

City of El Cerrito Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 1
January 2008

60 PLUS BULLETIN

Visit us at www.el-cerrito.org

Open House Annual Fundraising

By now, you should have received our fundraiser mailer and we hope you will be able to contribute generously this year. Thank you to all who have already made a donation, your assistance is appreciated. You can mail your donation to the Open House Senior Center, c/o 10940 San Pablo Ave., El Cerrito 94530. Please make check payable to City of El Cerrito. Once again, thank you for all your support.

Income Tax Preparation

Beginning February, specially trained volunteers will be available to help low and moderate-income seniors with their State and Federal forms at the Open House Senior Center. Call (510) 559-7677 for appointment after February 1st. There is no charge for this service, but donations to the senior center are gratefully accepted.

Free Electronic Waste Event

Saturday & Sunday, January 5th & 6th from 9AM - 3PM
9AM-3PM at El Cerrito Department of Motor Vehicles, 6400 Manila Ave. E-waste accepted: computer monitors, computers/computer components, televisions, VCR & DVD players, toner cartridges, printers, fax machines, copiers, telephone equipment, cell phones, MP3 players. Call 1 (888) 832-9839 for information or visit www.unwaste.com.

Balance Training and Fall Prevention

8-Week Intensive Class (Class size limited)

Wednesdays, 9AM - 9:50AM, January 9th - February 27th
Individual and specialized attention in a safe, fun, and challenging environment to improve balance, mobility, strength, and flexibility. Requirements: Pre-registration with full payment; ability to get up from and sit down in a chair and walk across the room without assistive device; doctor's OK. Call the Open House Senior Center at (510) 559-7677. \$80 EC resident/\$96 Non-resident.

City Hall Holiday Hours

The City of El Cerrito Administrative Offices will be closed for the week between the Christmas and New Year's holidays, from Monday, December 24th through Tuesday, January 1st, 2008. Offices will reopen after the holidays on Wednesday, January 2, 2008. Please call (510) 215-4310 for information.

El Cerrito Library Book Club

Join Claire Magowan, Book Club Facilitator at 6510 Stockton Avenue. Call (510) 526-7512 for additional information.

Afternoon Book Club: 3rd Thursday of the Month at 1:30PM

- 1/10 Thomas Jefferson by Christopher Hitchens
- 2/21 The Memory Keeper's Daughter by Kim Edwards
- 3/20 Water for Elephants by Sara Gruen

Readers Anonymous: 4th Tuesday of the month at 7:00PM

- 1/22 A Fine Balance by Rohinton Mistry
- 2/26 Black Swan Green by David Mitchell
- 3/25 Into the Forest by Jean Hegland

Vanished Without A Trace?

Old Timers the Historical Society is trying to find.

As part of its ongoing efforts to study and document the history of El Cerrito, the Historical Society is always searching for early residents of the town, or their descendants and relatives. If you know how to contact the descendants or relatives of any of the following people, please contact Ellen Paasch at (510) 559-7035 or Tom Panas at the El Cerrito Historical Society (510) 526-7507.

- Jean Heldoorn, her family had a business near Fairmount & San Pablo Avenues.
- Jack Lord, a stonemason in town.
- The Galpin Family, who owned land where St. Jerome Catholic Church is located today.
- Mrs. B. M. Sexton, who lived at the Castro Adobe during the 1930's.

The Historical Society appreciates your help! You can pick up copy of our quarterly bulletin at the Senior Center.

El Cerrito Municipal Corporation
10940 San Pablo Avenue
El Cerrito, CA 94530



NON-PROFIT ORGANIZATION

U.S. POSTAGE PAID

Permit Number 79

El Cerrito, CA 94530

Return Service Requested

CLASSES & PROGRAMS
January 2008

MONDAY

9:00-5:00 pm Easy Ride - El Cerrito Residents only
Transportation Service within the City
of El Cerrito. Call 559-7677.

10:00-11:00 am Awareness Through Movement:
Floor Work w/ Jane Neilson

10:00-11:00 am Tai Chi w/ Ian Huebsch

12:00 noon Lunch
12-3:00 pm Art: Resources in the Bay Area
w/ Sai Thongvanh (1/14-5/19)

12:30-4:00 pm Mah Jong

12:45-2:45 pm Grocery Bingo

2:00-2:45 pm Balance Training & Fall Prevention
w/ Lindsay Wheeler

3:10-6:00 pm Drawing for Older Adults
w/ Sai Thongvanh (1/14-5/19)

9:30-11:00 am Mind Works
w/ Connie Lynch

9:15-9:45 am Mat Exercise Class w/ Judy Katz

9:45-10:45 am Exercise Class w/ Judy Katz

10:00-2:00 pm FREE Senior Legal Service
3rd Thursday of the month
Consult-an-Attorney
By Appointment Only. Call 559-7677.

10:30-12:30 pm Senior Women's Support Group
(Registration is required)
Facilitator: Amy Glick, MFT
Fee per Session:
\$10 EC Resident / \$12 Non-residents

12:00 noon Lunch
12:30-4:00 pm Mah Jong

1:00-2:30 pm Mind Works
w/ Connie Lynch

1:00-4:00 pm Chess Group

1:00-4:00 pm Acrylic Painting for Older Adults
w/ Donna Fenstermaker (1/17-5/22)

TUESDAY

9:15-12:00 noon Massage by Appt. (\$10 for 15 minutes)

9:15-9:45 am Mat Exercise Class w/ Judy Katz

9:45-10:45 am Exercise Class w/ Judy Katz

10:00-3:00 pm Alzheimer's Respite Program
Carol Kehoe, Program Director
Resident \$17/Non-Resident \$22

11:00-1:00 pm Caregiver Support Group (1st & 3rd)
w/ Alena Gonzalez

11:45-2:00 pm Health Insurance Counseling (HICAP)
1st & 3rd. Call 559-7679 for appt.

12:00 noon Lunch
12:30-4:00 pm Mah Jong

1:00-2:30 pm The Lion's Center for the Visually
Impaired (2nd Tues.)
Facilitator: Michael Mailer

FRIDAY

8:30-12:30 pm Podiatrist - Call 559-7677 for appt.
3rd Fri. of Every Month (\$15)

9:00-12:00 noon Barber w/ Maria Nutting
(1st & 3rd Friday) (\$6)
Barber will leave if no waiting customer.

9:00-11:00 am Folk Dancing w/ Mel Hart

9:00-11:15 am Creative Writing w/ Margaret Irvin

9:30-1:30 pm Foot Care Clinic (4th Friday) (\$22)
By Appointment Only. Call 559-7677.
Bring 2 clean towels and a basin.

11:15-12 noon Broadway/Old Time Songs

12:00 noon Lunch
1:15-4:00 pm Cash Bingo \$\$

2:00-4:00 pm Matting w/ John Boyce (3rd Friday)
By Appointment Only. Call 559-7677.

WEDNESDAY

8:30-1:30 pm Hairdresser Appt. (\$6)
Call 559-7677 for appointment.

9:00-4:00 pm Mah Jong

9:00-5:00 pm Easy Ride - El Cerrito Residents only
Transportation Service within the City
of El Cerrito. Call 559-7677.

10:00-11:00 am Awareness Through Movement:
Chair Work w/ Jane Neilson

11-12:30 pm Music Composition w/ John Burr

12:00 noon Lunch
1:00-4:00 pm Tea Dance (3rd Wed.) Cost: \$4
Community Center, 7007 Moeser Ln.

1:00-4:00 pm Watercolor Painting (1/9-5/14)
w/ Nancy Backstrom

2:00-3:00 pm Knitting and Crochet Workshop

REMINDER:

Center Closed in celebration of the following holidays:
1/1.....New Year's Day
1/21.....Martin Luther King Jr. Day

FEE PER CLASS: E.C. Resident \$4/ Non-Resident \$5
(UNLESS OTHERWISE NOTED)

Location: 6500 Stockton Avenue, El Cerrito 94530
Phone: (510) 559-7679 Fax: (510) 524-3965

Website: <http://www.el-cerrito.org>

Mailing Address:

10940 San Pablo Avenue, El Cerrito 94530

Hours of Operation: Monday-Thursday 8 am - 5 pm
Friday 8 am - 4 pm

THURSDAY

9:00-5:00 pm Easy Ride - El Cerrito Residents only
Transportation Service within the City
of El Cerrito. Call 559-7677.

Senior Excursions

Date	Shopping Center	City	Time	Cost
January 8 th	Westfield Valley Fair	Santa Clara	9:00-3:30	\$15
February 5 th	Stonestown Galleria	San Francisco	9:00-3:30	\$15
March 4 th	Santa Rosa Plaza	Santa Rosa	9:00-3:30	\$15

Reminder: ALL trips depart from Contra Costa Civic Theatre Parking Lot (MOESER LN. & POMONA)
For shopping mall trips, lunch on your own at the mall.

Excitement * Fun * Discovery * Great Getaways *

Keep on Trucking, Seniors! Hiking with Emery Weed

Bring lunch, water, snacks, sunscreen, and dress in layers.

Bring your own lunch. 8:30AM - 3PM. **Cost: \$15**

1/4 No Hike - Happy Holidays

1/18 Muir Woods - 5 miles & moderate

Birding

Bring binoculars, snacks, water, lunch, bird book, and sunscreen. Dress in layers for changing weather.

Call the Senior Center at 559-7677 for dates & locations.

1/8 Don Edwards Wild Life Refuge

1/22 Palo Alto Bay Lands

Legion of Honor: Marie-Antoinette & the Petit Trianon

Fri. Jan. 11, 8:30AM-2:30PM

This art exhibit gives a visual history of the Petit Trianon, through 88 pieces of the finest furniture, paintings, and sculpture from chateau. Lunch on your own. **Cost: \$35**

Reno Snow Train

Tues., Feb. 26 - 28, 2008 **(SOLD-OUT)**

Black Oak Casino

Wed., Feb. 13, 7:30AM-5:30PM

Enjoy 22,500 square foot casino, 1,000 slot machines, and 24 gaming tables located in Toulumne (near Sonora) in the Gold Country. Receive \$10 cash, \$5 match play, 10% off in the gift shop and 10% off in the restaurant. **Cost: \$30**

San Francisco Flower & Garden Show

Thurs., March 13, 9AM-5PM

Featuring thousands of flowers and plants, six acres of extraordinary gardens, seminars and shopping at the Cow Palace. Lunch on your own in the food court. **Cost: \$35**

SF Asian Art Museum: Drama and Desire

Fri., March 28, 8:30AM - 4:30PM

Docent tour of the Drama & Desire exhibition, 1st exhibition to highlight Boston's Museum of Fine Arts' holdings of ukiyo-e ("floating world") paintings. Lunch on your own at Café Asia (inside Museum). **Cost: \$35**

Tours & Great Destinations

Treasures of Ireland (10 days) May 12, 2008

Dublin, Killarney, Jaunting Car Ride, Dublin City Tour, Cliffs of Moher, Ring of Kerry, Waterford Crystal Factory, Medieval Castle Banquet, Glendalough & St. Kevin's, Enniscorthy, Limerick, Blarney Castle, Galway, and Muckross House & Gardens.

\$3,499 Single / \$2,949 Double

Cape Cod & the Islands (7 days) June 8, 2008

Cape Cod Central Railroad, Hyannis Harbor Cruise, Boston City Tour, Plymouth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha's Vineyard Tour, Newport's Ocean Drive, Breakers Mansion Tour, Heritage Plantation, and Farewell New England Lobster Dinner.

\$2,299 Single / 1,799 Double

Southern Italy & Rome (10 days) October 5, 2008

Amalfi Coast Drive, Isle of Capri, Pompeii Excavations, Rome Day of Leisure, Naples, Archaeological Museum, Amalfi, Paestum, Capri Town & Anacapri, Mozzarella Tasting, Ravello, 3 Nights Rome, and 5 Nights Sorrento. **\$3,849 Single / \$3,199 Double**

Great Trains & Grand Canyons (6 days) November 9, 2008

Featuring five nights in Sedona, Grand Canyon American National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Montezuma Castle National Monument, Chuckwagon Supper & Stage Show, and Old Town Scottsdale. **\$2,149 Single / \$1,599 Double**

Elkhorn Slough Safari

Wed., April 23, 6AM - 5:30PM

Bring your binoculars for an amazing boat tour of the wetlands and wildlife at the Monterey Bay estuary. Visit the Elkhorn Slough Center and have lunch at Phil's Fish Market & Eatery in Moss Landing. Stop at the California Pajarosa for a guided tour of a rose farm on the way home. **Cost: \$100**

Please call **Olive or Shielaugh** at (510) 559-7677 for additional trip information. All trips depart from **CONTRA COSTA CIVIC THEATRE 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.

Senior Nutrition Program (\$2.00 donation)

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

Please call the previous day before noon to make your reservation: **(510) 559-7677**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Center Closed 1 New Year's Day	Beef Stew 2	Southern Style 3 BBQ Chicken	Meatloaf 4
Herb Chicken 7 Breast	Spaghetti & 8 Meatballs	Virginia Style 9 Baked Ham	Jack's Mock 10 Crab Salad	Carne Asada 11 w/ Fresh Salsa
Breaded Cod 14 w/ Slice Lemon	Texas Style 15 BBQ Beef	Baked Chicken 16 Tahitian	Linda's Special 17 Stuffed Peppers	Oven Fried 18 Chicken
Center Closed 21 Martin Luther King	Cold Plate: 22 Cobb Salad	Roast Beef 23 Au Jus	Pub Cheese 24 Burger	Sole Almondine 25 w/ Lemon Slice
Garlic Ginger 28 Roasted Chicken	Home Style 29 Lasagna	Baked Fish 30 w/ Lemon Sauce	Turkey Dinner 31 w/ Gravy	

Community Calendar

Christ Lutheran Senior Center

(780 Ashbury Ave. near Stockton)

Adult school classes meet every Monday 9AM-2PM.

Activities include: Conversational German and Spanish, e-mail and Internet class, current events, special program, and line dancing. Home-Cooked Lunch \$3.00. Massage \$7 for 15 minutes. Second Monday Blood pressure screening. Call Carol Kehoe, Coordinator, at 524-1050 or 527-0389 for information.

- 1/7 Slides with Jackie Hetman
- 1/14 Sleep Disorder, Part 2
- 1/21 Center Closed - Martin Luther King Jr. Day
- 1/28 Ombudsman Talk on Assisted Living

St. John's Senior Center

(6500 Gladys St. at Lexington in E.C.) Tuesdays 9AM -

2PM. Activities include: Needlecrafts, pressed flower card making, painting and drawing, and copper enameling, etc. Tai Chi Chuan from 9:30-10:30AM. Beginning conversational Spanish from 10:30-11:30AM. Chair Exercise from 11:30-12noon. Lunch (\$2 donation). If you are arriving after 10AM and planning to have lunch with us, please call by 10AM. Card and table games from 1:15PM. Call Jan Duckart at (510) 237-3808.

- 1/1 Center Closed - Happy New Year to Everyone!
- 1/8 Annual Potluck
- 1/15 Life & Work of Georgia O'Keefe - Part 1 by Sylvia Falcon (Part 2 in early February).
- 1/22 Art & Culture of Tahono O'odham from Arizona by Ramona Casillas
- 1/29 Birthday Celebration. Sing Along with Ligia Britto.

Japanese Speaking Adult Classes

Sakura Kai meets on the 1st and 3rd Saturdays of each month from 10AM-3PM at the Open House Senior Center, 6500 Stockton Ave., El Cerrito. Call Yoko Fitzpatrick, Coordinator at (510) 525-4919 for information.

- 1/5 Happy New Year - No Classes
- 1/19 Japanese Taiko Class, Japanese Computer, Shigin, Shuji, Celebration of Birthdays, Karaoke & Sing Along, Line Dance and Massage Clinic.

El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, Jan. 16, 2007, **3PM** at the El Cerrito Community Center, City Council Chambers, 7007 Moeser Lane. General Public is invited.

Notice of Reorganization

On Monday, December 3, 2007, the El Cerrito City Council reorganized as follows:

MAYOR	William C. Jones, III
MAYOR PRO TEM	Sandi Potter
COUNCILMEMBER	Janet Abelson
COUNCILMEMBER	Jan Bridges
COUNCILMEMBER	Letitia Moore

Regular meetings of the El Cerrito City Council are held on the first and third Monday of each month at 7:30 p.m. in the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, CA.

Special Thanks to the following volunteers for their assistance in mailing the December 60+ Bulletin: Edith Black, Marjorie Fong, Doris Kiefer, Marie Moore, and Rita Stein. Mailing of the **February** issue will be on **Thursday, Jan. 31st**. If you have spare time, come and join us. Call (510) 559-7677.