

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVII No. 3 March 2009



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

Thank You

A special thanks to everyone who donated to the Open House Senior Center's Annual Mail Fundraising Campaign. Our 2008-2009 donor drive has raised \$10,149.00.

"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.

AARP Tax-Aide: Income Tax Preparation

Monday, Tuesday & Wednesday, 9AM-2:30PM
Schedule an appointment thru Apr. 13th. Trained AARP 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.

Senior Musical Instrument Players Group

Meets at the Kensington Senior Center (Arlington Community Church), 55 Arlington Ave., on Thursdays from 12 noon to 2 p.m. Plays 20's, 30's, 40's, WWII, Folk, Gospel, etc.

2nd Annual Food & Wine Culinary Arts Event

Sunday, April 26, 11AM-3PM, at Contra Costa College, 2600 Mission Bell Dr., San Pablo. Over 50 popular restaurants and wineries will join students to present a tantalizing offering of culinary excellence. Tickets: \$30 (advanced) / \$35 (at the door). Call (510) 235-7800 x 4409 for information.

World Premiere Musical! Grandpa's Teeth

Saturday., March 14 @ 12PM & Sunday, March 15 @ 2PM
Arts First Oakland, First Congregational Church, 2501 Harrison, Oakland (27th St. near Lake Merritt). Admission: \$12 general, \$5 children (under 12). Call (510) 444-4755 or visit www.stagebridge.org for information and tickets.

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).

- H L Crocker of HL Crocker & Co; also H D Noyes & H E Dunning of American Trust Company. They were all associated with the Blakemont and the Blake Estate subdivisions in the late 1940s.
- The Boettger family, they ran a tavern in town in the early days.
- Frank Woodward - he was involved in Sunset Cemetery & land development in the southeast part of town.
- The Jessen family, a street was named after them in Kensington.

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

Hiking & Birding Back in April

Back by popular demand! Hiking (1st & 3rd Friday) and birding (2nd & 4th Friday) at the Open House Senior Center are back starting in April. Watch for details in the April newsletter

Computer Classes at Open House

The Open House Senior Center offers Introduction to Computer (6 Classes/ 2 hrs. per Session) and Internet Class (8 Classes / 2 hrs. per Session). Limited to 5 students per class. Call (510) 559-7677 for additional information.

Stagebridge Theatre Company

It's never too late to join the fun! Try something new & take classes in acting, dance movement, voice, storytelling & improvisation. Call (510) 444-4755 or visit www.stagebridge.org
Daytime & evening classes available.

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 March 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 (1st & 3rd Tues.)

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
9:00-12 noon Barber w/ Maria Nutting
(1st & 3rd Fridays) (\$6)
Barber will leave if no waiting customers.
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.



CASE MANAGEMENT

Alena Gonzalez, Case Manager, is available on Tuesdays, 11:30AM - 5PM at the Open House Senior Center. Please call (510) 559-7037 or email alg@ci.el-cerrito.ca.us.



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 & link to Senior Services.



Senior Excursions



Date	Shopping Center	City	Time	Cost
March 24 th	Somersville Towne Center	Antioch	9:00-3:30	\$15
May 26 th	Westfield Solano Mall	Fairfield	9:00-3:30	\$15
July 28 th	Bayfair Shopping Mall	Hayward	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*

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

Alcatraz Tour

Wed., May 27, 8:30AM-5PM
Includes 2 1/5 hour audio tour of Alcatraz Island, lunch at Pompei's Grotto, scenic drive out of San Francisco and a brief stop at the Golden Gate Bridge. Lunch to include: Cup of Clam Chowder; A choice of: Shrimp Louie, Chicken Piccata or White Fish or Prawn & Pasta Gamberetti; beverage (coffee, tea, soda) and dessert. Please make entrée selection when you sign up. **Cost: \$90**

Birding (Starts in April)

2nd & 4th Friday. Bring binoculars, snacks, water, lunch, bird book and sunscreen. Dress in layers for changing weather. Schedule: TBA

Tours & Great Destinations

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

Delta Discovery Cruise

Wed., June 10, 9:30AM-2PM
Includes 2 hour cruise into the Delta and lunch while enjoying spectacular views of Mt. Diablo and surrounding islands. East Bay Regional Parks will provide a narration on the history and ecology of the Delta. Lunch includes: Marsala Chicken, Marinated Red Potatoes, Salad, Rolls with butter and Cheesecake. Water, Coffee and Tea included. There is a full bar available for an additional charge. **Cost: \$55**

Hiking (Starts in April)

1st & 3rd Fridays. Bring lunch, water, snacks, sunscreen. Dress in layers for changing weather. Schedule: TBA

Please call Olive Kaplanis or Shielaugh Divelbiss Jr. at (510) 559-7677 for additional trip information.

- All trips depart from CONTRA COSTA CIVIC THEATER 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
Spaghetti & Meatballs 2	Sweet & Sour Pork 3	Roast Beef Au Jus 4	Baked Chicken Tahitian 5	Beer Batter Fish & Chips 6
Veal Parmesan a la Romano & Cheese 9	Chicken Salad Sandwich 10	Meatloaf 11	Beef Stroganoff 12	Lite Lemon Chicken Breast 13
BBQ Pork Rib-Patty 16	Corned Beef w/ Cabbage 17	Chicken Fajita w/ Red/Green Peppers 18	Home Style Lasagna 19	Spring Shrimp Salad on Lettuce Leaf 20
Beef Sukiyaki 23	Shui's Herb Chicken Breast 24	Cold Plate: Jack's Mock Crab Salad 25	Turkey Dinner w/ Gravy 26	Cheese Pub Burger 27
Breaded Cod Fish w/ Lemon Slice 30	Guadalajara Style Chili Verde 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.

- 3/2 Slides with Jackie Hetman
- 3/9 Dentistry with Ben Dienstein
- 3/16 Sound Advice about Hearing Aids
- 3/23 Open House Senior Center Trips
- 3/30 Earthquake Preparedness

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.

- 3/3 Spring Flower Arrangements by Sally Clark
- 3/10 Medical Planning & Legal Updates for Seniors by Gene Osofsky, Elder Law Attorney
- 3/17 Protect Yourself Against Scams, Fraud and Financial Exploitation by Joaquin Murphy of California Consumer Awareness
- 3/24 Bingo at 12:45 p.m.
- 3/31 Birthday Celebration & Sing Along w/ 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.

- 3/7 Japanese Taiko, Japanese Computer Class, English Computer Class, Blood Pressure Screening, Silk Flowers, Ceramic, Light Exercise, Movie & Line Dance.
- 3/21 Japanese Taiko, Japanese Computer Class, English Computer Class, Japanese Language Class, Shuji Class, Celebration of Birthday, Karaoke & Sing-Along, Line Dance & Massage Clinic.
- 3/28 Shinnen Kai at South Alameda County Buddhist Church in Union City

El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, March 18, 2009, **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 February 60+ Bulletin: Fong Wing, Marie Moore, Edith Black, Doris Kiefer, Hazel Peter and Rita Stein. Mailing of the **April** issue will be on **Thurs., March 26th**. Call Liza Espadilla at (510) 559-7677 for volunteer opportunities.

VOLUNTEERS WANTED:

The Open House Senior Center is seeking volunteers to help with the Alzheimer's Respite Program on Tuesdays, 10AM-3PM. You can help with games, exercise class or lunch program. Call Carol Kehoe, Program Coordinator, at (510) 527-0389 for information.