

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVII No. 2 February 2009



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

#### **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.

#### **Open House Senior Center CoCo Café**

Let us help you stretch your food dollar by joining us for lunch at the Open House Senior Center CoCo Café, 6500 Stockton Avenue, El Cerrito. Enjoy a nutritious meal in a friendly atmosphere. Lunch is served Monday through Friday at 12 noon. Monthly calendar available. Four daily entrée choices: Entrée D'Jour, Cheese Burger, Chef's Salad and Seafood Louis Salad. Call the previous day before 12 noon to make reservations at (510) 559-7677. Must be 60 years or older. \$2 Suggested Donation.

#### **Household Hazardous Waste Mobile Collection Service**

Recyclemore (WCCIWMA) and West County Resource Recovery announce the startup of the *West Contra Costa County Household Hazardous Waste Mobile Collection* service for seniors and disabled persons. Effective January 2009, seniors age 60 or older or disabled persons in El Cerrito, Richmond, San Pablo, Hercules, Pinole or El Sobrante can call for a free pickup at their home. Eligible customers must call for an appointment at 1(888) 412-9277.

#### **"Thirst" Free Documentary Film @ Cerrito Theater**

Sunday, March 1, 2PM-4PM at the Cerrito Theater, 10070 San Pablo Avenue. The documentary "Thirst" will present a piercing look at the conflict between public stewardship and private profit of local water supplies. Admission is free.

#### **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).

- Laura McNeil, the first woman n the City Council.
- Mrs. B. M. Sexton, who lived at old Castro Adobe about 1915 or 1920.
- Grace Castner, our original City Clerk.

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

#### **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 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](http://www.DTV2009.gov). Coupons expire 90 days after they are mailed. Request must be received by March 31, 2009. DVD which explains the impact of the conversion, the availability of the federal coupon program and how to obtain the coupons as well as to how to install the TV converter box is available for viewing at the Open House Senior Center. Call (510) 559-7677.

#### **East Bay Paratransit Outreach Meeting**

Wed., Feb. 11, 1PM at the Open House Senior Center, 6500 Stockton Avenue. East Bay Paratransit representative is available to address your transportation needs. Learn more about transportation service, eligibility, and general information (Question & Answer). Call (510) 559-7677 to register.

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*

## *February 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

### 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

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

### 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.

### **Open House Senior Center CoCo Café**

Let us help you stretch your food dollar by joining us for lunch at the Open House Senior Center CoCo Café, Enjoy a nutritious meal Monday through Friday at 12 noon. **Four daily entrée choices:** Entrée D'Jour, Cheese Burger, Chef's Salad and Seafood Louis Salad. Call the previous day before 12 noon to make reservations at (510) 559-7677. Must be 60 years or older. \$2 Suggested Donation.

**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](http://www.el-cerrito.org) and link to Senior Services.



# Senior Excursions



Date	Shopping Center	City	Time	Cost
March 24 <sup>th</sup>	Somerville Towne Center	Antioch	9:00-3:30	\$15
May 26 <sup>th</sup>	TBA	TBA	9:00-3:30	\$15
July 28 <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*

## 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: \$40**

## 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**

## Golden Gate Fields: A Day at the Races

Wed., April 22, 11AM-4:40PM

Join your friends for a close-up view of a race, shouting for your favorite horse or jockey as they round the final turn and head toward the finish line. This all-inclusive package delivers action packed horse racing and a mouth watering at the Turf Club Buffet. **Cost: \$35**

Turf Club requires:

Ladies- Dresses or Tailored Slacks

Men- Collared Shirt/ Dress Slacks

## 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 destinations, 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 or Shielaugh Divelbiss 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	
Hamburger w/ cheese	2	Tuna Salad Veg. Lentil Soup	3	Southern Style BBQ chicken	4	Roast Beef W/ Gravy	5	Chili Verde Spring Bean Medley	6
Apricot Glazed Roast Chicken Breast	9	Meat Ravioli w/ Marinara	10	Salmon Patty w/ Dill Sauce	11	Hearty Beef Stew Mixed Green Salad	12	Veal Birds w/ Mushroom Sauce	13
<b>Center Closed President's Day</b>	16	Breaded Cod Fish W/ Lemon Slice	17	Chicken Fajita w/ Red & Green Peppers	18	Stuffed Peppers Beef Barley Soup	19	Hot Dog w/ Cheese	20
Tamale Pie w/ Corn Bread Topping	23	Roast Chicken Breast w/ Orange Cherry Glaze	24	Mock Crab Salad Potato Leek Soup	25	Texas Style BBQ Beef	26	Virginia Style Baked w/ Pineapple Raisin Sauce	27

# 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.

- 2/2 Slides with Jackie Hetman
- 2/9 Slides with John Woo
- 2/16 Center Closed - Presidents' Day
- 2/23 Outing to the Academy of Science

### 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.

- 2/3: Janet Abelson, El Cerrito City Council Member, will talk about interesting things going on in El Cerrito. She will also take questions from the group.
- 2/10: Pat Daily and Kathy Booker of Asante Network will present the products created by African Village Women working to support themselves and their families selling their traditional crafts.
- 2/17: "Clarinet and More", a musical quartet with Ray Monson, will play a variety of instruments and music.
- 2/24: Birthday Celebration & Sing-along

### 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.

- 2/7 Japanese Taiko, Japanese Computer Class, English Computer Class, Blood Pressure Screening, Silk Flowers, Ceramic, Light Exercise, Movie & Line Dance.
- 2/21 Japanese Taiko, Japanese Computer Class, English Computer Class, Japanese Language Class, Shuji Class, Celebration of Birthday, Karaoke & Sing-Along, Line Dance & Massage Clinic.

### El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, Feb. 18, 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 January 60+ Bulletin:** Fong Wing and Marie Moore. Mailing of the **March** issue will be on **Thurs., Feb. 26th**. 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
- Watercolor Painting, Wednesdays, 1:10-4PM
- Acrylic Painting, Thursdays, 1:10-4PM