

SENIOR CENTERS IN ALAMEDA COUNTY YEAR 2012 EDITION

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

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

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
Website: 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
Website: 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
Website: 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.

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
Website: 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
Website: www.ci.berkeley.ca.us
Hours: Monday-Friday 8am-5pm
Japanese Seniors Meeting, 2nd and 4th 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
Website: 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
Website: 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
Website: 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; bhelfenberger@emeryville.org
Website: 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
Website: 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 3rd 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
Website: 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
Website: 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
Website: 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
Website: 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
Hours: Monday-Friday 9am-3pm
Meals: *Lunch served daily 12noon

Name: Fruitvale-San Antonio Senior Center
Address: 3301 E. 12th Street, Suite 201, Oakland, CA 94601
Phone: 510-535-6123
Fax: 510-535-6146
Contact: Nalleli Albarran-Cruz, Director
E-mail: nallelia@unitycouncil.org
Website: 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 73rd 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 – 7th Street, Oakland, CA 94607
Satellite Ctr.: 261 – 11th Street, Oakland, CA 94607 (510-419-0160)
Phone: 510-763-9017
Fax: 510-763-0558
Contact: Helen Lim, Manager
E-mail: HelenL@FamBridges.org
Website: www.fambridges.org/hong_lok.html
Hours: 7th Street – Monday-Friday 8am-3pm
11th 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
Website: 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
Website: 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
Website: 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
Website: 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
Website: 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
Website: 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; rfigueroa@ci.pleasanton.ca.us
Website: 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 14th Street, San Leandro, CA 94578
Phone: 510-577-3462
Website: 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
Hours: Monday-Thursday 9am-4pm
Meals: *Lunch served daily 11:45am (reservations/pre-order)

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