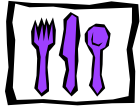


RECREATION DEPARTMENT

The Open House Senior Center (OHSC)
Hometown Programs That Fit Your Lifestyle
 Visit Us At www.el-cerrito.org
 Vol. XXVII July - August 2009



Senior Nutrition Program July Menu

Substitute Meal: Hamburger, Chef Salad, or Seafood Louie Salad.

Please call the previous day before noon to make your reservation: (510) 559-7677

August Menu available online or at the Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Steak Fajita 1 w/ Peppers & Onions	Hot Dog 2 w/Cheese	NO MEAL SERVED 3
Center Closed 6 4th of July Holiday	Virginia Style 7 Baked Ham	Tuna Salad 8 on Lettuce Leaf	Spaghetti & 9 Meatballs	Shui's Herb 10 Chicken Breast
Sweet & Sour 13 Pork	Baked Chicken 14 Tahitian	Roast Beef 15 w/ Gravy	Jack's Mock 16 Crab Salad	Cheeseburger 17
Veal Parmesan 20 a la Romano	Kathy's 21 Guadalajara Style	Lite Lemon 22 Chicken Breast	Texas Style 23 BBQ Beef	Salad on 24 Lettuce Leaf
Breaded Cod 27 Fish w/ Lemon Slice	Asian Chicken 28 Salad	Kathy's 29 Pork & Rice	Down-Home 30 Meatloaf	Alaskan 31 Salmon Patty

Return Service Requested

El Cerrito, CA 94530
 Permit Number 79

U.S. POSTAGE PAID
 NON-PROFIT ORGANIZATION

El Cerrito Municipal Corporation
 10890 San Pablo Avenue
 El Cerrito, CA 94530

Hometown Programs That Fit Your Lifestyle

MONDAY

8:00-10:00 am Nintendo Wii *for* Seniors
 9:00-5:00 pm Easy Ride - El Cerrito Residents Only. Shuttle Service within El Cerrito. \$1.50 Each Way.
 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 (Starts Aug. 17) w/ Sai Thongvanh

TUESDAY

9:15-12:00p Massage by Appt. (\$11 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, Family Matters, etc.
 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 appointment.
 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. Shuttle Service within El Cerrito. \$1.50 Each Way.
 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 (Starts Aug. 19)
 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. Shuttle Service within El Cerrito. \$1.50 Each Way.
 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
 Facilitator: Amy Glick, MFT
Registration is required. Call 220-5043.
 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 (Starts Aug. 20)

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 (\$6)
 (1st & 3rd Fridays) 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.

FEE PER CLASS

El Cerrito Resident \$4.25 / Non-Resident \$5.25
 (UNLESS OTHERWISE NOTED)

Tel. (510) 559-7677 **Fax** (510) 524-3965

Location: 6500 Stockton Ave., El Cerrito 94530

Mailing: 10890 San Pablo Ave., El Cerrito 94530

Monday-Thursday 8 am - 5 pm / Friday 8 am - 4 pm

Website: www.el-cerrito.org & link to *Senior Services*.



Senior Excursions



Shopping Trips (\$18)

Trip departs from Contra Costa Theatre Parking Lot (Moeser Ln./Pomona). 4th Tuesday of Every Other Month, 9AM-3:30PM. Lunch on your own mall.

- 6/28 Bayfair Shopping Fair (Hayward)
- 9/29 Stanford Shopping Center (Palo Alto)
- 11/24 Vacaville Premium Outlet (Vacaville)

Senior Hikes

1st & 3rd Friday of the month, 8:30AM- 3PM, (\$18)
Bring lunch, water, snacks, sunscreen. Dress in layers for changing weather. Meet at Contra Costa Civic Theater (Moeser Ln. & Pomona Ave.)

- 7/3 Samuel Taylor State Park. About 3 - 4 miles. Hiking poles recommended.
- 7/17 Treasure Island. About 4 miles, mostly flat.
- 8/7 Marin Municipal Water District/Benstein, O'Brien and Cataract Loop. 4 miles, 500 ft. elevation. Hiking poles recommended.
- 8/18 Tennessee Valley. 5 miles. Hiking poles recommended.

Birding

2nd & 4th Friday of the month, 7AM-3PM, (\$18)
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.

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.

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.

Tours & Great Destinations

Red Cliffs Adventure (7 days) October 9, 2009

\$2,524 Single / \$1,924 Double

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.

Mexican Riviera (8 days) December 6, 2009

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

Oakland A's vs. Kansas City Royals

Wed., Sept. 2, 10:30A-3P, (\$15)

Join us for a ball game against the Kansas City Royal at the Oakland Coliseum. Meets at the El Cerrito Plaza BART station at 10:30AM.

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.

Draft Horse Classic

Sat., Sept. 26, 7AM-7PM, (\$50)

Heralded as the premier Draft Horse Show in the Western United States, the 2009 Draft Horse Classic will feature the draft horse performances that have been drawing crowds for more than 22 years. Enjoy Art at the Classic, events and entertainment.

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.



Open House News and Views



Vanished Without A Trace?

Old Timers the Historical Society is trying to find.

Contact Tom Panas from the El Cerrito Historical Society (510-526-7507).

- The Brevia family or the Agratti family. They were early residents of the area.
- Do you have any copies of the old Santa Fe Greenway newsletter or its successor, the Ohlone Greenway newsletter? Would you be willing to donate them to the Historical Society or let us copy them? Our collection of these newsletters is very spotty.
- The Leone family or others involved in running an old quarry near Cutting Boulevard.

El Cerrito Committee on Aging

No meeting in July. Next meeting is scheduled on Wed., Aug. 19, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

Massage By Appointment

Tuesdays, 9:15AM-12PM, at the Open House Senior Center, 6500 Stockton Ave. \$11 for 15 minutes. Joan Provencher, CMT, employ techniques including Swedish, Shiatsu and Deep Tissue work, focusing on injuries, stress management and musculo-skeletal issues. Joan has been working with clients for over 26 years and customize each session to address each individual client's needs. Call (510) 559-7677.

ART 811N: Watercolor Painting (Sponsored by Contra Costa College)

Wednesdays, 1PM-4PM, Aug. 19 - Dec. 20, at the Open House Senior Center, 6500 Stockton Ave. Use each others work, books, articles and movies to help us explore watercolor. Class is free. Donations can be made to the Open House Senior Center. Call (510) 559-7677.

Special Announcement: Due to budget restraints, mailing of the 60 Plus Bulletin will be every other month. Bulletin is also available at www.el-cerrito.org & link to Senior Services. Thanks for all your support.

Fourth of July Fair

Sat., July 4, 10AM-6PM at Cerrito Vista Park, Moeser Lane & Pomona Ave. Enjoy face painting, carnival games, tasty food & drink, live performers, entertainment, arts & crafts. Call the El Cerrito Recreation Department at (510) 559-7000 or visit www.el-cerrito.org.

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 Ave.
- Well Grounded Tea & Coffee Bar*, 6925 Stockton Ave.
- Open House Senior Center*, 6500 Stockton Ave.

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.

Easy Ride Transportation Service

Effective July 1, 2009, the door-to-door shuttle service is available on Monday, 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.

Single Payer Health Care

Sing Out Single Payer Road Show

Sunday, July 5, 5-7PM at 33 Revolution Record Shop and Show, 10086 San Pablo Avenue. Free. Engaging folks in songs and dialogue about health care.

"Health, Money & Fear" & Dr. Paul Hochfeld

Sunday, July 26, 2-5PM, at El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. Free. Meet Dr. Hochfeld, an ER doctor for over 30 years. Learn about the 8 main reasons our health care is so expensive and why we need Single Payer Health Care now. Protest in front of City Hall from 4-5PM with Dr. Hochfeld.

St. John's Senior Center

(6500 Gladys St. at Lexington in E.C.) Tuesdays 9AM -2PM. Lunch \$2.50. Call Jan Duckart at (510) 237-3808 for information on classes, program, or special event.

Christ Lutheran Senior Center

(780 Ashbury Ave. near Stockton) Mondays 9AM-2PM. Home-Cooked Lunch \$3.00. Call Carol Kehoe, Coordinator, at 524-1050 or 527-0389 for information on classes, programs, or special event.

Japanese Speaking Adult Classes

(6500 Stockton Ave., El Cerrito) Sakura Kai meets on the 1st and 3rd Saturdays 10AM-3PM. Call Yoko Fitzpatrick, Coordinator at (510) 525-4919 for information on classes, program, or special event.