

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 4 April 2008



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

2nd Annual Dancing with the Seniors

Ballroom Dance Competition

Wednesday, April 16, 1 - 4 PM, at the El Cerrito Community Center, 7007 Moeser Lane. All seniors are welcome. Prizes for 1st, 2nd and 3rd place winners. Dance themes are Waltz, Cha-Cha, Fox Trot, Rumba and Swing. RSVP at (510) 964-9028 or (510) 559-7677.

Mind Works Class

Thursdays, 9:30-11 AM or 1-2:30 PM with Connie Lynch at the Open House Senior Center. This mental fitness class is designed to heighten awareness, improve communication skills, and improve memory through mental exercises and problem-solving. Fee: \$4 resident/\$5 non-resident.

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.

- George Scott, an early city official. His children were named Zella and George.
- The Gill family, before the turn of the century they owned a large parcel of land west of Cutting & San Pablo. In later years they built the very large house on Bates Ave.
- John Carrick, the first owner of El Cerrito Mill & Lumber. He had a daughter named Charlotte.
- Max Korn. He and Mr. Eckman had a slaughter house and butcher shop near where Cameron School is located today.

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

El Cerrito Earth Day 2008

Saturday, April 26. Work parties begin at 9 AM. Volunteers are invited to the El Cerrito Community Center, 7007 Moeser Lane, at noon for free lunch (with vegetarian option). Join hundreds of volunteers working on a variety of clean-up and improvement projects that make our community a more attractive place to live, work, and do business. For more information on schedule work locations and projects, call Garth Schultz at (510) 215-4351 or email earthday@ci.el-cerrito.ca.

El Cerrito Library Book Club

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

Afternoon Book Club: 3rd Thursday of the Month at 1:30PM
4/17 Atonement by Ian McEwan

Readers Anonymous: 4th Tuesday of the month at 7:00PM
4/22 March by Geraldine Brooks

Awareness Through Movement

Mondays & Wednesdays, 10AM - 11AM with Jane Neilson at the Open House Senior Center. The Feldenkrais Method® classes involve easy, gentle movements that help you make distinctions about your habitual movement patterns. Learn how to increase coordination, flexibility, ease of posture, breath, decrease stress, strain and pain. Learn to develop skills to maintain comfort and improve self-image. Wear loose, comfortable clothing. Fee: \$4 resident/\$5 non-resident.

Easy Ride for \$1 (El Cerrito Residents Only)

Mondays, Wednesdays & Thursdays, 9 AM-5 PM

Need a ride to go shopping, banking, attend community meeting, picking-up prescription, or doctor appointment? The Open House Senior Center has a door-to-door transportation service within the City of El Cerrito for seniors 60 and older and disabled El Cerrito residents. \$1 per one way ride.

Application must be completed before scheduling a ride. Call (510) 559-7677 for information and application.

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 & Program

April 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

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

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

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

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

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 559-7677 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.

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

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

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

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

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

10:30-12:30 pm Senior Women's Support Group
(Registration is required)
Facilitator: Amy Glick, MFT
Fee: \$10 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.

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
April 1 st	Westfield Solano Mall	Fairfield	9:00-3:30	\$15
May 6 th	Stanford Shopping Mall	Palo Alto	9:00-3:30	\$15
June 3 rd	Corte Madera Towne	Corte Madera	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**

4/4 Dipsea Trail, Difficult 6 miles Hilly, Stairs
End at Stinson Beach

4/18 Stinson Beach - Stinson to Bolinas
Moderate 4 miles on sand

Birding

Bring binoculars, snacks, water, lunch, bird book, and sunscreen. Dress in layers for changing weather. Bring your own lunch. 7AM - 3PM. **Cost: \$15**

4/8 Alvarado Park

4/22 Palo Alto Baylands

Elkhorn Slough Safari

Wed., April 23, 6AM - 5:30PM, **Cost: \$100**

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.

Cache Creek Casino

Wed., May 28, 9:30AM - 4:30PM, **Cost: \$30**

Leave at 9:30AM, and make it to the casino by 11:00AM.

You will have plenty of time to enjoy the casino and lunch on your own. At 3:00PM, go back to El Cerrito.

Filoli and The Hiller Museum

Wed., June 4, 8AM - 6PM

Guided tour of house and grounds of Filoli. Lunch at Angelo Mio with a choice of Entrée. After lunch, guided tour of The Hiller Museum, a collection dedicated to man's concept of flight: past, present and future. **Cost: \$90**

Mission Mural Tour

Mon., May 12, 12PM-4PM

Join us for the Classic Mission Mural Walk. We begin at the Precita Eyes Studio with a slide presentation covering a brief introduction to the history of muralism as well as a very broad look at contemporary murals and the artists who paint them. This is followed by the guided walk, of the Mission Murals. The pace of the walk will be slow and easy. **Cost: \$25**

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**

de Young Museum: Chihuly Exhibit

Private tour of the Chihuly exhibit at the de Young Museum. Dale Chihuly is the most famous craft/glass artist living today and the subject of many popular exhibitions. Lunch on your own. There will be extra time to view other parts of the museum after the tour. **Cost: \$35, Date & Time: TBA**

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
	Fools Day Frankfurter w/ Cheese 1	Meat Ravioli w/ Marinara 2	Chinese Style BBQ Chicken 3	Krabby Cake Clam Chowder 4
Lite Lemon Chicken Breast 7	Beef Sukiyaki 8	Hot Turkey Sandwich w/ Gravy 9	Cold Plate: Jack's Mock Crab Salad 10	Tender Roast Beef Au Jus 11
Sweet & Sour Pork 14	Baked Fish in Lemon Sauce 15	Chicken Fajita w/ Peppers & Onion 16	Spaghetti & Meatballs 17	Chicken Caesar Salad 18
Tender Beef Stew 21	Garlic Ginger Roasted Chicken 22	Cheese Burger 23	Cold Plate: Thin Ham Slices 24	Stuffed Peppers 25
Tamale Pie w/ Corn Bread Topping 28	Waldorf Chicken Salad/Mixed Greens 29	Baked Ham w/ Cherry-Orange Sauce 30		



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.

- 4/7 Trip to Burma Slides with John Woo
- 4/14 Slides with Jackie Hetman
- 4/21 TBA
- 4/28 Senior Nutrition with Kathy Jackson-Moore

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.

- 4/1 Bingo
- 4/8 Member Joan Aiken will introduce easy-to-learn Line Dancing.
- 4/15 Trip to Burma with John Woo
- 4/22 Art of Frida Kahlo with Sylvia Falcon
- 4/29 Birthday Celebration. Sing Along w/ 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.

- 4/5 Japanese Taiko, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, Line Dance, Japanese Movie and Massage Clinic.
- 4/19 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, April 16, 2008, **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 March 60+ Bulletin: Edith Black, Marjorie Fong, Marie Moore and Doris Kiefer. Mailing of the **May** issue will be on **Thursday, April 24th**. If you have spare time, come and join us. Call (510) 559-7677.

Keep on Trucking, Seniors! Hiking with Emery Weed
Enjoy an outdoor activity with us. 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. Cost: \$15 Call (510) 559-7677.