

CITY OF EL CERRITO 50+ BULLETIN || JANUARY 2020

10940 SAN PABLO AVE. EL CERRITO, CA 94530

MIDTOWN ACTIVITY CENTER

Volunteers Needed!

CoCo Cafe Volunteer (Setup & serve lunch)



CoCo Café Nutrition Program

Lunch Menu (\$3 Donation ages 60+)

To Make your reservation, call (510) 559-7677
before 12pm the day prior.

*FREE Easy Ride to lunch for
El Cerrito Residents ages 65+.

*Substitute meal available upon request.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED Happy New Year!	2 Chicken Noodle Soup <i>Modified Hours</i> 8:30am-1:00pm	3 Asian Chicken Salad <i>Modified Hours</i> 8:30am-1:00pm
6 Meatballs with Mushroom Gravy	7 Cobb Salad with Blue Cheese Dressing	8 Beer Battered Fish and Chips	9 Turkey a la King over Rice	10 Beef Fajita with Peppers & Onions
13 Tuna Salad Sandwich w/ Lettuce and Tomato	14 Vegetarian Bean Burrito with Red Sauce & Cheese	15 Cheese Omelet with Salsa	16 Cheeseburger	17 Turkey Dinner with Gravy
20 CENTER CLOSED MLK Jr. Holiday	21 Turkey Chili Mac with Shredded Cheese	22 Kung Pao Chicken Over Steam Rice	23 Ham Sandwich with w/ Lettuce & Tomato	24 Potato Crusted Fish over Rice Pilaf
27 Turkey Tamale Pie w/ Cornbread Topping	28 Seafood Newburg Casserole with Shrimp & Mock Crab	29 Roast Beef & Swiss Sandwich on French Bread	30 BBQ Chicken Thigh	31 Cheesy Lasagna Roll-Up with Shredded Cheese

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

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

MIDTOWN ACTIVITY CENTER SCHEDULE (10940 SAN PABLO AVE)

Registration is available online at www.el-cerrito.org/onlineereg and in the Midtown Activity Center at 10940 San Pablo Ave. For more information call (510)559-7677 or email midtown@ci.el-cerrito.ca.us.

Mon	Tue	Wed	Thu	Fri
9:30am-11:30am Artisan Bread Distribution (FREE)	9am-10:30am Intermediate Spanish (#455506) \$5 RES/\$6 NRES	10-11am Feldenkrais <i>Chair work</i> (#455503) \$5 RES/\$6 NRES	9:30am-12pm Mahjong with Instruction *\$2	9am-11am Folk Dance (#455508) \$5 RES/\$6 NRES
10am-11am Feldenkrais <i>Floor Work</i> (#455503) \$5 RES/\$6 NRES	9:30am-10:30am Fitness/Mat Workout (#455504) \$5 RES/\$6 NRES	10:30am-3:30pm Mahjong *\$2	9:30am-10:30am Fitness/Mat Workout (#455504) \$5 RES/\$6 NRES	10am-11am Guitar Lessons (#455509) \$5 RES/\$6 NRES
10am-12pm iPhone/iPad Class (#455308) Pre-registration Required \$20	10am-3pm Alzheimer Respite Program Note: Pre-approval required.	NEW! 12pm-1pm Book Club (#455513) 1/8/2020 \$2	9:30am-12pm Memoir Writing (#455512) \$5 RES/\$6 NRES	10am-11am Qi Gong (#455511) \$5 RES/\$6 NRES
12:30pm-4pm Mahjong *\$2	1pm-3pm HICAP Counseling <i>1st & 3rd Tuesday</i> By Appointment	1pm-4pm Open Paint Studio *\$2	1:30pm-3pm Senior Women's Support Group Pre-Approval Required Call (510)220-5043	11am-3:30pm Mahjong *\$2
2pm-2:45pm Balance Training & Fall Prevention (#455502) \$5 RES/\$6 NRES	1pm-2:30pm Visually Impaired Support Group (#455203) <i>2nd Tuesday (FREE)</i>		1-3:30pm Bridge Beginner Lessons (#455100) \$25 RES/\$30 NRES (Game Room)	11:15am-12:15pm Sing-A-Long *\$2
3pm-5pm Drawing Class Begins 1/27/2020 (Donations Accepted)	2pm-4pm Ikebana (1/7 & 1/21) (#444565) \$11 RES/\$14 NRES		1:15-3:30pm *Bridge Experienced Players \$5	First class is Free! Registration available at el-cerrito.org/onlineereg or in-person at the Midtown Activity Center Pre-registration is strongly encouraged *Drop-in FEE is paid onsite at time of activity
	2pm-4pm Elder Tech Tutoring Smartphone/Tablet/Laptop (#455307)	NEW OFFICE HOURS: M-Th 8:30am-4:30pm, Fri: 8:30am-4pm Modified Schedules: 1/2 & 1/3—close at 1pm Closed: Mon., Jan 20—MLK Holiday		
MON-FRI			OTHER SERVICES	
Coco Café Lunch Program: 12pm Lunch served. (\$3 donation Age 60+, \$5 fee under 60yrs) Easy Ride Paratransit Shuttle Service (\$2/ride) 9am-4pm (EC residents only) *Note: Free rides given for Coco Café Lunch Program. Call for more info. Cyber Café Computers (FREE) 8:30am-4pm Senior Peer Counseling (Referral Service)			1st, 2nd & 4th Saturday Bridge Game (\$5 fee) Blood Pressure Check: First Thursday of each Month from 11am-12pm (FREE) *Hairdresser: Fridays 9:30am-1pm *Podiatrist: One Wednesday each month *Massage: Tuesday & Thursday, 9:30am-12pm *By Appointment Only	

SENIOR CENTER AT HANA GARDENS SCHEDULE (10870 SAN PABLO AVE)

Registration is available online at www.el-cerrito.org/onlineereg and at the Midtown Activity Center at 10940 San Pablo Ave. For more information call (510)559-7677 or email midtown@ci.el-cerrito.ca.us.

Mon	Tue	Wed	Thu	Fri
10am-11am T'ai Chi Chih (#455501) \$5 RES/\$6 NRES	NEW! 11am-11:45am Sit & Get Fit! (#455505) \$5 RES/\$6 NRES	9am-10:15am Alignment Based Yoga (#444528) \$11 RES/\$14 NRES	12pm-1pm Alignment Based Yoga (#444528) \$11 RES/\$14 NRES	NEW! 10-11:30am World Affair with Constance Cole (#455510) \$3 RES/\$4 NRES
	NEW! 12:40pm-1:30pm Strength Training into the Golden Years \$41 RES/\$51 NRES (Month Session)	2pm-4pm Current Events *\$2 Drop-In		



WINTER/SPRING 2020 DAY TRIPS



Registration is available online at www.el-cerrito.org/onlineereg. Use Activity #455801

January 30: Old Spaghetti Factory (\$35)	April 9: Subpar Miniature Golf & Ghirardelli Square (\$35)
February 13: Semifreddi's Bakery Tour w/lunch (\$50)	April 16: King Valley Tea House Dim Sum (\$35) SOLD OUT! <u>Waitlist available for possible second trip</u>
February 20/27 (TBD): Amazon Fulfillment Center Tour w/lunch in Sacramento (\$65)	April 23: Bay Model Museum w/lunch in Sausalito (\$45)
March 5: Faculty Club Restaurant UC Berkeley (\$35) SOLD OUT! <u>Waitlist available for possible second trip</u>	April 30: San Francisco Symphony Open Rehearsal (\$ 75) SOLD OUT! <u>Waitlist available</u>
March 12: Treasure Island Fine Dining (\$35) SOLD OUT! <u>Waitlist available for possible second trip</u>	May 7: Ferry Building Farmers Market w/lunch at Treasure Island Fine Dining (\$40)
March 26: Filoli Historic House & Gardens (\$40)	May 14: Marine Mammal Center w/lunch in Marin (\$55)
	May 21: Sailor Jack's Waterfront Dining (\$40)

Please note: Day Trips depart from the Contra Costa Civic Theater parking lot located at 951 Pomona Ave in El Cerrito.

EASY RIDE: Shuttle Service

\$2 per ride (M-Th: 9am-4pm & F: 9am-3:30pm)

Easy Ride Shuttle Service provides transportation to El Cerrito residents 65 & older or 18 & older with a disability. Program registration is required for this service. Registration forms available at the Midtown Activity Center. Email midtown@ci.el-cerrito.ca.us or call (510) 559-7677 for more information.

EASY RIDE: Shopping Trips

\$5 Roundtrip (1st Wednesday each month)

9-11am

Choose your location from Lucky, Trader Joes, Pacific East Mall, Albany Target or Costco. Pick ups begin at 9am. Registration required, call (510)559-7677 or email midtown@ci.el-cerrito.ca.us

MIDTOWN ACTIVITY CENTER (510) 559-7677 MIDTOWN@CI.EL-CERRITO.CA.US

Register online at www.el-cerrito.org/onlinereg or in the Midtown Activity Center, 10940 San Pablo Ave

HIKING & WALKING TRIPS

8:30am-2:30pm (Fee: \$12/Trip)



Jan 17: Lake Merritt (WALK & HIKE, Level 1)

Feb. 7: Lake Chabot, Castro Valley (WALK & HIKE, Level 1-2)

March 6: Quarry Lakes, Fremont (WALK & HIKE, Level 1-2)

April 3: SF Ferry Building—Pier 39, SF (WALK & HIKE, Level 1-2)

May 8: Devils Slide, Pacifica (HIKE, Level 1-2)

May 22: Golden Gate Park, Stow Lake (WALK, Level 1-2)

Trail Terrain Levels

Level 1: Paved flat Level 2: Paved, some inclines
Level 3: Unpaved, flat Level 4: Unpaved, some inclines

BIRDING TRIPS

8am-2pm (Fee: \$12/Trip)

January 24: Las Gallinas Reclamation Pond

February 21: Point Pinole, Pinole

March 20: Hayward Regional Shoreline

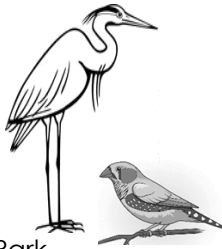
April 10: Herons Head, San Francisco

April 24: Radke Martinez Regional Shoreline Park

May 15: Don Edwards SF National Wildlife Refuge

May 29: McNears Beach, Sam Rafael

Please note: All Birding, Hiking, Walking, Luncheon & Day Trips depart from the Contra Costa Civic Theater parking lot located at 951 Pomona Ave in El Cerrito.



Offsite Adult Classes & Activities

For more information, call the El Cerrito Community Center (510)559-7000 or Midtown Activity Center (510)559-767.

Acrylic & Watercolor Arts (#444568)

Swim Lessons, Lap Swim, Water Walking, Water Aerobics

NEW! Chaos & Clutter vs. Order Workshop (#444551)

NEW! Essentrics w/ Julie (#444520)

NEW! Introduction to Ukulele (#444514)

Mandarin Class: Adult Beginner (#444544)

Pickleball (#455117)

Polynesian Dance Adult (#44453)

Pottery: Monday Afternoon (#444564),

Pottery: Monday Evening (#444562),

Pottery: Wednesday Evening (#444563)

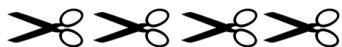
Shinshin Toitsu Aikido (#444505)

Taiji Quan Yang-style Long Form (#464520)

Tendo Ryu Naginata (#444502)

Zumba & Zumba Gold

SENIOR SNIPPETS



Note: Full articles available online at the Midtown Activity Center or visit www.elcerrito.org/98/Committee-on-Aging

COMMITTEE ON AGING

Next Meeting: Wednesday, January 15, 2020 at 3pm

Meetings are held at El Cerrito City Hall Council Chambers located at

MIDTOWN ACTIVITY CENTER

NEW HOURS—EFFECTIVE JANUARY 4, 2020

M-Th: 8:30am-4:30pm

Fri: 8:30am-4pm

MODIFIED CENTER DATES (8:30am-1pm)

January 2nd-3rd

CENTER CLOSED

January 20th—MLK JR. HOLIDAY

EMERGENCY & WAIVER FORMS

Staff is requesting that all participants update their emergency contact information and waiver forms, so we may be able to properly assist you when needed. Please call or stop by the front desk at the Midtown Activity Center to update your information. Midtown Activity Center, 10940 San Pablo Ave. (510)559-7677

SENIOR PRESENTATIONS

Senior Center at Hana Gardens (10870 San Pablo Ave)
RSVP (510)559-7677 or midtown@ci.el-cerrito.ca.us

TECH WORKSHOPS: SMARTPHONE 101 (#455301)

Tuesdays- Jan 7, Mar 3, May 5, 11AM-12PM

Midtown Activity Center - 10940 San Pablo Ave

Smartphone 101 helps you make the most of your smartphone or tablet. You'll learn concepts including security, downloading apps, personalizing your device and how to set up connected devices including wearables and personal assistants. Please bring your own Android (Samsung, LG, etc) or iOS (iPhone, iPad, etc).

Meditative Tea Tasting Workshop (#455204)

Wednesday, January 22, 1PM-2:30PM

Universal Chan, a non-profit organization, combines meditation and tea tasting to promote health and wellness. Through guided meditation in the workshop, participants will experience the calm sense of the mind and body, enhancing the awareness and sensitivity to the aroma and taste of premium teas.

New Year Japanese Heritage Presentation (#455204)

Wednesday, January 29, 1-2:30PM

Come learn and explore Japanese traditions presented by El Cerrito residents. See first hand an Ikebana demonstration (Japanese flower arrangement), a Japanese tea ceremony, and musical performance of the Koto (Japanese string instrument). The presentation will help celebrate the start of the new year 2020!

Travel Faire: Premier World Discovery (#455204)

Wednesday, February 12, 1-2PM

Kris Adams of Premier World Discovery tours will talk about upcoming 2020 tours in the U.S. and all over the world.

Financial Literacy Workshop by Mechanics Bank

Wednesday, February 19, 1-2PM (#455204)

Mechanics Bank of El Cerrito will be sharing advice on how to keep your banking information safe, as well as avoiding financial scams targeting the senior population. Become informed and make effective decisions with your financial resources.