make sure that Medicare has your current address so your new card arrives safely in your mailbox. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. (TTY/TDD users can call 1-800-325-0778.)

Mailing everyone a new card will take some time. You might receive yours at a different time than your friend, neighbor, or spouse.

Once you get your new card, put it in a safe place and destroy your old card. Start using your new card right away.

Beware of scams

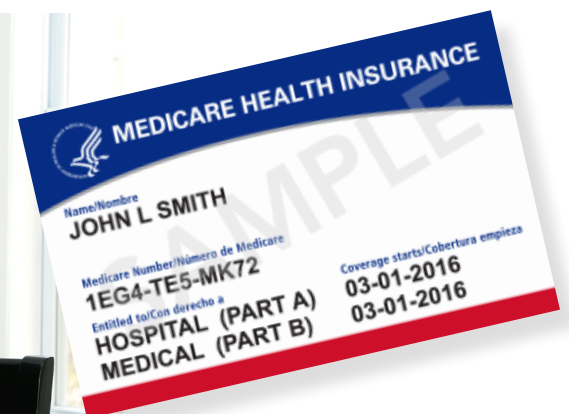
Protect your new card and number just as you do with your current card and other personal information. Do not carry your Medicare (or Social Security) card in your wallet or purse. Only take it with you if you need it to access health care.

There is no charge for your new card and Medicare will never call you for your information. Ignore anyone who contacts you about your new Medicare card. If you receive any such calls or suspicious solicitations, hang up and call the California Senior Medicare Patrol (SMP) at 1-855-613-7080. SMP is a national program to help seniors prevent, detect, and report Medicare fraud and billing errors.

Your benefits will not change

Remember, your Medicare coverage will be the same as before. Your doctor and other care providers are prepared for the new cards and numbers. The health care you receive will not be affected.

If you need help with your Medicare, call the Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222.



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