

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.



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	
Тар	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	

# 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.

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



Offering high quality extended trips to many amazing locations.

#### TREASURES OR IRELAND

9 Days, March 25, 2025

## MUSIC CITIES- NEW ORLEANS, **MEMPHIS & NASHVILLE**

8 Days, March 31, 2025

## **LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE**

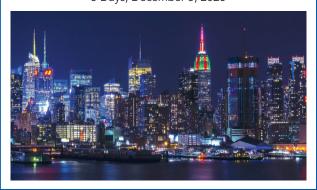
7 Days, June 7, 2025

## **ALBUQUERQUE BALLON FIESTA & SANTA FE**

6 Days, October 3, 2025

#### **NEW YORK CITY HOLIDAY**

5 Days, December 5, 2025



# **BIRTHDAY CELEBRATIONS**



Celebrate your birthday with us! Join us on Your Birthday at 11:30am for lunch, card, and birthday wishes! Please reserve your seat a day in advance, by calling 510-799-8219.

## FREE MEDICARE COUNSELING

Contra Costa Health Insurance Counseling and Advocacy Program (HICAP) offers counseling for health insurance, medical bills, prescription drug coverage, or any assistance for all your medical needs. Appointments can be scheduled directly through HICAP by calling 925-655-1393 or using the contact us form at cchicap.org. HICAP also provides monthly Welcome to Medicare talks along with virtual counseling classes. Visit cchicap.org for more information.

## **DAY TRIPS**

Day Trips are planned bi-monthly to various destinations around Northern California. Trips may include tickets to attractions, shows, shopping experiences, tours and more! To register or see the upcoming trip flyer please visit www.HerculesCa.gov in the 50+



section or call 510-799-8219 for more info.

### **I&A SERVICES**

Information & Assistance (I&A) is a program of Contra Costa County Area Agency on Aging under the umbrella of the Employment & Human Services Department. Knowledgeable social workers provide information, referrals to resources, and support in problem solving to seniors aged 60 and older, adults with disabilities, and caregivers. I&A will help you find the community services that fit your specific needs please call 800-510-2020 or 925-229-8434 or visit www.ehsd.org.

## TRANSPORTATION

When you attend our Café Costa lunch program, you are eligible for free transportation provided by West Cat dial-a-ride. With a reservation dial-a-ride will take you to and from the Senior Center Monday through Friday. Please ask our front desk for a bus ticket. Ride reservation must be made 24 hours in advance by calling 510-724-7433.

## **VOLUNTEER**

The Hercules Senior Center is always looking for helping hands at events and programs. For this or any other program listed above, contact Kristina at (510) 799-8219.

