

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVI No. 11 November 2008 *Happy Thanksgiving*



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

#### **Strelnikova's Breathing Technique**

Wednesday, November 5, 12, 19 & 26, 2008, 1 pm– 2 pm.

The earlier you pay attention to your health and take care of its restoration and maintenance, the faster and better the results will be. The bigger your lung volume, the longer you'll live. Cost: \$20.

#### **Self Massage of the Abdomen Technique**

Thursday, November 6, 2008, 1 pm– 3 pm.

Learn the technique of pulling up internal organs. Techniques shown by Damir Galiev who is an alternative medicine specialist and health consultant. For information please call Damir at (510) 334– 5415. Cost: \$40.

#### **November Arts Salon**

Friday, November 14, 2008, 7 pm – 9 pm. The Arts Salon presents art exhibitions and other cultural programs featuring artists from the community and the surrounding cities. November will feature a book reading and signing by Dave Weinstein for his new book It Came from Berkeley. The Open House Senior Center writing group will also have a book that they wrote for sale. If you would like to participate in the Arts Salon please contact Shielaugh Divelbiss jr at [sdivelbissjr@ci.el-cerrito.ca.us](mailto:sdivelbissjr@ci.el-cerrito.ca.us). The due date for artwork is November 7, 2008.

#### **Committee on Aging Lecture Series**

Wednesday, November 19, 2008, 3:00 pm, at The El Cerrito City Hall, City Council Chambers, 10890 San Pablo Avenue. Low Cost Senior Housing in El Cerrito. We encourage attendance at this very important lecture.

#### **Annual Open House Senior Center Holiday Party**

Tuesday, December 16, 2008. 10:30 am– 12 pm. Enjoy refreshments, entertainment and a special visit from Santa.

#### **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 our town, or their descendants and relatives. Some people we are able to find; others have gone missing. If you recall any of the places listed or know how to contact the descendants or relatives of any of the following people, please contact Ellen Paasch at the Senior Center or Tom Panas from the El Cerrito Historical Society (510-526-7507).

- Delmar Hall, who had a chicken ranch on Lincoln.
- George or Claude Barber, they had an early store in town.
- John Balra or his friend Robert Carlson, both lived on Avis Drive.

- The McAvoy family, residents of the area before 1900.

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

#### **County forms line for Section 8**

The Contra Costa Housing Authority is opening its Section 8 waiting list for the first time since 2001 from Nov. 3 to 7.

Here's how to apply:

- Online at [www.haccwaitlist.com](http://www.haccwaitlist.com) from 8 am Nov. 3 to 4:59 pm Nov. 7.
- In person at housing authority offices in Contra Costa County and at the county's public libraries. Those must be mailed and postmarked by Nov 7 (and received by Nov. 14)
- The housing authority will select 6,000 eligible names through a random lottery system to join the program's waiting list.

For more information about Section 8 and other housing programs, call 888-746-8731 or visit [contracostahousing.org](http://contracostahousing.org).

**El Cerrito Municipal Corporation**

**10890 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*

## *November 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

9:15-12:00 noon Massage by Appt. (\$10 for 15 mins.)

9:30-11:30 am Nintendo Wii *for* Seniors  
Virtual Bowling/Golf/Tennis/Baseball

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 - **FREE**

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

8:30-1:30 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**

1:00-2:00 pm Strelnikova's Breathing Technique  
Cost: \$20

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

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

2:00-4:00 pm Nintendo Wii *for* Seniors  
Virtual Bowling/Golf/Tennis/Baseball

### THURSDAY

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

9:30-11:30 am Nintendo Wii *for* Seniors  
Virtual Bowling/Golf/Tennis/Baseball

9:45-10:45 am Exercise Class w/ Judy Katz

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

1:00-3:00 pm November 6th, Self Massage of the Abdomen Techniques. Fee: \$40.

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)

9:00-11:00 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)

Thank You to Connie Lynch for providing the Open House Senior Center with over 20 years of Mind Works classes. We wish her well in her future endeavors.



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

**Location:** 6500 Stockton Ave., El Cerrito 94530

**Mailing Address:** 10890 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
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
January 20 <sup>th</sup>	Cottingtown Mall	Santa Rosa	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 \* Exploration*

## Hiking

Bring lunch, water, snacks, sunscreen, and dress in layers.  
Bring your own lunch.

11/7 Coast Trail from Palomarin to Bass Lake (\$15)  
Mill Valley. Moderate, 5.2 mile, out and back,  
8:30 am -3:30 pm.

The Open House Senior Center is seeking a new hiking leader. This is a volunteer position. The hiking leader is responsible for planning and leading trips every 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. Trips usually take place from 8:00am to 3:00pm, longer hikes may last until 4:00 pm. We need someone immediately to plan and lead trips for the coming months. Experience and a love for hiking is a must. Please contact Shielough Divelbiss jr. at 510 559-7681 or sdivelbissjr@ci.el-cerrito.ca.us if you are interested.

## Birding

Bring binoculars, snacks, water, lunch, bird book, and sunscreen. Dress in layers for changing weather. Bring your own lunch. 7:00 am - 3:00 pm. Cost: \$15.

11/11 Coyote Hills

## Harvest Festival

Fri., Nov. 14, 10:00 am - 4:00 pm, **Cost: \$20.**  
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.

## A Christmas Carol @ A.C.T

Wed., Dec. 10, 11:00 am - 5:00 pm, **Cost: \$60.**  
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.

## Black Oak Casino

Wed., Jan. 14, 7:30AM-5:30PM, **Cost: \$30.**  
Located in Tuolumne (near Sonora) in Gold Country with a gaming floor that includes 1,000 state of the art slot machines and 24 gaming tables. You will receive \$10.00 cash, \$5.00 Match Play, 10% off in the gift shop and 10% off in the restaurant. Lunch on your own.

## Tours & Great Destinations

### 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**

### **California Academy of Sciences Deep Dive Tour**

Wed., Feb. 4, 9:00 am - 5:00 pm, **Cost: \$80.**  
Tour Includes: General Admission, 1 hour docent led presentation, timed ticket for the Planetarium show and a Multi-media headset for use as you explore the Academy at your leisure. Limited to 24 people. Lunch on Your Own.

### **Reno Snow Train**

Wed., March 3—5, 2009. **Cost: \$325 Single/ \$275 Double.**  
Trip includes: Roundtrip from Emeryville/ Martinez to Reno; two nights at the Silver Legacy; "Winner Book" of valuable coupons, including meals; Deli Lunch served on return train. All taxes included. Payment required by December 5, 2008.

Please call Olive or Shielough 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 Louie 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
Breaded Cod 3 Fish w/ lemon slice	All American 4 Cheese Pub Burger	Cobb Salad 5	Very Tender 6 Pot Roast w/ Gravy	Oven Fried 7 Chicken
Down- Home 10 Meatloaf	Veteran's Day 11 <b>Holiday</b>	Yankee Doodle 12 Dog w/ Cheese	Shui's Herb 13 Chicken Breast	Alaskan Salmon 14 Patty w/ Dill Sauce
Carne Fajita w/ bell 17 Peppers and onions	Mock Crab 18 Salad	Baked Chicken 19 Tahitian	Home style 20 Lasagna	Veal Birds 21 w/ mushroom sauce
B.B.Q Pork Rib 24 Patty	Garlic Ginger 25 Chicken Breast	Beef Sukiyaki 26	Thanksgiving Day 27 <b>Holiday</b>	<b>Holiday</b> 28



# 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.

11/3 Talk on Drugs

11/10 Anniversary Party

11/17 Slides with Jackie Hetman

11/24 Talk with Erik Ridley Congressman's Tauscher's Aid

### 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.

### 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.

11/1 Japanese Taiko Class, Ceramic, Silk Flowers, Blood Pressure Screening, Craft, Japanese Computer, Light Exercise, Shigin, English Computer, Line Dance and Japanese Movie.

11/15 Japanese Taiko Class, Japanese Computer, Shuji class, Celebration of Birthdays, English Computer, Karaoke & Sing-a-long, line dance and Massage Clinic.

### El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, Nov. 19, 2008, **3PM** at the El Cerrito City Hall, City Council Chambers, 10890 San Pablo Avenue. General Public is invited.

**Special Thanks to the following volunteers for their assistance in mailing the October 60+ Bulletin:** Edith Black, Marie Moore, Carol Newman, Doris Kiefer, and Rita Stein. Mailing of the **December** issue will be on **Thurs., Nov. 20th**. Call (510) 559-7677 for volunteer opportunities.

**Seeking New Hiking Leader** The Open House Senior Center is seeking a new hiking leader. This is a volunteer position. The hiking leader is responsible for planning and leading trips every 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. Trips usually take place from 8:00am to 3:00pm. We need someone immediately to plan and lead trips for the coming months. Experience and a love for hiking is a must. Please contact Shielaugh Divelbiss jr. at 510 559-7681 or [sdivelbissjr@ci.el-cerrito.ca.us](mailto:sdivelbissjr@ci.el-cerrito.ca.us) if you are interested.