

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 5 May 2008



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

Sakura Kai Festival: Talent Show Fundraiser

Saturday, June 14, 1:30PM-3:30PM at Fairmont Elementary School Auditorium, across the parking lot from the Open House Senior Center at 6500 Stockton Ave. in El Cerrito. Talent show fundraiser tickets available by donation. All proceeds will be donated to the Sakura Kai Senior Center Building Fund. Please email ecsakurakai@hotmail.com for additional information.

Vanished Without A Trace?

Old Timers the Historical Society is trying to find.

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.

- John & Lena Sandretto or Charles & Laura Byars; they developed the Ranchito Court subdivision in El Cerrito
- George Friend, a prominent real estate developer who built and lived in the large house at Arlington Blvd. & Brewster Drive after the first world war.
- Anyone from El Cerrito or Richmond who was involved in Kiwanis in the 1950's and who knows about the "Kiwanisville" children's park.
- The Termperli family, they had a house about where Memorial Grove is today west of the recycling center.

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

Senior Computer Classes

Feeling computer challenged? The Open House Senior Center offers computer classes: Introduction, Word and Internet. We have openings for Beginner Introduction to Computer Class. Limited to 5 students. Six classes for \$20. Call Olive Kaplanis at (510) 559-7677 for registration and information.

Single Payer Health Care & Movie "Sicko"

Wednesday, May 7, 1:00-4:00PM at the Open House Senior Center, 6500 Stockton Ave. in El Cerrito. Viewing of Michael Moore's movie "Sicko" plus discussion on prescriptions, glasses, dental, hearing aids, mental health and more with Sandra Decker. Free admission. Call (510) 559-7677.

Asset Allocation: Making Your Assets Work for You

Wednesday, May 21, 1:00-2:30PM at the Open House Senior Center, 6500 Stockton Ave., with Michael Levenson, *Morgan Stanley Financial Advisor*. This seminar helps investors understand the importance of proper and regular asset allocation as a foundational element of an investment strategy. The talk will be interactive and full audience participation is welcome. Free admission. Call (510) 559-7677.

Taking Care of You: Powerful Tools for Caregiving

Wednesdays, May 21 - June 25 (six weeks), 10AM-12:30PM at the El Cerrito Royale, 6510 Gladys Ave. Join other caregivers to learn invaluable tools to help you reduce stress, make difficult decisions, communicate more effectively in challenging situations, and most importantly, prevent caregiver burnout. Space limited. Pre-registration required. Call (800) 445-8106 ext. 411 to register and for more information.

Nintendo Wii for Seniors - Beginning in May Virtual Bowling/Golf/Tennis/Baseball

at the Open House Senior Center, 6500 Stockton Avenue. What is Wii? Wii is very intuitive, just like playing the real game! It is easy to learn and play. By pressing a button and swinging the controller, people can bowl, golf, and play tennis, baseball or boxing. This interactive game will let seniors who can no longer bowl or play golf continue with the virtual version of their favorite games. Have lots of fun or complete while working on improving hand-eye coordination, balance and muscular strength & endurance. For information and schedule, call Liza Espadilla at (510) 559-7677.

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

May 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. Call 220-5043.
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**
***No Barber in May & June 2008**
(1st & 3rd Friday) (\$6)

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

Center Closed:

Memorial Day - Monday, May 26, 2008

Senior Excursions

Date	Shopping Center	City	Time	Cost
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
July 1 st	Broadway Plaza	Walnut Creek	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.

5/2 Angel Island Upper

Difficult, 4 miles, Steep, Cost: \$26

5/16 Samuel P. Taylor

Easy, 4 miles, Fairly Flat, Cost: \$15

Birding

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

No Birding in May & June.

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**

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**

de Young Museum: Chihuly Exhibit

Date & Time: TBA

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**

Tours & Great Destinations

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**

Opryland Music Holiday (5 days) December 3, 2008

4 nights at the amazing Gaylord Opryland Resort. Featuring Nashville City Tour, Country Music Hall of Fame, Grand Ole Opry, Pam Tillis Dinner Show and Rockettes Holiday Show. **\$2,424 Single / \$1,824 Double**

Garlic Festival

Fri., July 25, 9AM-4PM

Enjoy food laced with over two tons of fresh garlic, shop in arts & crafts, garlic cook-off, celebrity cooking demonstrations, musical entertainments. Lunch on your own. **Cost: \$20**

Special Announcement: The Open House Senior Center is seeking a new Birding Leader. This is a volunteer position. The Birding Leader is responsible for planning and leading trips every 2nd & 4th Tuesday of each month from September - May. Trips usually take place from 7AM-3PM. Experience and love for identifying birds is a must. Please call Shielaugh Divelbiss jr. at (510) 559-7681 or email sdivelbissjr@ci.el-cerrito.ca.us.

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
			Breaded Cod Fish 1 Clam Chowder	Pot Roast 2 w/ Gravy
Steak Fajita w/ Red 5 & Green Peppers	BBQ Pork 6 Rib-Patty	Home Style 7 Lasagna	Apricot Glazed 8 Roasted Chicken	Veal Birds w/ 9 Mushroom Sauce
Kathy's Pork & 12 Rice	Texas Style 13 BBQ Beef	Baked Chicken 14 Tahitian	Meatloaf 15	Shrimp Salad 16 on Lettuce Leaf
Beef Stroganoff 19	Herb Chicken 20 Breast	Cold Plate: Jack's 21 Mock Crab Salad	Veal Parmesan 22 a la Romano	American Cheese 23 Pub Burger
Center Closed 26 Memorial Day	Beef Sukiyaki 27	Southern Style 28 BBQ Chicken	Roast Beef 29 w/ Gravy	Turkey Dinner 30 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.

- 5/5 Frida Kahlo, Portrait of An Artist by Sylvia Falcon
- 5/12 Slides with Jackie Hetman
- 5/19 American History with Fifth Graders
- 5/26 Center Closed - Memorial Day

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 \$2.50 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.

Special Announcement:

Beginning May 2008, lunch donation will be \$2.50.

- 5/6 Frida Kahlo, Portrait of An Artist by Sylvia Falcon
- 5/13 Game Day - A variety of small group table games. Come & play an old favorite or learn a new game.
- 5/20 Line Dancing with Joan Aiken
- 5/27 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.

- 5/3 Health Fair Day
No Classes
- 5/17 Japanese Taiko Class, Japanese Computer, Shuji, Celebration of Birthdays, Karaoke & Sing Along, Line Dance and Massage Clinic.
- 6/14 **Sakura Kai Festival: Talent Show Fundraiser**
1:30PM-3:30PM @ Fairmont School Auditorium

El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, May 21, 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 April 60+ Bulletin: Edith Black, Doris Kiefer, Marie Moore and Rita Stein. Mailing of the **June** issue will be on **Thursday, May 29th**. If you have spare time, come and join us. Call Don Pool at (510) 559-7677.

Becoming An Outdoors-Woman, California (BOW)

Visit www.bowca.org for registration and information.

Drawing on Nature (A drawing class)

May 2-4, 2008 at Yosemite Valley

Poles for Hiking, Trekking & Walking

May 31, 2008, 10a-3p, at Mount Tamalpais State Park