

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVI No. 8 August 2008



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

#### Electronic Waste Events

Saturday & Sunday, Sept. 6 & 7, 9AM - 3PM at the El Cerrito Department of Motor Vehicle (DMV), 6400 Manila Avenue. E-waste accepted: computer monitors, computers/computer components, televisions, VCR & DVD players, toner cartridges, printers, fax machines, copiers, telephone equipment, cell phones, MP3 players. Free to all residents and business. Visit [www.unwaste.com](http://www.unwaste.com) or (800) 832-9839 for information.

**Back by popular demand!!!** Showing of the movie "Sicko" by Michael Moore on Wed., Aug. 13, 1PM - 4PM, at the Open House Senior Center, 6500 Stockton Ave.

#### 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 Tom Panas at the El Cerrito Historical Society (510) 526-7507.

- Charles & Laura Byers. They were the owners of Tullick Construction, who built Ranchito Court.
- Mr. & Mrs. Ernest Heley; they are said to have both have been born El Cerrito about 1892.
- Etta Gill McHenry or any other Gill. The Gill family owned enough land near San Pablo & Cutting that the California & Nevada Railroad put a station there and called it "Gills". In later years the Gill family built the very large house on the south end of Bates Drive.
- Does anyone have pictures of the many bars and restaurants along San Pablo Avenue (the older the better) in El Cerrito? It's very easy for the Historical Society to copy them.

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

#### Senior Health Fair @ Doctors Medical Center

Fri., Aug. 8, 9AM - 1PM. Free health screenings, community resources, expert panel on health and lunch for attendees. (*El Cerrito Residents Only*) To register and reserve free shuttle service to and from the health fair, call Open House Senior Center (510) 559-7677. Registration Required.

#### Need Help with PG&E Bills?

The Low Income Home Energy Assistance Program (LIHEAP) provides financial help for energy bills for people whose income is below 100% of Federal Poverty guidelines. This help includes bill payment assistance (financial aid to eligible clients), energy and budget education, energy crisis assistance, weatherization and energy-related home repairs. Call Central County (925)252-2313, East County (877) 427-8631 Toll-Free and West County (510) 374-3415 to apply.

#### SB 1613: New Cellular Phone Law

A new California law into effect as of July 1, 2008. SB1613 requires adults to use a hands-free device when using a cell phone in the car. To learn more about the new cellular phone laws, visit [www.dmv.ca.gov/cellularphonelaws/index.htm](http://www.dmv.ca.gov/cellularphonelaws/index.htm).

#### Water Conservation

The East Bay Municipal Utility District (EBMUD) is proposing a drought water rate structure effective Aug. 1, 2008. The cost for water will increase. It includes up to a 10% increase to water volume rates for all customers and a drought surcharge of up to \$2 for every unit of water use above the customer's individual water use account allocation. Visit [www.ebmud.com](http://www.ebmud.com) or call (866) 403-2683 for information.

#### Open House 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. Call Olive at (510) 559-7677 for information.

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*

## *August 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

3:10 - 6:00 pm ART - 810N: Drawing  
w/ Sai Thongvanh (Begins Aug. 18th)

### 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 ART 811N: Watercolor Painting  
w/ Nancy Backstrom (9/10 - 12/10)

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 (Begins August 21st)  
w/ Connie Lynch

9:30-11:00 am 1 to 2-mile Walking Group @ El Cerrito  
Trails w/ Ollie Beasley - **FREE**

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 (Begins August 21st)  
w/ Connie Lynch

1:00-4:00 pm Chess Group

1:00-4:00 pm ART - 811N: Acrylic Painting  
w/ Donna Fenstermaker (Begins Aug. 21st)

### 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
August 26 <sup>th</sup>	Napa Outlets	Napa	9:00-3:30	\$15
September 23 <sup>rd</sup>	Sunvalley Mall	Concord	9:00-3:30	\$15
October 28 <sup>th</sup>	The Great Mall	Milpitas	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.

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.

8/19 Las Gallinas San Rafael (\$15)

### 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.

### De Young Museum: Chihuly Exhibit ( 2nd Trip!!!)

Wed., Aug. 27, 8AM - 3PM, **Cost: \$35**

Back by popular demand! 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.

### 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**

### 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. Lunch at the Fish Hopper, visit Monterey Aquarium and overnight at Casa Munras. Next day, visit Pajaro Valley Museum and lunch at Green Valley Grill.

**Cost: \$420 Single / \$320 Double Per Person**

#### Harvest Festival

Fri., Nov. 14, 10AM - 4PM

Harvest Festival, now in San Mateo, is a FUN shopping experience with spirited unique entertainment, tasty homemade food and over 17,000 one-of-a-kind gifts. Meet the artisans who handcraft their products. Lunch on your own. **Cost: \$20**

#### A Christmas Carol @ A.C.T

The Bay Area's favorite holiday tradition, *A Christmas Carol* is a sparkling, music-infused celebration of goodwill that your family will never forget. **Schedule & Cost: 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
				Spaghetti & Meatball 1
Lite Lemon Chicken Breast 4	Broccoli Beef & Onion & Mushrooms 5	Meatloaf 6	Thin Ham Slices 7	Hot Dog w/ Cheese 8
Tamale Pie w/ Corn Bread Topping 11	Cold Plate Cobb Salad 12	Pot Roast w/ Gravy 13	Chinese Style BBQ Chicken 14	Krabby Cake & Clam Chowder 15
Breaded Cod Fish & Lemon Slice 18	Cheese Burger & Boston Baked Beans 19	Chicken Fajita w/ Peppers & Onion 20	Sweet & Sour Pork 21	Waldorf Chicken Salad/Mixed Greens 22
Pork & Rice 25	Cold Plate: Jack's & Mock Crab Salad 26	Beer Batter Fish & Chips 27	Hot Turkey Sandwich w/ Gravy 28	Roast Beef w/ 29



# *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.

- 8/4 Safe Driving with Glenn Stevenson
- 8/11 Slides with Jackie Hetman
- 8/18 Fall Prevention
- 8/25 TBA



### 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.

- 8/5 Bingo
- 8/12 Jon Weil, Acappella Singer of Traditional Folk songs
- 8/19 TBA
- 8/26 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.

- 8/2 Japanese Taiko Class, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, & Line Dance.
- 8/16 Japanese Taiko Class, Japanese Computer, Shuji, Celebration of Birthdays, English Computer, Karaoke & Sing Along, Line Dance and Massage Clinic.

### El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, Aug. 20, 2008, **3PM** at the El Cerrito Community Center, City Council Chambers, 7007 Moeser Lane. General Public is invited.

**Program:** Purpose, Accomplishments, Goals & Objectives of the El Cerrito Committee on Aging

**Special Thanks to the following volunteers for their assistance in mailing the July 60+ Bulletin:** Carol Newman, Marie Moore, Doris Kiefer, Lorraine Ostrowski and Fong Wing. Mailing of the **September** issue will be on **Thurs., Aug. 28th**. Call (510) 559-7677 for volunteer opportunities.

### Attention All Artist & Writers !

The Open House Senior Center is looking for **Visual & Creative Writing** samples for display at the Stockton Avenue Art Stroll event on Friday, Sept. 12th, 7PM - 9PM. For additional information, call Shielagh Divelbiss Jr. at (510) 559-7677.