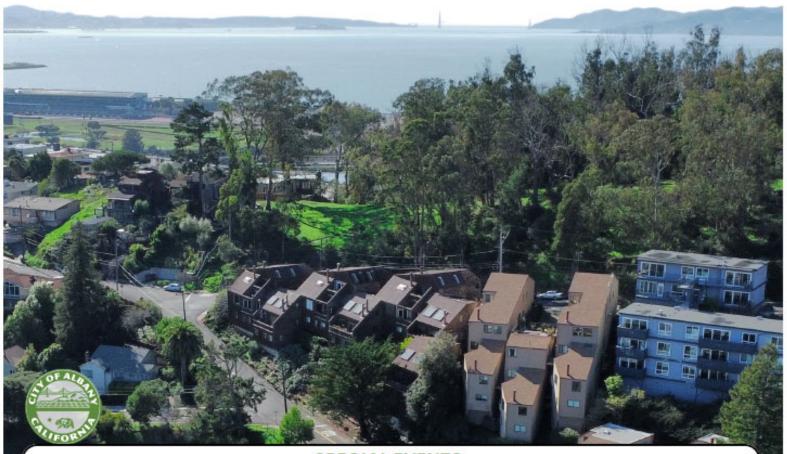
SENIOR CENTER MONTHLY PROGRAMS

SEPTEMBER 2025



SPECIAL EVENTS:

- National Senior Center Month
- Extended Travel Presentation: Thursday, September 18, 2 3 pm
 @ Community Center, 1249 Marin Ave
- Dinner with Albany: Saturday, October 4, 6-9 pm @ Memorial Park, 1325 Portland Ave
- Senior Center Open House: Thursday, October 23, 10am-3pm

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

September 2025 • Services & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER CLOSED	2	10:30am-12pm Meals On Wheels	1-4pm: Technology 1-on-1	10:30am-12pm Meals On Wheels
		Appt: HICAP Counseling		
10:30am-12pm MOW Delivery	9	10:30am-12pm Meals On Wheels	1-4pm: Technology 1-on-1	10:30am-12pm Meals On Wheels
10am: Shopping 10:30am-12pm Meals On Wheels	9am-2:30pm: Hiking Trip	17 10am: Shopping 10:30am-12pm Meals On Wheels appointment: HICAP Counseling	18 1-4pm: Technology 1-on-1 2:00 pm Extended Travel Presentation at the Community Center	10am: Shopping 10:30am-12pm Meals On Wheels
10am: Shopping 10:30am-12pm Meals On Wheels	9am-2:30pm: Hiking Trip	10:30am-12pm Meals On Wheels	10am-3pm Oakland Zoo Healthy Living Festival 1-4pm: Technology 1-on-1	10am: Shopping 10:30am-12pm Meals On Wheels
10am: Shopping 10:30am-12pm Meals On Wheels	9am-2:30pm: Hiking Trip	10am: Shopping 10:30am-12pm Meals On Wheels	1-3pm: Daily Lunch	9:30-11:30am: Mercy Brown Bag Pick Up

September 2025 •

Socials

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY Needlecraft & Women's **Painting** Folk Dancing **World Affairs** Beading Balkan 10am-12pm 10-11:30am 10-11:30am 9:30am-12pm Dancing 10-11:15 am French Spanish Morning Mahjong & Pop Up Ping Conversation Conversation Stretches Games Pong 11:30 am-10-11 am 10-11am 1:30-3pm 1-3pm 12:30pm Jun 3-Aug 26 Jun 5-Aug 28 Jun 4-Aug 27 Jun 6-Aug 29 Matinee Senior Center Poetry Can Be Ukelele Jam Movies Walks Fun 1:30pm-3pm 1:30pm 1-2pm 1-2:30pm Senior Center Pop Up Ping Chorus Pong 3-4:30 pm 1:30-3pm Jun 3-Aug 26

September 2025 • Classes

Gentle Tia Chi located at Community Center
IONDAY TUESDAY WEDNESDAY THURSDAY FR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Tai Chi 10:30-11:30 am	Fall Prevention & Improve Balance 4-5 pm	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
		Balance Dancing 3:30-4:45pm		
		Weight & Balance Training; 4- 4:45pm		

MONTHLY MATINEE MOVIES

In celebration of National Senior Center Month we will be hosting 4 FREE specialty movies. Bring your friends and enjoy watching a movie on a big screen. \$1 suggested donation for Popcorn

F1

Day: Tuesday

Date: September 9

Time: 1:30pm

Length: 2 hrs. 35 min.

Rated: PG-13

Genre: Action/Drama



WIDOW CLICQUOT

Day: Tuesday

Date: September 16

Time: 1:30pm

Length: 1 hr. 30 min.

Rated: R

Genre: Drama



THE NEW BON

THE TROUBLE WITH

JESSICA

Day: Tuesday

Date: September 23

Time: 1:30pm

Length: 1 hr. 29 min.

Rated: PG-16

Genre: Arthouse/Comedy



THE NEW BOY

Day: Tuesday

Date: September 30

Time: 1:30pm

Length: 1 hr. 36 min.

Rated: PG-13

Genre: Drama/Fantasy

FOAS Monthly Meeting: Monday, Sept. 8, 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.