

# East Bay Senior Independent

*Event calendar and information you can use*



## May 2018 Events

### Oakland / Alameda

**5/6 – Oakland Museum of CA – Free on 1st Sundays, 11am-5pm**  
1000 Oak St., Oakland, (510) 318-8400  
BART: Lake Merritt, Bus #18, #88

### Every Monday (Pilates), Wednesday (Zumba), & Friday (Line Dancing)

Exercise classes, 5:30 pm. \$10/month for 12 classes.  
DeFremery Recreation Center  
1651 Adeline St, Oakland, (510) 238-7739

### 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

**5/4 – 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

**5/12 – 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

**5/6, 5/20 – Rumba Party, Afro Cuban Drums, Dances, Songs – Free, 1st & 3rd Sundays, 3:30pm**  
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**5/20 – 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

**5/20 – 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 – 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

**5/1, 5/15 (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

### 5/11, 5/25 (2nd & 4th Fridays) Mercy Brown Bag Food Program – 1-2pm – Free

Hayward Area Senior Center  
22325 North 3rd Street, Hayward

### West Contra Costa County

**5/4 – Movie in the Park – Star Wars: A New Hope – Free**  
Refugio Valley Park, Hercules, 7pm

**5/9 – 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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# Fresh food and fresh air

We hope you found ways to stay active and socially connected through the winter. Now that Spring is here, you can combine shopping for healthy food with outings in the fresh air. The East Bay has dozens of wonderful Farmers Markets where you can buy locally grown fresh fruits and vegetables. Some also feature dairy products, baked goods, eggs, and fish. Many accept EBT/SNAP. Check out a market near you:

## ALAMEDA COUNTY

### Berkeley

#### Ecology Center Farmers Market

Tuesday: Adeline and 63rd Streets

(510) 548-3333

2-6:30pm, year-round

Thursday: Shattuck Avenue and Rose Street

3-7pm, year-round

Saturday: Center Street, between MLK and Milvia

10am-3pm, year-round

### Emeryville

#### Pacific Coast Farmers Market Association

(925) 825-9090

5616 Bay St. (at the Bay Street Shopping Center)

Saturday: 3-7pm, April 23-Oct. 1

### Hayward

#### Main and B Street Farmers Market

(800) 897-3276

Saturdays: 9am-1pm, year-round

#### Kaiser Permanente Hospital

27400 Hesperian Blvd.

(800) 949-3276

Wednesday: 10am-2pm, year-round

### Oakland

#### Ordway Farmers Market

1 Kaiser Plaza

(925) 825-9090

Wednesday: 10am-2pm, April 13-Nov. 16

#### Old Oakland Market

(510) 745-7100

9th Street and Broadway

Friday: 8am-2pm, year-round

#### Grand Lake Market

Lake Park and Grand Avenues (Splash Pad Park)

(415) 472-6100

Saturday: 9am-2pm, year-round

#### Jack London Square Farmers Market

Water Street at Broadway Avenue

Sunday: 9am-2pm, year-round

#### Fruitvale Transit Village (near Fruitvale BART)

(510) 535-6926

Sundays: 10am-3pm (year-round)

Tuesday & Thursday: 12pm-7:00pm

#### Fifth Street to Seventh Street and Mandela Parkway

(510) 534-7657

Saturdays: 10am-4pm year-round

#### Faith Deliverance Church

73rd Ave. and International Blvd.

(510) 772-8889 or (510) 638-1742

Fridays: 10am-2pm, April-December

## WEST CONTRA COSTA COUNTY

#### El Cerrito Plaza

San Pablo and Fairmount (in El Cerrito Plaza)

(510) 528-7992

Tuesdays: 9am-1pm; Saturdays, 9am-1pm, year-round

#### Richmond Library parking lot

Civic Center Plaza Drive and McDonald

Fridays: 11am-5pm, year-round

#### 651 Estudillo St, Martinez

Sundays: 10am-2pm

#### 798 Fernandez Ave, Pinole

Saturdays: 9am-1pm

