

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
1 SENIOR CENTER CLOSED	2	3 10:30am-12pm Meals On Wheels Appt: HICAP Counseling	4 1-4pm: Technology 1-on-1	5★ 10:30am-12pm Meals On Wheels
8 10:30am-12pm MOW Delivery	9	10 10am: Shopping 10:30am-12pm Meals On Wheels	11 1-4pm: Technology 1-on-1	12 10:30am-12pm Meals On Wheels
15 10am: Shopping 10:30am-12pm Meals On Wheels	16 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	19★ 10am: Shopping 10:30am-12pm Meals On Wheels
22 10am: Shopping 10:30am-12pm Meals On Wheels	23 9am-2:30pm: Hiking Trip	24 10:30am-12pm Meals On Wheels	25 10am-3pm Oakland Zoo Healthy Living Festival 1-4pm: Technology 1-on-1	26 10am: Shopping 10:30am-12pm Meals On Wheels
29 10am: Shopping 10:30am-12pm Meals On Wheels	30 9am-2:30pm: Hiking Trip	31 10am: Shopping 10:30am-12pm Meals On Wheels	 1-3pm: Daily Lunch	★ 9:30-11:30am: Mercy Brown Bag Pick Up

September 2025 •

Socials

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

September 2025 • Classes

Gentle Tai Chi located at Community Center

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 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.