

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVI No. 10 October 2008



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

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

- Ray H. Norheim? He lived on Center Street (now Ashbury Avenue) and was a contractor & builder.
- Anyone from the families who ran the McKee & Hamilton foundry & machine shop?
- Anyone from the Gish family, who ran a furniture factory near Manila & San Pablo?.
- Does anyone have pictures of the Technical Porcelain & Chinaware Company (TEPCO) plant? 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.

#### **Annual Flu Shot Clinic**

Contra Costa Public Health Department  
Tuesday, October 21, 1-3PM at the El Cerrito Community Center, 7007 Moeser Lane. Fee for Flu Shot is \$10.

#### **Open House Senior Center 30th Anniversary Celebration**

Wednesday, October 22, 1PM- 4PM at 6500 Stockton Ave. Come & join the senior center staff and participants to celebrate the senior center's 30th Anniversary! Enjoy meeting new friends, reminisce with old friends, view historical records, share your own photos and mementoes, and become acquainted with the many programs and services offered to adults in the community. Refreshments served.

**Special Thanks** to all artists who participated in the Stockton Avenue Art Stroll. All artists interested in the November 14th, contact Shielaugh Divelbiss jr. at (510) 559-7681.

#### **How To Be Healthy Through Holistic Therapies**

Wednesday, October 8, 1PM at the Open House Senior Center, 6500 Stockton Ave. Meet Dr. Damir Galiev (former professor of Moscow Su Jok Academy), a Russian Alternative Medicine Specialist, focusing on Su Jok Therapy (Hand & Feet) Massage, Iridology, Abdominal Massage and more. Bring your yoga mat and a pillow for added comfort. Call (510) 559-7677 to register. Cost: Free

#### **19th Annual Citywide Garage Sale**

Saturday, October 11, 9AM-3PM. Over 100 homes in El Cerrito host garage sales. Participant lists and maps will be available in self-serve literature stands at the Recycling Center and Community Center or online at [www.el-cerrito.org](http://www.el-cerrito.org) starting at noon on Fri., Oct. 10.

#### **Issues for Older Adults: Problem Gambling & Substance Abuse**

on Wed., October 22, 9:30AM-12PM at Board of Supervisor's Chambers, 651 Pine Street in Martinez. Come & attend a public forum to increase community awareness on how addictions amongst older adults are on the rise, how to recognize a problem, and what you can do to help or get help.

**Have A Spooktacular Halloween** at the El Cerrito Community Center, 7007 Moeser Lane on Friday, Oct. 31, 4:30-8PM.

**Haunted House Hours:** For preschoolers, lights on (non-scary) 4:30-6:30PM, \$2 per person, 1 parent free w/ child. Lights off (scary version) 6:30-8PM, \$3 per person.

**Indoor Carnival Hours:** 4:30-8PM at the Community Center Social Hall. Children are welcome to come with their parent/guardian to play fun carnival games & win cool prizes. To enter the "**Spook Mobile**" **Tailgate Party**, you will need to complete a form and return it to the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito 94530. Parking is limited, so please stop by the community center to reserve your space. Call (510) 559-7000 for additional 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*

## *October 2008*

### MONDAY

8:00-10:00 am Nintendo Wii *for* Seniors  
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

### TUESDAY

8:00-9:30 am Nintendo Wii *for* Seniors  
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

**12:00 noon Lunch**

12:30-2:30 pm Health Insurance Counseling (HICAP)  
1st & 3rd. Call 559-7677 for appt.

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  
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/ Donna Fenstermaker

### THURSDAY

8:00-9:30 am Nintendo Wii *for* Seniors  
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 @ 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  
w/ Connie Lynch

1:00-4:00 pm Chess Group

1:00-4:00 pm ART - 811N: Acrylic Painting  
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)

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
October 28 <sup>th</sup>	The Great Mall	Milpitas	9:00-3:30	\$15
November 25 <sup>th</sup>	Stoneridge Mall	Pleasanton	9:00-3:30	\$15
December 9 <sup>th</sup>	Vacaville Outlets	Vacaville	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.

10/3 Lime Ridge Open Space Walnut Creek (\$15)

Easy to Moderate, 3.3 mile loop, 8:30a-3p

10/17 Tennessee Valley to Muir Beach (\$15)

Difficult, 6 miles, steep & uphill, 8:30a-4p

### Birding

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

10/7 Arrowhead Marsh

10/21 Coyote Hills

### 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**

### Harvest Festival

Fri., Nov. 14, 10AM - 4PM, **Cost: \$20**

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

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

Wed., Dec. 10, 11AM - 5PM

Lunch at Treasure Island Culinary Academy and then enjoy the Bay Area's favorite holiday tradition, *A Christmas Carol*, a sparkling, music-infused celebration of goodwill that your family will never forget. **Cost: \$60**

### Feather Falls Casino

Tues., Nov. 4, 8AM-5PM

Located in Oroville with 1,000 slots lining the casino floor. Arrive at Feather Falls at 10:30AM. You will receive \$10 cash. Depart Oroville at 2:30PM to return home. Lunch on your own. **Cost: \$30**

### Tours & Great Destinations

#### 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**

#### Classical Greece (11 days) March 11, 2009

Athens City Tour, The Acropolis & Parthenon, Syntagma Square, Ancient Olympic Stadium, Temple of Zeus & Hadrian's Arch, Meteora Monasteries, Thermopylae, Ancient Delphi, Four Night Greek Islands Cruise, Athens By Night & Greek Taverna Farewell Dinner. **\$3,824 Single/\$3,224 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**

#### Red Cliffs Adventure (7 days) October 9, 2009

Visit Arches National Park & Canyonlands National Park, Dead Horse Point State Park, Monument Valley, Gouldings Museum & Trading Post, Monument Valley Drive Tour, Salt Lake City Tour, Park City Utah, Utah Winter Olympic Park, Cowboy Cookout Dinner and 4 Nights @ Red Cliffs Lodge. **\$2,524 Single / \$1,924 Double**

### Black Oak Casino

Wed., Jan. 14, 7:30AM-5:30PM, **Cost: \$30**

### California Academy of Sciences

The transformed Academy of Sciences includes sustainable features that blend the beauty of architecture with the park's natural setting. Schedule & Cost TBA (February 2009)

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**

**Help stretch your food dollar by eating at the CoCo Café.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Virginia Style Baked Ham 1	Stuffed Peppers Winter Vegetables 2	Broccoli Beef w/ Onion & Mushrooms 3
Breaded Cod Fish 6	Texas Style BBQ Beef 7	Turkey Dinner w/ Gravy 8	Meatloaf 9	Breast of Chicken Marsala 10
Columbus Day Holiday 13	Tamale Pie w/ Corn Bread Topping 14	Waldorf Chicken on Mixed Greens 15	Roast Beef w/ Gravy 16	Octoberfest German Sausage 17
Hot Turkey Sandwich w/ Gravy 20	Tuna Salad on Lettuce Leaf 21	Cheese Burger 22	Chinese Style BBQ Chicken 23	Beer Batter Fish & Chips 24
Kathy's Pork & Rice 27	Chicken Fajita w/ Red & Green Peppers 28	Veal Birds w/ Mushroom Sauce 29	Jack's Mock Crab Salad 30	Spaghetti w/ Meatballs 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.

- 10/6 El Cerrito Recycling Center Project Updates with Garth Schultz, Waste Prevention Specialist
- 10/13 Slides with Jackie Hetman
- 10/20 League of Women Voters Preposition Talk
- 10/27 Lets Laugh with Linda & Linda

### 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.

- 10/7 Ballot Measures for the November Election with League of Women Voters Representative
- 10/11 Saturday, St. John's Seniors will participate in the Citywide Garage Sale as fundraiser for the center.
- 10/14 Bingo with prizes
- 10/21 Canine Companions with Mary Anne Demick & her four-footed friends
- 10/28 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.

- 10/4 Japanese Taiko Class, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, & Line Dance.
- 10/18 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, Oct. 15, 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 September 60+ Bulletin:** Edith Black, Marie Moore, Carol Newman, Doris Kiefer, Rita Stein and Loraine Ostrowski. Mailing of the **November** issue will be on **Thurs., Oct. 30th**. Call (510) 559-7677 for volunteer opportunities.

### Mind Works Workshop with Connie Lynch, PhD

Thursdays, 9:30-11AM & 1-2:30PM, at the Open House Senior Center. These mental fitness classes are designed to heighten awareness, improve communication skills, stimulate curiosity, improve memory, and build self-confidence and self-esteem. Call (510) 559-7677 for information. Cost per Session: \$4 EC Resident/ \$5 Nonresident