

## Recreation Department

The Open House Senior Center  
(510) 559-7677

Vol. XXVII No. 4 April 2009



## 60 PLUS Bulletin

### *Hometown Programs That Fit Your Lifestyle*

#### **Support Group**

Tuesdays, 9:30AM-10:45AM, with Ollie Beasley, facilitator, at the Open House Senior Center, 6500 Stockton Ave., El Cerrito. Discussion topics on medical, personal care, home safety, family matters or share your own topic.

#### **Annual Egg Hunt**

Sat., April 11, 10AM sharp at the Arlington Park, 1120 Arlington Blvd. If you would like to make a donation, call the El Cerrito Recreation Department at (510) 559-7000.

#### **National Volunteer Week April 19th - 25th**

Many thanks to our hard-working volunteers! To show our appreciation, the Open House Senior Center is hosting a Volunteer Brunch on Saturday, April 19th, 10AM-1PM. Invitations will be mailed to all volunteers helping our senior center offer a successful program.

#### **Mozart for Minors and Majors**

Sat., May 9th, 11AM at the El Cerrito Community Center, 7007 Moeser Lane. Join us for the inaugural event of Mid-summer Mozart's new youth oriented concert. Admission: \$10 Adult / \$5 Children. Call (510) 559-7000 for information

#### **Social Security's Economic Stimulus One-Time Payments**

The American Recovery and Reinvestment Act of 2009 provides for the one-time payment of \$250 to individuals who get Supplemental Security Income (SSI) or Social Security benefits. Expect everyone who is entitled to a payment to receive it by late May 2009. No action is required on your part. For more information, visit [www.ssa.gov](http://www.ssa.gov).

#### **El Cerrito Library Readers Anonymous Book Club**

Meets the 4th Tuesday of every month between 7PM-8PM at the 6510 Stockton Avenue in El Cerrito. Call (510) 526-7512 or visit <http://ccclib.org/locations/elcerrito> for information.  
April 28 - The Mission Song by John le Carre  
May 26 - Native Son by Richard Wright

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

- George & Gertrude Friend. Mr. Friend was a real estate developer in involved in a number of El Cerrito, Albany, and Berkeley projects. He built the large, beautiful house at the south end of Brewster where it meets Arlington.
- John "Blackjack" Jerome, he was heavily involved in El Cerrito gambling in general and the dog track in particular.
- The "Kaiser Houses", a handful of homes in northern El Cerrito said to have been built by Henry Kaiser about 1942-1943 to house the top executives at the shipyard & hospital. The Historical Society appreciates your help! You can pick up a copy of our quarterly bulletin at the Senior Center.

#### **60 Plus Bulletin**

In an effort to go green the 60 plus bulletin is now available as an email. If you would like to start receiving the electronic version of the 60 plus bulletin, then please send an email with your first and last name to Shielagh Divelbiss at [sdivelbissjr@ci.el-cerrito.ca.us](mailto:sdivelbissjr@ci.el-cerrito.ca.us).

#### **Volunteer Wanted**

The Open House Senior Center is seeking volunteer to join the Nutrition Site Manager in attending menu review meeting of the Contra Costa Nutrition Advisory Council every 2nd Tuesday of the month from 1:30PM to 4PM. Transportation to the meeting is provided. Call Susan Ortega at (510) 559-7677 or email [sortega@ci.el-cerrito.ca.us](mailto:sortega@ci.el-cerrito.ca.us).

#### **El Cerrito Field Condition**

Check the website [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation) for information regarding field conditions in El Cerrito.

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

## April 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 Support Group w/ Ollie Beasley  
Discussion Topics: Medical, Personal  
Care, Home Safety, Family Matters  
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

### 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**  
Foot Care Clinic (3rd Thursday) (\$22)  
By Appointment Only. Call 559-7677.  
Bring 2 clean towels and a basin.  
9:30-1:30 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.

### **LOST & FOUND**

To check if your item is in our Lost & Found box, call Don Pool at (510) 559-7680 or email don\_pool@ci.el-cerrito.ca.us. Please provide a detailed description of the item when calling the Open House Senior Center.

**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) & link to Senior Services.



# Senior Excursions



Date	Shopping Center	City	Time	Cost
May 26 <sup>th</sup>	Westfield Solano Mall	Fairfield	9:30-4:00	\$15
July 28 <sup>th</sup>	Bayfair Shopping Mall	Hayward	9:00-3:30	\$15
Sept. 29 <sup>th</sup>	Stanford Shopping Center	Palo Alto	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*

## Senior Hikes

1st & 3rd Friday of the month. Bring lunch, water, snacks, sunscreen. Dress in layers for changing weather. Meet at Contra Costa Civic Theater (Moeser Ln. & Pomona Ave.) at 8:30AM.

4/3 Tilden Park: Inspiration Point to Wildcat Canyon  
Easy to Moderate, 4 + miles ( may be extended if desired by group). Hiking sticks recommended. If trail to Wildcat Peak is muddy following rains, walk will continue on the Macadam Trail.

4/17 Crissy Field, Golden Gate Bridge  
4 to 5 miles, Easy.

## 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. This all-inclusive package delivers action packed horse racing and a mouth watering at the Turf Club Buffet. Turf Club requires: Ladies– Dresses or Tailored Slacks / Men– Collared Shirt/ Dress Slacks. **Cost: \$35**

## 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**

## 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. **Cost: \$55**

## Chagall & the Artists of the Russian Jewish Theatre 1919-1949 @ Contemporary Jewish Museum

Fri., June 26, 10:30AM-4PM

Explore the remarkable paintings, costumes, set designs, posters, film clips and photographs from 1920s and 1930s as well as cultural history of the Soviet Union. Lunch on your own. **Cost: \$30**

## 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**

### **Birding**

2nd & 4th Friday of the month. Bring binoculars, snacks, water, lunch, bird book and sunscreen. Dress in layers for changing weather. Meet at Contra Costa Civic Theater (Moeser Ln. & Pomona Ave.) Schedule: TBA

4/10 Las Gallinas (San Rafael)

4/24 Richardson's Bay (Tiburon)

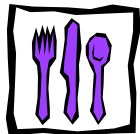
### **Tutankhamun Exhibit at de Young Museum**

Wed., July 22, 7AM-2PM

Private docent tour of over 130 outstanding work from the tomb of Tutankhamun, ancient Egypt's celebrated "boy king", as well as those of his royal predecessors, his family and court officials. Lunch on your own. **Cost: \$50**

**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
		Frankfurter with Cheese 1	Polynesian Chicken Breast 2	Roast Beef Au Jus 3
Meat Ravioli w/ Marinara 6	Cold Plate Thin Ham Slices 7	Garlic Ginger Roasted Breast of Chicken 8	Texas Style BBQ Beef 9	Krabby Cake w/ Clam Chowder 10
Kathy's Pork & Rice 13	Chicken Fajita w/ Peppers & Onion 14	Pub Cheese Burger 15	Hot Turkey Sandwich w/ Gravy 16	Chicken Caesar Salad 17
Apricot Glazed Roast Chicken Breast 20	Special Stuffed Peppers 21	Baked Ham w/ Cherry-Orange Sauce 22	Waldorf Chicken Salad/Mixed Greens 23	Salmon Patty w/ Dill Sauce 24
Tamale Pie w/ Corn Bread Topping 27	Cold Plate: Jack's Mock Crab Salad 28	Chinese Style BBQ Chicken 29	Yankee Pot Roast w/ Gravy 30	



# 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.

4/6 Slides with Jackie Hetman

4/13 What's up El Cerrito with Janet Abelson

4/20 Talk on Depression

4/27 Sound advice about Hearing Aids

### 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.

4/7 Discussion on Positive Role of Exercise in Living with Arthritis. Sample exercises by Carol Kehoe.

4/14 Members discussion of products, services & good ideas.

4/21 Sound Advice about Hearing Aids

4/28 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.

4/4 Japanese Taiko, Japanese Computer Class, English Computer Class, Blood Pressure Screening, Silk Flowers, Ceramic, Light Exercise, Movie & Line Dance, Shigin, Knitting & Crocheting.

4/18 Japanese Taiko, Japanese Computer Class, English Computer Class, Japanese Language Class, Shuji Class, Celebration of Birthday, Karaoke & Sing-Along, Line Dance & Massage Clinic, Knitting & Crocheting.

### El Cerrito Committee on Aging

Meets on the **3rd Wednesday** of the month, April 15, 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 March 60+ Bulletin:** Fong Wing, Marie Moore, Edith Black and Rita Stein. Mailing of the **May** issue will be on **Thurs., April 30th**. Call Liza Espadilla at (510) 559-7677 for volunteer opportunities.

### Senior Citizen Emergency List

El Cerrito residents who would like to register at the Open House Senior Center, call (510)559-7677 or email [lespadilla@ci.el-cerrito.ca.us](mailto:lespadilla@ci.el-cerrito.ca.us) to leave your name, address, telephone #, and contact person outside the state in case of a local emergency.