

Resources - Ruggieri Senior Center

Acupressure

Every 2nd and 4th Monday from 9:30-12:00 pm. Appointments only! Relieving pain and stress, acupressure strengthens resistance to disease and promotes wellness.

Volunteer: Yao Bai Qian L. AC.

HICAP Insurance Counseling

The health insurance counseling and advocacy program provides free, objective, and individual counseling on Medicare, ways to supplement Medicare, Medicare HMOs, billings and claims, and other health insurance related issues.

Please call for the Senior Center for more information, 510-675-5495.

Time: 9:30 am to 12:30 pm.

Dates: 2nd and 4th Wednesday of each month.

Information & Referral

If you are a resident of Union City and have questions regarding employment, finances, food, health services, housing, in-home help, legal services or any other services, you may call our office at (510) 675-5495.

Meal Program

Nutritional lunches are available at the Senior Center Monday-Friday excluding holidays. A \$3.25 donation per meal for seniors and \$4.75 for non seniors is requested. Reservations are necessary and must be made 24 hours in advance by calling 675-5497.

Meals are prepared daily by: Spectrum Community Services, Inc.

Transportation

Union City Paratransit offers shared rides, curb-to-curb service throughout Union City for individuals who, because of a disability or health related condition, are unable to drive or ride buses.

Sunday service is now available! Service is provided in accessible, lift-equipped vehicles.

Call 675-5373 or 476-1500, for information and reservations.

Union City Transit 471-1411

Washington On Wheels (W.O.W.) Mobile Health Clinic

Health care services are provided for children and adults. Services include: Physical Exams, Flu Shots, Blood Pressure Screening, Nutrition Counseling, Diabetes Screening, Immunizations, Cholesterol Checks, Health Education & Health Insurance Counseling. Most services provided are FREE or at a reduced fee for the uninsured. 4th Monday of each month. 9:30-3:30 pm.

Washington Hospital

Health insurance counseling with Linda Dawal, every 4th Thursday of the month, call for an appointment.

Vision Loss Support Group

Join the group for low vision information, discussion and speakers. Group meets the 3rd Wednesday of each month at 12:30 pm.

SENIOR TRIPS 2012

Jan 19 Black Oak Casino
\$20 members / \$25 non members

Feb 8 Jackson Rancheria/ Overnight Trip
Single Occupancy Cost \$110
Double Occupancy Cost \$160

March 22 Red Hawk Casino
\$25 members / \$30 non members

April 19 Jackson Casino
\$25 members / \$30 non members

May 23-24 Chuckchansi/ Overnight Trip

SPECIAL EVENTS 2012

Jan 6 Senior Ball
\$10 members / \$15 non members

Feb 15 Sweet Heart Luncheon

March 14 St. Patrick's Day Luncheon

April 28 Shrimp Feed \$25 Per Person

May 2 Cinco de Mayo Luncheon

*** Luncheons are \$3.25 p/p Gold Members**

SENIOR'S DINNER CLUB

Jan 26 Frederico's

Feb 23 Rose Garden

March 29 Home Town Buffet

May 31 Chevy's

FREE!! Walk This Way • Ages 55+

Location: Kennedy Center, 1333 Decoto Rd

FREE Program for Seniors

Join us for a FREE 16-week program that integrates walking flexibility, strength and balance exercises with fun games & educational topics! Walk This Way will help seniors:

- Improve their physical fitness
- Turn exercise into a healthy habit
- Avoid injuries and reduce stress

For more information about the program or to register please call Monica Gloria at 510-574-2053.

The Walk This Way Program is funded by the Alameda County Transportation Commission.

Age	Day	Date	Time	Fee
55+	Wednesday	2/15-6/6	9:30-11:00 am	FREE!!!!

FREE Travel Training Workshop!!

Learn how to Ride local buses and BART!

Seniors and persons with disabilities who live in Union City and are new riders to public transit can participate in a FREE workshop, consisting of classroom instruction and a field outing on Union City Transit, AC Transit, and BART.

Through the workshop you will learn how to:

- 1) Plan trips on buses and BART using transit maps and schedules.
- 2) Use a clipper card, pay fares and obtain discounts for transit rides.
- 3) Transfer between local buses and BART.
- 4) Travel safely on transit.

Participants receive free transit tickets upon completion of the workshop. For more information or to register for a workshop please call Monica Gloria at 510-574-2053.

Travel Training workshops are funded by the Alameda County Transportation Commission.

Classes - Ruggieri Senior Center

Arts & Crafts Classes

Every Thursday • 9:30-1:00 pm •
Acrylic & Oil Painting.
1:15-4:00 pm • Folk Art Painting.
Must bring your own art supplies!
Volunteer Instructor:
Caryl Johnston

Beginning Ukulele

KANEKAPILA A'o Pupu
Learning to play music slowly.
Mondays 1:00 pm- 3:00 pm.
Volunteer Instructor: Ace Chong

Big Band Dances

Every 3rd Wednesday of the month
1:00-3:30 pm, light refreshments.
Dance to your favorite tunes of the
past, performed by: USS Hornet
Band.

Bowling

Fridays 10:00 am
Manor Bowl, San Leandro, \$6.00 p/p.
**Volunteer: Les Yamane, Harry Hara,
David Samuels**

Drop-in Computer & Electronic Help!

Every Monday, 3:45-4:45 pm.
Learn Basic computer skills and get
help with your electronic equipment.
Taught by local high school students.

Fall Prevention & Skill Building Class

Seniors 60 years+ Presented by
Spectrum Community Services Fall
Risk Reduction Program. Free exer-
cise band and living with confidence
booklet. Mondays and Thursdays
from 1:15-2:15 pm. Call Kelin at (510)
881-0300 ext. 270.
Instructor: Stacey Blackard

Fitness

Monday-Thursday, 9:00-4:00 pm.
Come in and enjoy our fitness equip-
ment in our Game Room area. Get a
workout while riding our exercise bike
and treadmill. We even have showers!

Fit n' Fun

Every Monday • 10:00-11:30 am.
Volunteer Instructor: Polly Olsen

Hawaiian Instrument Playing and Singing

Playing and singing.
This is not a teaching class!
Thursday: 1:00- 4:00 pm
Volunteer Instructor: Ace Chong

Hula Hula Hula Exercise

Wednesdays,
Advanced, 9:00-10:00 am.
Intermediate, 10:00-11:00 am.
Beginner, 11:00- 12:00 pm.
Learning the Hula is a healthy activity.
Instructor: Gerri Lee Castro

Line Dancing

Thur: 11:00- 12:30 pm- Beginners
Thur: 2:30- 4:00 pm- Easy Inter.
Volunteer Instructor:
Bertha Wulandari

Needle Craft

Tuesday: 1:00- 3:00 pm
Beginner crocheting, beginner knit-
ting, beginner embroidery. Bring your
own projects to work on and share.
Volunteers: Charlotte Chase, Edith
Miranda, Marianna Lee, Polly Olson.

Pinochle

Every 2nd and 4th Thursday:
Time: 12:00- 4:00 pm
Mondays: 1:00- 4:00 pm
Join in on the fun card game!
Volunteer: David Samuels

Recreation Room

The upstairs Game Room is equipped
with a ping-pong table, pool tables, li-
brary books and magazines, comfort-
able chairs, round tables and chairs,
board games and a television for your
viewing pleasure! Come and drop-in
weekdays, 9:00-4:00 pm.

Silk Flower Class

Wednesday 1:00-4:00 pm
Volunteer: Wilma Tomlinson

Sit and Fit

Every Tuesday, 10:30-11:30 am.
Many exercises can be performed
while sitting to help keep you in
shape.
Volunteer Instructor: Polly Olsen.

Spanish Classes

Intermediate:
Wednesday 9:15-11:30 am.
Volunteer Instructor:
Carlos Gonzales

Beginner:
Thursday 9:15-11:30 am.
Volunteer Instructor:
Bertha Van Dusen

T'ai Chi

Every Thursday, • 9:30-10:30 am.
Volunteer Instructor:
Violet Gondkoff

Walkers Group

Every Monday and Thursday, 8:00
am. All are welcome to attend!
Group Leaders: Harry Hara, Les Ya-
mane & Ruben Flamenco
(meet outside of Ruggieri Senior Cen-
ter).

Watercolors Art Class

Every Monday 9:30-4:00 pm. Come
and learn how to paint with watercol-
ors! Must bring own supplies.
Volunteer Instructor:
Caryl Johnston

Western Line Dancing

Tuesday: 2:00- 3:30 pm
Volunteer Instructor:
Steve Earney

Yoga Lite for Seniors

Every Tuesday, 9:00-10:15 am.
Wear comfortable clothes and bring a
towel.
Volunteer: Lali Maly

**For more information, please
call the Ruggieri Senior
Center at 510-675-5495.**