

Recreation Department

The Open House Senior Center (OHSC)
(510) 559-7677

Vol. XXVII No. 6 June 2009



60 PLUS Bulletin

Hometown Programs That Fit Your Lifestyle

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.

- Rich Cotton, who ran the Hickory Pit restaurant at the Golden Gate Lanes bowling alley.
- The Historical Society's collection of old E.C. Recreation Department Bulletins is spotty, particularly going back into the 90's. Do you have a reasonably complete set that you would like to donate to the Historical Society?
- The Brotherton family, early residents of the area.

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

Better Balance with Tai Chi

Tai Chi involves slow, rhythmic movements, low impact, deep breathing and meditation. It may also improve circulation, flexibility, posture, blood pressure and reduce stress. Join us at the Open House Senior Center, 6500 Stockton Ave., on Mondays from 10AM-11AM. Call (510) 559-7677.

Meals On Wheels' Home Chore Registry

Meals on Wheels by Senior Outreach Services provides a community registry to help match seniors in need with capable care providers. Charges vary based on the level of care needed by each individual client. Call (925) 937-8311 or visit www.mowsos.org.

Senior Musical Instrument Players Group

Meets at the Kensington Senior Center, (Arlington Community Church) 55 Arlington Ave., on Thursdays, 12PM-2PM. Plays 20's, 30's, 40's, WWII, Folk, Gospel, and more.

Fourth of July Fair

Saturday, July 4, 10AM-6PM at Cerrito Vista Park, Moeser Lane & Pomona Ave. Bring your family and friends. Enjoy face painting, carnival games, tasty food & drink, live performers, entertainment, arts & crafts, organized activities, and demonstrations. Call the El Cerrito Recreation Department at (510) 559-7000 or visit www.el-cerrito.org for information.

Homeowner and Renter Assistance Program (HRA)

The state budget for the 2008-2009 and 2009-2010 fiscal years does not include funding for the HRA program. The Franchise Tax Board cannot process and pay claims for these fiscal years due to lack of funding for the HRA program.

Summer Art Classes for Older Adults

Join us and share your creativity at the Open House Senior Center, 6500 Stockton Avenue, with Donna Fenstermaker. No experience necessary. Enroll on first day or anytime in the semester. Call (510) 559-7677 for additional information.
Watercolor Painting, Wed., June 17 - Aug. 5, 1-4PM
Acrylic Painting, Thurs., June 17 - Aug. 6, 1-4PM

Confusing Property Reassessment Letters

A Los Angeles company calling itself *Property Tax Reassessment* has mailed Contra Costa mailboxes with official-looking letters claiming they could save homeowners hundreds or thousands of dollars for a small fee. The letters are misleadingly ask homeowners to pay \$179 for service the county performs for free. The Assessor's Office advise not to respond to this letter if there is no county logo, county phone numbers and, most importantly, if the letter does not state it came from the Contra Costa Assessor's Office.

Men's Health Day

Free Prostate Screening on Friday, June 26, at the Doctors Medical Hospital, 2000 Vale Road. By Appointment Only. Call (510) 970-5236 or visit www.doctorsmedicalcenter.org.

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

June 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

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.
ART 811N: Watercolor Painting with Donna Fenstermaker (6/17 - 8/5)

1:00-4:00 pm

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

9:30-1:30 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 (6/18 - 8/6)

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.

SPECIAL ANNOUNCEMENT

El Cerrito CoCo Café

Come & join us for a birthday celebration on the last Thursday of the month. See page #4 for lunch menu. For information and reservations, call (510) 559-7677.

Fee-Based Classes at OHSC

Effective July 1, 2009, fee per class for E.C. Resident is \$4.25 and Non-Resident is \$5.25.

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
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
October 27 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.

Senior Hikes

1st & 3rd Friday of the month, 8:30AM- 3PM, (\$15)
Bring lunch, water, snacks, sunscreen. Dress in layers for changing weather. Meet at Contra Costa Civic Theater (Moeser Ln. & Pomona Ave.)

6/5 Lafayette Reservoir - easy to moderate, 4-5 miles, short climb. Hiking poles recommended.

6/19 Miller Know Regional Park, Pt. Richmond
Moderate. Bring money for lunch at local restaurant.

Birding

2nd & 4th Friday of the month, 7AM-3PM, (\$15)
Bring binoculars, snacks, water, lunch, bird book and sunscreen. Dress in layers for changing weather. Meet at Contra Costa Civic Theater, Moeser Lane & Pomona Avenue.

6/12 Golden Gate

6/26 Arrowhead Marsh

Delta Discovery Cruise

Wed., June 10, 9:30AM-2PM - **SOLD OUT**
2-hour cruise into the Delta and lunch while enjoying spectacular views of Mt. Diablo and surrounding islands.

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

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

Tutankhamun Exhibit at de Young Museum

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

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.

A Day at the Academy of Sciences

Thurs., Aug. 27, 9AM-4PM, (\$35)
The California Academy of Sciences is one of the ten largest museums of natural history in the world. Explore all the museum at your own pace. 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.

Thunder Valley Casino

Wed., Oct. 14, 8:30A-4:30P, (\$30)
Over 2,700 slot machines and 98 gaming tables. \$10 play coupon and \$5 food coupon.

Delta Discovery Cruise

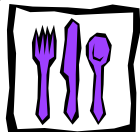
Thurs., Sept. 10, 9:30AM-2PM, (\$64)
2-hour cruise into the Delta and lunch while enjoying spectacular views of Mt. Diablo and surrounding islands.

SF Asian Art Museum: Emerald Cities Exhibit

Tues., Nov. 10, 12PM-5PM, (\$20)
Docent tour of the Emerald Cities exhibition, Art of Siam & Burma (1775-1950) at the Asian Art Museum in San Francisco.

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.

Birthday Celebration on Thursday, June 25th!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Garlic Ginger Roasted Chicken	1	Texas Style BBQ Beef	2	Colossal Hot Dog w/ Cheese	3	Meat Ravioli w/ Marinara Sauce	4	Turkey Dinner w/ Gravy	5
Breaded Cod Fish w/ Lemon Slice	8	Linda's Special Stuffed Peppers	9	Cold Plate: Jack's Mock Crab Salad	10	Southern Style BBQ Chicken	11	Pork Adobo Chicken Arrozcaldo	12
Hot Turkey Sandwich w/ Gravy	15	Home Style Lasagna	16	Apricot Glazed Roast Chicken Breast	17	Cold Plate: Tuna Salad on Lettuce Leaf	18	Roast Beef w/ Gravy	19
Chicken Fajita w/ Peppers & Onion	22	Beef Stroganoff	23	Cold Plate: Thin Ham Slices	24	Cheese Burger Potato Salad	25	Delicious Krabby Cake & Chowder	26
BBQ Pork Rib Patty	29	Waldorf Chicken Salad/Mixed Greens	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.

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 con-

versational 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.

Stockton Avenue Art Stroll

Meet the artists on Friday, July 10, 7PM-9PM, at their studios or galleries and have a great time exploring art.

Host galleries in El Cerrito 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

If you are an artist, musician or performer and would like

to participate in the stroll? Contact Kevin O'Neal at

(510) 528-4709 or email artstroll@stocktonave.org.

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.

6/6 Japanese Taiko, Japanese Computer, Japanese Language, Blood Pressure Screening, Shigin, English Computer, Silk Flowers, Ceramic, Light Exercise, Knitting & Crocheting, Craft, Movie and Line Dance.

6/11 Thursday, Angel Island Field Trip

6/20 Japanese Taiko, Japanese Computer, Japanese Language, English Computer, Shuji, Knitting & Crocheting, Craft, Celebration of Birthday, Karaoke & Sing-A-Long, Line Dance and Massage Clinic.

El Cerrito Committee on Aging

Wed., June 17, 3PM at the El Cerrito City Hall, Council

Chambers, 10890 San Pablo Avenue. General public is invited.

Special Thanks to the following volunteers for their

assistance in mailing the May 60+ Bulletin: Rita Stein, Marie Moore, Doris Kiefer, Carol Newman and Hazel Peter. Mailing of the **July** issue will be on **Thurs., June 25th**.

Easy Ride Transportation Service

Effective July 1, 2009, the door-to-door shuttle service is available on Monday, Tuesday, Wednesday & Thursday from 9AM to 5PM for \$1.50 per one way ride. Shuttle service within the El Cerrito city limits is available for seniors 60 and older and disabled El Cerrito residents. Must submit completed application before scheduling a ride. Call the Open House Senior Center at (510) 559-7677 for information and application.