

Lesbian, Gay, Bisexual and Transgender...

Lavender Seniors of the East Bay

Lavender Seniors of the East Bay provides social activities, support, and networking for Lesbian, Gay, Bisexual and Transgender seniors in the East Bay. Their mission is to improve the quality of life for the older Lesbian, Gay, Bisexual and Transgender residents of Alameda and Contra Costa Counties through outreach, advocacy, and education. For more information, contact (510) 667-9655 or email at office@lavenderseniors.org.

Dementia & Alzheimer’s Resources...

Alzheimer’s Services of the East Bay

Alzheimer’s Services of the East Bay (ASEB) is a non-profit organization that provides services for individuals with Alzheimer’s disease and other related dementia, provides support for their caregivers; and educates and informs the general community about issues related to dementia care. For more information visit their web site at www.aseb.org or the directory below:

Telephone Contact Information

Berkeley Adult Day Care:
(510) 644-8292
Hayward Adult Day Care:
(510) 888-1411
Oakland Adult Day Care:
(510) 268-1410

Early Stage Program

Talita Wells
(510) 644-8292

Support Groups for Caregivers

Contact our Social Workers:
Berkeley: (510) 644-8292
Oakland: (510) 268-1410
Hayward: (510) 888-1411

Grief Support...

Sutter VNA & Hospice

Sutter VNA & Hospice offers various programs which are open to the public. To obtain information about their general bereavement group(s) for those grieving the death of a family member or friend please contact (510) 450-8596 or (510) 450-8867. For information about ongoing groups for those whose spouse or partner has died contact (510) 450-8596.

Alta Bates Summit Medical Center

Alta Bates Summit Medical Center offers a Grief Recovery Group at Summit Merritt Pavilion, 350 Hawthorne Avenue, Oakland. For more information, call (510) 869-6778.

Mastick Senior Center

a division of Alameda Recreation & Park Department
1155 Santa Clara Ave, Alameda, CA 94501
(510) 747-7500-Fax 523-0247-TDD/TTY 522-5160
Programs and services for adults 50 and older.
Program Information: www.mastickcenter.com
E-mail: jkrause@ci.alameda.ca.us
Weekday Program Hours 8:30am-4:00pm
Recreation, Parks, & Golf Operations Director: Dale Lillard
Senior Services Manager: Jackie Krause
Senior Services Coordinator: Mariel Thomas
Newsletter Graphics & Layout Volunteer: Phil Smith

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

Mastick Senior Center Staff Directory

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Mastick Office.....(510) 747-7506

***In Memory:
Joan Nelson***

“Our condolences to family and friends.”