

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

February/March 2023

Volume 9

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.

SENIOR SNIPPETS

Information and volunteer opportunities that may be of general interest to seniors.



Tax-Aide Income Tax Preparation Assistance

AARP trained volunteers are available to assist low- and moderate-income seniors prepare their state and Federal income tax forms. This **FREE** service is offered **by appointment only**. **Appointments are available February 6th through April 11th at the Hana Gardens Senior Center, 10870 San Pablo Ave in El Cerrito** as well as sites in Pinole and Hercules. **To book an appointment in El Cerrito, call (510) 397-8779.** For appointments in Pinole/Hercules, call (510) 630-7295.

Area Agency on Aging Information & Assistance Helpline

The Area Agency on Aging Information & Assistance Helpline assists callers with questions and referrals for food resources as well as all other programs and support groups in Contra Costa County that assist adults ages 60 and older and disabled adults. Hours are Monday through Friday between 8 a.m.-5 p.m. Call (925) 229-8434 or 1(800) 510-2020. Additional information can be found on their website <https://ehsd.org/elderly-disabled/information-assistance/>.

SENIOR CLASSES & PROGRAMS

CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito
Mondays, 9:00 a.m.- 3:00 p.m.

Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. **Weekly presentations held every Monday at 11:30 a.m.** Upcoming February presentations include:

2/6/23, 10:30 a.m.: Smart phone training

2/13/23, 11:30 a.m.: Disaster planning

For additional presentation topics and more information about the program, call Carol Kehoe, program Coordinator at (510) 915-6120.

ST. JOHN'S SENIOR CENTER

6500 Gladys Ave, El Cerrito
Tuesdays, 9:00 a.m.-3:00 p.m.

St. John's Senior Center program is open to anyone over 55 years old. Activities include crafts, exercise, living skills for older adults, scheduled speakers and lunch.

SAKURA KAI

Senior Classes for Japanese Speaking Adults

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) **1st & 3rd Saturday of each month from 10 a.m.-3 p.m.**

Sakura Kai Senior Classes offers ceramics, exercise, computer classes, calligraphy, Taiko classes and more. For more information contact Yasuyo Floyd, program Coordinator at (510) 523-2316.

EAST BAY SENIOR STROLLERS WALK & TALK

Email buddyakacic@gmail.com or call (925) 628-9325 to get details on meeting dates and locations.

CITY OF EL CERRITO RECREATION DEPARTMENT SENIOR PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito

Art, Fitness & Enrichment classes for seniors are held at the El Cerrito Community Center, 7007 Moeser Lane as well as various clubhouse throughout the city. Check out our rEC Guide at www.el-cerrito.org/recreation for a full list of classes and activities. *For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us*

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FREE Senior Presentation Series

Monthly Senior Presentation Series at the El Cerrito Community Center, 7007 Moeser Lane.

Presentations are held on Wednesdays from 1 p.m. - 2 p.m.

Upcoming Senior Presentations:

Wed, 2/1.: Elder Tech: iPhone/iPad

Wed, 3/8: Recycling & Waste Management

Wed, 4/12: CA Phones - Keeping You Connected

RSVP by calling (510) 559-7000, email

recreation@ci.el-cerrito.ca.us or sign-up online at www.el-cerrito/onlineereg.

REC TREKS: SENIOR DAY TRIPS



2/7/23: DeYoung Museum

3/7/23: Legion of Honor

3/15/23: Six the Musical at the Orpheum Theatre

3/21/23: Lafayette Lakeside Nature Trail

Registration is required for trips and classes and may be completed in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9 a.m.-5 p.m. or online www.el-cerrito/onlineereg. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

SENIOR FOOD RESOURCES



Café Costa Senior Lunch Program offers nutritious meals for seniors ages 60+ in two formats: **in person dining on Tuesdays and Wednesdays at 12 p.m.** and frozen take-away meals picked up at the El Cerrito Community Center on Wednesdays. **By reservation only.**

Reservations must be made before 12pm one business day prior by calling (510) 559-7000 or by emailing recreation@ci.el-cerrito.ca.us. Suggested contribution of \$3 per meal.

FREE RIDE to/from Café Costa is available for El Cerrito residents by advance reservation.



Meals on Wheels serves nutritionally at-risk senior citizens who have challenges that prevent them from preparing nutritious daily meals for themselves. To find out more about this program or to get information about volunteer opportunities, call 1(866) 669-6697 or email wccmow@gmail.com.



Need information on food assistance programs available in Contra Costa County? Call 1 (855) 309-3663 or go online to www.foodbankccs.org/find-food/foodbycity/.



FREE GROCERIES

Low-income seniors 55years or older (one senior per household), can pick up **FREE produce at Alvarado School**, 5625 Sutter Street, Richmond Annex on the **1st and 3rd Mondays of each month (closed on holidays) between 9:30 a.m.-11:00 a.m.** *Bring your own bag

St. Peter CME Church Food Ministry is located at 5324 Cypress Ave, El Cerrito. **Distribution hours are 11:00 a.m.-12:00 p.m. every Monday.**

FOOD PANTRY'S IN EL CERRITO:

St. Vincent de Paul Society runs two Food Pantry sites in El Cerrito that help El Cerrito Seniors dealing with food insecurity.

St. John's Catholic Church is located at 11150 San Pablo Ave, El Cerrito; however, the food distribution is located on Kearney Street (behind the church). **Distribution hours are 9 a.m.-10 a.m. every first and third Saturday.** Bring a picture ID.

St Jerome's Catholic Church is located at 308 Carmel Ave, El Cerrito. **10 a.m.-1:30 p.m. every Wednesdays.** Picture ID required.

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SENIOR SUPPORT SERVICES

EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:

Easy Ride is for El Cerrito residents only. Service within El Cerrito and limited locations outside El Cerrito city limits available Monday through Thursday by appointment. Cost is \$2 per ride; tickets are sold in multiples of ten. Registration and proof of eligibility required and must be renewed annually. Advance reservation required. For information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.



HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (FREE)

free, unbiased education, counseling and advocacy about Medicare and related health insurance including long term care insurance. Confidential, one-on-one counseling is provided by trained volunteer counselors registered with the California Department of Aging. Appointments are available at the El Cerrito Community Center, 7007 Moeser Lane. Call (925) 655-1393 or email ehsdhicap@ehsd.cccounty.us to schedule an appointment.

LIONS CENTER FOR THE VISUALLY IMPAIRED BLIND AND LOW-VISION DISCUSSION GROUP (FREE)

Meetings available at the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, on the 1st Tuesday of each month from 1 p.m.-2 p.m. **Drops welcome.** For more information call (925) 432-3013.

SENIOR PEER COUNSELING (FREE)

Connect with fellow seniors trained to provide support with challenges such as depression, fear, loneliness, isolation, or loss of a loved one. Services available in English or Spanish. Appointments required. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or abran.aviles-scott@cchealth.org

to make an appointment. Appointments held at the El Cerrito Community Center, 7007 Moeser Lane



WCCTAC TRAVEL TRAINING PROGRAM: Driving can become more difficult as we age, or if you have a disability that restricts your ability to drive. WCCTAC has a travel training program to help senior and disabled residents learn how to use transit (bus and BART), ferry and local city van services for senior and paratransit.

Did you know that anyone over age 65 can receive a discounted Clipper Card? Do you know that you can use the same Clipper Card on BART, AC Transit, Richmond Ferry and WestCat? Has it been a long time since you have ridden a bus? Have you ridden the new Richmond Ferry yet? Are you interested in learning how to use Lyft or Uber? These options are all part of an orientation and travel training outing offered by WCCTAC.

Let us help take the stress out of traveling around the Bay Area. Contact WCCTAC at **510-210-5937** or email jpallock@wcctac.org to learn more about all these great options for travel.

COMMITTEE ON AGING SURVEY

The El Cerrito Committee on Aging is gathering information through a survey about Adult Programs and Support Services in El Cerrito. We would like to hear from you. Survey can be completed online [Adult Programs & Services Survey](#) or you may request a printed copy by emailing bcooney@ci.el-cerrito.ca.us. Printed survey's may be returned by email bcooney@ci.el-cerrito.ca.us or dropped off/mailed to: El Cerrito Recreation Department Attn: Committee on Aging, 7007 Moeser Lane, El Cerrito, CA 94530. **Surveys will be accepted until Tuesday, February 28, 2023**

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