

# **SENIOR CENTERS IN ALAMEDA COUNTY YEAR 2012 EDITION**

Alameda County Area Agency on Aging  
Senior Information & Assistance  
6955 Foothill Boulevard, 3<sup>rd</sup> Floor  
Oakland, CA 94605

**1-800-510-2020 / 510-577-3530**

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

## SENIOR CENTERS IN ALAMEDA COUNTY

This directory is intended as a guide to those seeking information about Multipurpose Senior Centers in Alameda County.

A multipurpose senior center is a facility that provides a broad spectrum of services, including but not limited to health, social, nutritional, educational services and recreational activities for older adults. Most are staffed and open multiple days during the week.

The Multipurpose Senior Centers in this directory offer a variety of programs which may include exercise classes, ballroom dancing, trips, health screenings, AARP Driver Safety classes, tax assistance, computer and other adult education classes. Some centers also host the meetings of advocacy groups such as Gray Panthers and Congress of California Seniors.

There are also senior centers in communities which may operate one day a week or as part of a local church or recreation center program. For example, the Piedmont Recreation Department hosts the Piedmont Seniors Program (call 510-420-3070 for monthly meeting details). For information regarding additional programs, contact city recreation departments, community centers, adult education departments, or call our Senior Information and Assistance program at 1-800-510-2020 or 510-577-3530.

Senior Centers depend on volunteers to augment paid staff, and may offer excellent opportunities to those seeking meaningful volunteer assignments.

Senior Centers are located throughout the state of California. If you live outside of Alameda County, you may wish to contact your local Area Agency on Aging for a senior center near you.

**Note:**

**Every effort is made to keep this information current.  
The Alameda County Area Agency on Aging assumes no responsibility  
for errors or omissions in compiling this information.**

## SENIOR CENTERS

### ALAMEDA

Name: Mastick Senior Center  
Address: 1155 Santa Clara Avenue, Alameda, CA 94501  
Phone: 510-747-7500  
Fax: 510-523-0247  
Contact: Jackie Krause, Senior Services Manager  
E-mail: [jkrause@ci.alameda.ca.us](mailto:jkrause@ci.alameda.ca.us)  
Website: [www.mastickcenter.com](http://www.mastickcenter.com)  
Hours: Monday-Friday 8:30am-4pm; Saturday BINGO only 12noon-3pm  
Meals: \*Lunch served Monday-Friday 12noon (reservations before 11:30am)

### ALBANY

Name: Abany Senior Center  
Address: 846 Masonic Avenue, Albany, CA 94706  
Phone: 510-524-9122  
Fax: 510-524-8940  
Contact: Isabelle Leduc, Senior Services Supervisor  
E-mail: [seniorinfo@albanyca.org](mailto:seniorinfo@albanyca.org)  
Website: [www.albanyca.org](http://www.albanyca.org)  
Hours: Monday-Friday 9am-5pm  
Meals: \*Dinner served Monday-Friday 4pm

### BERKELEY

Name: J-Sei (formerly Japanese American Services of the East Bay)  
Address: Administrative Office—2126 Channing Way, Berkeley, CA 94704  
Senior Center—1710 Carleton Street, Berkeley, CA 94703  
Phone: Administrative Office—510-848-3560  
Senior Center—510-883-1106  
Fax: Administrative Office—510-848-3631  
Contact: Vickie Kawakami, Senior Center Coordinator  
E-mail: [Vickie@j-sei.org](mailto:Vickie@j-sei.org)  
Website: [www.j-sei.org](http://www.j-sei.org)  
Hours: Administrative Office—Monday-Friday 8:30am-5pm  
Senior Center—Monday-Thursday 9am-2pm  
Meals: \*Lunch served at 1710 Carleton Street site Monday-Thursday 11:30am. For lunch, call 2 days in advance, 510-883-1106.

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\*Older Americans Act meal programs: These centers (\*) provide meals under provisions of The Older Americans Act; thus persons age 60 and older are eligible (payment may be required for people under 60). Participants are encouraged to make a suggested donation. However, they are not turned away for lack of ability to make a donation. All other meal programs at the centers not checked with an asterisk may require a fee for meals, and different age limits may apply.

## **BERKELEY (continued)**

Name: Jewish Community Center of the East Bay  
Address: 1414 Walnut Street, Berkeley, CA 94709  
Phone: 510-848-0237  
Fax: 510-848-0170  
Contact: Sam Young  
E-mail: [samy@jcceastbay.org](mailto:samy@jcceastbay.org)  
Website: [www.jcceastbay.org](http://www.jcceastbay.org)  
Hours: Monday-Friday 8am-6pm  
Health classes, clubs, and groups  
Meals: Lunch (Kosher) served Monday & Thursday 12noon-1pm

Name: North Berkeley Senior Center  
Address: 1901 Hearst Avenue, Berkeley, CA 94709  
Phone: 510-981-5190  
Fax: 510-981-5230  
Contact: Patty Thomas, Director  
E-mail: [pthomas@ci.berkeley.ca.us](mailto:pthomas@ci.berkeley.ca.us)  
Website: [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)  
Hours: Monday-Friday 8am-5pm  
Japanese Seniors Meeting, 2<sup>nd</sup> and 4<sup>th</sup> Saturdays 9am-1pm  
Meals: \*Lunch served Monday-Friday 12noon

Name: South Berkeley Senior Center  
Address: 2939 Ellis Street  
Phone: 510-981-5170  
Fax: 510-981-5260  
Contact: Deborah Jordan, Director  
E-mail: [seniors@ci.berkeley.ca.us](mailto:seniors@ci.berkeley.ca.us)  
Website: [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)  
Hours: Monday-Friday 8am-5pm  
Meals: \*Lunch served daily 12noon

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## CASTRO VALLEY

Name: Kenneth C. Aitken Senior & Community Center  
Address: 17800 Redwood Road, Castro Valley, CA 94546  
Phone: 510-881-6738  
Fax: 510-888-5746  
Contact: Jennifer Tibbetts, Coordinator; Daniela Keiffer, Supervisor  
E-mail: [hardsenior@haywardrec.org](mailto:hardsenior@haywardrec.org)  
Website: [www.haywardrec.org](http://www.haywardrec.org)  
Hours: Monday-Friday 8:30am-4pm  
Meals: Lunch served Monday & Wednesday 12noon.  
A sandwich soup/salad are served on Tuesday & Thursday 12noon.  
The cost for a meal is \$3.50.

## DUBLIN

Name: Dublin Senior Center  
Address: 7600 Amador Valley Boulevard, Dublin, CA 94568  
Phone: 925-556-4511  
Fax: 925-829-6342  
Contact: Anna Hudson, Recreation Coordinator  
E-mail: [Anna.Hudson@dublin.ca.gov](mailto:Anna.Hudson@dublin.ca.gov)  
Website: [www.dublinseniorcenter.com](http://www.dublinseniorcenter.com)  
Hours: Monday-Friday 9am-4pm; Saturday 8:30am-12noon  
Meals: Lunch served Monday-Friday 11:30am-12:15pm

## EMERYVILLE

Name: Emeryville Senior Center  
Address: 4321 Salem Street, Emeryville, CA 94608  
Phone: 510-596-3730  
Fax: 510-652-0933  
Contact: Cindy Montero, Manager; Brad Helfenberger, Adult Supervisor  
E-mail: [cmontero@ci.emeryville.org](mailto:cmontero@ci.emeryville.org); [bhelfenberger@emeryville.org](mailto:bhelfenberger@emeryville.org)  
Website: [www.emeryville.org](http://www.emeryville.org)  
Hours: Monday-Friday 9am-5pm  
Fridays only—after Daylight Savings Time thru October— 9am-9pm  
Meals: \*Lunch served daily 11:45am

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## FREMONT

Name: Fremont Multi-Service Senior Center  
Address: 40086 Paseo Padre Parkway, Fremont, CA 94538  
Phone: 510-790-6600  
Fax: 510-790-6601  
Contact: Linda Olla, Manager  
E-mail: [lolla@fremont.gov](mailto:lolla@fremont.gov)  
Website: [www.fremont.gov](http://www.fremont.gov)  
Hours: Monday-Friday 8am-5pm (office closed 3-5pm)  
Meals: Lunch served daily 12noon

## HAYWARD

Name: Hayward Area Senior Center  
Address: 22325 North 3<sup>rd</sup> Street, Hayward, CA 94546  
Mailing: 1099 E Street, Hayward, CA 94541  
Phone: 510-881-6766  
Fax: 510-888-5755  
Contact: Mila Mishina, Coordinator; Daniela Keiffer, Supervisor  
E-mail: [hardsenior@haywardrec.org](mailto:hardsenior@haywardrec.org)  
Website: [www.haywardrec.org](http://www.haywardrec.org)  
Hours: Monday-Friday 8:30am-4pm;  
Sunday: Dancing—Three times per year; call for dates  
Meals: (NOTE—Due to kitchen remodel, nutrition program will close March through June 2012)  
Lunch served Tuesday (12noon); Wednesday (11:30am); Thursday (12noon). Must have a lunch ticket (available through the senior center) prior to 12noon to get a lunch. Spectrum Luncheon served on Fridays (must call day in advance to reserve).  
Snack Bar Mondays 11:30am-1:10pm.

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## LIVERMORE

Name: Livermore Area Recreation and Park District  
Senior Services Center  
Address: 4444 East Avenue, Livermore, CA 94550  
Phone: 925-373-5760  
Fax: 925-960-2457  
Contact: Maureen Swinbank, Director  
E-mail: [mswinbank@larpd.dst.ca.us](mailto:mswinbank@larpd.dst.ca.us)  
Website: [www.larpd.dst.ca.us](http://www.larpd.dst.ca.us)  
Hours: Monday-Thursday 9am-12noon and 12:30-4pm  
Meals: \*Lunch served daily 12noon

## NEWARK

Name: Newark Senior Center  
Address: 7401 Enterprise Drive, Newark, CA 94560  
Phone: 510-578-4840  
Fax: 510-578-4851  
Contact: Kelly Hess, Recreation Coordinator  
E-mail: [senior.center@newark.org](mailto:senior.center@newark.org)  
Website: [www.newark.org](http://www.newark.org)  
Hours: Monday-Thursday 9am-3pm  
Meals: \*Lunch served daily 11:45am (call a day ahead before noon to reserve lunch for the next day)

## OAKLAND

Name: Downtown Oakland Senior Center  
Address: Veterans Memorial Building  
200 Grand Avenue, Oakland, CA 94610  
Phone: 510-238-3284  
Fax: 510-238-7118  
Contact: Jennifer King, Director  
E-mail: [jdking@oaklandnet.com](mailto:jdking@oaklandnet.com)  
Website: [www2.oaklandnet.com](http://www2.oaklandnet.com)  
Hours: Monday-Friday 9am-3pm  
Meals: \*Lunch served daily 12noon

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## OAKLAND (continued)

Name: East Bay Korean American Senior Service Center  
Address: 1723 Telegraph Avenue, Oakland, CA 94612  
Phone: 510-763-0736 (Korean); 510-763-1879 (English)  
Contact: Joanna Kim-Selby, Executive Director  
Hours: Tuesday-Saturday 10am-3pm  
Meals: \*Lunch served daily 12noon

Name: East Oakland Senior Center  
Address: 9255 Edes Avenue, Oakland, CA 94603  
Phone: 510-615-5731  
Fax: 510-615-5734  
Contact: Leroy Slaughter, Director  
Website: [www2.oaklandnet.com](http://www2.oaklandnet.com)  
Hours: Monday-Friday 9am-3pm  
Meals: \*Lunch served daily 12noon

Name: Fruitvale-San Antonio Senior Center  
Address: 3301 E. 12<sup>th</sup> Street, Suite 201, Oakland, CA 94601  
Phone: 510-535-6123  
Fax: 510-535-6146  
Contact: Nalleli Albarran-Cruz, Director  
E-mail: [nallelia@unitycouncil.org](mailto:nallelia@unitycouncil.org)  
Website: [www.unitycouncil.org](http://www.unitycouncil.org)  
Hours: Monday-Friday 9am-3pm  
Meals: \*Lunch served daily 12noon

Name: Golden Age Seniors  
Address: Eastmont Town Center (upper level, next to Library)  
Bancroft and 73<sup>rd</sup> Avenue, Oakland, CA 94605  
Mailing: Eastmont Town Center #2, Oakland, CA 94605  
Phone: 510-562-1990  
Fax: 510-562-2368  
Contact: James Shell, Director; Ella Hankton, Assistant Director  
Hours: Monday-Friday 9am-5pm

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## OAKLAND (continued)

Name: Hong Lok Senior Center  
Address: 275 – 7<sup>th</sup> Street, Oakland, CA 94607  
Satellite Ctr.: 261 – 11<sup>th</sup> Street, Oakland, CA 94607 (510-419-0160)  
Phone: 510-763-9017  
Fax: 510-763-0558  
Contact: Helen Lim, Manager  
E-mail: [HelenL@FamBridges.org](mailto:HelenL@FamBridges.org)  
Website: [www.fambridges.org/hong\\_lok.html](http://www.fambridges.org/hong_lok.html)  
Hours: 7<sup>th</sup> Street – Monday-Friday 8am-3pm  
11<sup>th</sup> Street – Monday & Wednesday 10am-2pm;  
Tuesday & Friday 10am-12noon; Thursday closed  
Meals: \*Lunch served daily 12noon

Name: Korean Community Center of the East Bay  
Address: 4390 Telegraph Avenue, Suite A, Oakland, CA 94609  
Phone: 510-547-2662  
Fax: 510-547-3258  
Contact: Art Choi, Coordinator  
E-mail: [artchoi@kcceb.org](mailto:artchoi@kcceb.org)  
Website: [www.kcceb.org](http://www.kcceb.org)  
Hours: Social Services Department provides senior services and immigration services Monday-Friday 9:30am-5pm

Name: Lincoln Court Center  
Address: 2400 MacArthur Boulevard, Oakland, CA 94602  
Phone: 510-336-0100  
Fax: 510-336-1967  
Contact: Beverly A. Karnatz, Program Manager  
E-mail: [beverlyk@selfhelpelderly.org](mailto:beverlyk@selfhelpelderly.org)  
Website: [www.selfhelpelderly.org](http://www.selfhelpelderly.org)  
Hours: Monday-Friday 9am-5pm  
Meals: \*Lunch served Monday, Wednesday & Friday 11:45am-1pm  
\*Brunch served Tuesday & Thursday 10:30am-12noon

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## OAKLAND (continued)

Name: North Oakland Senior Center  
Address: 5714 Martin Luther King, Jr., Way, Oakland, CA 94609  
Phone: 510-597-5085  
Fax: 510-597-5082  
Contact: Mary Norton, Director  
E-mail: [mnorton@oaklandnet.com](mailto:mnorton@oaklandnet.com)  
Website: [www2.oaklandnet.com](http://www2.oaklandnet.com)  
Hours: Monday-Friday 9am-3pm  
Meals: \*Lunch served Monday-Friday 12noon

Name: St. Mary's Center (Drop-in Center)  
Address: 925 Brockhurst Street, Oakland, CA 94608  
Phone: 510-923-9600  
Fax: 510-923-9606  
Contact: Kim Marsh, Contact  
E-mail: [kmarsh@stmaryscenter.org](mailto:kmarsh@stmaryscenter.org)  
Website: [www.stmaryscenter.org](http://www.stmaryscenter.org)  
Hours: Monday-Friday 9am-1pm  
Meals: Lunch served Monday-Friday 12noon; Sunday 1:30pm

Name: Vietnamese American Community Center of the East Bay  
Address: 655 International Boulevard, Oakland, CA 94606  
Phone: 510-891-9999  
Fax: 510-891-9990  
Contact: Doan Ta  
E-mail: [vacceb@gmail.com](mailto:vacceb@gmail.com)  
Website: [www.TheVCC.org](http://www.TheVCC.org)  
Hours: Monday-Friday 9am-4pm  
Senior, Refugee, and Immigrant Services and Activities  
Meals: \*Lunch served Tuesday-Friday 12noon-1pm

Name: West Oakland Senior Center  
Address: 1724 Adeline Street, Oakland, CA 94607  
Phone: 510-238-7016  
Fax: 510-238-7027  
Contact: Dorothy Poston, Director  
E-mail: [dposton@oaklandnet.com](mailto:dposton@oaklandnet.com)  
Website: [www.oaklandnet.com](http://www.oaklandnet.com)  
Hours: Monday-Friday 9am-3pm  
Meals: \*Lunch served daily 12noon-1pm

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## PLEASANTON

Name: Pleasanton Senior Center  
Address: 5353 Sunol Boulevard, Pleasanton, CA 94566  
Phone: 925-931-5365  
Fax: 925-485-3685  
Contact: Pam Deaton, Director; Raymond Figueroa, Recreation Coordinator  
E-mail: [pdeaton@ci.pleasanton.ca.us](mailto:pdeaton@ci.pleasanton.ca.us); [rfigueroa@ci.pleasanton.ca.us](mailto:rfigueroa@ci.pleasanton.ca.us)  
Website: [www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org)  
Hours: Monday-Friday 8:30am-4:30pm  
Meals: \*Lunch served daily 12noon (call 925-931-5385 one day prior to make lunch reservation)

## SAN LEANDRO

Name: San Leandro Senior Community Center  
Address: 13909 East 14<sup>th</sup> Street, San Leandro, CA 94578  
Phone: 510-577-3462  
Website: [www.sanleandro.org/depts/rec/seniors/default.asp](http://www.sanleandro.org/depts/rec/seniors/default.asp)  
Hours: Monday-Friday 8:30am-3pm  
Meals: \*Lunch served Monday-Friday 12noon;  
Suggested voluntary donation \$3.25 (meal tickets \$30 / 10 meals).  
Reservations required—call 510-825-9793 between 10am and 1pm.

## UNION CITY

Name: Ralph & Mary Ruggieri Senior Center  
Address: 33997 Alvarado-Niles Road, Union City, CA 94587  
Phone: 510-675-5495  
Fax: 510-477-0317  
Contact: Ariel Leary, Coordinator  
Website: [www.unioncity.org](http://www.unioncity.org)  
Hours: Monday-Thursday 9am-4pm  
Meals: \*Lunch served daily 11:45am (reservations/pre-order)

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