

East Bay Senior Independent

Event calendar and information you can use



June 2018 Events

Oakland / Alameda

6/1 – 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

**6/6, 6/30 – Jack London Square Waterfront, Guided
Walking Tour – Free, 10am (510) 238-3234**
Foot of Broadway, Oakland

**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

6/23 – Lake Fest – Free, 11am-7pm
Lake Merritt Boating Center
568 Bellevue Ave., Oakland

Berkeley / Albany

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

**6/3, 6/17 – Rumba Party, Afro Cuban Drums, Dances,
Songs – Free, 1st & 3rd Sundays, 3:30pm**
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**6/17 – 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

**6/17 – Sunday Assembly Community Sing & Meetup –
Free, 11am.**
South Berkeley Senior Center
2939 Ellis St, Berkeley

Hayward / San Leandro

6/2 Cherry Festival – Free, 11am-6pm, Parade 10am
West Estudillo Ave, between Hayes St. & San Leandro
Blvd, 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

**6/5, 6/19 (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

**6/8, 6/22 (2nd & 4th Fridays) Mercy Brown Bag Food
Program – Free, 8:30-9:15am**
Hayward Area Senior Center
22325 North 3rd Street, Hayward

West Contra Costa County

**6/5, 6/19 (1st & 3rd Tuesdays) Community Produce
Distribution – Free, 11am-12pm**
Hercules Senior Center, (510) 799-8219
111 Civic Drive, Hercules

6/13 – Blood Pressure Check (2nd Wednesdays) Free
Hercules Senior Center, 10am-2pm
111 Civic Drive, Hercules, (510) 799-8219

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



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Managing Allergies

Allergies happen when your body's immune system mistakes things like pollen, foods, or animals for harmful germs and attacks them with chemicals, including histamine. This causes inflammation and symptoms like sniffing, sneezing, itching, rash, swelling, headache, or abdominal pain.

About 20 percent of people in the U.S. have some kind of allergy, and one in four people get allergic-type reactions to chemicals, such as cleaning products, plastics, smoke, and fragrances. Many also have asthma or chronic sinusitis (inflammation of the sinuses and nasal passages) – allergies can provoke an asthma attack or worsen a respiratory infection.

Adult-onset of allergies and chemical sensitivities is on the rise. Besides avoiding what you react to, here are some things you can do to relieve your symptoms, in addition to or instead of taking anti-histamine medicine.

Foods that reduce allergy symptoms

Did you know that certain foods contain natural anti-histamines (called flavonoids)? Eating two or three servings of such foods a day can combat inflammation and allergy symptoms. Citrus fruits, apples, parsley, tomatoes, broccoli, lettuce, onions, garlic, legumes, green tea, black tea, pineapples, berries, cherries, grapes, red onions, red cabbage, and radishes all help your body fight allergies.

Foods high in omega-3 fatty acids – like salmon, albacore tuna, herring, mackerel, walnuts, flaxseed oil and canola oil – reduce inflammation in your body. Staying hydrated is also very important. Allergy sufferers need extra water to dilute allergens and flush them out. Drinking green tea is especially helpful.

What to avoid

Milk products can increase congestion, so try avoiding them when allergies flare up.

During spring and fall hay fever season, stay indoors between 5 and 10 a.m. Save outside activities for late afternoon or after a heavy rain, when pollen levels are lower. Keep windows in your home and car closed to reduce exposure to pollen. Stay cool with air conditioners. Don't use window or attic fans. Use a dryer, not a line outside, to dry your clothes and avoid collecting pollen on them.

Inside, try to clean and vacuum often to reduce allergens like dust mites, pet dander, and mold. Wash your sheets in hot water every 10 days. To prevent mold and mites, reduce moisture and let surfaces dry out. An air purifier and dehumidifier are helpful. If possible, eliminate carpeting – hard, smooth floors are easier to keep clean. If you use the internet, there are many more good suggestions here:

<https://acaai.org/resources/tools/home-allergy-management>.

