

# San Leandro Senior Services

For Adults 50+

RECREATION AND  
**SAN LEANDRO**  
HUMAN SERVICES  
WWW.SANLEANDROREC.ORG



The San Leandro Senior Community Center is currently offering limited on-site programming. Staff continue to provide essential services and virtual programming. Please feel free to reach out to staff for information and referrals. All activities are FREE for adults ages 50+ unless otherwise noted.

Register by calling Customer Service at 1 (510) 577-3462 or at [sanleandrorec.org](http://sanleandrorec.org)

San Leandro Senior Services - November 2021

## Limited Services now offered in-person!

The Senior Community Center is pleased to announce we have resumed offering some limited in-person services.

Activities will be held outside on the Center's back patio; in case of inclement weather they will be moved indoors.

Participants must always complete a brief health check upon arrival and remain masked at all times at the Senior Community Center in accordance with COVID safety protocols.

### Blood Pressure Checks

Staff from Alameda Health System San Leandro Hospital will take your blood pressure reading and provide a weight check. This monthly service is available by appointment on the **third Monday of each month beginning November 15th**. Please register for your time slot and plan to arrive a few minutes early.

**Monday, Nov 15 10:00am - 1:00pm**

### Peer Support Group

Peer Support for Seniors provides an opportunity for seniors to gather on a weekly basis and be heard by their peers without judgment.

Learn valuable listening skills and experience on how to be truly present for each other. Many different topics of interest are possible, personal freedom, creative endeavors, exercise, nutrition, life transitions, independence, grief, and more. Developing hope and a sense of purpose can result in a happier, healthier you!

**#18623 • Wednesdays, 10:00am - 12:00pm**

### Rainbow Seniors

Are you wanting a place where you can feel connected to other LGBTQ adults 50+? Rainbow Seniors is a safe and confidential space for LGBTQ seniors to share thoughts and support to one another!

Rainbow Seniors is a drop-in peer group facilitated by trained peers. Limited to 15 participants.

Meets the 2nd and 4th Tuesdays of each month

**# 18622 • 2nd and 4th Tuesday of each month  
12:30pm - 2:00pm**

Celebrate the 44th Annual

*Senior*

*Thanksgiving Meal*

For San Leandro Residents, Adults 60+



Enjoy a **FREE** classic Thanksgiving meal, frozen and ready to heat.

Register for your preferred walk up pick up location, date and time at

[sanleandrorec.org](http://sanleandrorec.org) (search "Thanksgiving") or by calling Customer Service at 1 (510) 577-3462.

**Pick up at one of two locations!**

**Marina Community Center**

**15301 Wicks Boulevard**

or

**Senior Community Center**

**13909 East 14th Street**

*Limit 1 meal per customer.*

*Reserve in advance; supplies are limited*



## Stay Entertained

### Zoom Bingo

Join us for a fun game of BINGO on Zoom. Play for fun and prizes! Free for Seniors ages 50+. Register early to receive Bingo cards via US postal system before the date. Use your own household items to mark bingo card (ie. beans, pennies, coins, etc.)

Must have a valid email address to receive the Zoom link. Zoom link will be sent the morning of game.

#### December Bingo

#18591 Wed, Dec 17 11:00am

#### Winter Bingo

#18592 Wed, Jan 26 11:00am

### Zoom Trivia

Test your trivia knowledge at our new game of trivia on Zoom.

Prizes for the top scores!



#### Thanksgiving Trivia

#18594 Wed, Nov 17 1:30pm - 2:00pm

#### Holiday Movie Trivia

#18595 Wed, Dec 8 1:30pm - 2:00pm

# "Gratitude is the most exquisite form of courtesy." - Jacques Maritain

## Learn important information on topics that relate to seniors at our **FREE Community Education Programs on ZOOM**

Seniors, family members, caregivers, and friends are welcome to attend our Community Education Programs to receive important information on topics and services related to seniors. These sessions are held on ZOOM and require a valid email address.

The Zoom link is emailed the morning of the meeting date; pre-registration is required.

Register by calling Customer Service at 1 (510) 577-3462 or at [sanleandrorec.org](http://sanleandrorec.org)

### Medicare Open Enrollment

**#18620**                      **Wed, Nov 10**                      **1:30pm - 2:30pm**

Gather information on the changes to the Medicare prescription Drug (Part D) and Medicare Advantage (Part C) plans in the coming year. An overview of eligibility, costs, benefits and changes in Parts A and B will also be provided. Learn options for supplementing Medicare and getting help with costs.

*Presented by Legal Assistance for Seniors / Health Insurance Counseling and Advocacy Program (LAS/HICAP) staff.*



### 10 Warning Signs of Alzheimer's Disease

**#18586**                      **Fri, Dec 10**                      **1:30pm - 2:30pm**

Alzheimer's Disease and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for.

The program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

*Presented by Alzheimer's Association staff.*



### Fall Asleep, Not Down

**#18598**                      **Fri, Jan 29**                      **10:00am - 11:00am**

Sleep and fall prevention - there is a connection! In this webinar we will discuss the benefits of sleep, focusing on how the quality of sleep impacts fall prevention. You will hear tips & tricks to getting a better night's sleep.

*Presented by Pamela Stoker, Trauma Injury Prevention Specialist, Sutter Health*



### Senior Resource Guide & Important Phone Numbers

|  |                              |
|--|------------------------------|
| <b>Alameda County Adult Protective Services</b>        | <b>1 (866) 225-5277</b>      |
| Alameda County Crisis Support Services (24hr)          | 1 (800) 309-2131             |
| <b>Alameda County In-Home Supportive Services</b>      | <b>1 (510) 577-1900</b>      |
| Alameda County Area Agency on Aging                    | 1 (510) 577-3530             |
| <b>Alzheimer's Services of the East Bay</b>            | <b>1 (510) 644-8292</b>      |
| American Diabetes Association                          | 1 (510) 654-4499             |
| <b>Arthritis Foundation</b>                            | <b>1 (888) 391-9389</b>      |
| California Relay for Hearing Impaired                  | 7-1-1                        |
| <b>California Smoker's Helpline</b>                    | <b>1 (800) 662-8887</b>      |
| Center for Independent Living                          | 1 (510) 841-4776             |
| <b>City of San Leandro Minor Home Repair</b>           | <b>1 (510) 577-6008</b>      |
| Consumer Fraud Reporting                               | 1 (415) 553-7400             |
| <b>Covered California Hotline</b>                      | <b>1 (800) 300-1506</b>      |
| Davis Street Family Resource Center                    | 1 (510) 347-4620             |
| <b>Directory Assistance</b>                            | <b>4-1-1</b>                 |
| DMV Parking Placards for Disabled                      | 1 (800) 777-0133             |
| <b>ECHO Housing</b>                                    | <b>1 (510) 581-9380</b>      |
| Emergency Services (Ambulance, Fire and Police)        | 9-1-1                        |
| <b>Family Caregiver Alliance</b>                       | <b>1 (800) 445-8106</b>      |
| Health Insurance Counseling & Advocacy                 | 1 (510) 839-0393             |
| <b>Health, Housing and Human Services</b>              | <b>2-1-1</b>                 |
| Legal Assistance for Seniors                           | 1 (510) 832-3040             |
| <b>LIFE ElderCare</b>                                  | <b>1 (510) 894-0370</b>      |
| Medi-Cal   | 1 (510) 670-6000             |
| <b>Mercy Brown Bag Program</b>                         | <b>1 (510) 534-8540 x369</b> |
| Ombudsman Program                                      | 1 (510) 638-6878             |
| <b>PG&amp;E Smarter Energy Line</b>                    | <b>1 (800) 933-9555</b>      |
| Paratransit – City of San Leandro Flex Shuttle         | 1 (510) 577-7985             |
| <b>Paratransit – East Bay Paratransit (AC Transit)</b> | <b>1 (510) 287-5000</b>      |
| Senior Information and Assistance Program              | 1 (800) 510-2020             |
| <b>Senior Legal Hotline of Northern California</b>     | <b>1 (800) 222-1753</b>      |
| Social Security Administration                         | 1 (800) 772-1213             |
| <b>S.O.S. Meals on Wheels</b>                          | <b>1 (510) 582-1263</b>      |
| Spectrum Community Services, Inc.                      | 1 (510) 881-0300             |
| <b>Supplemental Security Income (SSI)</b>              | <b>1 (800) 772-1213</b>      |
| Sutter Care at Home                                    | 1 (800) 698-1273             |
| <b>Telephone Repair Service</b>                        | <b>6-1-1</b>                 |
| The Friendship Line (Institute on Aging)               | 1 (800) 971-0016             |
| <b>Traffic and Transit</b>                             | <b>5-1-1</b>                 |
| Veterans Assistance Benefits                           | 1 (800) 827-1000             |
| <b>Well Connected</b>                                  | <b>1 (877) 797-7299</b>      |
| Well Connected in Español                              | 1 (877) 400-5867             |

## November Holiday Schedule

### • Veterans Day, Thursday November 11



### • Thanksgiving Holidays: Thursday, November 25 and Friday, November 26



***Spectrum Senior Meals will not be served, nor will the FLEX RIDES Shuttle operate on these dates. Happy Holidays!***

| November 2021 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  |
|               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28            | 29 | 30 |    |    |    |    |

### Senior Services Staff

|   |                         |
|---|-------------------------|
| <b>Susan Criswell</b> , Senior Services Supervisor      | <b>1 (510) 577-6079</b> |
| <b>Liz Escobar</b> , Admin. Asst., FLEX Paratransit     | <b>1 (510) 577-7985</b> |
| <b>Alice Walker</b> , Senior Services Coordinator       | <b>1 (510) 577-6053</b> |
| <b>Stephanie Oelschlaegel</b> , Senior Svcs. Specialist | <b>1 (510) 577-6085</b> |

**Customer Service • 1 (510) 577-3462**

Senior Community Center  
13909 East 14th Street  
San Leandro, CA 94578

[www.sanleandrorec.org](http://www.sanleandrorec.org)

Calendar is available online:

<https://www.sanleandro.org/depts/rec/seniors/default.asp>