

City of El Cerrito Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 2
February 2008

60 PLUS BULLETIN

Thank You

A special thanks to everyone who donated to the Open House Senior Center's Annual Mail Fundraising Campaign. Our 2007-2008 donor drive has raised \$9,950.

AARP Tax-Aide Free Income Tax Preparation

Mon. & Wed., Feb 4 - Apr. 9, 9AM - 2:30PM, at the Open House Senior Center, 6500 Stockton Avenue.

Volunteer tax counselors are available to help all taxpayers with limited to moderate income and who file basic income tax forms. Special attention is given to those taxpayers age 60 and older. Your tax returns will be filed electronically. If a joint return, BOTH spouses must be present. Taxpayers with more complex returns are asked to seek other assistance. Call (510) 559-7677 to schedule an appointment.

New Bike Rack

For those who enjoy riding their bikes to the Open House Senior Center, we now have a rack in the parking lot for securing bicycles.

New Walking Group

Join Ollie Beasley and other walkers as they explore the Ohlone Greenway, aka as the BART Pathway. This is a wonderful chance to experience the restoration of Baxter Creek at Poinsett Park, Baxter Creek at Gateway Park and Cerrito Creek at the El Cerrito Plaza. The group departs at the Open House Senior Center on Thursdays at 9:30AM. Cost: FREE

Talk Back

A new informal discussion group with topics ranging from motivational issues, self-help for seniors, health & welfare and various other subjects. Group led by Ollie Beasley on Tuesdays, 9:30-10:45AM.

Single Payer Health Care

Wednesday, Feb. 13, 1:00-4:00PM at the Open House Senior Center, 6500 Stockton Avenue. Discussion of SB840 which includes prescriptions, glasses, dental, hearing aids, mental health and more with Sandra Decker. Viewing of Michael Moore's movie "Sicko".

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

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

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.

- The Arbini family, who had a house on San Pablo Ave.
- The Lamperti family, who had a house on San Pablo Ave.
- William Grafton Worthington, Dr. Lyle Wellman, Donald Jagger, or Donald Goldberg, all executives at Boericke & Runyon, a pharmaceutical firm that was located close to where the Red Onion is located today (across from Home Depot) on San Pablo Avenue.

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

February 2008
Home Town Programs That Fit Your Lifestyle!

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

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

TUESDAY

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

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

9:30-10:45 am Talk Back w/ Ollie Beasley - **NEW GROUP**

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

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
 w/ Nancy Backstrom

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

THURSDAY

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

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

9:30-11:00 AM Ohlone Greenway Walking Group
 w/ Ollie Beasley - **NEW GROUP**

9:30-1:30 pm Foot Care Clinic (3rd Thursday) (\$22)
 By Appointment Only. Call 559-7677.
 Bring 2 clean towels and a basin.

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

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

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

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

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.

REMINDER:

Center Closed in celebration of the following holidays:
2/18.....Presidents 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

Senior Excursions

Date	Shopping Center	City	Time	Cost
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
April 1 st	Westfield Solano Mall	Fairfield	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**

- 2/1 Presideo - Crissy Field, 5 miles Flat
- 2/15 Golden Gate Park, 5 miles Flat
- 3/7 China Camp, 7 miles (Round Trip)

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.

- 2/12 Don Edwards Wild Life Refuge
- 2/26 Arrowhead Marsh - Alameda

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**

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**

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**

Message from Olive:



Many thanks to those who continue to support and join our wonderful trips! If you have any trip ideas or places you would like to visit, please call the Open House Senior Center at (510) 559-7677.



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
				Cheese Burger 1
Meat Ravioli 4 w/ Marinara Sauce	Roast Chicken 5 Breast	Cold Plate: 6 Crab Salad	BBQ Pork 7 Rib-Patty	Broccoli Beef 8 Onions/Mushrooms
Turkey Sandwich 11 w/ Gravy	Beef Stew 12 Capri Vegetables	Salmon Patty 13 w/ Dill Sauce	Veal Birds w/ 14 Mushroom Sauce	Cold Plate: 15 Chicken Salad
Center Closed 18 Presidents Day	Sweet & Sour 19 Pork	Veal Parmesan 20 a la Romano	Chicken Fajita 21 Peppers & Onion	Yankee Doodle 22 Dog w/ Cheese
Breaded Cod 25 Fish w/ Lemon Slice	Baked Ham w/ 26 Pineapple Raisin	Lemon Chicken 27 Breast	Spaghetti 28 & Meatballs	Roast Beef 29 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.

- 2/4 Slides with Jackie Hetman
- 2/11 View Michael Moore's movie "SICKO"
- 2/18 Center Closed - Presidents Day
- 2/25 Slides with Bob Robbi

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.

- 2/5 Election Day. We will not meet today. Our center will be a polling place.
- 2/7 Meets on Thursday this week. Bingo after lunch.
- 2/12 Life & Art of Georgia O'Keefe, Part 2 Presented by Sylvia Falcon
- 2/19 No program today. Planning meeting for all volunteers following lunch (approximately 1PM)
- 2/26 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.

- 2/2 Japanese Taiko, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, Line Dance, Japanese Movie and Massage Clinic.
- 2/16 Japanese Taiko Class, Japanese Computer, 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, Feb. 20, 2007, **3PM** at the El Cerrito Community Center, City Council Chambers, 7007 Moeser Lane. General Public is invited.

Special Thanks to the following volunteers for their assistance in mailing the January 60+ Bulletin: Marjorie Fong, Marie Moore, and Rita Stein. Mailing of the **March** issue will be on **Thursday, Feb. 28th**. If you have spare time, come and join us. Call (510) 559-7677.

Keep on Trucking, Seniors! Hiking with Emery Weed

Let us help you with your New Year's Resolution. Make your health a number one priority! The Open House Senior Center, 6500 Stockton Ave., offers a hiking program with hikes ranging from easy to moderate. Call (510) 559-7677.