



60+ BULLETIN | JANUARY 2022

Senior Programs & Services

7007 Moeser Lane, El Cerrito, CA 94530








(510)559-7000 | recreation@ci.el-cerrito.ca.us

www.el-cerrito.org/recreation/adult

OFFICE CLOSED
January 17, MLK Holiday

SENIOR CLASSES & ACTIVITIES

Register online at www.el-cerrito.org/onlinereg or in person at the Community Center during office hours. See below

ACTIVITY	DAY & TIME	FEES (per month)			INSTRUCTOR
T'ai Chi Chih 	Monday 10am-11am	January \$12 RES \$15 NRES	February \$12 RES \$15 NRES	March \$16 RES \$20 NRES	David
Sing-Along 	Monday 11:15am-12:15pm	January \$12 RES \$15 NRES	January \$12 RES \$15 NRES	March \$16 RES \$20 NRES	Terry & Megan/Evelyn
Senior Fitness 	Tuesday Thursday 10:15am-11am	January \$21 RES \$27 NRES	February \$28 RES \$36 NRES	March \$35 RES \$45 NRES	Judy
Strength & Balance 	Wednesday 11am-12pm	January \$31 RES \$39 NRES	February No class Resumes March 2022	March \$52 RES \$65 NRES	Mehran
Bridge Beginner 	Thursday 1:15pm-3:45pm	January \$18 RES \$21 NRES	February \$24 RES \$28 NRES	March \$30 RES \$35 NRES	Kathryn Ann
Bridge Experienced 	Thursday 1:15pm-3:45pm	January \$15 RES \$18 NRES	February \$20 RES \$24 NRES	March \$25 RES \$30 NRES	Kathryn Ann
Respite (Tuesdays) 	Enrollment is monthly on-going (September-June). Statements will be sent to participants on the last day of each month. Fees will be calculated by the number of days attending Rates are as follows: Resident \$29/day and Non-Resident: \$36/day. Pre-approval required. Call (510)559-7000 or email recreation@ci.el-cerrito.ca.us				
*Beginner Line Dancing	*Postponed until further notice. Interest list available. Call (510)559-7000 or email recreation@ci.el-cerrito.ca.us to be placed on the Interest List. We will contact those on the list when the class begins.				

OFFICE HOURS & REGISTRATION

- Monday—Thursday
9am—4pm (**closed noon-1pm**)
- Registration may be done in-person or online at www.el-cerrito.org/onlinereg
For step-by-step directions to register online visit: <http://www.el-cerrito.org/794/Online-Registration-Instructions>

THINGS TO KEEP IN MIND

- Proof of vaccination or negative COVID-19 test results within the last 3 days are required upon entry of all recreation facilities.
- Facemasks are required to be worn indoors.
- If you are not feeling well, or begin to experience any COVID-19 symptoms, please stay home.

ADULT PROGRAMS CONTINUED... (Ages 18+)

Register at www.el-cerrito.org/onlinereg or at the Community Center during office hours (510)559-7000.

ZUMBA GOLD

Monday—Friday. 10:15-11:15am, El Cerrito Community center (7007 Moeser Ln)

Zumba Gold is a lower impact Zumba experience great for beginners, anyone recovering from injury, and those looking for a great workout at a slower speed.

HATHA YOGA

Tues, 11:45am-12:45pm, Community Center | Wed, 9-10am, Hana Gardens Senior Center (10870 San Pablo Ave)

Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing.

WATER AEROBICS

Monday—Friday ([click here to view schedule online](#)) El Cerrito Swim Center (7007 Moeser Ln)

Water Aerobics is a fun way to improve fitness while enjoying the pool.

POTTERY & CERAMICS

Mon 12-3pm | Mon 7-9:30pm | Wed 7-9:30pm | Th 7-9:30pm; at Tassajara Pottery Studio (2575 Tassajara Ave)

Includes studio entrance, use of basic tools, glazes and firings. Clay is not included and must be purchased through class instructor.

ACRYLIC AND WATERCOLOR

Thursday & Friday, 11am-2:30pm, Castro Clubhouse (1420 Norvell St)

The instructor will demonstrate painting techniques, materials, textures, color theory, and composition.

TAI CHI 10:30am at Hana Gardens Snr. Crt.(10870 San Pablo Ave) | 7:30pm at EC Community Center

- Chen-Style Wang Tai Chi First Routine (太極王家拳一路) Part 1-Beginner To Intermediate—**Tues, 7:30pm-8:30pm**

- Tai Chi Bafa Wubu (太極八法五步) & Qigong Badujin (氣功八段錦) Beginner Level—**Thurs, 10:30am-11:30am**

- Sun-Style Tai Chi 73 Form - Part 1 (孫式太極拳競賽套路) Beginner to Intermediate Level—**Thurs, 7:30pm-8:30pm**

CLASS DEMONSTRATIONS & WORKSHOPS

Held at the Community Center (7007 Moeser Lane). **Register at www.el-cerrito.org/onlinereg** or visit the Community Center, Monday—Thursday during office hours.

**Wednesday
January 19
FREE!**

**Senior Fitness
1-1:20pm**

**Sit & Get Fit
1:35-1:55pm**

Senior Fitness Class Demonstration (1-1:20pm): Try our **FREE Senior Fitness class** with Judy! Judy is a long-time senior fitness instructor who provides a full body workout for any level. She offers modified exercises to ensure everyone is participating and getting the workout they desire. Many exercises will be on the floor so make sure to bring your own exercise mat!

Sit & Get Fit Class Workshop(1:35-1:55pm): Strengthen your body and mind while in a seated position. Follow along with Judy as she demonstrates seated exercises that meet your fitness needs. This is a **one-time FREE workshop** that follows the Senior Fitness demonstration.

Registration and proof of vaccination card or negative COVID-19 results within the last 3 days REQUIRED and masks are to be worn indoors at all times.

SENIOR SERVICES (Ages 60+)

**Cafe Costa
To-Go Meals
(seniors 60+)**



Nutritious meals that meet 1/3 of the Recommended Daily Allowance (RDA) are delivered to El Cerrito Residents once a week on Wednesdays. Delivered meals include: (5) frozen meals; milk or calcium fortified drink mix; fresh fruit; bread, crackers or oatmeal. **For more information call (510)559-7000 or email recreation@ci.el-cerrito.ca.us**

**Easy Ride
Senior & Disabled
Transportation Service
(seniors 60+)**



Live in El Cerrito? Are you 60 or older? Do you need transportation to the grocery store, bank, pharmacy or appointment? We are here for you! Easy Ride Senior & Disabled Transportation provides low cost rides. Riders must be registered in the program. \$3 per ride. Rides are by appointment only, Monday—Thursday.

To schedule a ride call (510)559-7000 or email recreation@ci.el-cerrito.ca.us

How to Carry your Proof of Vaccination Record Card from the CDC

1. Place original or copy of vaccination record card in a wallet, purse or card holder with lanyard.
2. Take a picture of your vaccination record card using your cellular phone or smartphone.
3. Visit myvaccinerecord.cdph.ca.gov for a link to your digital vaccination card, which can be downloaded on to your smartphone.

SENIOR SUPPORT SERVICES

- **Health Insurance Counseling & Advocacy Program (HICAP):** For an appointment call (925)655-1393.
- **Blind & Low Vision Support Group:** Hosted by the Lions Center for the Visually Impaired. Call (925)664-8212 for meetings dates and times. Meetings are held virtually (*subject to change*).

Anyone ages 5 or older that lives or works in Contra Costa County is now eligible to get vaccinated. Eligible residents who have difficulty using the online form or have no internet access can request an appointment by calling [1-833-829-2626](tel:1-833-829-2626)
Visit www.coronavirus.cchealth.org to request an appointment.

Scheduled COVID-19 Testing call [1-\(833\)829-2626](tel:1-(833)829-2626)

Looking for more 60+ Resources?

**Contra Costa Seniors Helpline
(925)229-8434**

Dial 2-1-1 or visit www.211.org



City of El Cerrito Annual Giving Campaign Senior Programs & Services (Activity # 863000-03)



The City of El Cerrito RecAnnual Giving Campaign raises funds to help off-set the cost of our senior programs and services. Now more than ever, we're so grateful for the community that has donated, volunteered, celebrated and advocated for seniors in El Cerrito through the years. At a time, when everything feels uncertain, we find comfort and encouragement knowing that you care about the seniors in our community. Your generous donation helps continue serving seniors in the city.

Donations can be made online at www.el-cerrito.org/onlinereg or by check made out to "City of El Cerrito". Checks should be mailed to El Cerrito Recreation Department, 7007 Moeser Lane, El Cerrito, CA 94530. Please write "Senior Center Donation" on the memo line. Donations may be tax deductible.

For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us

----- (Cut Here. Mail the lower portion with your Donation) -----



Annual Giving Campaign Senior Programs & Services



Enclosed is my tax deductible contribution (circle one):

My gift: \$10 \$25 \$50 \$100 \$150 \$250 \$500 other: \$ _____

Make checks payable to: CITY OF EL CERRITO

Name (First/Last): _____

Street: _____ **City:** _____

State: _____ **Zip Code:** _____