

# East Bay Senior Independent

*Event calendar and information you can use*



## November 2018 Events

### Oakland / Alameda

**11/1, 11/15 (1st & 3rd Thursdays) Mercy Brown Bag Food Program – 10-11am – Free food**  
Hong Lok Senior Center, 261-11th St., Oakland

**11/4 Dia de los Muertos – Free, 10am-5pm**  
Outdoor Day of the Dead Festival  
Unity Council, E. 12th St. & 33rd Ave, Oakland

**11/10 Second Saturday Family Festive Gathering – Free (food & crafts for sale) 11am-5pm, Jack London Square Broadway & Embarcadero, Oakland**

**11/20 Thanksgiving Feast – Free, 11am-2pm**  
Oakland Marriott City Center  
1001 Broadway, Oakland

**11/22 Thanksgiving Dinner – Free, 11am-4pm**  
Food, music, giveaways  
Two Star Market and Borinquen Soul  
2020 MacArthur Blvd., Oakland

**11/22 Thanksgiving Dinner – Free, 1:30pm**  
St. Mary's Center (open 11am-3pm)  
925 Brockhurst St, Oakland, (510) 923-9600

### Berkeley / Albany

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

**11/7 UC Berkeley Botanical Garden – Free (1st Wed)**  
200 Centennial Drive, Berkeley, (510) 643-2755, BART:  
Downtown Berkeley, Bus #52, H-Line; 9am-5pm

**11/4, 11/18 – Rumba Party, Afro Cuban Drums, Dances, Songs – Free, 1st & 3rd Sundays, 3:30pm**  
La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

**11/18 – Sunday Assembly Community Sing & Meetup – Free, 10:30am, Potluck lunch at noon**  
South Berkeley Senior Center  
2939 Ellis St, Berkeley

### Hayward / San Leandro

**11/6, 11/20 (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

**11/12, 11/26 (2nd & 4th Mondays) Mercy Brown Bag Food Program – 10-11am – Free food**  
San Leandro Senior Center  
835 E. 14th St., San Leandro

**11/21 Thanksgiving Luncheon – \$7**  
Reservations required: [www.sanleandrorec.org](http://www.sanleandrorec.org)  
or register in person at one of the centers  
San Leandro Senior Center, 11am-1pm  
13909 East 14th St, San Leandro  
Marina Community Center, 11am-1pm  
15301 Wicks Blvd, San Leandro

### Contra Costa County

**11/6, 11/20 (1st & 3rd Tuesdays) Community Produce Distribution – Free, 11am-12pm**  
Hercules Senior Center, (510) 799-8219  
111 Civic Drive, Hercules

**11/2, 11/9, 11/16, 11/23, 11/30 (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

**11/14 – Blood Pressure Check (2nd Wednesdays) Free**  
Hercules Senior Center, 10am-2pm  
111 Civic Drive, Hercules, (510) 799-8219



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

# Staying safe at home

Given a choice between nursing home care and “aging in place,” most seniors enjoy the independence that comes with living at home. That can often be a challenge, especially if your health is not as good as it once was. But with a few modifications, you can stay living at home safely and happily.

## Home modifications make you safer

- Install smoke alarms outside every bedroom and check the batteries regularly.
- Install a carbon monoxide detector that sounds an alarm.
- Install an alarm that goes off if a pot on the stove is left unattended for too long.
- Install grab handles in the shower, toilet, entryway, and anywhere without handrails.
- Place non-skid mats inside and outside the shower or tub and near the toilet and sinks.
- Use shower chairs and bath benches.
- Store flashlights in an easy-to-find place and make sure the batteries work. Crank or solar-charged flashlights are great.
- Make sure entrance areas are safe—install ramps and handrails, repair any loose steps or floorboards.



## Prevent falls and injury with these tips from physical & occupational therapists

- Remove loose carpet or throw rugs, and unneeded items like plant stands and end tables that could be obstacles to mobility.
- Keep paths clear of electrical cords, oxygen tubing, and clutter.
- Use night-lights in hallways, bathrooms, and stairways.
- Place bedside lamps within easy reach.
- Make sure to wear well-fitting shoes with good support and low heels, and non-slip soles.
- If you use a walker or cane, put rubber tips on it, keep it in good repair and close at hand.
- Tennis balls on walker front feet help them slide easily.
- Always use handrails when using stairs.
- Always go up the stairs with your “good” foot first and down with your “bad” foot first.
- Make sure there are two secure rails, one on each side of the stairs.
- Ask a family member to test your cane/walker/wheelchair for safety and help you learn to use it.
- Many medications can cause drowsiness or dizziness (e.g., meds for pain, cough, sleep, blood pressure, allergies). Know the side effects of any meds you take.
- Consider purchasing a medical alert system, such as Lifeline.

