

Recreation Department

The Open House Senior Center
(510) 559-7677

Vol. XXVII No. 5 May 2009



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

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.
May 26 - Native Son by Richard Wright

Stockton Avenue Art Stroll

Fri., May 8, 7PM-9PM. General public is invited to come and meet the artists at their studios or galleries and have a great time exploring art. Host galleries are:
The Glenn Gallery of Art, 7027 Stockton Avenue
MC Art Gallery, 10344 San Pablo Avenue
Well Grounded Tea & Coffee Bar, 6925 Stockton Avenue
Open House Senior Center, 6500 Stockton Avenue

El Cerrito Committee on Aging Lecture Series

Wed., May 20, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. General public is invited to attend the Senior Driver Workshop on DMV's driver's license re-examination procedures, answering general questions about DMV licensing policy and procedures, Medical Evaluations/Importance of staying healthy and Are You Ready for Someone to do the driving?

Blue Star Memorial Marker Dedication

Thurs., May 28, 10AM-12PM at the Arlington Park, 1120 Arlington Blvd. (between Potrero & Moeser Lane). El Cerrito Garden Club & City of El Cerrito honoring all veterans "Past - Present - Future" in observance of Memorial Day.

El Cerrito Walking Group

Walk any trail and neighborhood within El Cerrito limits every Thursday, 9:30AM-11AM. Easy Ride Shuttle will drive group to and from all walking locations: Canyon Trail Park, Colusa at top of Fairmont back to the Senior Center, Arlington Park to Camp Herms Boys Scout Camp. Call Open House Senior Center at (510) 559-7677 for information.

Vanished Without A Trace?

Old Timers the Historical Society is trying to find.

The Historical Society is always searching for early residents of our town, or their descendants and relatives. Some we are able to find; others have gone missing. Contact Tom Panas from the El Cerrito Historical Society (510-526-7507). The Historical Society appreciates your help! You can pick up a copy of our quarterly bulletin at the Senior Center.

- The Pucci family or the Salvi family. They were early residents of the area.
- Are you aware of any springs in El Cerrito? Please contact us if you know of any seasonal or year-round springs in El Cerrito.
- Do you have relatives or connections to any of the city's residents who served on the City Council between 1917 and 1950? We have very few pictures of these individuals and we would like to improve our collection in this area.

Watercolor Painting with Donna Fenstermaker

Wednesdays, 1PM-4PM, June 17 - December 20, at the Open House Senior Center, 6500 Stockton Ave. Explore watercolor, critique every session 1-2PM plus use books, articles and movies to learn from. Call (510) 559-7677 for information.

Grocery Bingo

Mondays, 12:45PM-2:45PM, at the Open House Senior Center 6500 Stockton Avenue. Enjoy an afternoon of fun and friendship playing a friendly game of bingo. Grocery items will be available as prizes. Fee each bingo card is only .25 cents.

Berkeley Community Chorus & Orchestra presents Antonin Dvorak's Stabat Mater with Carole Schaffer, Sonia Gariaeff, Kalil Wilson and Jeffrey Fields at St. Joseph the Worker, 1640 Addison in Berkeley, on Sunday, May 3, at 4:30PM. Admission is free, donations greatly appreciated. Additional performances on Sat., May 9 @ 8PM & Sun., May 10 @ 4:30. Visit www.bcco.org for further information.

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

May 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 Walking Group 1 to 2-mile trails in El Cerrito 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.

Economic Stimulus One-Time Payment

President Obama recently signed the American **Recovery & Reinvestment Act** of 2009. This Act provides for the one-time payment of **\$250** to individuals who get Supplemental Security Income (SSI) or Social Security benefits. We expect everyone who is entitled to a payment to receive it by late May 2009. **No action is required on your part.**

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
May 26 th	Westfield Solano Mall	Fairfield	9:30-4:00	\$15
July 28 th	Bayfair Shopping Mall	Hayward	9:00-3:30	\$15
Sept. 29 th	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 8:30AM- 3PM

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.)

5/1 Sutro Heights - Ocean Beach - Cliff House
Easy to Moderate, 5 miles, (\$15)

5/15 Redwoods Regional Park - Easy to Moderate,
4-5 miles, hiking poles recommended. (\$15)

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.)

5/8 Richardson Bay (Tiburon)

5/22 TBA

Alcatraz Tour

Wed., May 27, 8:30AM-5PM

Enjoy a boat ride to and from the island and a 2 1/2 hour audio tour of Alcatraz Island. Shuttle available on Alcatraz for those that unable to climb stairs. After tour, re-board the motor coach for Pompei's Grotto to enjoy a hosted lunch. After lunch, enjoy a scenic drive out of San Francisco, brief stop at Golden Gate Bridge, drive up through Marin County and return home over Richmond Bridge. (\$90)

Delta Discovery Cruise

Wed., June 10, 9:30AM-2PM, (\$55)

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.

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

Fri., June 26, 10:30AM-4PM, (\$30)

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.

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

Mexican Riviera (8 days) December 6, 2009

Featuring Cabo San Lucas, Mazatlan and Puerto Vallarta aboard the RCCL Mariner of the Seas.

Tutankhamun Exhibit at de Young Museum

Wed., July 22, 7AM-2PM, (\$50)

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.

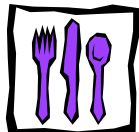
Red Hawk Casino (Placerville)

Tues., Aug. 11, 8:30AM-4:45PM, (\$30)

200 slots machine, 75 table games, and 6 restaurants to choose from. Players with club card will receive casino package. All passengers must have a valid government photo I.D.

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
				Beer Batter Fish 1
BBQ Pork Rib-Patty 4	Steak Fajita w/ Green Peppers 5	Tuna Salad on Lettuce Leaf 6	Lite Lemon Chicken Breast 7	Veal Birds w/ Mushroom Sauce 8
Beef Sukiyaki 11	Chicken Salad Sandwich 12	Meatloaf 13	Breaded Cod Fish w/ Lemon Slice 14	Turkey Dinner w/ Gravy 15
Veal Parmesan a la Romano 18	Chili Verde 19	Jack's Mock Crab Salad 20	Herb Chicken Breast 21	Cheese Pub Burger 22
Center Closed Memorial Day 25	Kathy's Pork & Rice 26	Spaghetti & Meatballs 27	Tender Roast Beef Au Jus 28	Spring Shrimp Salad 29



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.

5/4 League of Women's Voters talk on Initiatives

5/11 Slides with Jackie Hetman

5/18 Music with Marion Sour

5/25 Center Closed - Memorial Day

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.

5/5 Open House Senior Center Excursions & Trips with Olive Kaplanis & Shielaugh Divelbiss

5/12 Single Payer "Health Care for All" with Hatsue Katsura

5/19 Center Close - Election Day

5/26 Birthday Celebration & Sing-A-Ling with 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.

5/2 Health Fair Day (No Classes)

5/16 Japanese Taiko, Japanese Computer Class, English Computer Class, Japanese Language Class, Shuji Class, Celebration of Birthday, Karaoke & Sing-Along, Line Dance & Massage Clinic.

5/30 Angel Island Field Trip

El Cerrito Committee on Aging Lecture Series

Wed., May 20, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. General public is invited to attend the Senior Driver Workshop on DMV's driver's license re-examination procedures plus answering general questions.

Special Thanks to the following volunteers for their

assistance in mailing the April 60+ Bulletin: Rita Stein, Marie Moore, Doris Kiefer, Carol Newman and Hazel Peter. Mailing of the June issue will be on **Thurs., May 28th**. Call Liza Espadilla at (510) 559-7677 for volunteer opportunities.

Special Announcement

Beginning May 2009, mailing of the Open House Senior Center's 60 Plus Bulletin is limited to El Cerrito, Richmond and Berkeley/Albany areas due to budget constrictions. Program and services information is available online (www.el-cerrito.org & link to senior services), City Brochure and at the Senior Center.