

# San Leandro Senior Services

For Adults 50+

February 2022



San Leandro Community Center is currently offering limited on-site essential services and courses as well as virtual programming. Please note on-site activities are conducted in accordance with COVID-19 safety protocols.

City staff was advised by public health experts to continue to limit in-person services and courses during the COVID-19 Omicron variant surge as a preventive measure for the health and wellness of older adult participants. Additionally, the City is working with consultants to replace the Senior Center's HVAC (heating, ventilation, and air conditioning) system. The system is currently operating at only 50% capacity to heat and cool the Center. The tentative timeline to replace the HVAC system is Summer 2022. The ongoing COVID-19 pandemic and supply chain interruptions have delayed the City's ability to fully reopen the Center safely and comfortably. The community's patience is sincerely appreciated during these challenging times.

Please feel free to reach out to staff for information and referrals.

Register for in-person and virtual programs by calling Customer Service at 1 (510) 577-3462 or at [sanleandrorec.org](http://sanleandrorec.org)

All activities are FREE for adults ages 50+ unless otherwise noted.

City offices will be closed February 14 and 21, in observance of Lincoln's Birthday and Presidents Day.

FLEX RIDES Shuttle will not be operating on City holidays. FLEX RIDES On Demand will be available on those dates.

## Free Tax Preparation Information

Unfortunately, AARP will NOT be preparing taxes this year at the Senior Center or Marina Community Center.

- The most comprehensive resource to find open sites is the IRS' Site Locator at: <https://irs.treasury.gov/freetaxprep/>.
- AARP Tax-Aide and United Way of the Bay Area (UWBA) offer free tax preparation assistance for those Taxpayers with computer skills who are willing to prepare their own returns with guidance from a coach over the phone. For UWBA's program, go to <https://earnitkeepitsaveit.org> and click the Online Tax Prep button. For AARP Tax-Aide's Alternative Tax Preparation Program, go to <https://taxaide.aarpfoundation.org/online-self-and-assisted-prep> and click Request Help.
- The Alameda County Social Services Agency (SSA) is providing no cost IRS certified tax preparation assistance to low and moderate-income taxpayers from February 2, 2022 through April 18, 2022. Tax preparation will be completed by qualified IRS certified preparers through a combination of customer document drop-off/pick-up at locations listed below and virtual appointments. To make an appointment, you will need to create an account using either a cell phone number or email address. The online Appointment Scheduler is available at: <https://public.alamedasocialservices.org/eitcscheduler>. For general questions about the program call 1 (510) 271-9141 or email [vita.eitc@acgov.org](mailto:vita.eitc@acgov.org).

Wednesdays, 5:30 - 8:30 pm  
Saturdays, 9:00 am - 4:00 pm

District Office of  
Alameda County Supervisor Dave Brown  
15903 Hesperian Blvd  
San Lorenzo, CA 94580

Mondays & Wednesdays: 5:30 - 8:30 pm, Saturdays: 9:00 am - 4:00 pm

Eden Area Multi-Service Center  
24100 Amador Street  
Hayward, CA 94544

Enterprise Self-Sufficiency Center  
8477 Enterprise Way  
Oakland, CA 94621

Thomas L. Berkley Square  
(North Oakland)  
2000 San Pablo Avenue  
Oakland, CA 94612

## In Person Programming

Participants must always complete a brief health check upon arrival and remain masked at all times at the Senior Community Center in accordance with COVID safety protocols. Register by calling Customer Service at 1 (510) 577-3462 or at [sanleandrorec.org](http://sanleandrorec.org)

### Computer Lab

The computer lab will be available for use beginning Wednesday, February 7, from 12:30 - 4:45 on Wednesdays and Fridays.

You must register in advance for a two hour timeslot - no drop-ins. Please plan to arrive a few minutes early to check in.

Due to the limited availability of this service, please be respectful of others and call to cancel if you cannot attend during your appointed time.

Wednesdays and Fridays, 12:30pm - 4:45pm, 2 hour timeslots



### Rainbow Seniors

Are you wanting a place where you can feel connected to other LGBTQ adults 50+? Rainbow Seniors is a safe and confidential space for LGBTQ seniors to share thoughts and to support one another.

Rainbow Seniors is a drop-in peer group facilitated by trained peers.

Limited to 15 participants.

Meets the 2nd and 4th Tuesdays of each month

#18622 Feb 8 and 22, 12:30pm - 2:00pm



### Diabetes Support

Whether you're recently diagnosed or living with diabetes for many years, our support group can help you better manage your condition.

Share your experience, knowledge and learn from others in a supportive setting. Everyone ages 50+ welcome!

Facilitated by Alameda County Public Health staff.

#18930 Wed, Feb 9, 10:00am - 12:00pm



### Peer Support Group

Peer Support for Seniors provides an opportunity for seniors to gather on a weekly basis and be heard by their peers without judgment. Learn valuable listening skills and experience on how to be truly present for each other. Many different topics of interest are possible, personal freedom, creative endeavors, exercise, nutrition, life transitions, independence, grief, and more. Developing hope and a sense of purpose can result in a happier, healthier you!

#18623 Wednesdays, 10:00am - 12:00pm



### Blood Pressure Checks

Blood pressure checks will resume on Monday, March 21. Call or log in to sign up for an appointment now!

This service offered in partnership with Alameda Health System.

Monday, March 21, 10:00am - 12:30pm

## Stay Entertained



### Zoom Bingo

Join us for a fun game of BINGO on Zoom. Play for fun and prizes!  
Free for Seniors ages 50+. Register early to receive Bingo cards via US postal system before the date. Use your own household items to mark bingo card (i.e. beans, pennies, coins, etc.)  
Must have a valid email address to receive the Zoom link.  
Zoom link will be sent the morning of game.

### Valentine's Bingo

**#18938**      **Fri, Feb 25**      **11:00am**

### Lucky Bingo

**#18939**      **Wed, Mar 23**      **1:30pm**

### Zoom Trivia

Test your trivia knowledge at our new game of trivia on Zoom.  
Prizes for the top scores!



### All Things SAN LEANDRO!

How well do you know San Leandro?

**#18596**      **Wed, Feb 16**      **1:30pm**

### All Things March!

Challenge your March holiday and events knowledge.

**#18943**      **Wed, Mar 16**      **1:30pm**

## Senior Resource Guide & Important Phone Numbers

<b>Alameda County Adult Protective Services</b>	<b>1 (866) 225-5277</b>
Alameda County Crisis Support Services (24hr)	1 (800) 309-2131
<b>Alameda County In-Home Supportive Services</b>	<b>1 (510) 577-1900</b>
Alameda County Area Agency on Aging	1 (510) 577-3530
<b>Alzheimer's Services of the East Bay</b>	<b>1 (510) 644-8292</b>
American Diabetes Association	1 (510) 654-4499
<b>Arthritis Foundation</b>	<b>1 (888) 391-9389</b>
California Relay for Hearing Impaired	7-1-1
<b>California Smoker's Helpline</b>	<b>1 (800) 662-8887</b>
Center for Independent Living	1 (510) 841-4776
<b>City of San Leandro Minor Home Repair</b>	<b>1 (510) 625-0316 x102</b>
Consumer Fraud Reporting	1 (415) 553-7400
<b>Covered California Hotline</b>	<b>1 (800) 300-1506</b>
Davis Street Family Resource Center	1 (510) 347-4620
<b>Directory Assistance</b>	<b>4-1-1</b>
DMV Parking Placards for Disabled	1 (800) 777-0133
<b>ECHO Housing</b>	<b>1 (510) 581-9380</b>
Emergency Services (Ambulance, Fire and Police)	9-1-1
<b>Family Caregiver Alliance</b>	<b>1 (800) 445-8106</b>
Health Insurance Counseling & Advocacy	1 (510) 839-0393
<b>Health, Housing and Human Services</b>	<b>2-1-1</b>
Legal Assistance for Seniors	1 (510) 832-3040
<b>LIFE ElderCare</b>	<b>1 (510) 894-0370</b>
Medi-Cal	1 (510) 670-6000
<b>Mercy Brown Bag Program</b>	<b>1 (510) 534-8540 x369</b>
Ombudsman Program	1 (510) 638-6878
<b>PG&amp;E Smarter Energy Line</b>	<b>1 (800) 933-9555</b>
Paratransit – City of San Leandro Flex Shuttle	1 (510) 577-7985
<b>Paratransit – East Bay Paratransit (AC Transit)</b>	<b>1 (510) 287-5000</b>
Senior Information and Assistance Program	1 (800) 510-2020
<b>Senior Legal Hotline of Northern California</b>	<b>1 (800) 222-1753</b>
Social Security Administration	1 (800) 772-1213
<b>S.O.S. Meals on Wheels</b>	<b>1 (510) 582-1263</b>
Spectrum Community Services, Inc.	1 (510) 881-0300
<b>Supplemental Security Income (SSI)</b>	<b>1 (800) 772-1213</b>
Sutter Care at Home	1 (800) 698-1273
<b>Telephone Repair Service</b>	<b>6-1-1</b>
The Friendship Line (Institute on Aging)	1 (800) 971-0016
<b>Traffic and Transit</b>	<b>5-1-1</b>
Veterans Assistance Benefits	1 (800) 827-1000
<b>Well Connected</b>	<b>1 (877) 797-7299</b>
Well Connected in Español	1 (877) 400-5867

Calendar is available online:

<https://www.sanleandro.org/DocumentCenter/View/6061>

## Stay Educated

Learn important information on topics that relate to seniors at our **FREE Community Education Programs** on ZOOM. Seniors, family members and caregivers are welcome to attend our Community Education Programs to receive important information on topics and services related to seniors. These sessions are held on Zoom and require pre-registration and a valid email address. The Zoom link is emailed the morning of the meeting date.

### Estate Planning and More

Do you have questions about effectively planning for your future? A staff attorney from HERA (Housing and Economic Rights Advocates) will explain key concerns regarding planning to help you address your specific situation. Learn more about wills, living trusts, powers of attorney, advance health directives, transfer on death documents for certain types of accounts and more!

**#18875**      **Wed, Feb 23**      **1:30pm - 2:30pm**

Presented by HERA staff



### Seniors' Guide to Public Benefits

Learn more about public benefits, what's available and how to get it. This session will provide an overview of cash benefits including Social Security and Supplemental Security Income (SSI), and discuss health benefits including Medicare and Medi-Cal. Get information about Cash Assistance Program for Immigrants (CAPI), General Assistance (GA), CalWORKS, and Food Stamps.

Presented by Legal Assistance for Seniors/Health Insurance Counseling and Advocacy Program (LAS/HICAP) staff



**#18933**      **Wed, Mar 9**      **10:30am - 11:30am**



Learn more about the FLEX RIDES program for adults 50 and over and people with disabilities who live within San Leandro city limits. The program offers two flexible transportation options, FLEX RIDES Shuttle service and FLEX RIDES On Demand concierge ride-hailing service.

Get answers to your questions about program qualifications, the membership application process and how this program can provide you with an easy, safe option to get around town.

A valid email address and pre-registration are required. The Zoom link will be emailed to you the day of the presentation.

**#18947**      **Wed, Feb 23**      **10:30am - 11:30am**

### February 2022

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

### Senior Services Staff

<b>Susan Criswell</b> , Senior Services Supervisor	<b>1 (510) 577-6079</b>
<b>Liz Escobar</b> , Admin. Asst., FLEX Paratransit	<b>1 (510) 577-7985</b>
<b>Alice Walker</b> , Senior Services Coordinator	<b>1 (510) 577-6053</b>
<b>Stephanie Oelschlaegel</b> , Senior Svcs. Specialist	<b>1 (510) 577-6085</b>

Customer Service • **1 (510) 577-3462**

### Senior Community Center

13909 East 14th Street  
San Leandro, CA 94578

[www.sanleandrorec.org](http://www.sanleandrorec.org)