



The Hercules Senior Center provides a recreational location that fosters and promotes friendship, companionship, health and wellness, fun, and lifelong relationships for adults. Purchase your yearly membership to get access to our recreational programs and classes at a discounted rate. You may become a member at any time throughout the year and visit our facility daily to participate and interact with other members. Join today to make new friends, live a happier and healthier life style.

The Hercules Senior Center is located at 111 Civic Drive, and is open Monday-Friday 9:00am-1:00pm.

The yearly membership fee is \$25 (activity prices vary depending on membership status). For more information, call (510) 799-8219.

### CAFÉ COSTA

The Hercules Senior Center is a partner with Contra Costa Health Services in providing our daily lunch program through our Café Costa. We are open Monday-Friday from 11:30-12:30pm.

Guests will be required to contact the Senior Center at (510)799-8219 one (1) day in advance between 9:00-12:00pm to attend the lunch program the following day. For free transportation, contact Westcat at (510)724-7433. Suggested Donation \$3, Under 60 \$6.



### COMMUNITY PRODUCE PROGRAM



The Hercules Senior Center offers a Free Community Produce Program which distributes free produce on the first and third Tuesday of each month from 11:00-12:00pm. This program is available to those who meet the income guidelines. Must provide own bags.

## ACTIVITIES

WEEKLY ACTIVITY	DAY	TIME	MEM/NON MEM
Advanced Line Dancing	Thur	1:00-2:30pm	\$1 / \$3
Aloha Hula	Mon	1:00-2:00pm	\$1 / \$3
Aloha Hula	Thur	2:30-3:30pm	\$1 / \$3
Beginning Line Dance	Wed	10:00-11:00am	\$1 / \$3
Belly Dance	Wed	3:00-4:00pm	\$1 / \$3
Bingo	Thur	10:00-12:00pm	\$6 for 10 games
Café Costa Lunch	Mon-Fri	11:30-12:30pm	Suggested \$3
Chi Gong	Thur	9:00-10:00am	\$1 / \$3
Computer Lab	Mon-Fri	9:00-12:00pm	FREE
Community Produce	1st & 3rd Tues	11:00-12:00pm	FREE
Fit Troop	Tues	10:00-11:00am	\$1 / \$3
Goodie Store	Fri	11:45-12:15pm	\$1 / \$3
Low Impact Dancersize	Mon & Fri	10:00-11:00am	\$1 / \$3
Meals on Wheels	(Call 510-412-0166 for more info)		
Senior Food Program	2nd & 4th Tu	10:00-11:00am	FREE
Sing-Along	1st & 3rd Tues	3:00-4:00pm	\$1 / \$3
Tai Chi	Mon Tues Fri	9:00-10:00am	\$1 / \$3
Tai Chi @Samara Terrace	Wed	9:00-10:00am	\$1 / \$3
Tap	Tues	1:30-2:30pm	\$1 / \$3
Ukulele	Mon	2:15-3:30pm	\$1 / \$3
Yuen Ji and Dance	Wed	1:30-3:00pm	\$1 / \$3
Zumba Gold	Wed	9:00-10:00am	\$5 / \$12

### FREE SERVICES

FREE SERVICES	DAY	TIME
American Red Cross Blood Drive	Wed, 10/9 & 12/18	9:30-3:30pm
Community Produce Program	1st & 3rd Tue	11:00-12:00pm
RHFD Blood Pressure Check	2nd Wed	11:00-11:30am
HICAP - Medicare Health Insurance Counseling	Call for details (925) 655-1393	
Legal Consult Wills/Trusts	Call for details (925) 229-8434	
Senior Food Program	2nd & 4th Tue	10:00-11:00am

