

East Bay Senior Independent

Event calendar and information you can use



January 2019 Events

Oakland / Alameda

Tuesday through Saturday (except holidays)

African American Museum & Library – Free

African American history exhibits & info
659-14th St, Oakland. Open 12-5:30pm

1/2 to 1/16 – Crossing Boundaries Exhibit – Free

Asian & Multicultural Calligraphy, Ceramics, & Cuisine
Oakland Asian Cultural Center, M-F, 12-6pm, Sat, 10-5
388 Ninth St., Suite 290, Oakland (closed Sundays)

1/3, 1/17 (1st & 3rd Thursdays) Mercy Brown Bag Food Program – 10-11am – Free food

Hong Lok Senior Center, 261-11th St., Oakland

1/12 Second Saturday Family Festive Gathering –

Free (food & crafts for sale) 11am-5pm, Jack London
Square, Broadway & Embarcadero, Oakland

Berkeley / Albany

Thur–Sat – Building Bridges, Not Walls: Exhibit

Berkeley's history of welcoming immigrants
Berkeley Historical Society, 1-4pm, Free
1931 Center St., Berkeley (510) 848-0181

Daily, Monday - Friday – Game Room – Free

South Berkeley Senior Center, 12-4:30pm
2939 Ellis Street, Berkeley

1/6, 1/20 – Rumba Party, Afro Cuban Drums, Dances, Songs – Free, 1st & 3rd Sundays, 3:30pm

La Pena Cultural Center, 3105 Shattuck Ave, Berkeley

Hayward / San Leandro

Every Thursday – Live Band Dance – Free

Dance to oldies & big band music, 10-11:30am
Hayward Area Senior Center, (510) 881-6766
22325 North 3rd Street, Hayward

1/7, 1/14, 1/28 – Older & Out – Free

Support group for LGBTQ seniors. 1-3pm.
Hayward Area Senior Center, (510) 881-6766
22325 North 3rd Street, Hayward

1/8, 1/22 – Senior Deaf Group – Free

Socializing, potluck, Dingo game. 10am-3pm
Hayward Area Senior Center, (510) 881-6766
22325 North 3rd Street, Hayward

1/8, 1/15, 1/22, 1/29 – Senior Satellite Activities Club (every Tues) – Free Cards, games, arts, exercise, more

Ashland Community Center, 9:30am-12pm
1530- 167th Ave., San Leandro

1/14, 1/28 (2nd & 4th Mondays) Mercy Brown Bag Food Program – 10-11am – Free food

San Leandro Senior Center
835 E. 14th St., San Leandro

1/25 – United Seniors of Oakland & Alameda County (every 4th Friday) – Free. Discuss senior issues with

County Supervisor Nate Miley, 10-11:30am
Ashland Community Center
1530-167th Ave, San Leandro

Contra Costa County

1/15 (1st & 3rd Tuesdays, except holidays) Community Produce Distribution – Free, 11am-12pm

Hercules Senior Center, (510) 799-8219
111 Civic Drive, Hercules

1/9 – Blood Pressure Check (2nd Wednesdays) Free

Hercules Senior Center, 10am-2pm
111 Civic Drive, Hercules, (510) 799-8219

1/10 – Free Movie Night (2nd Thursdays) 6:30 pm

Orinda Theater, 2 Orinda Theater Square, Orinda
Short walk from Orinda BART station

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



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Simplify your daily life

As we get older, we may have health conditions that make some activities of daily life more difficult. Anything that makes your day easier, simpler, and safer contributes to a better quality of life. As we start a new year, here are some ideas that seniors have found helpful. We will have more tips in the February issue.

Clothing:

- Clothing that fastens with Velcro can be a big help for arthritic fingers.
- Put your belt in your trousers before you put them on.
- Stop the buttons from falling off your shirts by painting some clear nail polish over the threads.
- Attach a key ring to zippers to make them easier to grasp.

Kitchen:

- Use jar openers or put on rubber gloves to open jars.
- Use a skirt/trouser clip hanger as a recipe holder – hang the hanger from a cupboard handle and clip your recipe/recipe book to it.
- Keep your cleaning supplies in the pockets of a hanging shoe rack over the back of the kitchen/utility room door so you don't have to bend down to find them under the sink.
- Put a tall stool with arms in your kitchen so that you can sit while washing up or making dinner.
- If chopping ingredients is difficult, buy prepared foods such as pre-chopped onions, minced garlic, and frozen vegetables and fruit.
- To reach items in the back of the refrigerator, add a "lazy susan" (turntable) on top of a shelf so you can rotate it to bring what you need to the front.
- Wrap rubber bands around cups and mugs to make them easier to grip.
- Keep track of your daily fluid intake by drawing hour marks down the side of a large water bottle to remind yourself to hydrate throughout the day.

Bathroom:

- Use a long-handled brush or mittens with straps to help with bathing.
- To prevent slipping in the shower when soap falls, put your bar of soap into the foot of a stocking (cut from pantyhose) and tie the top end to the shower head or a grab bar.

- Put a chair with sturdy armrests in your bathroom so that you can brush your teeth and wash your face comfortably without risk of losing balance.
- Clean your shower head by filling a plastic bag with white vinegar and securing it around the head with a rubber band. Allow the shower head to soak overnight, and remove the bag in the morning to see a shiny shower head.

