

# East Bay Senior Independent

*Event calendar and information you can use*



## April 2018 Events

### Oakland / Alameda

**4/1 – Oakland Museum of CA – Free on 1st Sundays, 11am-5pm**  
1000 Oak St., Oakland, (510) 318-8400  
BART: Lake Merritt, Bus #18, #88

**Every Tuesday & Thursday – Spectrum Fall Prevention Program – Free**  
East Oakland Senior Center, 1:45-2:45pm 9255 Edes Ave., Oakland, (510) 615-5731 BART to Coliseum, Bus #45

**4/6 – 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

**4/14 – Addison St. Jazz – Free on 2nd Saturdays**  
Independent Brewing Co, 7pm  
444 Harrison St, Oakland

**Berkeley / Albany**  
**Daily, Monday – Friday – Game Room – Free**  
South Berkeley Senior Center, 12-4:30pm  
2939 Ellis Street, Berkeley

**4/7, 4/21 – Rumba Party, Afro Cuban Drums, Dances, Songs – Free, 1st & 3rd Sundays, 3:30pm**  
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**4/15 – Elders Guild Meeting – Free (donation appreciated, bring a healthy snack to share)**  
North Berkeley Senior Center, 1:45-3pm  
1901 Hearst Ave at MLK Blvd, Berkeley

**4/15 – Sunday Assembly Community Sing & Meetup – Free, 11am.**  
South Berkeley Senior Center  
2939 Ellis St, 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

**4/3, 4/17 (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

**4/13, 4/27 (2nd & 4th Fridays) Mercy Brown Bag Food Program – 1-2pm – Free**  
Hayward Area Senior Center  
22325 North 3rd Street, Hayward

### West Contra Costa County

**4/2, 4/9, 4/16, 4/23, 4/30 (Mondays) – \$1**  
Senior Tea Dance with Herby Derby Band San Pablo Senior Center, 1-3pm  
1943 Church Lane, San Pablo (510) 215-3090

**4/11 – 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](mailto:edavis@cei.elders.org)



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# Reminder – New Medicare cards are coming

Many readers were interested in this article from the January newsletter, so we are printing this important information again. 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 and to prevent identity theft and fraud.

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](http://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**.

