



## Join the **CARA ACTION TEAM (CAT)** in your Area or **Start a New CAT 2017** (revised 2/1/2017)

The CARA CATs are the local action centers for CARA. We share important information on key CARA Issues and plan local strategies on these issues. Most of the CARA Action Teams (CATS) have regular monthly meeting dates and locations. 2016 is going to be a critical year for CARA and for seniors – we need your help and your active participation. If there is not a CAT organized in your area, and you would like to get one started, call the CARA office to find out how to schedule a CAT. Northern CA call 415-550-0828 or 877-223-6107 (toll free) and for Southern CA call 714-488-5488. Please call before attending to confirm the schedule below.

### **NORTHERN CALIFORNIA**

**ALAMEDA COUNTY:** 2<sup>nd</sup> Tuesday of each month @ 10:00 am, Ed Roberts Campus, 3075 Adeline St, near Ashby BART, Berkeley/ Sandra Johnson-Simon @ 510-928-9089 or Dee Rosario @ 510-835-3922.

**CENTRAL VALLEY:** 4<sup>th</sup> Monday of each month @ 10am; at the Manteca Library, 320 Center St, Manteca. Call Bob Roza @ 209-848-8040 or Jo Carson @ 209-227-5188.

**CONTRA COSTA/ SOLANO COUNTIES:** 2<sup>nd</sup> Monday of each month, 10am, Richmond Auditorium Hawaiian Room (enter at 2533 Nevin Ave. Richmond). Call Eli Williams 510-232-4690.

**FRESNO AREA:** 4<sup>th</sup> Tuesday of the month @ 10:00am at the Machinists Hall located at 544 W. Olive St. in Fresno. Call Gene Roza @ 559-905-3521.

**NORTH BAY (Marin/Sonoma):** Meets 1st Tuesday of each month at 1pm at Northgate Mall, Community room (enter elevator next to food court), 5800 Northgate Mall, San Rafael. Call Kris Organ @ 415-342-7135 or Ruth Carter @ 415-492-8160.

**PLACER CTY:** Meets 2<sup>nd</sup> Wed. of every other month, 10 am-12 noon. Stanford Club House, 3220 Santa Fe Way, Rocklin. Diana Madoshi @ 916-435-9760 or William Reed @ 916-396-6601. Potluck.

**REDDING/5 COUNTIES:** Meets monthly on the 3<sup>rd</sup> Friday of the month from 10 am-12 noon at the IBEW 340, 900 Locust St., Redding. Call Ron Stone @ 530-243-4881 or Wayne Bruinsma @ 530-355-3664.

**SACRAMENTO AREA:** 3<sup>rd</sup> Thursday of the month at 10:00 am, 1127 11<sup>th</sup> St, Room 425, Sacramento (CLF office). Call Hene Kelly @ 415-533-5244.

**SAN FRANCISCO:** 2<sup>nd</sup> Thursday of the month @ 1 pm, ILWU, 1188 Franklin St. 4<sup>th</sup> floor, SF. Call Michael Lyon @ 415-215-7575 or David Grant 415-563-6349.

**SANTA CLARA COUNTY:** 4<sup>th</sup> Thursday of the month @ 12:30pm, South Bay Labor Center, 2102 Almaden Rd – Room 110, San Jose. Call Carol Garvey @ 408-472-6218 or Greg Miller @ 408-254-3311. Light lunch is served.

### **SOUTHERN CALIFORNIA**

**BAKERSFIELD:** Fourth Monday of every month from 1:30-3:30 pm @ Independent Living Center of Kern County, 5251 Office Park Dr., Bakersfield, 93309. Call Bernice Bonillas at 661-599-3241.

**LOS ANGELES:** 4<sup>th</sup> Tuesday of every month at 1:30 pm at the Pilipino Workers' Center, 153 Glendale Blvd., Los Angeles, 90026. Bonnie Coleman at 323-666-4224.

**SOUTHEAST LOS ANGELES COUNTY:** 3<sup>rd</sup> Monday of every month at Coco's Restaurant, 11510 East South Street, Cerritos 91740, Lunch available for purchase at 12:30, meeting starts at 1 pm. Call Myron Wollin at 562-596-5239.

**ORANGE COUNTY:** 3<sup>rd</sup> Wednesday of the month @ 10am; Teamster Loc. #952, 140 S. Marks Way, Orange. Call Sue Meyer at 714-460-3542.

**SAN DIEGO:** 3<sup>rd</sup> Tuesday of the month @ 11 am-1 pm, Sheetmetal Workers Local, 4594 Mission Gorge Place, San Diego, 92120. Call Gayle Chenoweth, 559-360-5955.

**SAN GABRIEL VALLEY:** Meets on the 3<sup>rd</sup> Monday of each month 10am-12 pm at Denny's Restaurant, 546 West Baseline Rd. Glendora 91740. Call Lorenzo Rios at 626-825-1422.