## SENIOR CLASSES 60+

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

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DAY &amp; TIME</th>
<th>FEES (per month)</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi Chih (255501)</td>
<td>Monday 10am-11am</td>
<td>June $10 R/$12 NR</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Strength &amp; Balance (255502)</td>
<td>Monday 6/5 &amp; 6/7 11:30am-12:30pm</td>
<td>July $22 R/$28 NR</td>
<td>Mehran</td>
</tr>
<tr>
<td>Senior Fitness (Floor) (255504)</td>
<td>Tuesday 6/5 &amp; 6/7 11:30am-12:30pm</td>
<td>June $21 R/$28 NR/Tuesday: $27 R/$36 NR</td>
<td>Judy</td>
</tr>
<tr>
<td>Feldenkrais (255503)</td>
<td>Tuesday 2-3pm</td>
<td>June NO Class</td>
<td>Marianne</td>
</tr>
<tr>
<td>Beginner Line Dance (144453)</td>
<td>Wednesday 12-1:45pm</td>
<td>June $15 R/$18 NR</td>
<td>Leonard</td>
</tr>
<tr>
<td>Senior Fitness (Chair) (255505)</td>
<td>Thursday 10:30am-11:15am</td>
<td>June $28 R/$36 NR</td>
<td>Judy</td>
</tr>
<tr>
<td>Bridge Beginner Lessons (255100)</td>
<td>Thursday 1:15pm-3:45pm</td>
<td>June $31 R/$36 NR</td>
<td>Kathryn Ann</td>
</tr>
<tr>
<td>Bridge Experienced (255100)</td>
<td>Thursday 1:15pm-3:45pm</td>
<td>June $21 R/$26 NR</td>
<td>Kathryn Ann</td>
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<tr>
<td>Zumba GOLD (244521)</td>
<td>Monday-Friday 10:15-11:15am</td>
<td>Low impact aerobic dance exercise at a slower speed</td>
<td>Monthly Unlimited Pass: $125 R/$155 NR (15% senior discount)</td>
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SUMMER ADULT CLASSES 18+
Register at www.el-cerrito.org/onlinereg or at the Community Center during office hours (510)559-7000

BALLET (#244536)
Tu 3:45-5pm | Th 4:30-5:45pm - Garden Room (Community Center 7007 Moeser Lane)
Beginner and Intermediate adult ballet class. Ballet exercises increase strength, balance and feel-good endorphins. Beginner students should take class 1x per week on Wednesday. Students with ballet experience are encouraged to take classes 2x per week on M & W.

HATHA YOGA (#244528)
Tu 11:45am-1pm | Wed 9:30-10:45am - Tu & Wed: Hana Gardens Senior Center (10870 San Pablo Ave)
Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing.

PICKLEBALL: LEARN TO PLAY (#244529)
Tu 11:45am-1pm | Wed 9:30-10:45am - Tu & Wed: Hana Gardens Senior Center (10870 San Pablo Ave)
Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing.

FITNESS SWIM & WATER AEROBICS
Monday-Sunday | El Cerrito Swim Center (7007 Moeser Ln)
The pool offers low-impact fitness such as water walking, water aerobics, and swimming lanes.
Click on the links to view the Fitness Swim and Water Aerobics/Aqua Zumba schedules and pricing.

POTTERY & CERAMICS
M 12-3pm | M 7-9:30pm | Wed 7-9:30pm | Th 7-9:30pm; 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.

WATERCOLOR & ACRYLIC PAINTING (#244568)
Friday 10:30am-2pm, Tassajara Pottery Studio (2575 Tassajara Ave)
Instructor will demonstrate painting techniques, materials, textures, color theory, and composition.

ART & WELLNESS WORKSHOP (#244561)
Saturday (1x/mo) 10am-12:30pm, Castro Clubhouse (1420 Norvell St)
Explore your creative side in this new monthly workshop that combines intuitive art-marking with thoughtful writing, reflection and optional sharing.

SENIOR PRESENTATION SERIES
FREE! No Cost to Attend!
Located at El Cerrito Community Center, 7007 Moeser Lane
Advance registration recommended. Register by calling (510) 559-7000, stopping by the Community Center Office (M-Th, 9am-4pm) or online at www.el-cerrito.org/onlinereg.

Trail Trekkers: Hiking
Wednesday, June 28, 1-2pm  Activity # 255204-01

Library Programs & Resources for Seniors
Wednesday, July 26, 1-2pm  Activity # 255204-02

Tai Chi Chih Class Demonstration
Wednesday, August 30, 1-2pm  Activity # 255204-04

THINGS TO REMEMBER
• OFFICE HOURS: Monday-Thursday 9am-5pm
• Registration may be done in-person at the office or online at www.el-cerrito.org/onlinereg
• If you are not feeling well, or begin to experience any COVID-19 symptoms, please stay home.
• Instructors may require masks be worn during their classes.

All are Welcome!

FREE! No Cost to Attend!
### SENIOR SUPPORT SERVICES (Ages 60+)

#### Respite Program
**Tuesday**  
10am-3pm

Respite Program is run in partnership with the West Contra Costa Unified School District (WCCUSD) Older Adult Education & Beacon Home Care. Enrollment is monthly on-going and monthly fees are calculated by the number of days attended. **Pre-approval required. Interested in volunteering? Volunteer opportunities available, background clearance required for all volunteers. Email recreation@ci.el-cerrito.ca.us or call 510)559-7000 for more information.**

#### Cafe Costa (seniors 60+)
Join us for lunch at the El Cerrito Community Center on Tuesdays and Wednesdays. Pre-registration required. Doors open and check-in begins at 11:30am. Lunch is served at 12pm. Opportunities to socialize with friends is available after lunch until 1pm. **Free rides to/from lunch available for El Cerrito residents** (must be enrolled in Easy Ride). Suggested contribution is $3 per meal. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for more information or to sign up.

#### Easy Ride Senior & Disabled Transportation
Mon-Thur  
Seniors 65+

Use Easy Ride Senior & Disabled Transportation to run errands, get to medical or personal care appointments, attend classes, or visit friends anywhere within El Cerrito city limits and designated locations outside City limits. **Enrollment in program required. To schedule a ride or request an application, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us**

#### Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free, impartial, one-on-one counseling to help you with anything related to Medicare. Appointments at the El Cerrito Community Center on the first and third Monday off each month between 11am-2pm. **For an appointment call (925)655-1393.**

#### Contra Costa Senior Peer Counseling

Are you 55 or older, facing challenges that are difficult to cope with alone? Senior Peer Counseling can help. Connect with fellow seniors who are trained to provide assistance and support with challenges such as depression, fear, loneliness, loss of a loved one, health changes, or isolation. Peer Counseling is available in English and Spanish. Services are FREE and CONFIDENTIAL. **Contact Abraham Aviles-Scott, (925) 408-7080 or email abran.aviles-scott@cchealth.org to schedule an appointment.**

#### Lions Center for the Visually Impaired Blind and Low Vision Support Group

LCVI Blind & Low Vision support group meets the 1st Tuesday of each month at the El Cerrito Community Center. Drop-ins welcome. For more information contact Vicki McDaniels at (925) 432-3013.

#### rEC TREKS: SENIOR DAY TRIPS (Ages 60+)

<table>
<thead>
<tr>
<th>DATES</th>
<th>DESTINATIONS</th>
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<tbody>
<tr>
<td>June 16</td>
<td>Marine Mammal Center, Sausalito</td>
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<td><em>Sold Out!—Waitlist Available</em></td>
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<tr>
<td>July 20</td>
<td>Animal Rescue Foundation (ARF), Walnut Creek</td>
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<td></td>
<td>($45 R/ $56 NR)</td>
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<tr>
<td>August 10</td>
<td>El Cerrito Rialto: The Trouble With Harry Big Screen Classics</td>
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<td>($4 R/NR )</td>
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<tr>
<td>August 24</td>
<td>Filoli Gardens, Woodside ($65 R/ $81 NR)</td>
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<td>2 Seats Left!</td>
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</tbody>
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Join us as we explore new locations and meet new people. Cost of trip includes transportation, trip leader and entrance fees. Pre-registration required. Lunch on your own. Fees vary by trip. Pre-registration required.

All rEC Treks leave from the Contra Costa Civic Theatre parking lot located at 951 Pomona Ave.

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

#### Now accepting applications for volunteers...

Interested in taking day trips? Comfortable leading a group? We are accepting applications for volunteer Tour Leaders for our rEC Trek Senior Day Trips. Interested? Email: recreation@ci.el-cerrito.ca.us
Aging and Adult Informational Assistance
Landlines in Contra Costa County, call toll free (800) 510-2020.
Cell phones or outside Contra Costa County, call (925) 229-8434

Alcoholics Anonymous - Contra Costa County
24/7 hotline: (925) 939-4155

Alzheimer's Association
24 hour a day/7 day a week hotline 1(800) 272-3900

Contra Costa Crisis Center
24-hour hotline: 1(800) 833-2900

Contra Costa County Aging & Adult Services
1(800) 510-2020