RECREATION DEPARTMENT

Parks Make Life Better!

Open House Senior Center (OHSC)
Hometown Programs That Fit Your Lifestyle
Visit us at www.el-cerrito.org
(510) 559-7677

Vol. XXXII MARCH 2014
Printed on Recycled Paper

THE CITY OF EL CERRITO

50 PLUS BULLETIN

Providing Recreational & Educational Activities for 50+ Adults

Let Us Help You Stretch Your Food Dollar!

CoCo Café Nutrition Lunch Program Menu for those 60+ ($2 Donation)

Substitute Meal: Hamburger, Chef Salad, or Seafood Louie Salad.

Please call a day in advance before 12 noon to make your reservation: (510) 559-7677.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic Ginger Roasted Chicken 3	Veal Parmesan a la Romano & Parmesan Cheese 4	Thin Ham Slices 5	Turkey a la King 6	Texas Style BBQ Beef 7
Salisbury Steak w/ Onion Gravy 10	Baked Chicken Tahitian 11	Cold Plate: Tuna Salad on Lettuce Leaf w/ Tomato Slice 12	BBQ Pork Rib Patty 13	Mike's Delicious Down-Home Meatloaf 14
Corn Beef & Cabbage 17	Cold Plate: Turkey Sandwich 18	Breaded Cod Fish w/ Lemon Slice 19	Home Style Lasagna 20	Oven Roasted Chicken 21
Sweet & Sour Pork 24	Grilled Chicken Sandwich 25	Meat Ravioli w/ Sauce & Parmesan Cheese 26	Cold Plate: Jack's Mock Crab Salad 27	Roast Beef w/ Gravy 28
Carne Asada w/ Salsa 31				

CITY OF EL CERRITO
SENIOR SERVICES DIVISION
10890 San Pablo Avenue
El Cerrito, CA 94530

PRESORTED STANDARD
U.S. POSTAGE PAID
CONCORD CA 94520
PERMIT 346

Classes & Program Schedule

MONDAY

9:30-12 noon	Barber / Haircut ($8) Call for appt.
9:00-4:30 pm	Cyber Café - Internet Connection
9:00-5:00 pm	Easy Ride Paratransit Service
10:00-11:00 am	Awareness Through Movement Floor Work w/ Jane Neilson
10:00-11:00 am	Tai Chi w/ Ian Huebsch
10:00-12:00 noon	Canasta w/ Joan Aiken $2 Res. /$3 Non-res
10:00-12:00 noon	iPad Class with Julian Kaye $15 for a 3-week session.
11:00-12:00 pm	Artisan Bread Distribution (Free)
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
2:00-2:45 pm	Balance Training & Fall Prevention w/ Lindsay Wheeler
3:10-5:00 pm	Drawing w/ Sai Thongvanh Donation: $4.50 Resident/$5.50 Non-res.

TUESDAY

9:00-10:00 am	Exercise Class w/ Judy Katz
9:00-4:30 pm	Cyber Café - Internet Connection
9:00-5:00 pm	Easy Ride Paratransit Service
9:30-12:00 pm	Massage by Appt. w/ Joan Provencher ($12 for 15 minutes)
10:00-12:00 pm	Internet Class (6 Classes $30) w/ Curt Smith. Tuesday & Thursday.
10:00-3:00 pm	Alzheimer's Respite Program Monthly Fee: $90 Res. / $115 Non-res.
12:00 noon	**Lunch**
12:30-2:30 pm	Senior Resource Service (1/2 hr. appt.)
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-2:30 pm	The Lion's Center for the Visually Impaired 2nd Tues. w/ Michael Mailer.
1:00-3:00 pm	Health Insurance Counseling (HICAP) 1st, 3rd & 4th Tues. Appointment Only.
1:00-3:30 pm	Jin Shin Jyutsu w/ Joan Provencher ($14 for 30 min.) 1st & 3rd Tuesdays
3:15-4:15 pm	Yoga Class (Chair / Regular Yoga) w/ Christina Young. All levels of experience and wheelchairs welcome. Tues. & Fri. Monthly Fee: $30 EC / $40 Non-res. Drop-In: $5 EC / $6 NR

WEDNESDAY

9:00-10:00 am	Bones for Life w/ Trish Clifford Session III: Mar. 5, 12, 19, 26, Apr. 2, 9 $40 Resident/ $48 Non-res (6-wk session)
9:00-4:30 pm	Cyber Café - Internet Connection
9:00-5:00 pm	Easy Ride Paratransit Service
9:30-1:00 pm	Hairdresser ($8) Appointment Only. Remember to wash hair before coming.
10:00-11:00 am	Friendly Pet Talk with Rich Morrish $2 Res. / $3 Non-res.
10:00-11:00 am	Awareness Through Movement Chair Work w/ Jane Neilson
10:00-12:00 pm	Introduction to Computer w/ Richard Stellina. 6 Classes $30. See Friday.
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-3:00 pm	Photography Class (6 Classes $30) w/ Sheldon Belinkoff
1:15-4:15 pm	Painting w/ Donna Fenstermaker Donation: $4.50 Res./$5.50 Non-res.
1:00-4:00 pm	Tea Dance ($4 per person) Community Center, 7007 Moeser Ln.

THURSDAY

9:00-4:30 pm	Cyber Café - Internet Connection
9:00-5:00 pm	Easy Ride Paratransit Service
9:00-10:00 am	Exercise Class w/ Judy Katz
9:30-12:00 pm	Memoir & Writing Workshop w/ Margaret Irvin
10:00-12:00 pm	Internet Class (6 Classes $30) w/ Curt Smith. Tuesday & Thursday.
10:00-12:00 pm	Mah Jong for Beginners (Donation $2) w/ Terry Lee
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-4:00 pm	Chess Group (Donation $2)
1:30-2:45 pm	Senior Women's Support Group Facilitator: Amy Glick, MFT. Registration is required. Call 220-5043.
2:00-3:30 pm	Beginner Bridge Class 6-week session: **April 10 - May 15/ May 22 - June 26** Fee: $25 EC Res./$35 Non-res.

FRIDAY

9:00-4:00 pm	Easy Ride Paratransit Service
9:00-3:30 pm	Cyber Café - Internet Connection
9:00-11:00 am	World Folk Dance w/ Mel Hart
10:00-11:00 am	Beginner Guitar Class w/ Terry Lee Bring your own acoustic guitar.
10:00-12:00 pm	Introduction to Computer w/ Richard Stellina. 6 Classes $30. See Wednesday.
11:15-12 noon	Broadway/Old Time Songs (Donation $2)
12:00 noon	**Lunch**
10:00-3:30 pm	Mah Jong (Donation $2)
12:30-3:30 pm	Piano Class - By Appt. Only
1:00-3:00 pm	Adobe Photoshop Elements (6 Classes $30) w/ Sheldon Belinkoff.
1:15-2:15 pm	Yoga Class (Chair / Regular Yoga) w/ Christina Young. Tues. & Fri. Monthly Fee: $30 EC / $40 Non-res. Drop-In: $5 EC / $6 NR

Fee per Class: $4.50 EC Resident / $5.50 Non-Resident
Easy Ride Paratransit (El Cerrito Residents Only)
$20 Book of 10 tickets ($2 One-Way Ride)

Tel. (510) 559-7677 **Fax** (510) 524-3965
Location: 6500 Stockton Ave., El Cerrito 94530
Mailing: 10890 San Pablo Ave., El Cerrito 94530
Monday-Thursday 8 am - 5 pm / Friday 8 am - 4 pm

Trips & Excursions

Shopping Trip
Tanforan Shopping Center in San Bruno ($15)
Wed., April 30, 9:30AM-3PM

Hiking - 1st & 3rd Friday of the month, 8:30A-2:30P. Bring lunch/snack and water. Wear sturdy shoes and dress in layers for changing weather. Hiking poles recommended.

3/7 Easy to moderate. Castle Rock Regional Recreation Area/ Diablo Foothills. About 3-miles along dirt & gravel trails.
3/21 Lake Chabot. Easy to moderate. About 4 miles. Mostly paved, some dirt trails.

Birding ($12) 2nd & 4th Friday of the month, 8A-2P. Bring binoculars, snacks, water, lunch, bird book and sunscreen. Dress in layers for changing weather.

3/14 Hayward Rec Area
3/28 Heron Hear Park, SF

Graton Resort & Casino ($40) on Thurs., March 13, 9AM-4:30PM in Rohnert Park. Enjoy a full-amenity gaming resort with a high-energy casino floor featuring an endless variety of slots and video poker, along with an abundant array of table games, including Blackjack, Pai Gow Poker, Baccarat, and a dedicated poker room. More than a dozen new restaurants featuring a hand-picked selection of award-wining chefs the likes of Martin Yan, Doug Keane and 11 time-world pizza champion Tony Gemignani, will offer patrons an ex-traordinary range of cuisines. Casino Bonus: $10 slot play or $15 match play. All players must have current identification and sign-up for their players club card to receive any offered promotions.

DeYoung Museum: Georgia O'Keefe & Lake George ($55) on Wed., March 26, 8:30AM-2PM Examine the extraordinary body of work created by the artist at Lake George, New York. This is the first major exhibition and publication devoted to this period in her career. Admission and audio guide included in fee. NO DOCENT. Lunch on your own.

High Tea & Shopping in Niles Canyon ($60) on Wed., April 9, 10AM-4PM. The Victorian Tea service includes scones with crème fraiche, lemon curd and raspberry preserves, assorted tea sandwiches and pastries, and your choice of tea. Browse among the antiques and collectibles throughout the store. Truly a jewel to be discovered, Tyme for Tea is an enchanting tea experience for young and old alike. After your wonderful Tea you will have time to shop in the quaint stores in Niles.

San Francisco Symphony ($70) - Ton Koopman's conducts Bach in Leipzip on Wed., May 8, 8AM-3PM. Program highlights complementary facets of Bach's art: the Baroque master's secular and sacred vocal music. Bach's grandest accomplishments, the Mass in B minor, rounds out the glorious San Francisco Symphony Chorus. This is general admission UNRESERVED seating. You will receive coffee and donut before the talk about the performance and lunch after performance (TBA).

Russian River Rose Company Tour ($60) on Wed., May 14, 8AM-3PM. Help harvest baskets-full of fragrant rose petals from hundreds of ancient Bulgarian, French and Persian perfume roses growing in the beautiful Rose Fields. Stuff the petals into copper kettles, watch as they are transformed into rose water and rose oil. Hear about the history of rose oil and the making of fine perfumes, while you sample the delightful output of the still. Lunch at the Santa Rosa Junior College Culinary Café.

Guide Dogs for the Blind ($55) on Tues., May 20, 9:30AM -2PM. Tour the Guide Dogs for the Blind, incorporated in May of 1942 and began instruction of students in a rented home in Los Gatos, CA, south of San Jose. Following the tour you will have lunch in San Rafael area.

The Frank Lloyd Wright Designed Marin County Civic Center on Wed., May 28, 10AM-2:30PM. Tour the Marin County Civic Center, a national and state-designated historic landmark. It was the last building designed by Frank Lloyd Wright. Lunch will follow in San Rafael area.

26th Annual Nugget Rib Cook Off on Wed.-Thurs., Aug. 27-Aug. 28, 8AM-7:30PM. Enjoy the country's best rib competition and the best ribs in the West. Cost per person: $110 (twin/double) $135 (single) includes Roundtrip motorcoach transportation, overnight accommodations at the Silver Legacy Hotel & Casino, and driver gratuity. Casino bonus: $5 cash and $3 food credit.

SOLD OUT TRIPS Call (510) 559-7677 to leave your name and phone number so you can be on the wait list.
Magnolias Tour - March 5
Federal Reserve - March 20
Asparagus Festival in Stockton - April 25

All trips depart at Contra Costa Civic Theater parking lot (Moeser Lane & Pomona Avenue).

- Advance reservations required. Payment upon reservation.
- No cash refunds on cancellations.
- Cancellation fee $15 and transfer fee $15
- When applicable, seat assignment given at time of payment.
- Alcoholic beverages not included.
- Excursion/Trip flyers available at the senior center.

OHSC *News & Views*

Senior Peer Counseling at the Open House Senior Center, 6500 Stockton Avenue. Beginning Mon., Mar.3, 2PM-4PM, by appointment only. Irma Zuckerman, Senior Peer Counselor, assist seniors coping with issues that are causing difficulty and can offer support and ideas about ways to manage more successfully. Problem areas can include anxiety, depression, fears, loneliness, family issues, or other concerns that can cause distress. Senior Peer Counseling is free and confidential. Please sign up for an appointment at (510) 559-7677.

Bridge Class with Kathryn Anne Kinsey at the OHSC, 6500 Stockton Ave. Find out how much fun playing bridge can be. Must register for a 6-week session.
Fee: $25 EC Res./ $35 Non-res. Call (510) 559-7677.
Beginner Plus - Thursday, 1:30PM-3PM
Beginner - Thursday, 2PM - 3:30PM
6 Sessions: thru Mar. 27 / April 10 - May 15/ May 22 - June 26

Massage By Appointment on Wed., 9:30A-12P with Joan Provencher, Certified Massage Therapist at the OHSC, 6500 Stockton Avenue. Enjoy a 15-minute head, neck and shoulder massage designed to enhance general relaxation, improve sleep, increase feeling of well being, and reduce muscular tension. Call (510) 559-7677 for appointment. Fee $12.

El Cerrito Recreation Dynamo Golf Scramble on Monday, April 28, at Mira Vista Country Club. The City of El Cerrito's Recreation Department will be hosting our major fundraiser golf tournament, the Annual Dynamo Scramble, to raise money for the David Hunter Memorial Scholarship Fund and the Open House Senior Center. $130 per person or Foursome for $500 includes a round of golf, cart, 18 Hole Game, lunch and awards. Call (510) 559-7000 or visit the El Cerrito Community Center, 7007 Moeser Lane.

Travel Faire on Thurs., April 17, 1:30PM at the Open House Senior Center, 6500 Stockton Avenue. Kris Adams of Premier World Discovery Tour will talk about future trips arranged by the senior center. For more information, call (510) 559-7677. Extended Trips:
Alpine Countries & Octoberfest - Oct. 1. 2014
Music Cities Christmas - Dec. 1, 2014
The Sunshine State - Feb. 19, 2015

Computer Classes @ OHSC, 6500 Stockton Avenue. Call (510) 559-7677 to register.

- Introduction to Computer w/ Richard Stellina, Wed. & Fri., 10A-12P, 6 Classes for $30.
- Internet Class w/ Curt Smith, Tues. & Thurs., 10A-12P. 1P-3P, 6 Classes for $30.
- Adobe Photoshop Design w/ Sheldon Belinkoff Fri., 1P-3P. 6 Classes for $30.
- Photography Class w/ Sheldon Belinkoff Wed., 1P-3P. 6 Classes for $30.
- iPhone / iPad Class w/ Julius Kaye, Mondays 10A-12P. 3 Classes for $15
- Cyber Café - Internet Connection, Mon.-Thurs., 9A-4:30P / Fri. 9A-3:30P.

El Cerrito Committee on Aging on Wed., Mar. 19, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. Join us an hour before the Committee meeting for a Free Public Presentation. Q & A after the presentation. General public is invited.
March 19, 2PM-Public Safety Talk (Richard Strang)
April 16, 2PM-Financial Elder Abuse (Kristen Southworth)

Monthly Tea Dance on Wed., Mar. 19, 1PM-4PM at the El Cerrito Community Center, 7007 Moeser Lane. $4.

Yoga Class with Christina Young on Tues., 3:15PM-4:15PM and Fri., 1:15PM-2:15PM, at the Open House Senior Center, 6500 Stockton Avenue. Enjoy the benefits of Yoga: improve strength, increase flexibility, relieve stress, increase energy, and enhance mood. Bring your own mat and blanket. Join today!
Monthly Fee: $30 EC Resident / $40 Non-resident
Drop In Fee: $5 EC Resident / $6 Non-resident

BONES FOR LIFE ® with Trish Clifford
6-Week Sessions: Mar. 5 – Apr. 9 at the OHSC, 6500 Stockton Ave., on Wed., 9AM-10AM. This class focuses on a preventative strategy for dealing with osteoporosis. Lessons are done lying on the floor, in sitting and in standing. Students should wear comfortable, loose fitting clothing. Fee $40 EC Res./$48 Non-res. Pre-register for 6-week session required. Call (510) 559-7677.

Please remember the Open House Senior Center (OHSC) in your Estate Planning.

St. John's Senior Center
(6500 Gladys St. at Lexington in E.C.) Tuesdays 9AM -2PM. Lunch $3.00. Call Jan Duckart at (510) 237-3808 or (510) 527-2850 for information on classes, program, or special event.

Christ Lutheran Senior Center
(780 Ashbury Ave. near Stockton) Mondays 9AM-2PM. Home-Cooked Lunch $3.00. Call Carol Kehoe, Coordinator, at 524-1050 or 527-0389 for information on classes, programs, or special event.

Japanese Speaking Adult Classes
(6500 Stockton Ave., El Cerrito) Sakura Kai meets on the 1st and 3rd Satdays,10AM-3PM. Call Setsuko Doi, Coordinator at (510) 778-3406 for information on classes, program, or special event.