

SENIOR CENTER ACTIVITIES



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 \$20 (activity prices vary depending on membership status). For more information, call (510) 799-8219.

CC CAFÉ

The Hercules Senior Center is a partner with Contra Costa Health Services in providing our daily lunch program through our CC Café. We are open Monday-Friday from 11:30am-1:00pm.

Guests will be required to contact the Senior Center at (510)799-8219 one (1) day in advance between 9:00am-12:00pm to attend the lunch program the following day. For free transportation, contact Westcat at (510)724-7433. Suggested Donation \$3 Under 60 \$5

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 11:00am-12:00pm. This program is available to those who meet the income guidelines. Must provide own bags.

WEEKLY ACTIVITY	DAY	TIME	MEMB/NON MEMB
Advanced Line Dancing	Wed	10-11am	\$1.00 / \$2.00
Advance Tai Chi	Fri	9-11am	\$1.00 / \$2.00
Art Class	Tue	10-12:30pm	\$1.00 / \$2.00
Bingo	Thur	10-12:30pm	\$6.00 for 10 games
Card Club Group	Mon	10-1pm & 1-3pm	\$1.00 / \$2.00
Chi Gong	Thur	9-10am	\$1.00 / \$2.00
Computer Lab	M-F	9-11:45am	FREE / \$1.00
Folk Dance	Thur	2-3pm	\$1.00 / \$2.00
Goodie Store	Fri	12:30-1pm	\$1.00 Members ONLY
Lehua Hula Dance	Mon	1-2pm	\$1.00 / \$2.00
Let's Dance	Thur	1-2pm	\$1.00 / \$2.00
Line Dancing	Mon & Wed	Mon: 2-3pm Wed: 10-11am	\$1.00 / \$2.00
Low Impact Exercise	Mon & Fri	10-11am	\$1.00 / \$2.00
Meals on Wheels	9-12pm (Call 510-412-0166 for more info)		
Produce Distribution	1st & 3rd Tue	11-12pm	FREE
Tai Chi	Mon, Tue & Fri	9-10am	\$1.00 / \$2.00
Tap	Tue	1:30-2:30pm	\$1.00 / \$2.00
Yuen Ji and Dance	Wed	2-4pm	\$1.00 / \$2.00
Wu Style Tai Chi	Mon	3-4:30pm	\$1.00 / \$2.00

Members who participate in multiple classes on the same day will receive a discount on any additional class after the first class attendance.

FREE SERVICES	DAY	TIME
Advice Nurse	Thur	10-1pm
American Red Cross Blood Drive	Tuesday, 3/24, 6/23, 8/25	2-8pm
Blood Pressure	2nd Wed	10-2pm
Community Produce Program	1st & 3rd Tue	11-12pm
HICAP -Health Insurance Counseling for the Elder	2nd Wed. of each month By appointment only (510) 799-8293	
Legal Consult Wills/Trusts	By appointment only, call (510) 799-8293	

SENIOR CENTER ACTIVITIES & EVENTS

AMERICAN RED CROSS BLOOD DRIVES

Free event from 2:00-7:00pm on Saturday, April 18.
Call (510) 799-8219 for more info.

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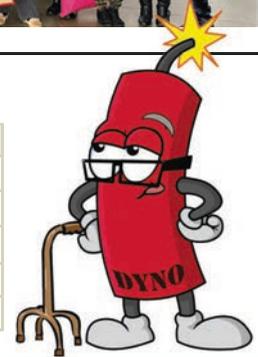
VOLUNTEER

The Hercules Senior Center is always looking for helping hands at events and programs! Call Kristina at (510) 799-8219 for more info!



SENIOR CENTER SOCIAL EVENTS

DATE	EVENT	TIME	FEES
Friday, April 17	Ice Cream Social Luncheon	11:30am	\$6.00 / \$7.00
Wednesday, May 13	Marine Mammal Center	9:00- 3:30pm	\$10.00 / \$12.00
Tuesday, June 9	San Francisco Botanical Gardens	9:00- 3:30pm	\$12.00 / \$14.00
Saturday, June 20	Membership Drive Luncheon	11:30am	FREE / \$5.00
Wednesday, August 26	San Francisco Zoo	9:00- 4:00pm	\$12.00 / \$14.00



PREMIER WORLD DISCOVERY PRESENTS: WORLD WIDE GUIDED TRAVEL IN 2020



ICELAND EXPLORER

7 day trip departing on June 3, 2020 which features Reykjavik City Tour, Golden Circle Tour, Thingvellir National Park, Skogafoss Waterfall, and Viking Ship Museum.
6/20/20-6/26/20 from \$3,925



CANADIAN ROCKIES & GLACIER NATIONAL PARK

7 day trip departing on July 28, 2020 which features Glacier National Park, Banff Area Tour, Lake Louise & Victoria Glacier, and Athabasca Glacier Ice Explorer.
7/28/20-8/4/20 from \$3,345



PHILADELPHIA, AMISH COUNTRY & THE BRANDYWINE VALLEY

6 day trip departing on October 4, 2020 which features Valley Forge National Historical Park, Philadelphia City Tour, Independence Hall & the Liberty Bell, and Pennsylvania Amish Country.
10/4/20-10/10/20 from \$2,445



MUSIC CITIES CHRISTMAS

6 day trip departing on December 4, 2020 which features Graceland, Nashville City Tour, Clinton Presidential Library, Country Music Hall of Fame, and a Holiday Dinner & Show at the Opryland Resort.
12/4/20-12/10/20 from \$2,645

The City of Hercules has partnered with Premier World Discovery to offer extended trips to these destinations. Trip fees include round trip airfare, baggage handling, tour director, and more! Advanced registration is required for all trips, so be sure to register early to save your spot.