



Senior Center Monthly Programs

June 2025

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

June 2025 - Monthly Calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Shopping - El Cerrito Plaza / Ranch 99 11:30am FOAS Monthly Meeting	3 <u>9am Hike – Spring Lake</u>	4	5 10am Shopping - Safeway/ Target / Sprouts	6 <u>9:30am Mercy Brown Bag</u> <u>9am-3:30pm Travel Troupe-Brentwood Cherry Picking</u>
9 <u>10am-3pm Travel Troupe—Marine Mammal Center</u>	10 <u>9am Hike – Rockaway Beach</u> 1:30pm Movie - The Ballad of Wallis Island	11 10am Shopping - El Cerrito Plaza / Ranch 99	12	13 10am Shopping - Safeway/ Target / Sprouts
16 10am Shopping - El Cerrito Plaza / Ranch 99	17 <u>9am Hike – Sebastopol West County Trail</u>	18 10am Shopping - Safeway/ Target / Sprouts 10am-2pm Street Sweeping— Bart Side	19 Center Closed in Observance of Juneteenth Holiday	20 <u>9:30am Mercy Brown Bag</u> 12:00pm FOAS Member Free Lunch and Election
23 10am Shopping - El Cerrito Plaza / Ranch 99	24 <u>9am Hike – Lake Merritt and Memorial Park</u> 1:30pm Movie - Here Today	25 10am Shopping - Costco 10am-2pm Street Sweeping— Senior Center Side	26 <u>10am-3pm Lunch Trip—Yountville</u>	27 10am Shopping - Safeway/ Target / Sprouts
30 10am Shopping - El Cerrito Plaza / Ranch 99		<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	

 **Mark Your Calendar**

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

Jun 2 Jun 4 Jun 6 Jun 9 Jun 11
 Jun 13 Jun 16 Jun 18 Jun 20 Jun 23
 Jun 25 Jun 27 Jun 30

Mercy Brown Bags (Groceries)

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

Jun 6

Jun 20

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

June 2025 - Weekly Calendar of Programs

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<ul style="list-style-type: none"> 10am World Affairs Group 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"> 10am Women's Balkan Dancing 12-1pm Lunch Service 1:30pm Pop Up Ping Pong 3:30pm Balance Dancing 4pm Weight & Balance Training 	<ul style="list-style-type: none"> 10am Art Social 11:45am-12:45pm 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 11:30am French Conversation 12-1pm Lunch Service 1:30pm Ukulele Jam

Program Highlights

FOAS Member Free Lunch and Board Meeting

Friday, June 20th at 12:00-1:30pm

Location: Albany Senior Center

Friends of Albany Seniors (FOAS) Annual Member Free Lunch and Board Election. Members are welcome to join in this wonderful opportunity to socialize and stay in touch with friends. The meeting includes an annual board election and overview of the Senior Center programming and discussion on next steps for FOAS.

Albany Senior Center
Recreation & Community Services Department
 846 Masonic Ave., Albany, CA 94706
 Phone: 1 (510) 524-9122
 Website: www.albanyca.org
 Email: seniorinfo@albanyca.org



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 at our facility.

The Ballad of Wallis Island

Tuesday, Jun 10

Time: 1 hr. 39 min.

Rated: PG-13

Genre: Comedy/Drama

Staring: Tom Basden and Carey Mulligan

Here Today

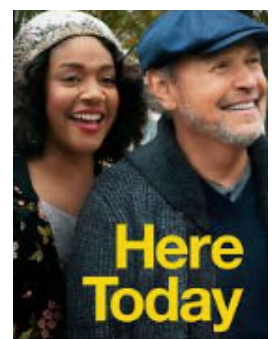
Tuesday, Jun 24

Time: 1 hr. 57 min.

Rated: PG-13

Genre: Comedy/Drama

Starring: Billy Crystal and Tiffany Haddish



June 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
2 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed Rice Blend Pineapple Chunks+	3 Pork Loin with Gravy Mashed Potatoes Mixed Vegetables+* Whole Wheat Bread & Butter Grapes	4 Italian Wedding Meatball Soup (beef, x4 meatballs) Creamy Coleslaw+* Whole Wheat Bread Tangerine+	5 Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp (oat-topping) over Vanilla Yogurt	6 Egg Salad Sandwich with dill and peas on Whole Wheat Lentil Soup (6oz) Caesar Salad (Romaine)+ Mixed Fresh Fruit Parfait
9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+ Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	10 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana	11 Albondigas (Mexican beef meatball soup x 4 meatballs) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Diced Mango	12 Sweet Potato Peanut Stew+ over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens* Mixed Fresh Fruit Salad <i>Contains Peanuts</i>	13 Roast Beef and Monterey Jack Sandwich on Whole Wheat Lettuce Leaf & Tomato Beet Salad Fresh Mixed Fruit (Cantaloupe & Berries) +
16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Banana Higher Sodium Meal	17 Beef and Bean Chili Steamed Brown Rice Coleslaw+* Grapes	18 Chicken & Sausage Gumbo with Rice Black Eyed Pea Salad Cornbread Fresh Melon+	19 SENIOR CENTER CLOSED IN OBSERVANCE OF JUNETEENTH HOLIDAY	20 Juneteenth Holiday Meal Homemade Baked Macaroni & Cheese (Vegetarian) Lentil Soup (6oz) Braised Collard Greens* Pineapple Chunks+
23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	24 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Fresh Berries	25 Thai Fish Curry Soup+ Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fresh Fruit (pineapple, mango, blueberries)	26 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+)- no crouton Vanilla Yogurt and Berry parfait+	27 Turkey and Cheese Croissant Sandwich Potato Salad+ Rainbow Fruit Salad (grapes, honeydew, strawberries, cantaloupe, blueberries, mango, pineapple) +
30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend Fresh Cutie Citrus+ Higher Sodium Meal	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.	Menu is subject to change without notice.	+denotes vitamin C-rich foods * denotes vitamin A-rich foods	All meals include 1% milk.