



THE LINK

EMERYVILLE SENIOR CENTER • 4321 SALEM STREET, EMERYVILLE, CA 94608 • (510) 209-1028

APRIL 2020 SPECIAL EDITION

Updated 3/31/2020

Emeryville Senior Center Update

The Senior Center has been extended through Friday May 1, 2020. All programs are currently cancelled except Meals on Wheels, Tri-City Café (now a part of Meals on Wheels), Mercy Brown Bag, and the 8 To Go Paratransit Shuttle. We currently plan to reopen the Senior Center on Monday May 4th. However, we will be adaptive to the situation as it progresses and will follow guidelines from governmental health agencies providing oversight. Please refer back to this page as we will update the newsletter accordingly. Our temporary customer service line is 510-209-1028.

Phone Tree Program

We are continuing to make phone calls to every member of the Emeryville Senior Center who has scanned their badge since February 1st. This is over 500 people! We want everyone to know that we care about our members during this difficult time. Whether you need help getting connected to services, or just want a friendly voice to chat with, we are here for you. If you would like a City Staff member to call you, please email Brad at bhelfenberger@emeryville.org.

Trips Update

We have cancelled ALL field trips until further notice. If you paid for a trip with a credit card, you will receive a refund to your card. If you paid with cash/check, you will receive a credit to your account. We are unable to process check refunds at this time. We apologize for any inconvenience.

8-To-Go

The 8 To Go Shuttle is still operating for registered riders for grocery trips, medical appointments, and other necessary trips. Service is limited to one passenger at a time and we have increased the frequency in which we are sanitizing the vehicle. For scheduling, please call 510-209-1028. Same day rides are also available. Please call the driver at 510-385-0911.

Mercy Brown Bag

If you are a current Brown Bag recipient and are in need of food during this time, please call (510) 534-8540. Give your Mercy Brown Bag Program card number, name, address, and phone number and we will get the food to you. The next delivery date for members is Thursday April 2nd.



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Tri City Café/ Meals on Wheels

Meals on Wheels will continue to provide a meal 7 days per week. We have changed the delivery schedule to reduce the possibility of exposure to COVID-19. Deliveries will now be on Mondays and Thursdays with 3 meals provided on Monday and 4 on Thursday. If you live in Emeryville and need Meals on Wheels, call 510-209-1028 or email mmckenna@emeryville.org.

We have also converted our Congregate Lunch Program to Meals on Wheels temporarily. If you are registered for Congregate Lunch/ Tri-City Café and live in Emeryville, North/West Oakland, or South Berkeley, call us at 510-209-1028 or email mmckenna@emeryville.org.

If you are not registered for Congregate Meals/Tri-City Café and do not live in Emeryville, here are some local Meals on Wheels organizations that are serving your local community.

Oakland/San Leandro/Hayward/Castro Valley/San Lorenzo: 510-582-1263
Berkeley: 510-981-5250

Stores with "Senior Hours"



Pak N Save: 3889 San Pablo Ave.
Tuesday/Thursday 7am-9am
Full Hours: 7am-9pm



Trader Joes: 5700 Christie Ave.
Daily 8am-9am
Full Hours: 9am-7pm



Target: 1555 40th Street
Wednesdays 8am-9am
Full Hours: 8am-9pm

target

Stores Offering Assistance To Older Adults



Berkeley Bowl: 920 Heinz Ave
Berkeley
Hours: 9am-8pm



CVS Pharmacy
4349 San Pablo Ave
Hours: 9am-9pm



Watergate Market:
2390 Powell St.
Hours 9am-9pm

Virtual Recreation and Resource Portal

The Community Services Department has created a virtual place for fun, education, and resources. There is page dedicated just for older adults, so please visit the page often for new updates and ideas to keep you and your loved ones health, entertained, and informed.

[CLICK HERE for the Virtual Recreation and Resource Portal.](#)



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Senior Center Classes ONLINE

We care about your health and well-being during the Shelter In Place. We strongly encourage you to remain active and try to stick to your fitness routines as much as possible, or to try something new. Some of our Instructors are starting to host live and recorded classes online. Please check back to this list frequently as we will update it as more instructors do online courses:

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	ID 933 308 7325
Isabelita	Meditation	Tuesdays, 12pm	Zoom	ID 478 819 550, Pass 012184
Helen	Zumba	Any Time (Recording)	Youtube	

Other Classes:

These classes are suggestions we have found online and are performed by other instructors:

- Meditation- <https://youtu.be/6vO1wPAmiMQ>
- Sit'n'Fit- <https://youtu.be/xMTwTP91hS8>
- Feldenkrais- <https://youtu.be/fwWU6pJ-bvw>
- Chair Yoga- <https://youtu.be/4eCb3TFHnTg>
- Zumba- <https://youtu.be/WYdJHpQL8-k>
- Gentle Yoga- <https://youtu.be/kFhG-ZzLNN4>
- Line Dance- <https://youtu.be/uZXQuqPnp8g>
- Qi Gong- <https://youtu.be/kFhG-ZzLNN4>
- Tai Chi- <https://youtu.be/FEC357DTNnA>
- Light Weights- <https://youtu.be/rkDlpZ3Musw>

Other Resources

211 for local services and assistance, visit [211.org/alamedacounty](https://www.211.org/alamedacounty) (or call 2-1-1 from any phone)

Born to Age Resource Referral: [borntoage.com/alameda-county](https://www.borntoage.com/alameda-county)

AARP Safe Driver Program Online Courses: [aarpdriversafety.org](https://www.aarpdriversafety.org)

Legal Assistance for Seniors - Call 510-832-3040 and leave a message.

HICAP - Call 510-893-0393 for phone appointments. There may be delays in response time.

[Click this link for a Consumer Tip Sheet for Protecting yourself and Medicare against Fraud](#)