

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVI No. 7 July 2008



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

Fourth of July Fair 2008

Friday, July 4, 10AM - 4PM at Cerrito Vista Park (Moesser 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.

El Cerrito CoCo Café

Stretch your dollar by eating at our daily lunch program. Join us Monday – Friday, 12 p.m., at the Open House Senior Center, 6500 Stockton Avenue. 4 Daily Entrée Choices: Entrée D’Jour, Cheese Burger, Chef’s Salad and Seafood Louie Salad. Suggested Donation \$2. Advance reservation required. Must be 60 years or older. Call (510) 559-7677.

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.

- The Hall family, who ran Hall’s Chicken & Egg Ranch on Lincoln near Kearney
- How did Ricardo Court get its name? Or anyone who knows the family of BS York or HL Crocker, who named it when they laid out the “Havenside” subdivisions.
- The Gutierrez family, who had several cows and who sold milk from their property on Lincoln near the Santa Fe (now BART) tracks.
- JJ Moran, who developed the “East Bay Center” subdivision. Or anyone who knows why he gave Jane Street, which lies beneath today’s Harding school, that name.

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

Stockton Avenue Art Stroll

2nd Friday of every other month from 7PM - 9PM

July 11th, September 12th & November 14th

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

Nintendo Wii for Seniors

Virtual Bowling/Golf/Tennis/Baseball

Mon. & Wed. 8-10AM / Tues. & Thurs. 8-9:30AM

Come & join your peers and play virtual bowling, golf, tennis and baseball at the Open House Senior Center. Have lots of fun or compete while working on improving hand-eye coordination, and balance. Call Don Pool at (510) 559-7677.

Homeowner & Renter Assistance Program (HRA)

Wed., July 2 - July 30, 9AM-3:30PM w/ Sam Uchihara

Thur., July 3 - July 31, 9AM - 3:30PM w/ Gordon Foster

To be eligible for HRA, you must be 62 or older, blind or disabled; total household income of \$44,096 or less in 2007.

By appointment only. Call the Open House Senior Center at (510) 559-7677 for additional information.

Case Manager New Hours at the Open House Senior Center Tuesdays & Thursdays, 11 a.m. - 5 p.m. Call Alena Gonzalez at (510) 559-7037 for information, referrals or consultations.

El Cerrito Environmental Services Division

The City of El Cerrito’s new Environmental Services Division provides residents a clear point of contact for environmental programs and services. You can contact the Environmental Services Division by calling (510) 215-4350, emailing green@ci.el-cerrito.ca.us or visiting us online at www.ecenvironment.org. This month’s Energy Saving Tip: Set the thermostat of your air conditioner to the minimum recommended energy-efficient temperature of 78°.

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

July 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
w/ Nancy Backstrom (thru 8/6)

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 (thru 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
(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)
By Appointment Only. Call 559-7677.

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
July 22 nd	Broadway Plaza	Walnut Creek	9:00-3:30	\$15
August 26 th	Napa Outlets	Napa	9:00-3:30	\$15
September 23 rd	Sunvalley Mall	Concord	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.

- 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)

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.

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.

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.

Tours & Great Destinations

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**

Mexican Riviera (12 days) September 20, 2009

11 Night Cruise on the NCL Star. Featuring Topolobampo, Lapaz, Mazatlan, Puerto Vallarta and Cabo San Lucas. **\$2,599 Single / \$1,599 Double**

Overnight Trip to Monterey

Mon. - Tues., October 1st - 2nd. Trip includes Monterey Aquarium and next day at Pajaro Valley. **Cost: TBA**

Apple Hill Tour

Wed., Oct. 29, 8AM - 5:30PM



Enjoy 48 independent growers at Apple Hill farms, located on a mountain ridge just East of Placerville. Upon arrival at High Hill Ranch you will have time to stretch and have coffee and apple donuts. Re-board our coach where a guide will join us for an Apple Hill Loop Tour. After the tour you will be treated to a Barbecue lunch. Browse through the shops before your departure at 3PM. **Cost: \$65**

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
	Kathy's Krab Florentine 1	Apricot Glazed Roast Chicken 2	Hot Dog w/ Cheese 3	Independence Day Holiday 4
BBQ Pork Rib Patty 7	Baked Chicken 8	Home Style Lasagna 9	Cold Plate: Asian Chicken Salad 10	Alaskan Salmon Patty w/ Dill Sauce 11
Cold Plate: Jack's Mock Crab Salad 14	Shui's Herb Chicken Breast 15	Cheese Burger 16	Veal Parmesan a la Romano 17	Texas Style BBQ Beef 18
Meat Ravioli w/ Marinara Sauce 21	Cold Plate: Tuna Salad on Lettuce Leaf 22	Beef Sukiyaki 23	Southern Style BBQ Chicken 24	Shrimp Salad on Lettuce Leaf 25
Baked Ham w/ Pineapple/Raisin Sauce 28	Breaded Cod Fish w/ Lemon Slice 29	Chicken Caesar Salad 30	Roast Beef w/ Gravy 31	



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.

- 7/7 Show & Tell
- 7/14 Slides w/ Jackie Hetman
- 7/21 Talk on Super Delegates w/ League of Women Voters
- 7/28 Music w/ Marion Souer

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.

- 7/1 "Sicko" DVD -- Discussion led by Sandra Decker
- 7/8 Live Dancing w/ Joan Aiken
- 7/15 Andrew Pierce of Contra Costa Mosquito and Vector Control
- 7/22 Game Day -- A Variety of Table Games
- 7/29 Birthday Celebration -- Sing Along with Ligia

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.

- 7/5 Japanese Taiko Class, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, Line Dance and Japanese Movie.
- 7/19 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, July 16, 2008, **3PM** at the El Cerrito Community Center, City Council Chambers, 7007 Moeser Lane. General Public is invited.

Program: El Cerrito Integrated Waste Management
Garth Schultz, Waste Prevention Specialist

Special Thanks to the following volunteers for their assistance in mailing the June 60+ Bulletin: Carol Newman, Marie Moore, Rita Stein, and Doris Kiefer. Mailing of the **August** issue will be on **Thurs., July 24th**. If you have spare time, come and join us. Call the Open House at (510) 559-7677.

El Cerrito Alzheimer's Respite Program

Tuesdays, 10AM-3PM at the Open House Senior Center, 6500 Stockton Avenue. Program offers a variety of low-key activities designed for their special needs, such as mild exercise, music and daily living skills. Call Carol Kehoe, Program Coordinator, at (510) 527-0389.