

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 6 June 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. Featuring performances by the Sakura Kai senior classes: Taiko, Line Dance, Karaoke, Shigin, Odori, Drama Skit, and Flute Duet. There will be a silent auction and food for sale. Talent show fundraiser tickets available by donation. All proceeds will be donated to the Sakura Kai Senior Center Building Fund. For additional information, please email ecsakurakai@hotmail.com.

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 the Open House Senior Center (510) 559-7035 or Tom Panas at the El Cerrito Historical Society (510) 526-7507.

- Mr. Prather, he ran a dump near Castro School in the 1930-1940 period. He also had a photography studio on MacDonald Avenue in downtown Richmond.
- The Glassen family, who farmed a large area north of Moeser Lane. The kids included Jimmy, who was a fireman and lived on Richmond Street; Mary Ellen, who lived in Alameda and married a pianist; and Irene, who married Joe White.
- Does anyone know how Ashbury Avenue got its name? It was named within a year or two of when El Cerrito High School originally opened.
- J M Walker, Marion Gannon Walker, or Ruby W. Griswold. They built the Fairmount Gardens subdivision in 1949.

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

Nintendo Wii for Seniors

Virtual Bowling/Golf/Tennis/Baseball

Mon. & Wed. 8-10AM / Tues. & Thurs. 8-9:30AM
Come & join your peers and play Wii at the Open House Senior Center. What is Wii? Wii is very intuitive, just like playing the real game! It is easy to learn and play. 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 compete while working on improving hand-eye coordination, and balance. Call Don Pool at (510) 559-7677 for information and training.

Fourth of July Fair 2008

Friday, July 4, 10AM - 4PM at Cerrito Vista Park (Moeser Lane & Pomona Ave.) Bring your family and enjoy face painting, carnival games, tasty food & drink, live performers, entertainment, arts & crafts, organized activities, demonstrations and Tea Dancing. Call (510) 559-7000 for information.

Alzheimer Respite Program in El Cerrito

Tuesdays, 10AM - 3PM at the Open House Senior Center. A program designed for persons with Alzheimer's disease and memory loss. Call Carol Kehoe, Program Coordinator, at (510) 559-7677 for information.

Stockton Avenue Art Stroll

2nd Friday of every other month from 7PM - 9PM
July 11th, September 12th & November 14th
Meet the artists at their studios or galleries, and have a great time exploring art. Host galleries in El Cerrito are:
The Glenn Gallery of Art, 7027 Stockton Avenue
MC Art Gallery, 10344 San Pablo Avenue
Well Grounded Tea & Coffee Bar, 6925 Stockton Avenue

El Cerrito Social Tea Dance

Wednesday, June 18, 1PM - 4PM at the El Cerrito Community Center, 7007 Moeser Lane. Enjoy music, snacks and prices. No partners necessary. Admission is \$4 at the door.

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
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Classes & Program

June 2008

MONDAY

8:00-10:00 am Nintendo Wii *for Seniors* - **NEW**
Virtual Bowling/Golf/Tennis/Baseball

9:00-5:00 pm Easy Ride - El Cerrito Residents Only.
Transportation Service within El Cerrito. Call 559-7677. \$1 per Ride.

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

12:30-4:00 pm Mah Jong

12:45-2:45 pm Grocery Bingo

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

TUESDAY

8:00-9:30 am Nintendo Wii *for Seniors* - **NEW**
Virtual Bowling/Golf/Tennis/Baseball

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

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

8:00-10:00 am Nintendo Wii *for Seniors* - **NEW**
Virtual Bowling/Golf/Tennis/Baseball

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 El Cerrito. Call 559-7677. \$1 per Ride.

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 (6/18 - 8/6)
w/ Nancy Backstrom

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

THURSDAY

8:00-9:30 am Nintendo Wii *for Seniors* - **NEW**
Virtual Bowling/Golf/Tennis/Baseball

9:00-5:00 pm Easy Ride - El Cerrito Residents Only.
Transportation Service within El Cerrito. Call 559-7677. \$1 per Ride.

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 1 to 2-mile Walking Group @ E.C. &
Berkeley Bay Trails w/ Ollie Beasley

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 (6/19 - 7/24)

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 June**
(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 (3rd Friday) (\$3 per Picture)

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

Location: 6500 Stockton Ave., El Cerrito 94530
Mailing Address: 10940 San Pablo Ave., El Cerrito 94530
Tel. (510) 559-7677 **Fax** (510) 524-3965
Hours of Operation: Monday-Thursday 8 am - 5 pm
Friday 8 am - 4 pm


Hometown Programs That Fit Your Lifestyle

Senior Excursions

Date	Shopping Center	City	Time	Cost
June 24 th	Corte Madera Towne	Corte Madera	9:00-3:30	\$15
July 22 nd	Broadway Plaza	Walnut Creek	9:00-3:30	\$15
August 26 th	Napa Outlets	Napa	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.

- 6/6 Bear Valley to Arch Rock (\$15)
Difficult, 8.2 miles round trip out to beach
- 6/20 Indian Joe Creek Trail to Cave Rocks (\$15)
Easy to Moderate, 3 miles, Rocky in areas
- 7/18 China Beach (\$15)
Moderate to Difficult, 7 miles, Hilly out & back
- 8/1 Angel Island Lower Loop Trail (\$28)
Easy to Moderate, 5 miles, Mostly Flat, 400 ft gain

Birding

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

- 7/29 Point Reyes (\$15)
- 8/19 Las Gallinas San Rafael (\$15)

Mission Mural Tour

Mon., June 16, 12PM - 4PM

Begin at the Precita Eyes Studio with a slide presentation covering the history of muralism, contemporary murals and the artists who paint them. This followed by the guided walk of the Mission Murals. The pace of the walk will be slow and easy. **Cost: \$25**

de Young Museum: Chihuly Exhibit

Fri., July 11, 8AM - 3PM

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**

Garlic Festival

Fri., July 25, 9AM-4PM, **Cost: \$20**

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.

Thunder Valley

Thurs., August 7, 8AM - 4:30PM, Cost: \$30

Thunder Valley's gaming floor includes over 2,700 slot machines and over 100 gaming tables.

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**

Oakland A's

10:30AM - 3PM, Cost: \$15 per Game

Thurs., August 14, A's vs Tampa Bay Rays

Thurs., September 18, A's vs Los Angeles Angels

This year two games! Meet at El Cerrito Plaza BART Station at 10:30AM. Game starts at 1:00PM.

Travel Faire

Wed., August 13, 10:30AM at the El Cerrito Community Center, 7007 Moeser Lane. Kelly Ross from Premier World Tours will host a presentation on future extended trips in 2008 and 2009. Come & discover great getaways!!!

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
Meat Ravioli with Marinara Sauce 2	Baked Fish in Lemon Sauce 3	Hot Dog with Cheese 4	Cold Plate: Thin Ham Slices 5	Chicken Breast Adobo 6
Hot Turkey Sandwich with Gravy 9	BBQ Pork Rib Patty 10	Spaghetti & Meatballs 11	Chinese Style BBQ Chicken 12	Roast Beef with Gravy 13
Chicken Fajita Red & Green Peppers 16	Linda's Special Stuffed Peppers 17	Cold Plate: Jack's Mock Crab Salad 18	Baked Ham with Pineapple Raisin 19	Oven Fried Chicken 20
Breaded Cod Fish Lemon Slice 23	Waldorf Chicken Salad Mixed Green 24	Sweet & Sour Pork 25	Pub Cheese Burger 26	Krabby Cake & Clam Chowder 27
Tamale Pie with Corn Bread Topping 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.

- 6/2 Indian Flute Talk & Demo
- 6/9 Protect Your Eyes with Dr. Greer
- 6/16 Talk by El Cerrito Building Inspector
- 6/23 Water Conservation with East Bay MUD
- 6/30 Talk on Open House Senior Center Trips

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.

- 6/3 (3rd is Election Day) Bingo
- 6/10 Developing Inner Happiness with Bob Novick "Happiness - If not now, when?"
- 6/17 To Be Announced
- 6/24 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.

- 6/7 Japanese Taiko Class, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, Line Dance and Japanese Movie.
- 6/14 Sakura Kai Festival: Talent Show Fundraiser 1:30PM-3:30PM @ Fairmont School Auditorium
- 6/21 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, June 18, 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 May 60+ Bulletin: Carol Newman, Gloria Seward, Rita Stein, and Doris Kiefer. Mailing of the **July** issue will be on **Thursday, June 26th**. If you have spare time, come and join us. Call the Open House at (510) 559-7677.

1 to 2-mile Walking Group

Join Ollie Beasley and other walkers as they explore El Cerrito & Berkeley Bay Trails. The group departs at the Open House Senior Center on Thursdays at 9:30AM. Dress in layers for changing weather. Call (510) 559-7677 for information.