

RECREATION DEPARTMENT

The Open House Senior Center (OHSC)

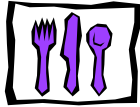
Hometown Programs That Fit Your Lifestyle

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

Vol. XXVII November - December 2009



60 PLUS BULLETIN



Senior Nutrition Program November Menu

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

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

December Menu available online or at the Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Pork 2	Oven Fried Chicken 3	Yankee Pot Roast w/ Gravy 4	Chicken Salad Sandwich 5	Alaskan Salmon Patty w/ Dill Sauce 6
Hot Turkey Sandwich w/ Gravy 9	Meatloaf 10	Center Closed Veteran's Day 11	Yankee Doodle Dog w/ Cheese 12	Chicken Fajita w/ Peppers & Onion 13
Stuffed Peppers 16	Breaded Cod Fish w/ Lemon Slice 17	Shui's Herb Chicken Breast 18	Cold Plate: Thin Ham Slices 19	Veal Birds w/ Mushroom Sauce 20
Beef Sukiyaki 23	Baked Chicken Tahitian 24	Cheese Pub Burger 25	Center Closed Thanksgiving Day 26	Center Closed Holiday 27
Cold Plate: Cobb Salad 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
 2:00-2:45 pm Balance Training & Fall Prevention w/ Lindsay Wheeler
 3:10 - 6:00 pm ART 810N: Drawing (thru 12/14) Sai Thongvanh

TUESDAY

9:00-5:00 pm Easy Ride - El Cerrito Residents Only. Shuttle Service within El Cerrito. \$1.50 Each Way.
 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
 10:00-3:00 pm Alzheimer's Respite Program Carol Kehoe, Program Director \$17 Resident / \$22 Non-Resident
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 Donna Fenstermaker (thru 12/16)
 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
 9:30-1:30 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 Donna Fenstermaker (thru 12/17)

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.

Center Closed in observance of the following holidays:

Thanksgiving Holiday, Nov. 26th & 27th
 Christmas & New Year, Dec. 24th & 25th

Dec. 28th thru Jan. 1st.

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)

4th Tuesday of Every Other Month, 9AM-3:30PM.

Lunch on your own mall.

11/24/09 Vacaville Premium Outlet (Vacaville)

1/26/10 Hillsdale Shopping Center (San Mateo)

Let's Go Trips! (\$6)

Enjoy shopping trips close to home. 10 AM-2 PM.

Lunch on your own.

11/17 Bay Street Mall (Emeryville)

12/8 Hilltop Mall (Richmond)

Senior Hikes

1st & 3rd Friday of the month, 8:30AM- 3PM, (\$18)

Bring lunch, water, snacks, sunscreen. Dress in layers for changing weather.

11/6 Point Reyes: Coast-Laguna Loop. Easy 5-mile.

11/20 Tennessee Valley Trail to Coast Trail

Moderate to strenuous. 5-6 miles. Hiking pole recommended.

12/4 Miller-Knox Park - Point Richmond.

Climb to Nichols Knob and walk along the ridgeline. Strenuous. Strenuous. Hiking pole 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.

11/13 Coyote Hills

12/11 Arrowhead Marsh

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). Lunch on your own.

Tour of The Palace Hotel

Fri., Nov. 20, 10AM-2:30PM, (\$45)

Tour of the famous Palace Hotel in San Francisco, which is celebrating the 100th Anniversary of its re-birth this year. Lunch included.

Jelly Belly, Sepay Groves Olive Oil & LedgeWood Creek Winery

Thurs., Dec. 10, 8:30AM-6PM, (\$60)

Tour of Jelly Belly factory, olive oil tasting in Sepay Groves & wine tasting at LedgeWood Creek Winery. Lunch at Home Town Buffet.

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 Boat 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, Neuschwanstein Castle, Munich City Tour, 2-night Passion Play Package, Oberammergau-Passion Play Reserved Seating.

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.

Reno Snow Train (2-nights at Silver Legacy)

Tuesday, March 2 until Thursday March 4, 2010

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

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., Nov. 18, 2009 at 3PM. No meeting in December. Have A Nice Holiday!

Open House Senior Center Holiday Hours

The senior center will be closed on Thurs. & Fri., Nov. 26th & 27th for Thanksgiving and the week between the Christmas and New Year holidays, from Thurs., Dec. 24th through January 1, 2010. Senior Center will reopen after the holidays on Monday, Jan. 4, 2010. (Easy Ride Transportation Service and Nutrition Lunch Program will not be available at the Open House during the holidays. Pick up a flyer at the Open House to see listing of other nutrition sites serving lunch.)

Senior Computer Classes

The Open House Senior Center is offering computer classes for older adults. Call (510) 559-7677 to enroll. Class is limited to 5 students.

Introduction to Computer with Richard Stellina (\$20)

Class starts on Thurs., Dec. 3, 10AM-12PM, 6 Sessions

Internet Class with Anita Goldstein (\$20)

Class starts on Mon., Nov. 9, 10AM-12PM, 8 Sessions

E-Waste Recycling Event

Saturday & Sunday, Jan. 2 & 3, 9AM-3PM at the El Cerrito Department of Motor Vehicles, 6400 Manila Avenue. FREE to all residents and business, no residency restrictions, no appointment needed. E-WASTE ACCEPTED: computer monitors, computers/computer components, televisions, VCR & DVD players, toner cartridges, printers, fax machines, copiers, telephone equipment, cell phones, MP3 players. E-waste Event Questions? www.unwaste.com or (888) 832-9839.

Provide Input on City's Website or Comment Card

The City of El Cerrito appreciate hearing your comments and suggestions regarding our programs and services. Please take a moment to complete an online survey by visiting www.el-cerrito.org/news/ or completing a comment card at the Senior Center, 6500 Stockton Avenue, or Community Center, 7007 Moeser Lane.

Open House Annual Fundraising

Check your mail for our fundraising drive letters in December. Please make your tax deductible donation to help support programs and services for older adults, Your contribution will have a direct benefit to older adults in our community; be assured that your gift will continue to provide programs at the senior center. You can mail your donation to the Open House Senior Center, c/o 10890 San Pablo Avenue, El Cerrito 94530. Please make check payable to City of El Cerrito. Thank you for your support.

Holiday Pancake Breakfast

Sat., Dec. 12, 9AM-11AM, at the El Cerrito Community Center, 7007 Moeser Lane. "Time To Be Jolly" show at 10:30AM, ticket \$8 per person (including breakfast and show). Toy barrels will be provided by the EC Police Department. Call (510) 559-7000.

Annual Open House Senior Center Holiday Party

Tues., Dec. 15, 10AM-1PM. Enjoy refreshments, entertainment, Nutcracker Performance from El Cerrito Ballet and a special visit from Santa. Advance lunch reservation required. Call (510) 559-7677.

Easy Ride Transportation Service (within El Cerrito)

Effective December 1, 2009, all Easy Ride fares must be paid in tickets. The cost for service is \$1.50 per ride. Drivers do not carry cash. Registered clients (El Cerrito residents only) can purchase an unlimited amount of Easy Ride tickets. The price for a book of 10 tickets is \$15.00. Tickets can be purchased by mail or in person at the Open House Senior Center, 6500 Stockton Avenue. Check or money order should be made payable to City of El Cerrito. We also accept VISA or MASTERCARD. To order by mail, please send a check or money order to: City of El Cerrito, Senior Services Division, 10890 San Pablo Avenue, El Cerrito, CA 94530.

Bones for Life® Class

The Open House Senior Center is offering a new 6-week class in January 2010, with an emphasis on building bone health, coordination, pain-free movement. Schedule available in January calendar. Call (510) 559-7677.

<p>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.</p>	<p>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.</p>	<p>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.</p>
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