



City of San Leandro
Human Services

Senior
Services

City of San Leandro Human Services Department

Senior Services

- Human/Social Services
- Classes, activities, events, and other programs
- Food Access Programs
- Paratransit Services
- Age-Friendly Action Plan

Homelessness

- Lewelling Interim Housing and Navigation Center
- Cooling & Warming Centers
- Point-in-Time count
- Homelessness prevention Rental Assistance
- Support nonprofit shelter operations

Outreach

- Coordinate homeless outreach efforts
- Domestic Violence Outreach
- Alternative 911 Response Unit

Funding Critical Nonprofit Services

- Community Assistance Programs
- ARPA funded agreements
- Contracts & Agreements funded via other sources (eg Federal, State, County or City General Fund)



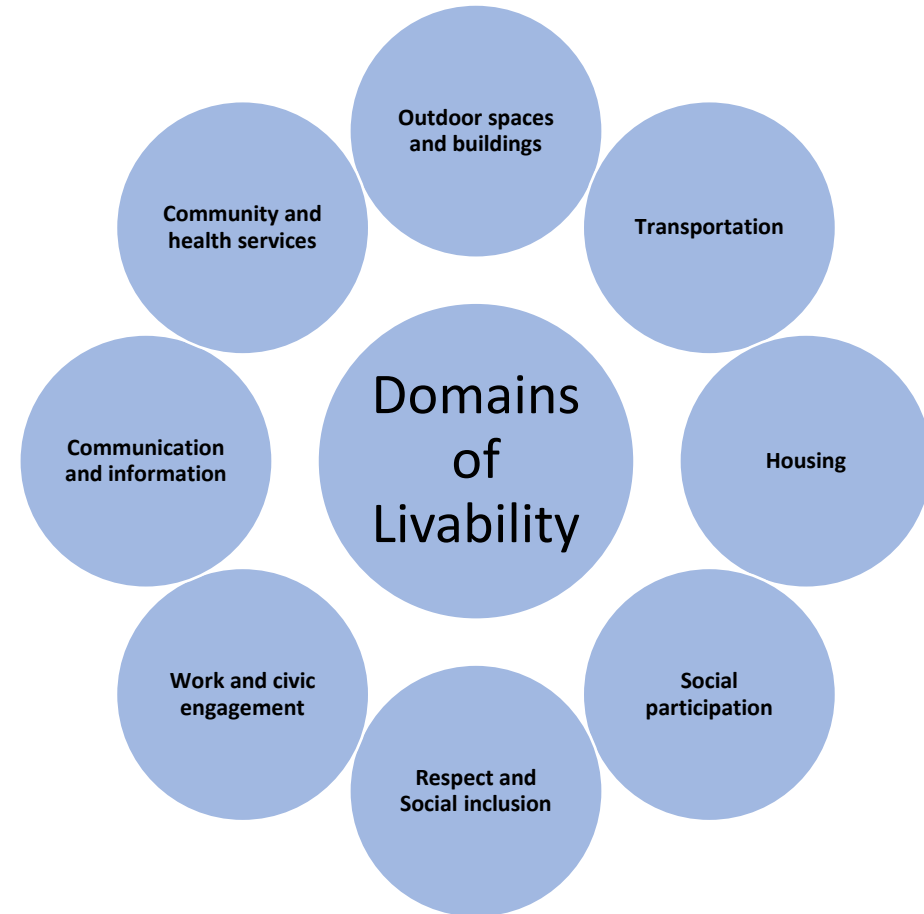
San Leandro Senior Community Center

13909 E 14th Street
San Leandro, CA 94577



Age-Friendly Action Plan

- Part of AARP (American Association of Retired Persons) primary initiatives that focuses on 8 Domains of Livability
- Age-Friendly Action Plans ensure that the places where people live are more livable, and better able to support older adults and people of all ages.
- The 5-year Plan addresses needs of a growing senior population in San Leandro. The Plan includes 6 priorities and 12 projects



Age Friendly Action Plan: 6 Priorities

1. Plan Sustainability



Implementing the structure and systems (e.g., funding, staffing, and partnerships) necessary for the long-term success of the Age-Friendly San Leandro initiative

2. Personal Protection



Protecting the physical, psychological, and financial safety of residents of all ages, whether at home, in public or across cyberspace

3. Housing Security



Reducing the physical, psychological, and financial cost of owning, renting and maintaining one's home so all residents can stay in community and age-in-place

4. Health & Wellness



Ensuring San Leandro seniors have affordable, equitable access to physical and mental health care, especially the basic needs of food, clothing, and hygiene

5. Transportation



Providing affordable, reliable transportation that takes into account residents' mobility and cognitive differences and personal destination needs

6. Social Connection



Combating the epidemic of isolation and loneliness through creative, varied opportunities for trust building, social interaction, and shared learning

Senior Classes, Activities, Events

- Social Programs (e.g., table tennis, peer-support groups, dance, movies, etc.)
- Health and Wellness Classes
- Trips to popular local sites (e.g., parks, farmers markets)
- Information & Assistance Services and Citizenship classes through VACCCEB
- Events
 - Holiday
 - Cultural
 - Awareness Raising
 - Volunteer Recognition



Senior Services
October 2025

Register at sanleandrorec.org or by calling Customer Service at 1 (510) 577-7990
(phone registration for free classes only).
All activities are for adults ages 50+, unless otherwise noted.



Question for Senior Services?

Any phone inquiries related to Senior Services should be made by calling
510-577-7990

We look forward to speaking with you!

Stay Educated

Join our FREE Community Education Program on TEAMS to learn important information for seniors, family members, and caregivers. Pre-registration and a valid email are required. The TEAMS link will be emailed on the meeting day.

Creating a Secure Future: Advanced Healthcare Directives

This program will explain Advance Healthcare Directives and how to complete them; give information about Do Not Resuscitate and Physician Orders for Life Sustaining Treatment (POLST) forms and provide other suggestions and resources for preparedness. Additionally, there will be a brief overview of the services that are provided by Legal Assistance for Seniors (LAS) and its Health Insurance Counseling and Advocacy Program (HICAP).

This program is offered virtually on TEAMS.
#24902 Wed, Oct 8th 10:30am - 11:30am

Alameda County Healthy Brain Initiative

In collaboration with Alameda County Public Health Department, University of California San Francisco, and Sage Dementia Consulting.

This FREE series offers training designed for informal caregivers (family, friends, neighbors, etc.) who support individuals living with Alzheimer's disease and related dementias (ADRD). We invite you to participate in this informative series, which will cover a range of pertinent topics.

- Friday, October 17th - Dementia Basics
- Thursday, October 30th - Communication Strategies for Persons with Dementia

Time: 10:00 AM - 11:00 AM
Location: Virtual via Zoom

To register: Call (510) 577-7990; Courses # 25835 & 25836

This series supports San Leandro's Age Friendly Implementation Plan, Project #4: Health and Wellness.

Silver Screen

Lights, camera, action! Join us for an entertaining movie screening at the Marina Community Center's Thunderbolt Room. Films are shown on the 2nd Thursday of each month.

This month's feature presentation is:
Knives Out
2019, PG-13

Thu, October 9th 1:30pm
Marina Community Center
15301 Wicks Ave.

\$2 fee collected at the door

Snacks Included!

No registration needed

Free Diabetes Class this month!

Living Healthy with Diabetes

In this 8-week program, led by a Registered Dietitian, you will learn how to manage diabetes with confidence, and track your progress through A1c levels, blood pressure, and weight measures at the start and end of the program. A free workbook & weekly giveaway will support you every step of the way. Past participants have seen improvements in their A1c, blood pressure, and weight!

Date: Mondays, 10/13/25 to 12/8/25 (no class on 11/17/25)
Time: 10:00 am to 12:00 pm
Location: San Leandro Senior Community Center, 13909 E. 14th street
To Register: Call (510) 577-7990, using course # 25321

Diabetes **Public Health Department** **Healthy Living**

Mercy Brown Bag Program

Receive a free grocery bag TWICE monthly of nutritious food consisting of grains, protein sources, fresh produce, and assorted canned foods. Program co-sponsored by Mercy Retirement and Care Center.

Distribution on the 2nd & 4th Mondays from 10:00am - 11:30am at the Senior Community Center, 13909 East 14th Street, San Leandro

Distribution on the 2nd & 4th Tuesdays from 9:00am - 10:30am at the Marina Community Center, 15301 Wicks Blvd. San Leandro

For more information, please call (510) 577-6082

NEW Class OFFERINGS

CLASES DE COMPUTACIÓN GRATIS!

SERIE DE 4 CLASES con 8 HORAS DE APRENDIZAJE
HABILIDADES INFORMÁTICAS - JUNTA COMPUTADORA GRATIS!

Martes y Jueves del 14 hasta el 23 de Octubre
9:30am-11:30am
Cuarta C

San Leandro Senior Community Center
13909 E. 14th street

Finaliza las cuatro lecciones y obtén una computadora portátil GRATIS!

LOS PARTICIPANTES DESCUBRIRÁN CÓMO:

- Establecer y emplear una cuenta de correo electrónico
- Navegar por internet de manera segura
- Utilizar Google Suite y otras herramientas
- Obtener información sobre internet de bajo costo y móvil

¡REGÍSTRATE AHORA!

www.sanleandrorec.org



Food Access Programs: Mercy Brown Bag

Free groceries to seniors ages 60+ throughout Alameda County twice a month

Mercy Brown Bags are distributed:

- Second and fourth Monday of each month, from 10 am to 12:30 pm at the San Leandro Senior Community Center (13909 E. 14th St.)
- Second and fourth Tuesday of each month, from 9 am to 11:30 am, at the Marina Community Center (15301 Wicks Blvd.)

On average, 300 bags of groceries are distributed during a distribution week

95% of our volunteers are over the age of 60, which is aligned with the programs design of seniors helping seniors



Food Access Programs: Spectrum Lunch Program

- Free or low-cost hot and nutritious meals to seniors 60+
- Lunches served daily at the San Leandro Senior Community Center at 12:00 p.m.
- Congregate and take-out options
- Helps combat senior isolation by providing opportunities to socialize
- ~90 seniors served daily




SPECTRUM
COMMUNITY SERVICES, INC.

Food Access Programs: Fresh Approach

- Distributed \$20 worth of vouchers to individuals and families to spend on fruits and vegetables at participating farmer's markets
- Distributed information about their Market Match program
 - For CalFresh participants using EBT cards at Farmer's Markets
 - If they spend up to \$10, that money will be matched dollar for dollar to purchase more items



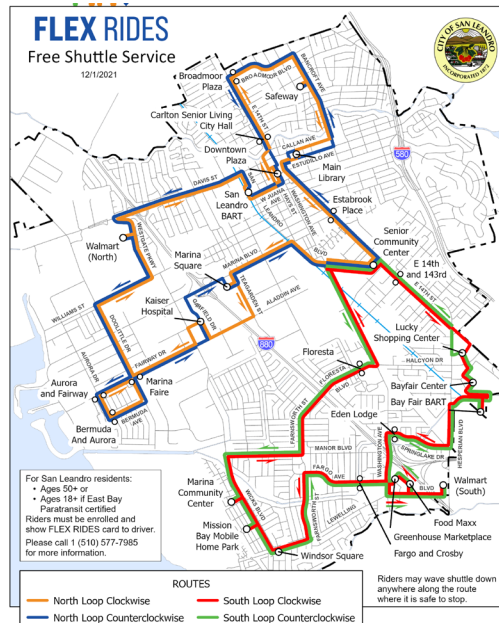
market match

Paratransit Services



FLEX RIDES Shuttle Program

- Four fixed route shuttles that make bi-directional hourly loops around San Leandro
- Unlimited free rides
- Service Hours:
 - Mondays, Tuesdays, Thursdays,
 - 8:30 am - 5:30 pm



FLEX Rides On-Demand

- Personalized dispatch of Uber rides making it a fast and convenient travel option
- **Subsidized On Demand service:**
 - Cost is \$4/ride. FLEX covers remaining ride costs up to a maximum of \$20
 - Cost over \$20 is paid by member
- **Service Hours:** 24 hours a day, 7 days a week, 365 days a year
- **Service area:**

Alameda, Ashland, Castro Valley, Cherryland, Dublin, Emeryville, Fremont, Hayward, Livermore, Newark, Oakland, Pleasanton, San Leandro, San Lorenzo, San Ramon, Union City

Out-of-area medical appointments



FLEX RIDES Shuttle Program Eligibility

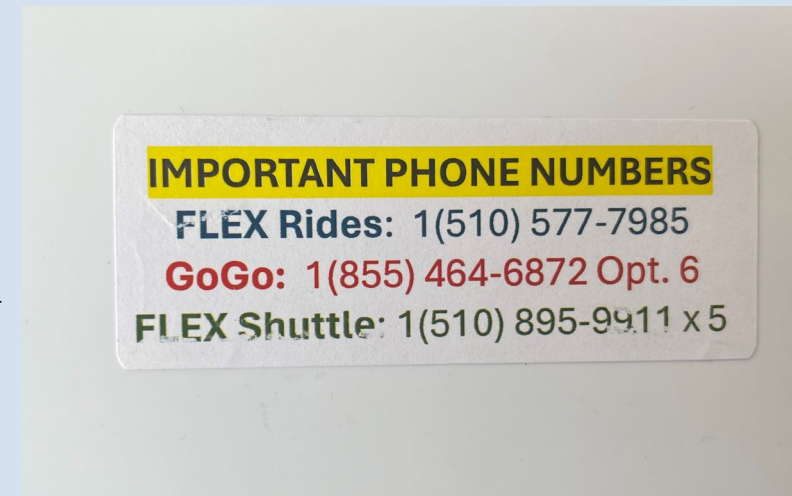
FLEX Shuttle:

- Enrolled in FLEX Program
 - City of San Leandro resident
 - 50+ years old **or**
 - 18+ years old plus with qualifying disability **and**
 - East Bay Paratransit Certified



FLEX RIDES On Demand:

- Enrolled in FLEX Program
 - City of San Leandro resident
 - 70 years old + **or**
 - 18+ years old plus with qualifying disability **and**
 - East Bay Paratransit Certified



Thank you!

Contact Us:

Liliana Gray - LGray@sanleandro.org

Human Services Program Coordinator

Cynthia Lopez - AWalker@sanleandro.org

Human Services Program Assistant

<https://www.sanleandro.org/1096/Human-Services>