

RECREATION DEPARTMENT

The Open House Senior Center (OHSC)

Hometown Programs That Fit Your Lifestyle

Visit us at www.el-cerrito.org and link to Senior Services

Vol. XXVII September - October 2009



60 PLUS BULLETIN



Senior Nutrition Program September Menu

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

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

October Menu available online or at the Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pork & Rice 1	Chicken Salad Sandwich 2	Beef Sukiyaki 3	Oven Fried Chicken 4
Center Closed Labor Day 7	Cold Plate: Jack's 8 Mock Crab Salad	Frankfurter w/ Cheese 9	Lite Lemon Chicken Breast 10	Veal Birds w/ Mushroom Sauce 11
Sweet & Sour Pork 14	Cold Plate: Cobb Salad 15	Veal Parmesan a la Romano 16	Down-Home Meatloaf 17	Tuna Salad on Lettuce Leaf 18
Garlic Ginger Roasted Chicken 21	Roast Beef w/ Gravy 22	Breaded Cod Fish w/ Lemon Slice 23	Asian Chicken Salad 24	Special Stuffed Peppers 25
Hot Turkey Sandwich w/ Gravy 28	Cheese Burger 29	Cold Plate: Thin Ham Slices 30		

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
 Permit Number 79
 El Cerrito, CA 94530
 Return Service Requested

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 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 ART 811N: Watercolor Painting with Donna Fenstermaker

1:00-4:00 pm Tea Dance (3rd Wed.) Cost: \$4
 Community Center, 7007 Moeser Ln.
 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
 9:45-10:45 am Exercise Class w/ Judy Katz
 9:30-11:30 am Nintendo Wii *for* Seniors
 Virtual Bowling/Golf/Tennis/Baseball
 9:30-11:00 am 1 to 2-mile Walking Group (Free)
 El Cerrito Trails w/ Ollie Beasley
 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

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

Visit us @ www.el-cerrito.org & link to Senior Service



Senior Excursions



All trips depart from **CONTRA COSTA CIVIC THEATER parking lot.** (Moeser Lane & Pomona)

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.

- 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. Hiking poles recommended. Dress in layers for changing weather.

- 9/4 Pt. Reyes - Moderate to strenuous, 5-6 miles.
Climb up the Meadow Trail in the morning and return down the Wittenberg Trail.
- 9/18 Pt. Pinole Park - Easy, 4 miles with some hills.
- 10/2 Crissy Field to Pier 39, Easy, 5 miles
- 10/16 Mt. Tamalpais State Park
Easy-Moderate, 4 miles

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.

- 9/11 Sunol Regional Park
- 9/25 Marin Headlands
- 10/9 Point Reyes
- 10/23 Upper San Leandro Reservoir

Delta Discovery Cruise

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

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.

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. Lunch on your own.

Feather Falls Casino in Oroville

Thurs., Jan. 14, 2010, 7:30AM-5PM, (\$30)
Try your luck on one of the 1,000 slots lining the casino floor. Receive \$10 cash. Lunch on your own.

Tours & Great Destinations

Great Canadian Cities (8 days) June 9, 2010

\$2,599 Double / 3,299 Single

Featuring Montreal City Tour, Notre Dame Cathedral, Via Rail Train-Montreal to Quebec, Quebec City Tour, The Citadel, Montmorency Falls, Ottawa City Tour, Toronto City Tour, Niagara Falls Area Tour, Maid of the Mist Boast Ride, Oh Canada Eh?! Dinner Show, 2-night stays in Niagara Falls, Quebec City & Montreal.

South Dakota Adventure (7 days) September 8, 2010

\$1,949 Double / 2,499 Single

Featuring Mount Rushmore, Devil's Tower Nat'l Monument, Crazy Horse Memorial, Fort Hays-Dances with Wolves Movie Night, Badlands Nat'l Park, Wall Drug Store, Custer State Park, Buffalo Jeep Safari, State Game Lodge Dinner, 1880 Train, Rushmore-Borglum Museum, Deadwood, Mammoth Site, Wild Horse Sanctuary, The Journey Museum & Sioux Indian Museum, Black Hills Gold Factory, "K-Bar S Ranch" Dinner, Chuckwagon Supper & Cowboy Show.

Rhine, Romantic Road & Bavarian Highlights

(9 days) September 22, 2010. \$4,099 Double / \$4,899 Single

Featuring 3-night stay in Rudesheim, Rhine River Cruise, St. Goar, Wine Tasting, Heidelberg Castle, Germany's Romantic Road, Rothenburg, Neushwanstein Castle, Munich City Tour, 2-night Passion Play Package, Oberammergau-Passion Play Reserved Seating.

Reno Snow Train

Tuesday, March 2 until Thursday March 4, 2010

Tuesday	Amtrak Station	Thursday
Lv 9:15AM	Emeryville	Ar. 6:00PM
Lv 10:05AM	Martinez	Ar. 5:05PM

\$275 Double / \$325 Single. Deadline: Dec. 1, 2009

2-nights at the Silver Legacy, "Winner Book" of valuable coupons, Deli lunch served on the train (Return Trip Only).

Red Hawk Casino in Placerville

Wed., March 10, 2010, 8:30AM-5:30PM, (\$30)
Enjoy over 2,000 slot machines, 75 table games, and 6 different restaurants.

Please call Olive Kaplanis or Nousheen Chaudry 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



El Cerrito Committee on Aging

Meets at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Ave., on Wed., Sept. 16, 3PM and Wed., Oct. 21, 3PM, Lecture Series: Global Warming.

Senior Peer Counseling is currently accepting applications for upcoming training of counselors. Training begins Thurs., Oct. 22, 9:30AM-3PM, in Martinez and meets for 7 consecutive Thursdays. Call (925) 335-8741 for information and application.

Elder Mediation Service

The Center for Human Development's program includes training and networking for more elder mediation. Visit www.chd-prevention.org or call (925) 687-8844.

Friends of the El Cerrito Library Annual Book Sale

Sat., Sept. 12th, 9AM-5PM & Sun., Sept. 13th, 12PM-4PM at 6510 Stockton Avenue in El Cerrito. Featuring large selection of children's books, handcrafts, home repairs, fiction, nonfiction, travel and many subjects. Visit www.cclib.org (click on Friends/click on El Cerrito).

Asian Art Museum

Emerald Cities: Arts of Siam and Burma

Docent discussion on Thurs., Oct. 1, 1PM with Laura Beth Nelson at the Open House Senior Center, 6500 Stockton Avenue. General public invited.

Where To Now?

What do I want to do?
The days ahead are fewer.
I need to plan
what lies ahead.
Make it simple.
Make it happy.
Make each day
Have meaning.
Yes, have importance.
Let others hear you.
- Gene Sharee

Creative Writing Workshop

Instructor: Margaret Irvin
Fridays, 9AM-11:15AM at
Open House Senior Center.
Weekly sessions provide
students with the tools,
techniques, and group support
to write short fiction, writing
exercises, fiction, non-fiction,
illustrated journals
and memoirs.

Contra Costa Public Law Library

The Library Director is visiting the OHSC, 6500 Stockton Avenue in El Cerrito, on Tues., Sept. 8, 10:45AM-11:45AM to answer questions and distribute brochures about county law library. Learn more about books and internet resources on civil law, conservatorship, criminal law, elder law, family law, real estate law and many more. Call (925) 646-2783 or visit www.cccpllib.org.

Stockton Avenue Art Stroll

Fri., Oct. 2, 5PM-9PM (California Arts Day Festivities) El Cerrito & Richmond Japanese Nursery Historical Exhibit and showing of *The Chessman*, film by Ken Kodda. 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.

West Contra Costa County

Household Hazardous Waste Mobile Collection

Free pick-up service from your home, must be age 60 or older or be a disable person residing in the cities of El Cerrito, Richmond, San Pablo, Hercules, Pinole or El Sobrante. Call for an appointment at 1 (888) 412-9277.

Help Wanted: Book Club Moderator

The El Cerrito Library Book Club seeks moderator. The Library's evening book club, Readers Anonymous, meets the 4th Tuesdays of the month at 7PM. If you are interested in leading a book club, please come to the meeting: Tues., Sept. 22, 7PM, "*The Bad Girl.*" Call Laura Martinengo at (510) 526-7512 for information.

Have A Spooktacular Halloween

at the El Cerrito Community Center, 7007 Moeser Lane on Fri., Oct. 31, 2-8PM Children are welcome with parent/guardian to play fun carnival games, haunted house, trick-or-treat, and win cool prizes. Call (510) 559-7000 for information.

El Cerrito Cinema in the Park

Featuring BIG (with Tom Hanks) (1988) (PG)

Sat., Sept. 19, 8:30PM at Cerrito Vista Park. Free.

The Open House Senior Center **closed** on Monday, Sept. 7th, in observance of the **Labor Day** holiday.

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, Coor-
dinator, 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.