

EMERYVILLE SENIOR CENTER

4321 Salem Street, Emeryville, CA 94608

510-596-3730

February 2017

39 YEARS

The Link

Chinese New Year Celebration!

Wed., February 1, 2017 - 11 am

Come celebrate Chinese New Year 2017 with the Emeryville Senior Center.

This year we celebrate the year of the Rooster and will include a catered Chinese lunch, a special Chinese souvenir and lots of entertainment! You must register in advance as space is limited! Purchase your tickets for \$5 starting January 18th. This event is limited to Senior Center Members. Tickets are not transferrable.



Super Bowl Potluck Party!



Sun., February 5, 2017

Doors Open 1 Hour Before Kickoff

Come cheer on your favorite team at the annual Super Bowl Party, or come just to see the commercials on our big screen TV. Bring a dish and/or drinks to share!

Black History Celebration!

Fri., February 24, 2017, 11 am

This year's Black History Month Celebration will include a delicious soul food catered lunch, specialty vendors to browse and shop, special entertainment, including a senior center favorite Marlon Greene will be here. You can make your table selection and purchase your admission ticket starting on February 10th for \$5 each. This event is limited to members of the Emeryville Senior Center. Bring your umbrella for the final march and sing-a-long!



ESC Annual Flea Market

Beginning Jan. 23rd, you can drop off your gently used items to donate for the annual ESC Flea Market. This year, the Flea Market will be held in April. Sorting dates will be 4/24-4/26 and the sale begins on Thursday, April 27 through April 29. If you are interested in volunteering to help with the Flea Market this year, please contact Rodney Wong, Friends of ESC Vice President or ask staff: 510-596-3730

Upcoming Dates:

- Feb 1 Chinese New Year Celebration
- Feb 2 Brown Bag
- Feb 2 Friends of ESC Meeting
- Feb 2 De Young Museum
- Feb 3 Armchair Travel: Iguazu Falls, Brazil
- Feb 3 Alameda Fire Dept. Blood Pressure Checks
- Feb 3 Movie: "Difret"
- Feb 5 Super Bowl Potluck Party
- Feb 7 Walnut Creek Shopping
- Feb 8 COA Meeting
- Feb 8 Jackson Rancheria Casino
- Feb 9 Pacific Grove Butterfly Sanctuary
- Feb 10 Power of Music & Movement
- Feb 10 Movie: "Not Easily Broken"
- Feb 10 Live Jazz by The Therapists
- Feb 12 Cirque du Soleil—San Jose
- Feb 14 Joe's Buffet Bus
- Feb 15 MOAD Museum
- Feb 16 Brown Bag
- Feb 16 AARP Refresher
- Feb 16 Book Club
- Feb 16 HICAP
- Feb 16 Paramount Theater
- Feb 17 Lan Shaw: Financial Planning
- Feb 17 Alameda Fire Dept. Blood Pressure Check
- Feb 17 Movie: "Central Intelligence"
- Feb 20 ESC CLOSED—Presidents' Day
- Feb 21 Newsletter Day
- Feb 22 ACT: A Thousand Splendid Suns
- Feb 23 Sake Tasting
- Feb 24 Black History Celebration

Program Highlights

MONTHLY BOOK CLUB

Meets the Third Thursday of each month. 10:00AM Books being read:

Feb 16: Country of Ice Cream Star: S. Newman

Mar 16: Yellow Raft in Blue Water: Michael Dorris

Please bring your book with you; we will have a few copies on hand for you to borrow.

February Presentations: Start time is 10:30am

Drop in; you might learn something new!

Friday, February 3rd - Armchair Travel: Travel with Tony & Laura Bushman to Iguazu Falls, Brazil.

Friday, February 10th- : Debbie Sternbach Presents

The Power of Music & Movement: Feelin' Good! Debbie teaches the Dance For Parkinson's class @ ESC.

Friday, February 17th- Lan Shaw Presents: Lan Shaw is back to discuss what's happening in the Markets and to address your financial concerns.

Friday, February 24th—NO PRESENTATION:

Join us for the Black History Celebration: 11am-1pm



AARP Refresher Course

Thursday, February 16, 9:00am-1:00pm

If you are over 50 and want to take a class to refine your driving skills, then join this class. YOU MUST sign up prior to the class! Many insurance providers offer discounts to seniors who take this class every four years. This is the 4-hour Refresher Course. The course is \$15 for members of AARP & \$20 for non-members. **Please bring exact change or check payable to AARP only.**



The 8-hour Full Course will be offered again on March 16th & 23rd, 2017.

NEW! Dominos with Virgil!



Play Dominoes in the Billiards Room with **Virgil** at 1 pm on Mondays in Feb.

The Pool is OPEN Year Round!

The pool at ECCL is open year round!

The following senior rates apply:

\$2 Drop in fee for Aqua Aerobics classes

\$15 for a 10-class punch card or \$50-Season Pass (4 months). The season pass also includes access to the weight room and lap swim. Sign up at the pool.

FREE LIVE JAZZ!

Join us on **Fri., Feb. 10, 3 pm** for a very special afternoon.

"The Therapists" will be performing their show "Comeback

Jazz: When Jazz comes back it brings your memories along!" Enjoy your favorite tunes from the 1930s, 40s and 50s. FREE!



Volunteers Needed!

We need YOU! If you have time to help with set up, serve, or decorate for special events or any daily services, please leave your name, number and what you're interests are with the front desk.

Set up for Chinese New Year: Tue., Jan 31

Chinese New Year, Wed., Feb 1

Black History set up & event: Thur., Feb. 23/24

Flea Market: Feb 1- April 25

Calling All BINGO Players!

Emeryville BINGO

NEEDS you!!!

If you like to play BINGO, come out to the Emeryville

Senior Center on **Mondays from 1:00-3:00pm** to join the fun! Callers and Players are needed!

For only \$1/card, you will have two hours of fun!

Try your luck with Lucky 7!



Thank You! Thank You! Thank You!

Thank you to all of wonderful volunteer instructors! In case you aren't aware, we have several classes that are led by dedicated volunteers including, two Line Dance classes, Computers, Current Events, Art,

Chinese Dance, Tai Chi, Guitar and Feldenkrais!



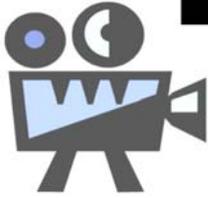
We are most appreciative of their offerings!

The Link is published monthly by the Emeryville Senior Center, 4321 Salem Street Emeryville CA 94608, which is funded primarily by the City of Emeryville, with additional funds from Alameda County Area Agency on Aging, Measure B, corporate and individual donations, and fundraising activities.

STAFF: Youth and Adult Services Manager: **Brad Helfenberger**, (Acting) Adult Services Supervisor: **Kim Burrowes**, Recreation Assistant: **Chauncey Anderson**, Administrative Assistant: **Peter Chan & Andrea Mok**, Nutrition Specialist: **Mary McKenna**

PROGRAM HIGHLIGHTS

MOVIES



Movies are shown in the "Billiards Room" Fridays at 1:00PM, unless otherwise noted.

"Difret" - February 3rd - After shooting a man who tried to force her into marriage, a 14-year-old Ethiopian girl is jailed and charged with murder. Now, the only thing standing between her and the death penalty is a zealous young lawyer determined to save her client's life (2015 drama, 136 minutes)

"Not Easily Broken" - February 10th -

Based on the novel by televangelist T.D. Jakes, this faith-based drama follows the trials and tribulations of Dave and Clarice, a married couple forced to reevaluate the strength of their bond after Clarice is injured in a car accident. (2009 drama, 140 minutes)

"Central Intelligence" - February 17th -

When a career accountant reconnects with a former classmate who now works as a CIA operative, the mild-mannered number-cruncher soon finds himself waist deep in a lethal counterespionage operation. (2016 action, adventure, comedy, 154 minutes)

"Guess Who's Coming to Dinner"—February 24th - Spencer Tracy and Katharine Hepburn star as wealthy Californians who consider themselves progressive until their only daughter (Katharine Houghton) brings home her African American fiancé (Sidney Poitier) in this snapshot of race relations in the late 1960s. The film earned two Academy Awards and eight other nominations. Stanley Kramer directs (1967 drama, 148 minutes)

MEETINGS



FRIENDS OF THE EMERYVILLE SENIOR CENTER Meets at 10:30am on February 2nd (Thursday)

This non-profit group raises funds to support Center programs and equipment. Meeting open to all.

EMERYVILLE COMMISSION ON AGING

Meets at 10:00am on Wednesday, February 8th

This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.

NEWSLETTER DAY

Tuesday, February 21st; 9:30am

Volunteers help put together the newsletter for the monthly mailing. Stop by and help! Meet new friends!

...The Link...

PBID

Property Based Improvement District (PBID) Property Assessment Senior Rebate Program FY 2016-2017

New Applicants: To qualify for the Senior Rebate Program you must own and occupy your residence, Alameda County Property Taxes must be paid in full by 4/30/17 and you must be 65 years of age or older.

Completed applications must include:

Proof of age, copy of 2015/16 tax bill and a W-9

Returning Applicants: If you satisfy all of the above requirements and you received a refund last year, you will only need to complete the application and return it with a copy of your 2017 Alameda County Property Tax Bill.

Questions should be directed to the City Manager's Office at (510)-596-3770

Rebate checks will be mailed May/June 2017

Please note: Continued eligibility must be confirmed each year.

SERVICES & PROGRAMS

HICAP COUNSELING

Thursday, February 16th, 1:00-3:00pm

Call HICAP for Appointment 510-839-0393

Unbiased assistance & information on long term care, Medicare, supplements to Medicare, & HMOs



BROWN BAG FOOD DISTRIBUTION

Thursday, Feb 2nd & 16th; 9:00-10:00am

Bags of fresh produce & groceries for eligible registered program participants.

Bring bag. FEE: Annual Donation of \$10.



BLOOD PRESSURE CHECK UP

Friday Feb 3rd & 17th; 11:30am

The Emeryville Fire Department will check your blood pressure each month and record your progress from month to month.

***Additional Street Parking for the Senior Center is located in the white zone on 43rd Street. Anna Yates school has moved to ECCL.**

PROGRAM HIGHLIGHTS

10 Pieces of Chinese Wisdom

Submitted by: Mary Soo-Hoo

Happy Chinese New Year! 2017 is the Year of the Rooster in the Chinese zodiac. If you were born in 1933, 1945 or 1957 you are a Rooster. Roosters are very observant, hardworking, resourceful, courageous, and talented. They are amusing, talkative, outspoken, open, honest, and loyal. They like to be the center of attention and always appear attractive. Some Chinese wisdom for everyone in the new year:

1. It doesn't matter how slow you go, as long as you do not stop.
2. Never establish a friendship with someone who is not more virtuous than you.
3. When you get angry, think of the consequences.
4. If it's clear you can't achieve your goals, don't change your goals, change your actions.
5. If you hate, then you've been defeated.
6. Noble people make demands on themselves, lesser people make demands on others.
7. Whatever you do in life, do it with all your heart.
8. Give guidance only to those who have acknowledged their ignorance and seen knowledge.
9. Extravagance in the small things will bring a great cause to ruin.
10. If people spit at your back, it means you're ahead.

Has your Membership Expired?

The date on the top right corner of the address label on your newsletter envelope is the date your membership expires. As a courtesy, we continue mailing you the newsletter for up to three months after your membership expires. Don't let this be your last LINK, renew your membership in the office today! If you haven't received the LINK in awhile, you might need to renew. Scholarships are available for those who need assistance.

Membership Scan Cards

Please make sure that you are scanning your Emeryville Senior Center Membership cards at the front desk when you come to the center for classes, lunch, trips, volunteering, or just hanging out. The scan reader is located on the front desk next to Chauncey. If you are in need of a replacement scan card, just ask a staff member.

Congratulations!

Congratulations to **Edna Coleman** for being selected as ESC's February Senior of the Month! Edna is a former educator and a dedicated member of the senior center. Her travels have allowed her to share her love of adventure and education by presenting her travel experiences with fellow senior center members. She also contributes her time and collections each year to the Black History Celebration. **Thank you Edna for your service and commitment to the Emeryville Senior Center!**

Other Services

INTERNET ACCESS/WIFI

The center has 8 computers and 3 laptops available for use, or bring your own computer and log on to our free WiFi.

INFORMATION/REFERRAL

On housing, health care, in-home care, and other community resources and professional services.

CLIPPER CARD APPLICATIONS are available in the lobby.

ONLINE TRIP RESERVATIONS ADDITIONAL FEES APPLY



Have you been having trouble getting through to the Senior Center phones on Trip Sign-up Day? Are the trips you want full before you have a chance to come to the Senior Center? Did you know you can sign up for trips up to **THREE DAYS BEFORE** Trip Sign-up Day.

Visit our online registration website today at:

www.emeryville.org/activenet

You can set up your account today so it will be ready when online registration opens. Online registration for March trips will open on Friday, January 20th. Phone and walk-in registration will begin on Monday, January 23rd. There is a small convenience fee for online registration.

The mission of the Emeryville Senior Center is to provide an array of activities and services that promote healthy aging and contribute to the physical, emotional, and financial well-being of older persons in our community. Participation is not limited with regard to race, color, creed, national origin, sex, or handicap.

FEBRUARY 2017

EMERYVILLE SENIOR CENTER
4321 SALEM ST., (510) 596-3730
HOURS: M-F 9:00AM-5:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Events: Chinese New Year 2/1 Super Bowl Party 2/5 Jazz w/"The Therapists" 2/10 Black History Celebration 2/24	 Happy Valentine's Day! Feb. 14	9:00 Beg. Line Dance 1 9:00 NO Yoga 10:30 Qi Gong 11:00 NO Adv. Soul Line Dancing 11:00 Chinese New Year Celebration 12:15 Art Group 1:00 NO Matter of Balance	9:00 Brown Bag 2 10:15 Rosen Movement 10:30 Zumba 10:30 Friends of ESC Meeting 1:00 Quilting/Sewing 1:00 Yarn Around De Young Museum	9:00 Feldenkrais 3 10:30 Tai Chi 10:30 Armchair Travel 11:30 Blood Pressure Check 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango Dance MOVIE: "Difret" 
9:00 Beginning Computers 6 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 1:00 POW 1:00 Bingo & Dominoes	9:15 Light Weight Training 7 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Int. Tap Dance 1:30 Chinese Dance 2:00 Adv. Int. Tap Dance Walnut Creek Shopping	9:00 Beg. Line Dance 8 9:00 Yoga 10:00 COA Meeting 10:30 Qi Gong 11:00 Adv. Soul Line Dancing 12:15 Art Group 1:00 Matter of Balance Jackson Rancheria	10:15 Rosen Movement 9 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around Pacific Grove	9:00 Feldenkrais 10 10:30 Tai Chi 10:30 Power of Music & Movement 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance (Bldg A) 1:00 Tango Dance (upstairs) MOVIE: "Not Easily Broken" 3:00 Jazz w/"The Therapists"
9:00 Beginning Computers 13 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 1:00 POW 1:00 Bingo & Dominoes	9:15 Light Weight Training 14 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Int. Tap Dance 1:30 Chinese Dance 2:00 Adv. Int. Tap Dance Joe's Buffet Bus	9:00 Beg. Line Dance 15 9:00 Yoga 10:30 Qi Gong 11:00 Adv. Soul Line Dancing 12:15 Art Group 1:00 Matter of Balance MOAD Museum	9:00 Brown Bag 16 9:00 AARP—Refresher 10:00 Book Club 10:15 Rosen Movement 10:30 Zumba 1:00 HICAP 1:00 Quilting/Sewing Paramount Theater	9:00 Feldenkrais 17 10:30 Tai Chi 10:30 Lan Shaw: Financial Planning 11:30 Blood Pressure Check 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance 1:00 Tango Dance MOVIE: "Central Intelligence" 
ESC CLOSED 20 	9:15 Light Weight Training 21 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Int. Tap Dance 1:30 Chinese Dance 2:00 Adv. Int. Tap Dance Newsletter Day	9:00 Beg. Line Dance 22 9:00 Yoga 10:30 Qi Gong 11:00 Adv. Soul Line Dancing 12:15 Art Group 1:00 Matter of Balance ACT	10:15 NO Rosen Movement 23 10:30 Zumba 1:00 Quilting/Sewing 1:00 Yarn Around Sake Tasting	9:00 Feldenkrais 24 10:30 Tai Chi 11:00 Black History Celebration 12:15 Dance Moves for Parkinsons 12:30 Chinese Dance (Bldg A) 1:00 Tango Dance (upstairs) MOVIE: "Guess Who's Coming to Dinner"?? 
9:00 Beginning Computers 27 9:00 Tai Chi 10:00 Coffee & Current Events 10:15 NIA 10:30 Physical Fitness 11:15 Pilates Class 1:00 POW 1:00 Bingo & Dominoes	9:15 Light Weight Training 28 10:30 Zumba 11:00 Chair Yoga 11:30 Guitar Class 12:15 Restorative Pilates 1:00 Mah Jong 1:00 Int. Tap Dance 1:30 Chinese Dance 2:00 Adv. Int. Tap Dance	Lunch Served Daily 11:45-12:15 	ESC CLOSED: Monday, February 20th for President's Day	WEEKENDS in Feb: Sun., Feb. 5: Superbowl Potluck Party BYOB Sun., Feb. 12, Cirque du Soleil: Luzia

EMERYVILLE SENIOR CENTER

CLASS SCHEDULE

Monday Programs	Instructor/Leader	Time	Location
Beginning Computers	Peter & Sharon Lee	9:00-11:00	Upstairs Computer Lab
T'ai Chi	Judy Jamerson	9:00-10:00	Upstairs Dance Room
Coffee & Current Events	Gene Weinstein	10:00-12:00	Upstairs Conference Rm
Non-Impact Aerobics (NIA)	Angi Spector	10:15-11:15	Upstairs Dance Room
Physical Fitness	Geraldine Washington	10:30-11:30	Main Hall
Pilates	Angi Spector	11:15-12:15	Upstairs Dance Room
Posture Oriented Wellness	Amy Aldrich	1:00-2:30	Upstairs Dance Room
Bingo	Leona Neal	1:00-3:00	Main Hall
Tuesday Programs	Instructor/Leader	Time	Location
Light Weight Training	Helen Vaughn	9:15-10:15	Main Hall
Newsletter (3 rd)	Birdie Lodge	9:30-12:00	Main Hall
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Chair Yoga	Sally Maxwell	11:00-12:00	Upstairs Dance Room
Guitar/Folk Singing	Terry Lee	11:30-12:30	Billiards Room
Restorative Pilates	Isabelita Papa	12:10-1:20	Upstairs Dance Room
Tap Dance I	Bruce Biada	1:00-2:00	Main Hall
Mah Jong	Terry Lee	1:00-3:00	Billiards Room
Chinese Dance	Julia Zhang	1:30-3:30	Upstairs Dance Room
Tap Dance II	Bruce Biada	2:00-3:00	Main Hall
Wednesday Programs	Instructor/Leader	Time	Location
Beg. Line Dance	Novella Peterson	9:00-10:00	Upstairs Dance Room
Yoga	Sally Maxwell	9:00-10:00	Main Hall
Commission on Aging (2 nd)	Joyce Jacobson	10:00-11:30	Billiards Room
Qi Gong	Isabelita Papa	10:30-12:00	Upstairs Dance Room
Friends of ESC (1 st)	Davetta Thibeaux	10:30-12:00	Conference Room
Adv. Soul Line Dance	Ray Johnson	11:00-12:00	Main Hall
Art Studio	Marjorie Wagner	12:15-2:30	Upstairs Dance Room
Matter of Balance	Nina & Marty (SIPP)	1:00-3:00	Billiards Room
Thursday Programs	Instructor/Leader	Time	Location
Brown Bag (1 st & 3 rd)	Mary McKenna	8:30-9:30	Main Hall
AARP Driving Classes	Olithia O'Toole	9:00-1:00	Billiards Room
Book Club (3 rd)	Annie Fong	10:00-11:00	Conference Room
Rosen Movement	Stephanie Peters	10:15-11:30	Upstairs Dance Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Quilting & Sewing	Sandy Newman	1:00-4:00	Main Hall
Yarn Around	Kim Huhta	1:00-3:00	Billiards Room
Friday Programs	Instructor/Leader	Time	Location
Feldenkrais	John Stephens	9:00-10:00	Upstairs Dance Room
Tai Chi	Ann Koo	10:30-11:30	Upstairs Dance Room
Blood Pressure Checks	ACFD (1 st & 3 rd)	11:30-12:30	Billiards Room
Dance Moves Me/Parkinsons	Debbie Sternbach	12:15-1:30	Bridgcourt Room
Chinese Dance	Julia Zhang	12:30-2:30	Upstairs Dance Room
Tango	Ivan Shvarts	1:00-4:00	Main Hall

Upcoming trips:

February 2017 Page 1 of 2

Scholarships are Available!

If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! One trip per senior per year.

DeYoung Museum: Frank Stella **Thursday, February 2nd** **10:00am-4:00pm**

Cost: \$28 per person

Frank Stella: A Retrospective surveys the career of this towering figure in post-WWII American art. Fifty works, including paintings, reliefs, sculptures and maquettes, will be displayed at the de Young, representing Frank Stella's prolific output from the late 1950s to the present day. This will be the first comprehensive U.S. presentation devoted to the artist since 1970. Lunch is on your own in the café.

MODERATE Walking

Walnut Creek Shopping Trip **Tuesday, February 7th** **10:00am—4:00pm**

Cost: \$10 per person

If you haven't been to "the Creek" since it has been renovated, then you don't want to miss this fun trip. So many shops and anchor stores to choose from including, Macy's, Nordstrom and Nieman Marcus. There are plenty of dining choices to choose from too including The Cheesecake Factory. On your own for the day. **EXTENSIVE Walking**



Jackson Rancheria **Casino** **Wednesday, February 8th**

8:30am-6:30pm

Cost: \$28 per person

Come with us to Jackson Rancheria in the foothills of the beautiful Sierra Nevada Mountains with 36 gaming tables, 6 poker tables including Texas Hold'em and 1700 slots and video games to keep you entertained round the clock! You are on your own for the day. **Walk at your own pace**



Online Sign ups begin **Friday, December 23**
Walk in/phone Sign-ups begin **Tuesday, Dec 27**

Pacific Grove **Butterfly Sanctuary** **Thursday, February 9th**

9:00am-5:00pm

Cost: \$15 per person

Pacific Grove is a seaside community on the Monterey Peninsula, which is famous for sheltering monarch butterflies from October through February. Thousands of fluttering monarchs arrive from the north and are protected in a special microclimate of eucalyptus trees and Monterey pines. You will take a stroll along the boardwalk to see the butterflies then back to town for lunch on your own in Pacific Grove.

EXTENSIVE Walking

Cirque du Soleil **Luzia—A Waking** **Dream of Mexico**

Sunday, February 12th

10:30am-5:00pm

Cost: \$65 per person

Check out Cirque's stunning new performance: *Luzia!* Allow yourself to be transported to an imaginary Mexico. Experience a wondrous world that inspires you to explore your senses, enveloped in light and nurtured by rain. Lunch will be on your own in downtown San Jose prior to the show. **MODERATE Walking**



Joe's Buffet Bus **Tuesday, February 14th** **Cost: \$10 per person**

Dine with Joe at a surprise buffet location TBA. Lunch is on your own.

Museum of the African Diaspora **Wednesday, February 15th** **10:00am-3:00pm**

Cost: \$13 per person

The Museum of the African Diaspora in San Francisco is rich in history and beauty. Join us for a tour of the museum featuring several current art exhibits and touching narratives of enslaved peoples. After your tour, enjoy lunch on your own in the Market Street area. There are several excellent restaurants to choose from. Or duck inside one of many other museums in the area. **MODERATE Walking**

Upcoming trips:

February 2017 Page 2 of 2

Online Sign ups begin **Friday, December 23**
Walk in/phone Sign-ups begin **Tuesday, Dec 27**

Paramount Theater Tour
Thursday, February 16th
9:30am-2:00pm

Cost: \$10 per person

Take a tour of one of Oakland's finest architectural accomplishments. The Paramount Theater tour will take you behind the scenes and unfold a period of Depression Era Art Deco design that has suffered three decades of neglect and decline since it first opened in 1931. Today it is still a magical performance stage for SF Symphony, many performing arts genre's and modern music concerts. Lunch is on your own in Oakland. **MODERATE Walking**

ACT: A Thousand Splendid Suns
Wednesday, February 22nd
11:00am-6:00pm

Cost: \$10 per person

A Thousand Splendid Suns is the epic story of three generations of Afghan women who are bound together by marriage, family, and a secret past, amid the war-torn streets of modern-day Kabul. Based on the best-selling novel by Khaled Hosseini that sold over seven million copies and featuring live music from composer David Coulter, this world premier is not to be missed! Cost of ticket and lunch is on your own. **Cash please for tickets! MODERATE Walking**

Sake Tasting & Lunch
Thursday, February 23rd
11:00am-3:00pm

Cost: \$10 per person

Takara Sake Factory is right in our own back yard! Enjoy the day shopping in Berkeley on Fourth Street and have lunch on your own. There are many great café's to choose from! Then head over to Takara for some locally made sake and learn about the history of this delicate Asian libation.

MODERATE Walking

A Friendly Reminder: All WEEKEND trips will depart from Emeryville City Hall at 1333 Park Avenue. Call the office for questions.

Please Read This:

Tips for Tripsters: Refund Policy

Recently, we have seen an increase in requests for refunds and questions about our policy. Here is our official refund policy:

Full refunds are available if you cancel your trip at least two weeks in advance of the date of the trip (30 days for overnight trips). Requests received less than two weeks prior to the date of the trip will only be considered if a replacement can be found. No other refunds will be considered, regardless of the reason for cancellation. Please remember that it is YOUR responsibility to remember which trips you signed up for. Escorts usually make reminder calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.

Domestic & International Guided Tours

Save the Date!!

Next Slide Show Presentation
Wednesday, Jan. 25th @ 1:00pm

We just added a new tour to the 2017 line-up
British Landscapes (England, Scotland & Wales)
Oct. 18, 2017

Other Destinations for 2017:

- Northern National Parks (Utah & Wyoming),
- Switzerland, Austria & Bavaria,
- America's Music Cities
(New Orleans, Memphis & Nashville),
- Niagara Falls to New York City
- Washington, D.C. (African American Museum)
& Tropical Costa Rica

Coming Soon for 2018:

Australia & New Zealand,
Iceland's Magical Northern Lights & more!
Early booking discounts apply when you make your reservation **6 months in advance!**

Don't miss out on your adventure! Find your travel partner and reserve your seat today!

For more information or reservations please call:
Deborah Neal, Group Tour Coordinator @
(510) 499-5900

Upcoming trips:

March 2017 Page 1 of 2

Scholarships are Available!

If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! One trip per senior per year.

Legion of Honor presents:

Monet: The Early Years

Thursday, March 2nd

10:00am-4:00pm

Cost: \$34 per person

Monet: The Early Years will be the first major US exhibition devoted to the initial phase of Claude Monet's (French, 1840–1926) career. Through approximately sixty paintings, the exhibition demonstrates the radical invention that marked the artist's development during the formative years of 1858 to 1872. Lunch is on your own in the café.

MODERATE Walking



Chicken, Chitlins & Caviar

@ The Leshar Theater of the Arts

Saturday, March 4th

12:00pm-5:30pm

Cost: \$40 per person

A musical soul food feast that features the celebration of music in the African American culture. Come experience the pepper of Jazz, the seasoning of Classical and the spiritual comfort food of Gospel. Your musical palate will be overwhelmed by the stylings of recording artists April Wright-Hickerson, Doris Bumpus and Verlin Sandles. Be prepared to laugh, cry, rejoice and even sing along. Be fulfilled and inspired. Lunch is on your own before the show. MODERATE Walking

Walnut Creek Shopping Trip

Tuesday, March 7th

10:00am—4:00pm

Cost: \$10 per person

If you haven't been to "the Creek" since it has been renovated, then you don't want to miss this fun trip. So many shops and anchor stores to choose from including, Macy's, Nordstrom and Neiman Marcus. There are plenty of dining choices to choose from too including The Cheesecake Factory. On your own for the day. EXTENSIVE Walking



Online Sign ups begin Friday, January 20
Walk in/phone Sign-ups begin Monday, Jan 23

Filoli Gardens

Thursday, March 9th

8:30am-3:00pm

Cost: \$27 per person

Come check out what's blooming in the gardens! March is bulb month at Filoli; Spring bulbs, Daffodils, Tulips, Flowering cherries, and Tree peonies just to name a few. Wander through the gardens and have lunch on your own. MODERATE Walking



Red Hawk Casino

Saturday, March 11th

9:00am-5:00pm

Cost: \$24 per person

This month's casino trip will be to the fantastic Placerville Casino. The Waterfall Buffet will be open for your enjoyment! Red Hawk offers over 2000 slot machines, 75 table games, and six different restaurants to choose from. EXTENSIVE Walking



DeYoung Museum's:

Bouquet to Art

Tuesday, March 14th

10:00am-4:00pm

Cost: \$35 per person

Bouquets to Art 2017 marks the 33rd anniversary of the spectacular springtime exhibition in which floral designers create arrangements that pay tribute to and draw inspiration from the museum's permanent collections. Lunch is on your own in the museum café. MODERATE Walking



Burlingame for the Day

Thursday, March 16th; 10:00am-3:00pm

Cost: \$10 per person

Come with us to Burlingame to spend the day shopping and dining. There are plenty of stores to interest your shopping impulses and delicious cafés and restaurants to satisfy your palette. Lunch is on your own. MODERATE Walking

Alvin Ailey Dance Troop

Sunday, March 19th

1:00am-5:00pm

Cost: \$52 per person

A cornerstone of the Cal Performances season, Alvin Ailey American Dance Theater's Berkeley residency is always powerful and inspiring! See the new generation's contemporary repertoire by exciting living choreographers. MODERATE Walking



Upcoming trips:

March 2017 Page 2 of 2

Online Sign ups begin Friday, January 20
 Walk in/phone Sign-ups begin Monday, Jan 23

 **The Strand Theater Presents: *John***
Wednesday, March 22nd
10:30am-4:00pm

Cost: \$10 per person

A haunting drama that took off-Broadway by storm, *John* is the latest hit from American theater's Pulitzer Prize winner Annie Baker (*The Flick*). Jenny and Elias arrive at an old bed-and-breakfast in Gettysburg, PA—he wants to tour the historic battlefield, she wants to be left alone. But in the creaking Civil War house, amid the shelves of smiling dolls and the ghostly landlady, every crack between the couple starts to surface. **Cash for tickets only!**

MODERATE Walking

 **Golden Gate Theater Presents: *Into the Woods***
Wednesday, March 29th



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12:00am-5:30pm

Cost: \$50 per person

A dark & witty show, *Into the Woods* delves into the fairytale world created by the Grimm brothers. With cameos by Cinderella, Jack (of the beanstalk), Little Red Riding Hood, Rapunzel and more making an appearance in the tale of a simple baker and his wife, who have been cursed by the Wicked Witch. Lunch is on your own before the show. **MODERATE Walking**

Please Read This:

Tips for Tripsters: Refund Policy

Recently, we have seen an increase in requests for refunds and questions about our policy. Here is our official refund policy:

Full refunds are available if you cancel your trip at least two weeks in advance of the date of the trip (30 days for overnight trips). Requests received less than two weeks prior to the date of the trip will only be considered if a replacement can be found. No other refunds will be considered, regardless of the reason for cancellation. Please remember that it is YOUR responsibility to remember which trips you signed up for. Escorts usually make reminder calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.

 **Wine Tasting & Shopping in Lodi**
Thursday, March 30th
8:30am-4:00pm

Cost: \$25 per person

Come wine tasting in Lodi, a region known for its fine Zinfandel wines. We will tour and taste at Woodbridge Winery by Robert Mondavi. The tour will be a 45 minute walking tour of the grounds and bottling center followed by a tasting of Mondavi's signature wines. Afterwards, have lunch in downtown Lodi on your own. Also, on the way home, stop by Lodi's Lockeford Sausage Company for some fine homemade sausages and meats.

MODERATE Walking

A Friendly Reminder: All WEEKEND trips will depart from Emeryville City Hall at 1333 Park Avenue. Call the office for questions.

Domestic & International Guided Tours



Don't Miss This!!
 Slide Show Presentation
 Wednesday, Jan. 25th
 @ 1:00pm

Other Destinations for 2017:
 Northern National Parks (Utah & Wyoming),
 Switzerland, Austria & Bavaria,
 America's Music Cities
 (New Orleans, Memphis & Nashville),
 Niagara Falls to New York City
 Washington, D.C. (African American Museum)
 British Landscapes (England, Scotland & Wales)
 & Tropical Costa Rica

Coming Soon for 2018:
 Australia & New Zealand,
 Iceland's Magical Northern Lights & more!
 Early booking discounts apply when you make your reservation 6 months in advance!

Don't miss out on your adventure! Find your travel partner and reserve your seat today!

For more information or reservations please call:
Deborah Neal, Group Tour Coordinator @
(510) 499-5900