



THE LINK

EMERYVILLE SENIOR CENTER • 4321 SALEM STREET, EMERYVILLE, CA 94608 • [510] 596-3730

OCT

2020 SPECIAL EDITION

Updated 9/18/2020

October/Fall/Autumn

October is a month of cooler temperatures, shorter days, and a crispness in the air that invites us to prepare for Autumn festivities and family gatherings. Unfortunately, with the pandemic, the climate and air quality in the Bay Area, this years traditional October events will look very different. We hope that you will continue to celebrate this time of the year in any way that seems comfortable and safe for you. You can join the Virtual Oktoberfest or create your own Oktoberfest at home and invite your family and friends via Zoom. Dress up, prepare a special meal, decorate and celebrate your favorite time of year!

Virtual Oktoberfest from Munich, Germany—<https://www.idasdc.com/virtual-oktoberfest>

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."

Phone Tree Outreach Program

We want to welcome several new volunteers that will be reaching out to our ESC Members during this time, when social isolation is a great concern for many seniors. If you are on our original call list, you will receive a call from one of our volunteers. If you would like to make adjustments to the frequency of phone calls or be removed from the call list, please let your volunteer know. Our trained volunteers are here to support you, help you find resources or just give you a friendly voice to connect with. You may even make a new friend! If you would like to be placed on the call list, please email twright@emeryville.org and let her know that you are interested in being a part of the program. As always, you can call the Senior Center for any questions. If you don't reach someone, please leave a message. 510-596-3730.

The pool is OPEN for lap swim!!!

Lap swim is back! We are operating under County Guidelines to ensure everyone's safety. Lap swim and Water Walking is by reservation only. Reservations are 45 minutes long and must be booked online at

www.emeryville.org/register. Limit one swimmer per lane

and three reservations per week. Registration for the following week (Sunday-Saturday) opens at midnight on Wednesdays (Tuesday night) for Emeryville Residents and 9:00am on Wednesday mornings for Non-Residents. For full program information, please visit www.emeryville.org/1256.

Reservation Times:

- Monday-Friday 10:30am, 11:30am, and 12:30pm
- Saturday 3:00pm, 4:00pm, and 5:00pm
- Sunday 2:00pm, 3:00pm, and 4:00pm

Fee Increase for Annual Membership Dues Went Into Effect July 1, 2020

The Emeryville City Council approved a new Fiscal Year Budget increase for annual Senior Center Membership fees which went into effect July 1, 2020. The annual dues have increased from \$25 to \$30. **New and Renewing membership applications will not be processed until the Senior Center is open to the public at a future date to be determined.**

Fitness Center and Pool access fees \$3/day visit and \$44/3-month membership pass



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Tri City Café/ Meals on Wheels

In order to keep our Emeryville seniors and any other at-risk members of our community safely sheltered in place, we are sending volunteers to deliver our Tri-City Café meals to the homes of those that request it, along with those qualifying seniors already receiving Meals on Wheels. You can receive 7 ready-to-heat meals a week, or fewer, delivered on Monday, Wednesday, and Friday mornings. If you live in Emeryville and need meals delivered, or want to refer a senior in need, call 510-596-3730 or email mmckenna@emeryville.org.

If you do not live in Emeryville, here are some local Meals on Wheels / Senior Meal Programs that are serving your local community:

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

Berkeley: 510-981-5250

As usual, these programs are funded by Alameda County, but donations are always happily. Stay Safe!

Stores with "Senior Hours"



Pak N Save: 3889 San Pablo Ave.
Tues/Thurs/Sun: 6am-9am
Full Hours: 6am-10pm



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



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



Whole Foods: 3000 Telegraph Ave, Berkeley
Daily 8am-9am
Full Hours: 9am-8pm

Stores Offering Assistance To Older Adults



Berkeley Bowl: 920 Heinz Ave
Senior Hours: Tues/Fri (8-9am).
Full Hours: 9am-8pm



CVS Pharmacy: 4349 San Pablo Ave. Senior Hours Wed. 9-10am. Full Hours: 7am-8pm



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



Costco Wholesale
4801 Central Ave
Richmond

Mon-Fri: 9am-10am
Full Hours: 9am-6:30pm



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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. Check out our online virtual activities offered by your favorite ESC Instructors!

Instructor	Class	Day/Time	Website (Click for link)	Other Info
Judy	Tai Chi	Mon 9:30am, starts 9/21	Zoom	ID 976 9930 0685, Pass 4321
Sally	Chair Yoga	Mon 11am; starts 9/28	Zoom	ID 946 4384 5819 register
Amy	POW	Mondays, 1-2:30pm	Zoom	ID 825 7128 7311
Joe	Meditation	T/Th, 9:00am	Zoom	ID 958 0410 7867, Pass 4321
Helen	Light Weights	Tuesdays, 9:30am	Zoom	ID 308 582 5588, Pass 3jyyUM
Helen	Zumba	T/Th, 10:30am	Zoom	ID 308 582 5588, Pass 3jyyUM
Terry	Sing-A-Long	Tuesday: 11:30am	Zoom	ID 880 2886 9758, no PW
Isabelita	Pilates	Tuesdays, 12pm	Zoom	ID 478 819 550, Pass 012184
Novella	Line Dance	Wednesdays, 9:30am	Zoom	ID 993 4137 3668, Pass 4321
Isabelita	Qi Gong	Wednesdays, 10:30am	Zoom	ID 599 150 364, Pass 676104
Stephanie	Rosen	Thursdays, 10:00am-12	Zoom	ID 863 1231 6330, register
Pamela	Yoga	Thursdays, 11:00am	Zoom	ID 925 9097 9143, Pass 4321
Virtual Coffee w/ Seniors		Wed 11:00am	ZOOM	ID 930 7389 9322 , Pass 4321

Other Classes/ Activities:

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

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

Diabetes Support Group: 4th Tues of the month through October: Call in number: 1-978-990-5320
Access code: 3835514# Offered through Alameda County Public Health.

Armchair Entertainment:

How to Use Zoom Video Conference Tutorial for beginners: <https://youtu.be/FnFSBjFvK2o>

Louvre Museum (Paris) Virtual Tour: <https://www.louvre.fr/en/visites-en-ligne#tabs>

Eiffel Tower Virtual Tour: <https://youtu.be/nbD8XYTw23Y>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Ted Talks to Stir your Curiosity: <https://www.ted.com/talks> Over 3500+ talks available



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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 dates for members are Thursday Oct 1st & Oct 15th.

Food Giveaway at ECCL - Mondays & Thursdays

The Emery Unified School District, in partnership with the Alameda County Food Bank is holding a grocery bag giveaway every Monday & Thursday (closed holidays) on 47th Street outside of the High School from 10:00-12:00pm (early arrival for seniors is suggested). The address is 1100 47th Street. Anyone in need can receive a bag of groceries. Bags typically consist of boxed goods, canned goods, and a dessert - enough for two meals to feed a family. If you are local to the Emeryville area and cannot get to ECCL, call 510-596-3779 and we will arrange delivery to you. For other questions about the program, email Brad Helfenberger at bhelfenberger@emeryville.org



Real Possibilities

For those needing the driver safety program to renew insurance discounts, go to: www.aarpdriversafety.org

AARP will extend 25% discount to all online classes through the end of the year.

Other Resources

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

Low Income Home Energy Assistance Prog: <https://www.spectrumcs.org/energy-services/liheap>

Born to Age Resource Referral: borntoage.com/alameda-county

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

East Bay Community Law Center - Call 510-548-4040

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](#)

[Click this link for the FTC education page for Coronavirus Scams](#)

[Click this link for a list of Emeryville Restaurants that are offering pickup/delivery options](#)

Center for Independent Living (CIL) Resources: <https://www.thecil.org/covid19resources>

AARP Resource Card for Californians: <https://states.aarp.org/california/covid19>

American Heart Association: www.heart.org/coronavirus

Running Essential Errands– CDC: [Click Here](#)



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Other Resources (continued)

- [Department of Motor Vehicle Services](#)
- [COVID-19 Resources for Older Adults](#)
- [Debt Management for Older Adults](#)
- [Staying Connected and Avoiding Social Isolation](#)

CVS Flu Shots: https://www.cvs.com/immunizations/flu?cid=ps_pc&ds_rl=1274650&ds_rl=1274650&gclid=EAlaIqobChMIkPPLp6Dp6wIV2z2tBh20ZAURE-AAYASAAEgKySPD_BwE&gclsrc=aw.ds

Rite Aid Free Flu Shots: <https://www.riteaid.com/pharmacy/services/vaccine-central/immunization-information/flu>

- Senior Tech Support: <https://seniorplanet.org/coronavirus-2/>
- Institute on Aging-Friendship Line California: <https://www.ioaging.org/friendship-line-california>



At this time, the Friends of Emeryville Senior Center have only one source of fundraising income: Amazon Smile. Next time you make a purchase, please consider using Amazon Smile to donate a percentage of your purchase to the Friends of Emeryville Senior Center. Thank you for your consideration and continued support!

October Presentation: Friday, October 16th @10:00am via Zoom

Are you STUCK completing a Nagging Project?

Since Shelter-in-Place began, many of us have had extra time to work on our nagging projects. Yet, we still have not finished or even started those larger or even our smaller nagging projects. You know, those projects that hang over our heads and weigh us down, such as a smaller project of reorganizing your kitchen drawers to a larger project such as finishing that book you started to write years ago. Join me in a lively hour of getting to the root of why you have not completed your nagging project and then designing a solid plan that works. Once you complete your nagging project, you will be amazed at all the extra energy you have! **Zoom Meeting:** <https://zoom.us/j/96857927377?pwd=czRXa0c1MXZPWldsRmlwWWh4V0lSUT09>

Presented by Marjorie Paul, Certified Life Coach, Speaker, Lawyer, Author

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Bryan's Brain Teaser

Riddle:

You live in one story house made entirely of redwood.
What color would the stairs be?

Join us for Virtual Coffee w/ Seniors to share your responses and hear the answer to the riddle

Emeryville Senior Center

E	Z	W	E	M	I	S	S	Y	O	U	Y	S	W
A	O	S	R	E	S	O	U	R	C	E	S	W	E
I	O	H	Y	G	A	B	N	W	O	R	B	E	I
M	M	M	E	M	B	E	R	S	H	I	P	R	R
G	N	I	M	O	C	L	E	W	M	A	T	D	E
S	M	I	D	N	E	M	Z	I	R	A	H	N	S
G	E	L	L	I	V	Y	R	E	M	E	E	A	C
S	A	N	P	A	B	L	O	A	V	E	L	N	F
N	E	E	W	O	L	L	A	H	O	N	I	A	A
T	R	I	C	I	T	Y	C	A	F	E	N	Y	M
C	O	N	G	R	E	G	A	T	E	S	K	R	I
N	A	N	N	E	K	C	M	Y	R	A	M	B	L
P	I	X	A	R	S	T	U	D	I	O	S	D	Y
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ARIZMENDI
 PIXAR STUDIOS
 ZOOM
 MARY MCKENNA
 BRYAN ANDREWS
 WELCOMING
 WE MISS YOU
 SENIOR CENTER
 THE LINK
 MEMBERSHIP
 ESC FAMILY
 CONGREGATE
 BROWN BAG
 TRI CITY CAFE
 HALLOWEEN
 SAN PABLO AVE
 EMERYVILLE
 RESOURCES

Play this puzzle online at : <https://thewordsearch.com/puzzle/1414437/>

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2020 US General Election

Voting in California

Election day is Tuesday, November 3, 2020. All of California's registered voters will be mailed a ballot no later than 29 days prior to Election Day. Early voting and in-person voting locations will also be available to voters. All registered voters will be sent a vote-by-mail ballot for the November 3, 2020 General Election. Registered voters do not have to apply for a vote-by-mail ballot for this election.

Vote by Mail:

1. Fill out your ballot
2. After you have voted, insert your ballot in the envelope provided, making sure you complete all required information on the envelope.
3. You may return your voted ballot by mail, in person, or to a drop box
 - If you are returning your ballot by mail, it must be postmarked on or before Election Day and received by your county elections office no later than 17 days after Election Day.
 - If you are returning your ballot in person or dropping it in a drop box, it must be delivered no later than the close of polls at 8:00 p.m. on November 3rd.
 - Anyone may return your ballot for you, as long as they do not get paid on a per ballot basis. In order for your ballot to be counted, you must fill out the authorization section found on the outside of your ballot envelope.

Vote on election day:

All registered voters in California will receive a ballot by mail. However, in-person voting locations will be available to voters. Polling locations may be found online by visiting the Secretary of State's My Voter Status tool.

Vote early:

California voters can also vote before Election Day. The early voting period runs from Monday, October 5, 2020 to Monday, November 2, 2020, but dates and hours may vary based on where you live. Early voting and vote-by-mail ballot drop off locations may be found on the Secretary of State's Early Voting website.

Register to Vote:

In order to be sent a vote-by-mail ballot, you must be a registered voter. If you believe you are already registered, you can verify your registration online with our "[My Voter Status](#)" tool. If you are not already registered, you can register online at [RegisterToVote.ca.gov](#). As part of registering to vote, you are given the option to become a "permanent vote-by-mail voter," which means you would automatically receive a ballot in the mail before each election.