

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVI No. 12 December 2008



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

#### **Open House Annual Fundraiser**

Check your mail for our fundraising drive letters. Please make your tax deductible donation to help support senior programming. You can mail your donation to the Open House Senior Center, c/o 10890 San Pablo Ave., El Cerrito, CA 94530. Please make your check payable to The City of El Cerrito. Your contributions will have direct benefit to older adults in our community. Please be as generous as you are able. Thank you for your support.

#### **Holiday Pancake Breakfast**

Sat., Dec. 13, 9-11AM at the El Cerrito Community Center, 7007 Moeser Lane. Toy Drive and the "Nutcracker" Mariornettes. Show will begin at 10:30AM. Cost \$8 per person (prize includes show). Call (510) 559-7000 for information.

#### **Senior Women's Support Group**

Meets every Thursday, 10:20AM-12:30PM at the Open House Senior Center, 6500 Stockton Ave. This is an on-going low-fee group for older women who are isolated or stressed by life circumstances and could benefit from sharing with other women in a supportive environment. Call Amy Glick, MFT at (510) 220-5043 for information.

#### **2008 Medicare Open Enrollment**

Get an estimate of your out-of-pocket costs for the year. Open enrollment available through Dec. 31, 2008. Call (800) 633-4227 or visit [www.medicare.gov](http://www.medicare.gov) to review, compare costs, coverage and more.

#### **How To Buy A Computer**

Are you thinking about buying a computer, but find the choices all too confusing? Join us for this free seminar that will assist you with your computer purchasing process on Monday, Dec. 15, 1-2PM at the Open House Senior Center, 6500 Stockton Ave. Learn how much computer do you need, budget, upgrades, software vs. hardware and more.

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

- Prof J. N. Bowman, who researched the Castro Adobe.
  - Bernard (B.F.) Shapiro, an early Richmond and El Cerrito land developer.
  - Pasquale Rosati, the master mold-maker at TEPCO factory
  - The Jacobson family, residents of the area before 1910.
- The Historical Society appreciates your help! You can pick up a copy of our quarterly bulletin at the Senior Center.

#### **11th Annual Senior Winter Ball**

Friday, Dec. 12, 7PM-11PM at the Richmond Convention Center Auditorium. Enjoy wonderful hours of continuous Big Swing Orchestra by *The Junius Courtney* plus dance contests, prizes, no host bar and light supper. Cost \$15 per person or \$120 for a table of 8. For ticket information contact (510) 620-6793. Call Eli Williams, *Chair* at (510) 232-4690 or Beverly Wallace, *Vice Chair* at (510) 223-4528 for event information.

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

Tuesday, December 16, 2008. 10:30AM-12PM. Enjoy a wonderful holiday music, refreshments, and a special visit from Santa. Call (510) 559-7677 for lunch reservations.

#### **Electronic Waste Events**

Sat. & Sun., January 3 & 4, 2009, 9AM - 3PM

E-waste accepted: computer monitors, computers, televisions, VCR & DVD players, toner cartridges, printers, fax machines, copiers, telephone equipment, cell phones, MP3 players. Call (888) 832-9839 or visit [www.unwaste.com](http://www.unwaste.com).

**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 December 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:  
10:00-11:00 am Floor Work w/ Jane Neilson  
12:00 noon Tai Chi w/ Ian Huebsch  
12:30-4:00 pm **Lunch**  
12:45-2:45 pm Mah Jong  
2:00-2:45 pm Grocery Bingo  
3:10 - 6:00 pm Balance Training & Fall Prevention w/ Lindsay Wheeler  
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  
11:30-1:00 pm Caregiver Support Group w/ Alena Gonzalez, Case Manager  
12:00 noon **Lunch**  
12:30-2:30 pm Health Insurance Counseling (HICAP)  
1:00-2:30 pm 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  
11:30-1:00 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  
2:00-3:00 pm Knitting and Crochet Workshop  
2:00-4:00 pm Nintendo Wii *for* Seniors

## 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  
1:00-4:00 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)  
By Appointment Only. Call 559-7677.

## **REMINDER:**

**Center closed** in observance of:

Christmas Eve	Wed., Dec. 24
Christmas Day	Thurs., Dec. 25
New Year's Eve	Wed., Dec. 31 closed @ 1PM
New Year's Day	Thurs., Jan. 1, 2009



**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
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
March 24 <sup>th</sup>	TBA	TBA	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*

## A Christmas Carol @ A.C.T

Wed., Dec. 10, 11:00 am - 5:00 pm

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**

## Black Oak Casino

Wed., Jan. 14, 7:30AM-5:30PM,

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. **Cost: \$30**

## California Academy of Sciences Deep Dive Tour

Wed., Feb. 4, 9:00 am - 5:00 pm

Tour includes General Admission, 1 hour docent led presentation, timed ticket for the Planetarium show and a Multimedia headset for use as you explore the Academy. Limited to 24 people. Lunch on Your Own. **Cost: \$80**

## Reno Snow Train

Wed., March 3 - 5, 2009

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. **Cost: \$325 Single/ \$275 Double.**

## Cache Creek

Wed., March 25, 9:30AM-4:30PM, **Cost: \$32**

Leave at 9:30AM, and make it to the casino by 11AM. You will have plenty of time to enjoy the casino and lunch on your own. At 3PM, we will head back to El Cerrito.

## San Francisco Flower & Garden Show

Thurs., March 19, 9AM-5PM

View thousands of flowers and plants at the San Mateo Event Center and features six acres of extraordinary gardens, seminars, shopping and thousands of green ideas. Lunch on your own in the food court. **Cost: \$32**

## Yves Saint Laurent at the De Young Museum

Wed., April 1, 8AM-3PM

Private tour of the Yves Saint Laurent exhibit. Lunch on your own. There will be extra time to view other parts of the museum after the tour. **Cost: \$40**

## 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**

## OHSC 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. If you are interested, please contact Shielaugh Divelbiss jr. at (510) 559-7681 or email [sdivelbissjr@ci.el-cerrito.ca.us](mailto:sdivelbissjr@ci.el-cerrito.ca.us).

 *Happy Holidays!* 

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 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
Southern Style BBQ Chicken 1	Tamale Pie w/ Corn Bread Topping 2	Turkey Dinner w/ Gravy 3	Veal Parmesan a la Romano 4	Guadalajara Style Chili Verde 5
Meat Ravioli w/ Marinara Sauce 8	Sweet & Sour Pork 9	Roast Beef w/ Gravy 10	Cold Plate: Tuna Salad on Lettuce Leaf 11	Lite Lemon Chicken Breast 12
Texas Style BBQ Beef 15	Cold Plate: Jack's Mock Crab Salad 16	Chicken Fajita Red/Green Peppers 17	Cheese Pub Burger 18	Holiday Ham w/ Orange Cherry Glaze 19
Apricot Glazed Glazed Chicken Breast 22	Broccoli Beef w/ Onions & Mushrooms 23	<b>Center Closed Christmas Eve 24</b>	<b>Center Closed Christmas Day 25</b>	Meatloaf Sandwich 26
Breaded Cod Fish Lemon Slice 29	Hot Turkey w/ Gravy 30	Veal Birds w/ Mushroom Sauce 31	Center Closed @ 1PM on Dec. 31st.	

# 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.

- 12/1 Slides with Leigh Robinson
- 12/8 Line dancing with Roberta Koski
- 12/15 Slides with Jackie Hetman
- 12/29 Center Closed

### 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.

- 12/2 No speaker today. Finish projects for the Holiday Boutique, table games & socialize.
- 12/7 St. John's Holiday Boutique, 9AM-1PM
- 12/9 Entertainment by students in Ms. Borges 4th grade class from St. John's School, 1PM
- 12/16 Tom Panas of El Cerrito Historical Society
- 12/23 Holiday Luncheon, Birthday Celebration & Songs of the Season Sing-Along.
- 12/30 Center Closed. Happy New Year, Everyone!

### 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.

- 12/6 No Classes. Bonen Kai at the 168 restaurant in the Pacific East Mall, Richmond. Entertainment will be Koto & violin performance.
- 12/20 Christmas Party - No classes in the morning except Japanese computer class, Celebration of Birthdays, Appreciation gift presentation to volunteers, and a visit from Santa. In the Afternoon: Bingo, English computer and line dance.

### El Cerrito Committee on Aging

**No December Meeting.** Meets on the **3rd Wednesday** of the month, Jan. 21, 2009, **3PM** at the El Cerrito City Hall, City Council Chambers, 10890 San Pablo Avenue.

**Special Thanks to the following volunteers for their assistance in mailing the November 60+ Bulletin:** Edith Black, Marie Moore, Doris Kiefer, and Rita Stein. Mailing of the **January** issue will be on **Thurs., Dec. 29th**. Call Liza Espadilla at (510) 559-7677 for volunteer opportunities.

### City of El Cerrito Commission Vacancies

**Boards, Commission & Committees:** Arts & Culture; Committee on Aging; Crime Prevention; Design Review Board; Economic Development; Environmental Quality; Financial Advisory; Human Relations; Parks & Recreation; Planning Commission; Tree Committee. The City Council invites all citizens interested in serving on a committee to submit an application for consideration. Please contact the City Clerk at (510) 215-4305 or email [cmorse@el-cerrito.ca.us](mailto:cmorse@el-cerrito.ca.us).