

**SENIOR CENTERS  
IN  
ALAMEDA COUNTY  
YEAR 2010 EDITION**

**Alameda County Area Agency on Aging (AAA)  
Senior Information and Assistance (I&A)  
6955 Foothill Boulevard, 3<sup>rd</sup> Floor  
Oakland, CA 94605  
1-800-510-2020 / 510-577-3530  
<http://alamedasocialservices.org>**

## SENIOR CENTERS IN ALAMEDA COUNTY

This directory is intended as a guide to those seeking information regarding 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 individuals. Most are staffed and open multiple days during the week.

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, Oakland Adult and Career Education's Programs for Adults with Disabilities and Adults 50+ provides classes at some senior centers and churches (call 510-452-2074 for a schedule). Also, 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.

The Multipurpose Senior Centers in this directory offer a variety of programs which may include exercise classes, ballroom dancing, health screenings, legal services, financial planning sessions, 55 Alive Driving classes, computer and other adult education classes, travel trips, and help with applying for benefits and programs available to elders in Alameda County such as tax assistance, Renter/Homeowner assistance, etc. Some centers also host AARP, OWL, Gray Panther, Congress of California Seniors, NARFE and SIRS meetings as well.

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

CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b><u>ALAMEDA</u></b>	
Mastick Senior Center 1155 Santa Clara Avenue Alameda, CA 94501	Monday-Friday: 8:30 a.m. – 4 p.m. Saturday: BINGO only 12:15 – 3:15 p.m.
Phone: 510-747-7500 Fax: 510-523-0247 Jackie Krause, Senior Services Manager E-mail: <a href="mailto:jkrause@ci.alameda.ca.us">jkrause@ci.alameda.ca.us</a> Website: <a href="http://www.mastickcenter.com">www.mastickcenter.com</a>	* Lunch served Monday – Friday, 12 noon
<b><u>ALBANY</u></b>	
Albany Senior Center 846 Masonic Avenue Albany, CA 94706	Monday-Friday: 9 a.m. – 5 p.m.
Phone: 510-524-9122 Fax: 510-524-8940 Isabelle Leduc, Senior Services Supervisor E-mail: <a href="mailto:seniorinfo@albanyca.org">seniorinfo@albanyca.org</a> Website: <a href="http://www.albanyca.org">www.albanyca.org</a>	* Dinner served Monday – Friday, 4:00 p.m.
<b><u>BERKELEY</u></b>	
Japanese American Services of the East Bay (JASEB) Administrative Office 2126 Channing Way Berkeley, CA 94704	Administrative Office: Monday-Friday: 9 a.m. – 5 p.m.
Administrative office: 510-848-3560 Fax: 510-848-3631	Senior Center: Monday-Thursday: 9 a.m. – 2 p.m.
E-mail: <a href="mailto:JASEB@IGC.ORG">JASEB@IGC.ORG</a> Website: <a href="http://www.jaseb.org">www.jaseb.org</a>	*Lunch served Monday-Thursdays, 11:30 a.m. at 1710 Carleton Street (at McGee Avenue), Berkeley. For lunch you must call three days in advance, 510-883-1106.
<b>Note: Channing Way Administrative Office is not the 'senior center.' Meals/activities are at the Carleton St. site.</b>	
<b>JASEB Senior Center</b> <b>1710 Carleton Street</b> Berkeley, CA 94703 <b>Carleton Street site: 510-883-1106</b> Vickie Kawakami, Senior Center Coordinator	

\*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.

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CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b>BERKELEY (Continued)</b>	
Jewish Community Center of the East Bay 1414 Walnut St. Berkeley, CA 94709  Phone: 510-848-0237 Fax: 510-848-0170  Website: <a href="http://www.jcceastbay.org">www.jcceastbay.org</a>	Monday-Friday: 8 a.m. – 6 p.m.  Lunch (Kosher) served Monday & Thursday, 12:00 p.m. – 1:00 p.m.
North Berkeley Senior Center 1901 Hearst Avenue Berkeley, CA 94709  Phone: 510-981-5190 Fax: 510-981-5230  Larry Taylor, Director E-mail: <a href="mailto:ltaylor@ci.berkeley.ca.us">ltaylor@ci.berkeley.ca.us</a> Website : <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a>	Monday – Friday: 8 a.m. – 5 p.m.  Japanese Seniors Meeting, 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday: 9 a.m. – 1 p.m.  * Lunch served Monday – Friday, 12 noon
South Berkeley Senior Center 2939 Ellis Street Berkeley, CA 94703  Phone: 510-981-5170 Fax: 510-981-5260  Deborah Jordan, Director E-mail: <a href="mailto:seniors@ci.berkeley.ca.us">seniors@ci.berkeley.ca.us</a> Website: <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a>	Monday-Friday: 8 a.m. – 5 p.m.  * Lunch served daily, 12 noon
West Berkeley Senior Center 1900 – 6 <sup>th</sup> Street Berkeley, CA 94710  Phone: 510-981-5180 Fax: 510-981-5210  Patty Thomas, Director E-mail: <a href="mailto:pthomas@ci.berkeley.ca.us">pthomas@ci.berkeley.ca.us</a> Website: <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a>	Monday – Friday: 8 a.m. – 5 p.m.  * Lunch served daily, 12 noon

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CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b><u>CASTRO VALLEY</u></b>	
Kenneth C. Aitken Senior Center 17800 Redwood Road Castro Valley, CA 94546  Phone: 510-881-6738 Fax: 510-888-5746 Jennifer Tibbetts, Coordinator Daniela Keiffer, Supervisor E-mail: <a href="mailto:hardsenior@haywardrec.org">hardsenior@haywardrec.org</a> Website Address: <a href="http://www.haywardrec.org">www.haywardrec.org</a>	Monday – Friday: 8:30 a.m. – 4 p.m.  Lunch served Monday & Wednesday, 12 noon. A sandwich soup/salad are served on Tuesdays & Thursdays, 12 noon.  The cost for a meal is: \$3.50
<b><u>DUBLIN</u></b>	
Dublin Senior Center 7600 Amador Valley Blvd. Dublin, CA 94568  Phone: 1-925-556-4511 Fax: 1-925-829-6342 Anna Hudson, Recreation Coordinator E-mail: <a href="mailto:Anna.Hudson@ci.dublin.ca.us">Anna.Hudson@ci.dublin.ca.us</a> Website: <a href="http://www.dublinseniorcenter.com">www.dublinseniorcenter.com</a>	Monday – Friday: 9 a.m. – 4 p.m. Saturday: 8:30 a.m. – 12 noon  Lunch served Monday – Friday, 11:30 a.m. – 12:15 p.m.
<b><u>EMERYVILLE</u></b>	
Emeryville Senior Center 4321 Salem Street Emeryville, CA 94608  Phone: 510-596-3730 Fax: 510-652-0933 Cindy Montero, Manager E-mail: <a href="mailto:cmontero@ci.emeryville.ca.us">cmontero@ci.emeryville.ca.us</a> Website: <a href="http://www.ci.emeryville.ca.us">www.ci.emeryville.ca.us</a>	Monday – Friday: 9 a.m. – 5 p.m. (Fridays only—after Daylight Savings Time thru October: open 9:00 a.m. – 9:00 p.m.)  * Lunch served daily, 11:45 a.m.
<b><u>FREMONT</u></b>	
Fremont Multi-Service Senior Center 40086 Paseo Padre Parkway Fremont, CA 94538 <i>Mailing address:</i> P.O. Box 5006 Fremont, CA 94537  Phone: 510-790-6600 Fax: 510-790-6601 Linda Olla, Manager E-mail: <a href="mailto:Lolla@ci.fremont.ca.us">Lolla@ci.fremont.ca.us</a> Website: <a href="http://www.fremont.gov/">www.fremont.gov/</a>	Monday-Friday: 8 a.m. – 5 p.m.  Lunch served daily, 12 noon

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<b>CENTER, ADDRESS &amp; PHONE NUMBER</b>	<b>DAYS/HOURS OF OPERATION</b>
<b><u>HAYWARD</u></b>	
Hayward Area Senior Center 22325 North 3 <sup>rd</sup> Street Hayward, CA 94546 <i>Mailing address:</i> 1099 E Street Hayward, CA 94541  Phone: 510-881-6766 Fax: 510-888-5755 Mila Mishina, Coordinator Daniela Keiffer, Supervisor E-mail: <a href="mailto:hardsenior@haywardrec.org">hardsenior@haywardrec.org</a> Website: <a href="http://www.haywardrec.org">www.haywardrec.org</a>	Monday-Friday: 8:30 a.m. – 4 p.m. Sunday: Dancing 1:00 p.m. – 3:30 p.m. (doors open 12:00 p.m.)  Lunch served Tuesday (12 noon), Wednesday (11:30 a.m.), and Thursday (12 noon). Must have a lunch ticket (available through the senior center) prior to 12 noon to get a lunch. Spectrum Luncheon served on Fridays (must call day in advance to reserve).  Snack Bar Mondays 11:30 a.m. – 1:10 p.m.
<b><u>LIVERMORE</u></b>	
Livermore Area Recreation and Park District Senior Services Center 4444 East Avenue Livermore, CA 94550 (located in the Robert Livermore Community Center)  Phone: 1-925-373-5760 Fax: 1-925-960-2457 Maureen Swinbank, Director E-mail: <a href="mailto:mswinbank@larpd.dst.ca.us">mswinbank@larpd.dst.ca.us</a> Website: <a href="http://www.larpd.dst.ca.us">www.larpd.dst.ca.us</a>	Monday-Friday: 9 a.m. – 12 noon, 12:30 p.m. – 4 p.m.  * Lunch served daily, 12 noon.
<b><u>NEWARK</u></b>	
Senior Services at the Silliman Activity Center 6800 Mowry Avenue Newark, CA 94560  Phone: 510-578-4840  E-mail: <a href="mailto:senior.center@newark.org">senior.center@newark.org</a> Website: <a href="http://www.newark.org">www.newark.org</a>	Monday – Thursday: 8:30 a.m. – 2:30 p.m.  * Lunch served daily, 11:45 a.m. (call a day ahead before noon to reserve lunch for the next day)

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CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b><u>OAKLAND</u></b>	
Downtown Oakland Senior Center Veterans Memorial Building 200 Grand Avenue Oakland, CA 94610  Phone: 510-238-3284 Fax: 510-238-7118 Jennifer King, Director E-mail: <a href="mailto:jdking@oaklandnet.com">jdking@oaklandnet.com</a> Website: <a href="http://www.oaklandnet.com/parks/facilities/senior.asp">www.oaklandnet.com/parks/facilities/senior.asp</a>	Monday – Friday: 8:30 a.m. – 5 p.m.  * Lunch served daily, 12 noon
East Bay Korean American Senior Service Center 1723 Telegraph Avenue Oakland, CA 94612  Phone: 510-763-0736 (Korean); 510-763-1879 (English) Fax: 510-763-8878 Joanna Kim-Selby, Executive Director	Tuesday – Saturday: 10 a.m. – 3 p.m.  * Lunch served daily, 12 noon
East Oakland Senior Center 9255 Edes Avenue Oakland, CA 94603  Phone: 510-615-5731 Fax: 510-615-5734  Leroy Slaughter, Director Website: <a href="http://www.oaklandnet.com/parks/facilities/senior.asp">www.oaklandnet.com/parks/facilities/senior.asp</a>	Monday – Friday: 8:30 a.m. – 5 p.m.  * Lunch served daily, 12 noon
Fruitvale-San Antonio Senior Center 3301 E. 12 <sup>th</sup> Street, Suite 201 Oakland, CA 94601  Phone: 510-535-6123 Fax: 510-535-6146  Nalleli Albarran-Cruz, Director Email: <a href="mailto:nallelia@unitycouncil.org">nallelia@unitycouncil.org</a> Website: <a href="http://www.unitycouncil.org">www.unitycouncil.org</a>	Monday – Friday: 9 a.m. – 3 p.m.  * Lunch served daily, 12 noon

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CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b><u>OAKLAND (Continued)</u></b>	
Golden Age Seniors Eastmont Mall (upper level, next to Library) Bancroft and 73 <sup>rd</sup> Avenue Oakland, CA 94605 <u>Mailing Address:</u> Eastmont Town Center # 3 Oakland, CA 94605  Phone: 510-562-1990 Fax: 510-562-2368  Bill Dixon, Director Ella Hankton, Assistant Director	Monday –Friday: 9 a.m. – 5 p.m.  Lunch served Monday – Friday, 12 noon – 1p.m.
Hong Lok Senior Center 275 – 7 <sup>th</sup> Street Oakland, CA 94607  Phone: 510-763-9017 Fax: 510-763-0558  *New satellite center located at: 261 – 11th Street, 510-419-0160  Helen Lim, Manager E-mail: <a href="mailto:HelenL@FamBridges.org">HelenL@FamBridges.org</a> Website : <a href="http://www.fambridges.org/hong_lok.html">www.fambridges.org/hong_lok.html</a>	7th Street: Monday – Friday: 8 a.m. – 3 p.m.  11th Street: Monday – Friday: 11:30 a.m. – 2:30 p.m.  * Lunch served daily: 12 noon
Korean Community Center of the East Bay 4390 Telegraph Avenue, Suite A Oakland, CA 94609  Phone: 510-547-2662 Fax: 510-547-3258  Art Choi, Coordinator E-mail: <a href="mailto:artchoi@kcceb.org">artchoi@kcceb.org</a> Website: <a href="http://www.kcceb.org">www.kcceb.org</a>	Social Services Department provides senior services and immigration services: Monday-Friday: 9:30 a.m. – 5 p.m.

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CENTER, ADDRESS & PHONE NUMBER	DAYS/HOURS OF OPERATION
<b>OAKLAND (Continued)</b>	
North Oakland Senior Center 5714 Martin Luther King Jr. Way Oakland, CA 94609  Phone: 510-597-5085 Fax: 510-597-5082  Mary Norton, Director E-mail: <a href="mailto:mnorton@oaklandnet.com">mnorton@oaklandnet.com</a> Website: <a href="http://www.oaklandnet.com/parks/facilities/senior.asp">www.oaklandnet.com/parks/facilities/senior.asp</a>	Monday-Friday: 8:30 a.m. – 5:00 p.m.  * Lunch served Monday – Friday, 12 noon
St. Mary's Center (Drop-in Center) 925 Brockhurst Street Oakland, CA 94608  Phone: 510-923-9600 Fax: 510-923-9606  Kim Marsh, Contact E-mail: <a href="mailto:kmarsh@stmaryscenter.org">kmarsh@stmaryscenter.org</a> Website: <a href="http://www.stmaryscenter.org">www.stmaryscenter.org</a>	Monday – Friday: 9 a.m. – 1 p.m.  Lunch served as follows: Monday – Friday at 12 noon Sun. – 1:30 p.m.
Vietnamese American Community Center of the East Bay 106 International Blvd. Oakland, CA 94606  Phone: 510-663-4681 Fax: 510-663-4411  Glen Wong, Executive Director E-mail: <a href="mailto:vacceb@gmail.com">vacceb@gmail.com</a> Website: <a href="http://www.vacceb.net">www.vacceb.net</a>	Tues., Thurs., and Fri.: Senior Programs 8:30 a.m.- 2 p.m.  * Lunch served 12 noon
West Oakland Senior Center 1724 Adeline Street Oakland, CA 94607  Phone: 510-238-7016 Fax: 510-238-7027  Dorothy Poston, Director E-mail: <a href="mailto:dposton@oaklandnet.com">dposton@oaklandnet.com</a> Website: <a href="http://www.oaklandnet.com/parks/facilities/senior.asp">www.oaklandnet.com/parks/facilities/senior.asp</a>	Monday – Friday: 8:30 a.m. – 5 p.m.  * Lunch served daily, 12:00 p.m. – 1:00 p.m.

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<b><u>PLEASANTON</u></b>	
Pleasanton Senior Center 5353 Sunol Blvd. Pleasanton, CA 94566	Monday – Friday: 8:30 a.m. – 4:30 p.m. (open Thursdays until 8:30 p.m.)
Phone: 1-925-931-5365 Fax: 1-925-485-3685	* Lunch served daily, 12 noon (call 925-931-5385 one day prior to make lunch reservation)
Pam Deaton, Director E-mail: <a href="mailto:pdeaton@ci.pleasanton.ca.us">pdeaton@ci.pleasanton.ca.us</a> Raymond Figueroa, Recreation Coordinator E-mail: <a href="mailto:rfigueroa@ci.pleasanton.ca.us">rfigueroa@ci.pleasanton.ca.us</a> Website: <a href="http://www.pleasantonseniorcenter.org">www.pleasantonseniorcenter.org</a>	
<b><u>SAN LEANDRO</u></b>	
Bancroft Senior Center Bethel Presbyterian Church 14235 Bancroft Avenue San Leandro, CA 94577	Monday – Friday: 10 a.m. – 2 p.m.
Phone: 510-351-3299 JoAnn Silver, Activities Coordinator Website: <a href="http://www.ci.san-leandro.ca.us/slseniorinfo.html">www.ci.san-leandro.ca.us/slseniorinfo.html</a>	* Lunch served 12 noon (meal reservation required, please call 510-351-3299)
<b><u>The Marina Community Center</u></b>	
The Marina Community Center 15301 Wicks Blvd. San Leandro, CA 94579	Customer service hours: Monday – Friday 9 a.m. – 7 p.m. Saturday 10 a.m. – 2 p.m.
Phone: 510-577-3462 Website: <a href="http://www.ci.san-leandro.ca.us/slseniorinfo.html">www.ci.san-leandro.ca.us/slseniorinfo.html</a>	For specific dates/times per activity, please call 510-577-3462.
<b><u>UNION CITY</u></b>	
Ralph & Mary Ruggieri Senior Center 33997 Alvarado-Niles Road Union City, CA 94587	Monday – Friday: 9 a.m.- 4 p.m. (Closed every other Friday)
Phone: 510-675-5495 Fax: 510-477-0317 Larry Orozco, Coordinator Website: <a href="http://www.ci.union-city.ca.us">www.ci.union-city.ca.us</a>	* Lunch served daily, 11:45 a.m. (Reservations/Pre-Order)

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