

# East Bay Senior Independent

*Event calendar and information you can use*



## October 2018 Events

### Oakland / Alameda

**10/3 Jack London Square Waterfront Guided Walking Tour – Free, see FDR’s yacht**  
Jack London Square entry arch  
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

**10/17 Guided Walking Tour – African American History**  
10am, African American Museum & Library  
659 14th Street, Oakland

### Berkeley / Albany

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

**10/3 UC Berkeley Botanical Garden – Free (1st Wed)**  
200 Centennial Drive, Berkeley, (510) 643-2755, BART:  
Downtown Berkeley, Bus #52, H-Line; 9am-5pm

**10/7, 10/21 – Rumba Party, Afro Cuban Drums, Dances, Songs – Free, 1st & 3rd Sundays, 3:30pm**  
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**10/21 – Sunday Assembly Community Sing & Meetup – Free, 10:30am, Potluck lunch at noon**  
South Berkeley Senior Center  
2939 Ellis St, Berkeley

### Hayward / San Leandro

**10/2, 10/16 (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

**10/12, 10/26 (2nd & 4th Fridays) Mercy Brown Bag Food Program – 8:30-9:15am – Free**  
Hayward Area Senior Center  
22325 North 3rd Street, Hayward

**10/15 White Cane Day at CEI – Low vision resources**  
Center for Elders’ Independence PACE Center  
1850 Fairway Drive, San Leandro, 10-11am

### Contra Costa County

**10/2 Bedford Art Gallery – Free on 1st Tuesdays**  
1601 Civic Drive, Walnut Creek, 12pm-5pm

**10/2, 10/16 (1st & 3rd Tuesdays) Community Produce Distribution – Free, 11am-12pm**  
Hercules Senior Center, (510) 799-8219  
111 Civic Drive, Hercules

**10/5, 10/12, 10/19, 10/26 (every Friday)**  
Mobile Farmers Market (discount for CalFresh/EBT)  
10-11am Contra Costa College, 2600 Mission Bell Dr  
11-12:30 LifeLong Brookside Clinic, 2023 Vale Rd  
1:30-2:30 W. Co Health Center, 13601 San Pablo Ave  
3-4pm San Pablo Library, 13751 San Pablo Ave

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

**10/20 Oktoberfest – Free, 11am-6pm**  
Outdoor festival (food, beer, crafts for sale)  
Civic Park, 1301 Civic Dr, Walnut Creek

Send upcoming senior events  
to [edavis@cei.elders.org](mailto:edavis@cei.elders.org)



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# Protecting your vision

Eye diseases are common and can go unnoticed for a long time – some have no symptoms at first. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases in the early stages when treatment to prevent vision loss is most effective. Your eye doctor may even spot other conditions such as high blood pressure or diabetes.

Early treatment is very important to prevent some common eye diseases from causing permanent vision loss or blindness: **Cataracts** (clouding of the lens), the leading cause of vision loss in the United States; **Diabetic retinopathy** (causes damage to blood vessels in the back of the eye), the leading cause of blindness in American adults; **Glaucoma** (a group of diseases that damages the optic nerve); **Age-related macular degeneration** (gradual breakdown of light-sensitive tissue in the eye).

People with diabetes should have a dilated eye exam every year. Some people are at higher risk for glaucoma and should have a dilated eye exam every 2 years: African Americans 40 years and older; All adults older than 60, especially Mexican Americans; People with a family history of glaucoma.

## Diabetes and Your Eyes

Diabetic retinopathy is a common complication of diabetes. High blood sugar damages the blood vessels in the retina (a light-sensitive part of the eye), where scarring can cause permanent vision loss. Diabetic retinopathy is also one of the most preventable causes of vision loss and blindness. Early detection

and treatment can prevent or delay blindness due to diabetic retinopathy in 90% of people with diabetes.

People with diabetes are also at higher risk for other eye diseases, including glaucoma and cataracts. If you have diabetes, an eye exam every year is necessary to protect and preserve your eyesight and eye health.

**5 ways to protect your vision:** 1) Get regular eye exams. 2) Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight. 3) Know your family's eye health history. 4) Wear sunglasses that block 99% to 100% of UV-A and UV-B radiation (the sun's rays). 5) Quit smoking.

If you have any of the following eye problems, don't wait for your next appointment – visit your eye doctor as soon as possible: Decreased vision; Draining or redness of the eye; Eye pain; Double vision; Floaters (tiny specks that appear to float before your eyes); Circles (halos) around lights; Flashes of light.

## Resources for the visually impaired

October 15 is White Cane Safety Day, which celebrates blind and visually impaired people's achievements, and reminds people that the white cane is an important tool in helping the blind and visually impaired live with greater independence.

For information, services, and resources for the blind and people with low vision, contact the East Bay Center for the Blind at (510) 843-6935 or the Center for Independent Living, Blind and Low Vision Services, (510) 841-4776 (both in Berkeley) or Independent Living Resources of Contra Costa County, (925) 363-7293 (Concord).

