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 JULY 2014
Printed on Recycled Paper

THE CITY OF EL CERRITO

50 PLUS BULLETIN

Providing Recreational & Educational Activities for 50+ Adults

CoCo Café Nutrition Lunch Program Menu for 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.
Free ride to lunch when using Easy Ride or East Bay Paratransit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breaded Cod Fish 1	Stuffed Pepper 2	Southern Style BBQ Chicken 3	Center Closed July 4th Holiday 4
Sweet & Sour Meatballs 7	Oven Breaded Chicken Sandwich 8	Cold Plate: Jack's Mock Crab Salad 9	Meat Ravioli w/ Marinara Sauce 10	Garlic Ginger Roasted Breast of Chicken 11
Breast of Chicken Marsala 14	Sweet & Sour Pork 15	Cheese Burger 16	Turkey Sandwich 17	Roast Beef w/ Gravy 18
Colossal Hot Dog w/ Cheese 21	Cold Plate: Cobb Salad 22	Virginia Style Baked Ham 23	Home Style Lasagna 24	BBQ Rib Patty 25
Oven Roasted Chicken 28	Tempting Tamale Pie w/ Corn Bread Topping 29	Beer Batter Fish & Chips 30	Cold Plate: Waldorf Chicken Salad on Mixed Greens 31	CCCafe Good Food & Good Friends = Good Health

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.
9:00-5:00 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
2:00-4:00 PM	Senior Peer Counseling with Irma Zuckerman. By appt. only.
3:10-5:00 pm	Drawing w/ Sai Thongvanh thru July 7 Drop-In: $14 Res./$15 Non-res.

TUESDAY

9:00-10:00 am	Exercise Class w/ Judy Katz
9:00-5:00 pm	Easy Ride Paratransit Service
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.
3:15-4:15 pm	Yoga Class (Chair / Regular Yoga) w/ Christina Young. All levels of experience Monthly Fee: $30 Res. / $40 Non-res. Drop-In: $5 Res. / $6 Non-res.

WEDNESDAY

9:00-5:00 pm	Easy Ride Paratransit Service
9:30-11:45 am	Massage by Appt. w/ Linda Giddings ($12 for 15 minutes)
9:30-1:00 pm	Hairdresser ($8) Appointment Only. Remember to wash hair before coming.
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 thru July 16 Drop-In: $16 Res. / $19 Non-res.
1:00-4:00 pm	Tea Dance ($4 per person) Community Center, 7007 Moeser Ln.
3:30-4:30 pm	Bal-A-Vis-X w/ Nancy Warfield Ongoing thru July 16 Drop-in $6 Res./$7 Non-res.

THURSDAY

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.
1:30-3 pm	Bridge Beginner Plus
2:00-3:30 pm	Bridge Beginner July 17 - Aug. 21 **6 Sessions:** $25 Res./$35 Non-res.

FRIDAY

9:00-4:00 pm	Easy Ride Paratransit Service
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 Res./ $40 Non-res. Drop-In: $5 Res. / $6 Non-res.

OPEN HOUSE SENIOR CENTER
6500 STOCKTON AVENUE, EL CERRITO 94530
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
Stanford Shopping Center ($15) Wed., July 30, 9A-3P

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.

7/4 National Holiday. No scheduled hike.

7/18 Easy to moderate. Devil's Slide Trail, Pacifica. About 2.6-miles on paved surface with a moderate slope. Enjoy spectacular views with soaring birds and crashing waves below. Walk safely and leisurely on this new trail created from Highway 1. Only walkers and bikers are allowed; cars go through the newly constructed tunnel. Lunch on the benches overlooking the Pacific Ocean. ($12)

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

7/11 Golden Gate Park, SFO ($12)
7/25 Point Molate, Richmond ($12)
8/8 5 Brooks, Pt. Reyes ($12)
8/22 Arrowhead Marsh, Oakland ($12)

California State Fair ($45) on Wed., July 16, 9A-4P. The seventeen-day fair is a robust celebration of the State of California, its industries, agriculture and diversity of its people. Every summer the State Fair is all about BIG FUN, providing entertainment and education to inspire the young and young at heart! Our beloved mascot Poppy, looks forward to greeting you at the gate. Lunch on your own enjoy a corn dog.

Marin County Civic Center / Designed by Frank Lloyd Wright ($55)on Wed., July 23, 10AM-2:30PM. MCCC was the last building designed by Frank Lloyd Wright, the internationally acclaimed architect who has been described as "one of the most creative architectural geniuses of all time" and "the most original architect the United States has ever produced". Lunch to follow in San Rafael area.

Hayward Zucchini Festival ($35) on Sat., Aug. 16, 10AM-4PM. Try zuke fries, zucchini breads, cakes, cookies, arts and crafts & live Music. LUNCH IS ON YOUR OWN.

Charles M. Schulz Museum & Research Center ($55) on Wed., Sept. 3, 8:30AM-3PM. Docent tour of museum, time to shop at the gift store, and lunch included at Santa Rosa's Mary's Pizza Shack.

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 Round-trip motorcoach transportation, overnight accommodations at the Silver Legacy Hotel & Casino, and driver gratuity.

Cache Creek Casino ($30) on Wed., Sept. 10, 8:30AM-4:30PM. Enjoy over 2,000 slot machines, 122 table games, and 9 different restaurants.

Di Rosa Art ($55) on Wed., Sept. 24, 8:45AM-3PM Docent tour of Di Rosa located in Napa. Following the tour will be lunch at Black Bear Restaurant.

Cartoon Art Museum in San Francisco ($50) on Wed., Oct. 8, 11AM-3PM. Docent tour of Cartoon Art Museum. Lunch before the tour at the Job Corps of Treasure Island Culinary Academy.

Bergin University of Canine Studies in Rohnert Park ($55) on Wed., Oct. 22, 9:30AM-2PM. Bergin University of Canine Studies, home of The Assistance Dog Institute, has a singular mission: to advance the human-canine partnership through research and education. That mission is expressed in a growing range of programs, inspired and informed by the breakthrough work of Dr. Bonnie Bergin. They are happy to show us around our training facility and allow you to look in on classes which are in session. You will also have the opportunity to meet the staff and pet a few of their dogs! Following the tour you will have lunch in Rohnert Park area.

Tour of the 49ers Levi's Stadium ($70).
1st trip - Wed., Oct. 1 / 2nd trip - Wed., Oct. 15, 8AM-3PM. Our private group tour will offer the ultimate VIP treatment. A private group tour begins at the upper level of the Intel Plaza with a photo opportunity in front of the playing field. Your tour stops will include visiting several of the premium club spaces, a private suite and the Verizon Press Level. After you've seen these areas you will head up to the NRG Solar Terrace to see our green roof. Then you will move down to the field level to check out the locker rooms including the Gold Rush locker room. You will also have time to tour the 49ers museum. Lunch is included.

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*

Fourth of July & WorldOne Radio Festival
Enjoy an old fashion July 4th Festival in El Cerrito on Fri., July 4, 10A-6P, at Cerrito Vista Park (Moeser Lane & Pomona Ave.) Face painting, games, entertain-ment, tasty food and drink, kiddie rides, live performers, bounce machines, community exhibits, arts and crafts. Free admission. **TRANSPORTATION AVAILABLE** for seniors and disabled. Pick up at San Pablo & Moeser Lane (Old Safeway site) going to Cerrito Vista Park. You can leave your car at the Old Safeway parking lot and ride the City Van to the 4th of July Festival.

El Cerrito Committee on Aging on Wed., July 16, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

Monthly Tea Dance ($4) on Wed., July 16, 1PM-4PM at the El Cerrito Community Center, 7007 Moeser Lane.

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: July 17-Aug. 21/ Sept. 18–Oct. 23 / Oct.30-Nov. 20

National Night Out is a unique annual safety event highlighting crime, drug and violence prevention across the country. On Tuesday night, Aug. 5, neighborhood all over El Cerrito come together for a night of block parties. El Cerrito's Night Out provides an opportunity for El Cerrito residents to connect with the Police Department and each other to learn about safety and crime prevention. To register as a block party host, submit an application at www.el-cerrito.org.

El Cerrito CoCo Café Lunch Program
Join us and make new friends! Monday thru Friday, lunch served at 12 noon at the Open House Senior Center, 6500 Stockton Avenue (behind Library). Must be 60 years or older. $2 suggested donation. Four daily entrée choices: Entrée D'Jour, Cheeseburger, Chef's Salad and Seafood Salad. Call (510) 559-7677 the previous day before 12 noon to make reservations.

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.

Barber & Haircut ($8) at the Open House Senior Center, 6500 Stockton Avenue. Mondays between 9:30AM-12PM. Please come with pre-wash hair. Call for appoint-ment at (510) 559-7677.

Bal-A-Vis-X with Nancy Warfield on Wednesday, 3:30PM-4:30PM at the Open House Senior Center, 6500 Stockton Avenue. **8-Week Session: thru July 16.** Bal-A-Vis-X stands for Balance, Auditory and Visual eXercises. These fun exercises integrate the brain and brain-body connections through movement patterns. Using bean bags, racquetballs, you will develop the ability to move your eyes, hands and feet rhythmically in relationship to one another, to a partner and as a group. Can be done standing or sitting, no athletic ability required! Session: $45 EC Res./$50 Non-res. Drop-in $6 Res./$7 Non-res. Call (510) 559-7677 for registration

The Gadget Lady: Makes Things Easier for Seniors with Karen Marshall on Thurs., August 28, 1:30PM at the Open Senior Center, 6500 Stockton Avenue. For seniors suffering from arthritis, muscular atrophy or other conditions, seemingly simple tasks like opening a jar or package can be a difficult task. Meet "The Gadget Lady" or Karen Marshall as she's known to friends and family. At work, Marshall is in charge of searching for products ranging from magnifiers to can openers that help make everyday tasks a little easier for seniors or anyone who may have function limitations.

St. John's Senior Center (6500 Gladys St. at Lexington in E.C.) Tuesdays 9AM -2PM. Lunch cooked at the center $4. 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.