

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVII No. 1 January 2009



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

Open House Annual Fundraiser

By now, you should have received our fundraiser mailer and we hope you will be able to contribute generously this year. Thank you to all who have already made donation, your assistance is appreciated. You can mail your donation to the Open House Senior Center, c/o 10890 San Pablo Ave., El Cerrito 94530. Please make check payable to City of El Cerrito. Once again, thank you for all your support.

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.

AARP Tax-Aide: Income Tax Preparation

Mon., Wed. & Fri., 9AM-2:30PM, Feb. 2nd - Apr. 13th

Beginning February, specially trained volunteers will be available to help low and moderate-income seniors with their State and Federal forms at the Open House Senior Center. There is no charge for this service, but donations to the senior center are gratefully appreciated. By appointment only. Call (510) 559-7677 to make an appointment.

Share Your Ideas for Park Improvements

The El Cerrito Parks & Recreation Commission would like to hear from you to help prioritize the list of possible parks projects on **Wednesday, January 21st** from **6 - 8 p.m.** at the El Cerrito Community Center, 7007 Moeser Lane, to give input on how to improve park and recreation facilities in El Cerrito. To discover more about the parks projects being considered by the City of El Cerrito or complete a brief survey about parks improvements online at www.el-cerrito.org/recreation. Call the El Cerrito Recreation Department at (510) 559-7000 for additional information.

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).

- Edward M. Lynn or Henry J. Curry, the original Secretary and President of Sunset View Cemetery
- Did you work at the TEPCO plant in El Cerrito or Albany? If yes then we would like to hear from you.
- Blair Burton or Franklin Mitchell, friends and well-known businessmen in El Cerrito.

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

New California DMV Law

Effective January 1, 2009, SB28 will go into effect for all California drivers. SB28 prohibits the use of electronic wireless communications devices to write, read or send text-based messages while driving.

Digital Television Transition and Public Safety Act 2005

The Act requires TV stations to stop broadcasting in analog and to broadcast only in digital after Feb. 17, 2009. The Act created the TV converter Box Coupon Program for households wishing to use their analog TVs after the transition. The Federal government is offering US households up to two \$40 coupons to help pay for the cost of a certified converter box. TVs connected to cable, satellite, or other pay services do not need a converter box to receive programs after Feb. 17, 2009. How to get a coupon? Call (888) 388-2009 or go online at www.DTV2009.gov. Coupons expire 90 days after they are mailed. Request must be received by March 31, 2009.

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

January 2009

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 - Begins Jan. 26th

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)
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 with
Donna Fenstermaker - Begins Jan. 21st

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: \$12 Resident / \$14 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 with
Donna Fenstermaker - Begins Jan. 22nd

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.



Happy New Year!



REMINDER:

Center closed in observance of:
New Year's Day Thurs., Jan. 1, 2009
Martin Luther King Jr. Monday, Jan. 16, 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

Visit Us at www.el-cerrito.org and link to Senior Services.



Senior Excursions



Date	Shopping Center	City	Time	Cost
January 20 th	Cottingtown Mall	Santa Rosa	9:00-3:30	\$15
March 24 th	Somersville Towne Center	Antioch	9:00-3:30	\$15
May 26 th	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*

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 — **(SOLD OUT)**

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**

**** 2nd Tour TBA.**

Reno Snow Train

Tues., March 3 - 5, 2009 — **(SOLD OUT)**

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.

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**



Enjoy great destination, exhibits and tours with your family and friends. We look forward to seeing you in our 2009

trips. If you have an idea or places to go, call Olive Kaplanis at (510) 559-7677.

Once again, thank you for your support.



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
			Center Closed Happy New Year	1 Chicken Salad 2 Sandwich
Spaghetti & Meatballs 5	Sweet & Sour Pork 6	Shui's Herb Chicken Breast 7	Meatloaf 8 Tomato Soup	Carne Asada 9 w/ Fresh Salsa
Baked Chicken Tahitian 12	Jack's Mock Crab Salad 13	Beef Sukiyaki 14	Cheese Pub Burger 15	Southern Style Oven Fried Chicken 16
Center Closed Martin Luther King Jr. 19	BBQ Pork Rib-Patty 20	Yankee Pot Roast w/ Gravy 21	Garlic Ginger Roasted Chicken 22	Krabby Cake 23 Manhattan Chowder
Cold Plate: Cobb Salad 26	Home Style Lasagna 27	Turkey Dinner w/ Gravy 28	Breaded Cod Fish w/ Lemon Slice 29	Broccoli Beef 30 Onions & Mushrooms

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.

- 1/5 Slides with Jackie Hetman
- 1/12 Laugh with Linda & Linda
- 1/19 Closed - Martin Luther King Day
- 1/26 Talk on Senior Scams

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.

- 1/6 12:00 pm, Traditional Potluck; 12:45 Bingo
- 1/13 Miriam Jocelyn, will share her photographs and talk about her adventures riding with a group of cyclists from Oregon to Florida.
- 1/20 The Asante Network will present the products of African women working to support themselves and families by selling their traditional crafts.
- 1/27 Birthday Celebration & Sing-A-Long

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.

- 1/3 Happy New Year!
No Classes, except Taiko class.
- 1/17 Japanese Taiko, Japanese Computer, Japanese Language Class, Shuji, Celebration of Birthday, English Computer, Karaoke & Sing-A-Long, Line Dance and Massage Clinic

El Cerrito Committee on Aging

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 December 60+ Bulletin: Virginia Eke, Fong Wing and Marie Moore. Mailing of the **February** issue will be on **Thurs., Jan. 29th**. Call Liza Espadilla at (510) 559-7677 for volunteer opportunities.

Spring 2009: Free Art Classes for Older Adults Co-sponsored by Contra Costa College

Working from live models, still life and outdoor settings, the students will study techniques in perspective, light, shading and color. Enroll on any class day with the instructor at the Open House Senior Center. Call (510) 559-7677.

- Drawing, Mondays, 3:10-6PM, Jan. 26th
- Watercolor Painting, Wednesdays, 1:10-4PM, Jan. 21st
- Acrylic Painting, Thursdays, 1:10-4PM, Jan. 22nd