

SENIOR CENTER MONTHLY PROGRAMS

OCTOBER 2025



SPECIAL EVENTS:

- **Dinner with Albany:** October 4, 6-9pm @ Memorial Park, 1325 Portland Ave
- **City Hall Open House/Pancake Breakfast:** October 11, 9am-12pm @ City Hall, 1000 San Pablo Ave
- **Senior Center Open House:** October 23, 10am-3pm
- **Senior Center Halloween Luncheon:** October 31, 12-1:30pm - \$5.00 Fee

For inquiries, registration, scheduling appointments, and programming
Please contact the Senior Center at (510)524-9122

October 2025 •

Services & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 12-1pm: Daily Lunch	★ 9:30-11:30am: Mercy Brown Bag Pick Up	1 10:30am-12pm Meals On Wheels Appt: HICAP Counseling	2 10am: Shopping 1-4pm: Technology 1-on-1	★ 3 10:30am-12pm Meals On Wheels
6 10am: Shopping 10:30am-12pm Meals On Wheels	7 9am-2:30pm: Hiking Trip	8 10:30am-12pm Meals On Wheels	9 10am: Shopping 1-4pm: Technology 1-on-1	10 8:30am-4pm Travel Troupe Sacramento Historic Rail 10:30am-12pm Meals On Wheels
13 10am: Shopping 10:30am-12pm Meals On Wheels	14 9am-2:30pm: Hiking Trip 1:30pm Matinee Movie	15 10am: Shopping 10:30am-12pm Meals On Wheels Appt: HICAP Counseling	16 10am: Shopping 1-4pm: Technology 1-on-1	★ 17 10am-3pm Lunch Troupe Elliston Vineyards 10:30am-12pm Meals On Wheels
20 10am: Shopping 10:30am-12pm Meals On Wheels	21	22 10:30am-12pm Meals On Wheels	23 10am-3pm: Senior Center Open House	25 10:30am-12pm Meals On Wheels
27 10am: Shopping 10:30am-12pm Meals On Wheels	28 9am-2:30pm: Hiking Trip 1:30pm Matinee Movie	29 10:30am-12pm Meals On Wheels	30 1-4pm: Technology 1-on-1	31 10am: Shopping 10:30am-12pm Meals On Wheels 12-1:30pm: Halloween Luncheon 

October 2025 • Socials

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Affairs 10-11:30am	Needlecraft & Beading 9:30am-12pm	Women's Balkan Dancing 10-11:15am	Painting 10am-12pm	Folk Dancing 10-11:30am
Spanish Conversation 10-11am	Morning Stretches 10-11am	Pop Up Ping Pong 1:30-3pm	Mahjong & Games 1-3pm	French Conversation 11:30am-12:30pm
Senior Center Walks 1-2pm	Matinee Movie 1:30pm		Poetry Can Be Fun 1-2:30pm	Ukulele Jam 1:30pm-3pm
Memoir Writing 1-3pm	Pop Up Ping Pong 1:30-3pm			
Senior Center Chorus 3-4:30pm				

October 2025 • Classes

Gentle Tia Chi located at Community Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Tai Chi 10:30-11:30am	Fall Prevention & Improve Balance 4-5pm New Class!	Watercolor Workshop 9:45-11:45am	Watercolor Workshop 9:45-11:45am	Rosen Method 9:30-10:30am
Demystifying Nutrition Controversies 3:30-5pm		Gentle Tai Chi 10:30-11:30am		Gentle Tai Chi 10:30-11:30am
		Weight & Balance Training 2-2:45pm		

MONTHLY MATINEE MOVIES

Bring your friends and enjoy watching a movie on a big screen.
\$1 suggested donation for popcorn.

NAKED GUN

Day: Tuesday

Date: October 14

Time: 1:30pm

Length: 1 hr. 26 min.

Rated: PG-13

Genre: Action/Comedy



HAUNTED MANSION

Day: Tuesday

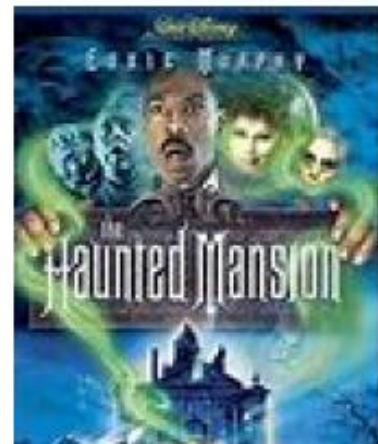
Date: October 28

Time: 1:30pm

Length: 1 hr. 24 min.

Rated: PG

Genre: Comedy/Thriller



FOAS Monthly Meeting: Monday, Oct. 6, 11:30am @ Albany Senior Center

Grab your favorite midday beverage and attend the Friends of Albany Seniors (FOAS) monthly meeting. Everyone is welcome to join in this wonderful opportunity to socialize and stay in touch with friends. The meeting includes an overview of the Senior Center programming and discussion on next steps for FOAS.