

Volunteer Opportunities

Many volunteer opportunities are available!

Volunteer jobs include:

- *Deliver meals to Meals on Wheels participants*
- *Help serve meals at the Senior Center lunches*
- *Assist with special events at Senior Centers*
- *Help answer phones and provide information to Seniors*

Call 981-5250 for interest in Meals on Wheels delivery; for other volunteer opportunities, call either North or South Berkeley Senior Center.

Locations

North Berkeley Senior Center

1901 Hearst (at ML King Jr Way) **981-5190**

South Berkeley Senior Center

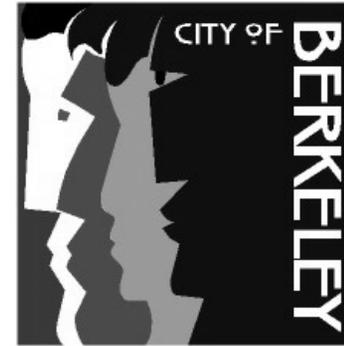
2939 Ellis Street (at Ashby) **981-5170**

West Berkeley Senior Center (by appointment)

1900 Sixth Street (at Hearst)

Social Services **981-5180**

Meals on Wheels **981-5250**



City of Berkeley

Aging Services Division

Health, Housing &
Community Services Department

www.cityofberkeley.info/seniors

Services for Seniors

The Aging Services Division, a Division of the City of Berkeley Health, Housing & Community Services Department, has several programs dedicated to seniors age 55 and older.

Community Senior Centers

Two community senior centers—the North and South Berkeley Senior Centers—offer social and recreational activities, arts and crafts classes, a computer lab, field trips, celebrations and special events to seniors over the age of 55. Call 981-5190 (North Berkeley Senior Center) or 981-5170 (South Berkeley Senior Center) for more information about Senior Center programs.

Lunch Program

North and South Berkeley Senior Centers offer a hot, nutritious lunch to adults age 60 and older for a \$3.00 donation, Monday-Friday at 12 noon. Project Open Hand prepares low-fat and low-sodium meals daily. No one is denied lunch due to inability to donate.

Meals on Wheels

The Meals on Wheels Program provides up to one meal per day to homebound seniors, 60 years of age or older, who are unable to access a nutritious meal. Deliveries are made between 10:30 a.m. and 12:30 p.m. on Monday, Tuesday, Thursday and Friday. Call 981-5250 for more information about Meals on Wheels.

Information and Assistance

Senior Centers provide basic information and assistance to assist seniors and their families access a wide variety of private and public resources. Information and assistance are provided over the phone and in person at the North and South Berkeley Senior Centers.

Transportation

North and South Berkeley Senior Centers provide transportation to and from the Senior Centers each day. Senior Center participants can sign up for field trips and transport assistance for shopping and errands.

Social Services

The Social Services Unit provides consultation and referral in many areas of concern for Berkeley seniors. Case managers provide linkages to resources to support many issues, including transportation, having enough food, health insurance, affordable housing and many other resources. Services provided by the Social Services Unit are confidential. For more information, call 981-5180.

Accessing Health Care

Do you need help accessing health care? We can help with referrals to program for low-and middle-income seniors (Medi-Cal and Medi-Care). Call South or North Berkeley Senior Center or the Social services line for more information.