

East Bay Senior Independent

Event calendar and information you can use



July 2018 Events

Oakland / Alameda

7/6 – Oakland Asian Cultural Center – Free 1st Fridays
Art, performance, and games – 6-8pm, 388 9th St.,
Oakland, (510) 637-0455. BART: City Center

**7/11 – 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

Berkeley / Albany

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

**7/1, 7/15 – Rumba Party, Afro Cuban Drums, Dances,
Songs – Free, 1st & 3rd Sundays, 3:30pm**
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**7/15 – 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

**7/15 – Sunday Assembly Community Sing & Meetup –
Free, 10:30am, Potluck lunch at noon**
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

**7/3, 7/17 (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

**7/13, 7/27 (2nd & 4th Fridays) Mercy Brown Bag Food
Program – 8:30-9:15am – Free**

Hayward Area Senior Center
22325 North 3rd Street, Hayward

7/19 – Third Thursday Street Party – Free
B Street, from Foothill Blvd to Watkins St.
Hayward, 5:30-8:30pm

West Contra Costa County

7/3 Waterfront Festival, Concert, & Fireworks – Free
Marina Bay Park, 5:30 – 9:30pm
Regatta Blvd & Marina Bay Parkway, Richmond

7/4 July 4th Festival – Free, 10am-6pm
Cerrito Vista Park, 7007 Moeser Lane, El Cerrito

**7/3, 7/17 (1st & 3rd Tuesdays) Community Produce
Distribution – Free, 11am-12pm**
Hercules Senior Center, (510) 799-8219
111 Civic Drive, Hercules

7/11 – 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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Use your talent to give back to your community

We are never too old to learn something new or contribute our time and skills to others. If you no longer work full-time, the East Bay has many ways to enjoy and enrich your retirement years. Senior Centers offer classes and activities to keep our minds sharp and bodies healthy. (See our March issue for a senior center near you.)

Volunteering is a rewarding way to spend some of your retirement time and meet others who share your interests. There are thousands of organizations in the Bay Area that depend on volunteers to make people's lives better and improve the environment. Many of them need bilingual volunteers and offer training. Think about what you value and enjoy, or how you yourself have been helped, and look for organizations that work in that area, such as support services for seniors/disabled people/children, pet and wildlife rescue, charity thrift shops, food banks, hospitals, museums, etc. Here are some examples:

Sutter Tele-Care (friendly caller program)

Tele-Care offers free, caring calls six days a week to older adults and others who live alone, are homebound, disabled, or recovering from illness. Bring comfort and conversation to residents of Alameda and Contra Costa Counties from a central Berkeley location. Call (510) 204-4487 for information.

Alameda County Community Food Bank

Sort food, answer helpline calls, help in the office, and other projects.

7900 Edgewater Dr, Oakland,
(510) 635-3663,
accfb.org.

American Cancer Society Discovery Shop (thrift store)

Sort and label donations, assist customers, answer phone.
127 41st St, Oakland, (510) 601-0100,
cancer.org/discovery

MedShare

Sort, pack donated medical equipment.
2937 Alvarado St, San Leandro - (510) 567-7070,
<https://www.medshare.org/volunteer/>

Sulphur Creek Nature Center

Help care for injured or orphaned wild animals, maintain gardens, clerical work
1801 D Street, Hayward - (510) 881-6747,
<http://www.haywardrec.org/423/Volunteer>

Richmond Emergency Food Pantry

Work in the Pantry Tuesdays & Fridays between 7 a.m. & 3:30 p.m.
Distribution site: Grace Lutheran Church
2369 Barrett Ave, Richmond, (510) 235-9732
<http://www.refp.org/volunteers.html>

LEAP (Literacy for Every Adult Program)

Tutors & teaching assistants help adults improve reading & writing skills
440 Civic Center Plaza, #150, Richmond
<https://richmondvolunteers.org/opportunities/2811>

