



Senior Center Monthly Programs

May
2025

For inquires, registration, scheduling appointments, and programming
Please contact the Senior Center at 1(510)524-9122

May 2025 - Monthly Calendar

Albany Senior Center • 846 Masonic Avenue, Albany, CA 94706 • 1(510)524-9122

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Senior Center Lunches</u> Monday-Friday 12-1pm (Service ends at 12:30pm) Limited Seating	<u>Technology 1-on-1 Help</u> Thursdays 1- 4pm		1	2 <u>9:30am Mercy Brown Bag</u> 10am Shopping - Safeway/ Target / Sprouts
5 10am Shopping - El Cerrito Plaza / Ranch 99	6 <u>9am Hike – Globe Lily Trail</u> 1:30pm Movie - Between the Temples	7 <u>10am-3:30pm Lunch Troupe - Calistoga</u>	8	9 10am Shopping - Safeway/ Target / Sprouts <div>May 17th FOAS Garage Sale 9am-1pm</div>
12 10am Shopping - El Cerrito Plaza / Ranch 99	13 <u>9am Hike – Googleplex Campus</u> 1:30pm Movie - The Unbreakable Boy	14 10am-2pm Street Sweeping—Bart Side	15 10am Shopping - Safeway/ Target / Sprouts	16 <u>9:30am Mercy Brown Bag</u>
19 10am Shopping - El Cerrito Plaza / Ranch 99	20 <u>9am Hike – Tennessee Valley Beach</u> 1:30pm Movie - The Last Showgirl	21 10am Shopping - Costco 10am-2pm Street Sweeping—Senior Center Side	22	23
26 Memorial Day Senior Center Closed	27 <u>9am Hike – Upper Crystal Spring Reservoir</u> 1:30pm Movie - The Return	28 10am Shopping - El Cerrito Plaza / Ranch 99	29 5pm Trivia Night	30 <u>9am-3pm Travel Troupe - Cherry Picking</u>



Mark Your Calendar

Meals on Wheels Delivered (10:30am-12pm)

Mercy Brown Bags (Groceries)

Pick Up (9:30-11:30am)

May 2 May 5 May 7 May 9 May 12

May 14 May 16 May 19 May 21 May 23

May 26 May 28 May 30

May 2

May 16

Call 1(510)524-9122 to register for any meal program.

May 2025 - Weekly Calendar of Programs

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<ul style="list-style-type: none"> 10am World Affairs Group 10:30am Gentle Tai Chi (CC) 12-1pm Lunch Service 1pm Senior Center Walks 1pm Memoir Writing 3pm Sing-a-Long 3:30pm Demystifying Nutrition Controversies 	<ul style="list-style-type: none"> 9am Monthly Hikes 10am Needle Craft & Beads 10am Morning Stretches 12-1pm Lunch Service 1:30pm Monthly Matinee Movie (Select Tuesdays) 1:30pm Pop Up - Ping Pong 	<ul style="list-style-type: none"> 9:45am Watercolor Workshop 10am Women's Balkan Dancing 10:30am Gentle Tai Chi (CC) 12-1pm Lunch Service 12:15pm Rosen Movement 1:30pm Pop Up - Ping Pong 3:30pm Balance Dancing 	<ul style="list-style-type: none"> 9:45am Watercolor Workshop 10am Art Social 12-1pm Lunch Service 1pm Mahjong & Games <div> Technology 1-on-1 Help 1 - 4pm </div>	<ul style="list-style-type: none"> 9:30am Rosen Method <u>9:30am Mercy Brown Bag (1st & 3rd Fridays)</u> 10am Folk Dancing 10:30am Gentle Tai Chi (CC) 11:30am French Conversations 12-1pm Lunch Service 1:30pm Ukulele Jam 4pm Weight & Balance Training

Program Highlights

FOAS Monthly Meeting

Monday, May 5th at 11:30am

Location: 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.

Between the Temples

Tuesday, May 6

Time: 111 Minutes

Rated: R

Genre: Comedy/Romance



The Unbreakable Boy

Tuesday, May 13

Time: 108 Minutes

Rated: PG

Genre: Drama

Monthly Matinee Movies

at 1:30pm

Program features movies for free! Bring your friends and enjoy watching a movie on a big screen. Suggested donation \$1 for Popcorn (while supplies last)! View more movie details on our Monthly Matinee Movie flyer located on our website or at our facility.

The Last Showgirl

Tuesday, May 20

Time: 88 Minutes

Rated: R

Genre: Drama



The Return

Tuesday, May 27

Time: 115 Minutes

Rated: R

Genre: Adventure/Drama/History



May Lunch Menu

ALBANY SENIOR CENTER

Lunch Service is on Monday - Friday from 12 - 1pm. Food service stops at 12:30pm.

Reservations are required and are accepted on Fridays.

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to change without notice.	+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk.	Program participation is not limited with regard to: Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.	1 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+) Vanilla Yogurt and Berry parfait+	2 Turkey and Cheese Croissant Sandwich Potato Salad+ Fresh Seasonal Pear
5 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend Fresh Cutie Citrus+ <i>Higher Sodium Meal</i>	6 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+ French Roll & Butter	7 <i>Soup is a large 12 ounces</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Mango Chunks+	8 <i>Pick Up&Go</i> Roast Beef & Monterey Jack Sandwich on Whole Wheat Lettuce Leaf & Tomato <i>Condiment packets available</i> Three Bean Salad Sun Chips Fresh Cutie Citrus+	9 <i>Mother's Day</i> Tex-Mex Chicken Taco Salad (chicken, romaine lettuce mix, corn, black beans, bell pepper) +* Tortilla Chips Vegetable Tortilla Soup (8 oz) Banana
12 Spinach & Mushroom Quiche Mixed Greens & Mandarin Salad+ Mixed Fruit Medley (mango, berries, grapes)+* Whole Wheat Bread & Butter <i>Higher Sodium Meal</i>	13 Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower Banana	14 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+	15 Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Spinach* Fresh Citrus Cutie+	16 Turkey & Cranberry Pinwheel Sandwich Garden Salad (Romaine)+ with Vinaigrette Sun chips Fresh Grapes
19 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad with Shredded carrots & Cilantro Lime Dressing Steamed Rice Blend Applesauce (Vit-C fortified) +	20 Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Pineapple Coleslaw+* Warm Peach Crisp	21 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Seasonal Citrus Cutie	22 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Mango and Vanilla Greek Yogurt Parfait+	23 Tuna Salad Sandwich on Whole Wheat Lettuce Leaf & Tomato <i>Condiment packets available</i> <u>Chopped Vegetable Salad (cucumber, bell pepper, onion, tomato)</u> Ambrosia
26 Senior Center Closed Memorial Day	27 (8oz) Tuna Noodle Casserole (Whole Wheat Noodles) Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing Orange+	28 <i>Soup is a large 12 ounces</i> Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad + * Fresh Grapes	29 Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread & Butter Spiced Peach and Yogurt Parfait	30 Asian Chicken Salad +* (Romaine, Cabbage, shredded Carrots, chicken breast shredded) Miso Soup (8 oz) Whole Wheat Cracker Mandarin Orange Segments+