RECREATION DEPARTMENT

Parks Make Life Better!

Open House Senior Center (OHSC)
Hometown Programs That Fit Your Lifestyle
Visit us at www.el-cerrito.org
(510) 559-7677

Vol. XXXII September 2014
Printed on Recycled Paper

THE CITY OF EL CERRITO

50 PLUS BULLETIN

Providing Recreational & Educational Activities for 50+ Adults

CoCo Café Nutrition Lunch Program Menu for 60+ ($2 Donation)

Substitute Meal: Hamburger, Chef Salad, or Seafood Louie Salad.
Please call a day in advance before 12 noon to make your reservation: (510) 559-7677.
Free ride to lunch when using Easy Ride or East Bay Paratransit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day Holiday 1 **Center Closed**	Oven Breaded Chicken Sandwich 2	Meat Ravioli w/ Marinara Sauce & Parmesan Cheese 3	Cold Plate: Jack's Mock Crab Salad 4	Roast Beef w/ Gravy 5
Breast of Chicken Marsala 8	Ye Old Pub Cheese Burger 9	Cold Plate: Asian Chicken Salad 10	BBQ Pork Rib Patty 11	Beer Batter Fish & Chips 12
Colossal Hot Dog w/ Cheese 15	Cold Plate: Waldorf Chicken Salad on Mixed Greens 16	Virginia Style Baked Ham w/ Pine-apple Raisin Sauce 17	Stuffed Pepper 18	Southern Style BBQ Chicken 19
Sweet & Sour Pork 22	Tempting Tamale w/ Corn Bread Topping 23	Cold Plate: Turkey Sandwich 24	Oven Roasted Chicken 25	Krabby Cake 26
Breaded Cod Fishwich Sandwich 29	Cold Plate: Cobb Salad 30			

CITY OF EL CERRITO
SENIOR SERVICES DIVISION
10890 San Pablo Avenue
El Cerrito, CA 94530

PRESORTED STANDARD
U.S. POSTAGE PAID
CONCORD CA 94520
PERMIT 346

Classes & Program Schedule

MONDAY

9:30-12 noon	Barber / Haircut ($8) Call for appt.
9:00-5:00 pm	Easy Ride Paratransit Service
10:00-11:00 am	Awareness Through Movement Floor Work w/ Jane Neilson
10:00-11:00 am	Tai Chi w/ Ian Huebsch
10:00-12:00 noon	Canasta w/ Joan Aiken $2 Res. /$3 Non-res
10:00-12:00 noon	iPad Class with Julian Kaye $15 for a 3-week session.
11:00-12:00 pm	Artisan Bread Distribution (Free)
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
2:00-2:45 pm	Balance Training & Fall Prevention w/ Lindsay Wheeler
2:00-4:00 PM	Senior Peer Counseling with Irma Zuckerman. By appt. only.
3:10-5:00 pm	Drawing w/ Sai Thongvanh Donation: $4.50 Res./$5.50 Non-res.

TUESDAY

9:00-10:00 am	Exercise Class w/ Judy Katz
9:00-5:00 pm	Easy Ride Paratransit Service
10:00-12:00 pm	Internet Class (6 Classes $30) w/ Curt Smith. Tuesday & Thursday.
10:00-3:00 pm	Alzheimer's Respite Program Monthly Fee: $90 Res. / $115 Non-res.
12:00 noon	**Lunch**
12:30-2:30 pm	Senior Resource Service (1/2 hr. appt.)
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-2:30 pm	The Lion's Center for the Visually Impaired 2nd Tues. w/ Michael Mailer.
1:00-3:00 pm	Health Insurance Counseling (HICAP) 1st, 3rd & 4th Tues. Appointment Only.
3:15-4:15 pm	Yoga Class (Chair / Regular Yoga) w/ Christina Young. All levels of experience Monthly Fee: $30 Res. / $40 Non-res. Drop-In: $5 Res. / $6 Non-res.

WEDNESDAY

9:00-11:00 am	Origami Class (**NEW**) with Nga Trihn Sept. 10-Oct. 15 / Oct. 22 - Nov. 26 6-Wk Session $35 EC Res./ $40 Non-res. Drop-In $8 EC /a $10 Non-res.
9:00-10:00 am	Bones for Life ® with Trish Clifford 6-Week Session: $40 Res./ $48 Non-res. Sept. 10, 24, Oct. 1, 8, 15, 22
9:00-5:00 pm	Easy Ride Paratransit Service
9:30-11:45 am	Massage by Appt. w/ Linda Giddings ($12 for 15 minutes)
9:30-1:00 pm	Hairdresser ($8) Appointment Only. Remember to wash hair before coming.
10:00-11:00 am	Awareness Through Movement Chair Work w/ Jane Neilson
10:00-12:00 pm	Introduction to Computer w/ Richard Stellina. 6 Classes $30. See Friday.
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-3:00 pm	Photography Class (6 Classes $30) w/ Sheldon Belinkoff
1:15-4:15 pm	Painting w/ Donna Fenstermaker Donation: $4.50 Res./$5.50 Non-res.
1:00-4:00 pm	Tea Dance ($4 per person) 3rd Wed. of the month at the Community Center, 7007 Moeser Ln.
3:30-4:30 pm	Bal-A-Vis-X w/ Nancy Warfield & Sharon Haines. 7-Week Session: Sept. 3-Oct. 15 / Oct.29-Dec. 10 Fee per Session: $45 Res. / $50 Non-res. Drop-in $6 Res./$8 Non-res.

THURSDAY

9:00-5:00 pm	Easy Ride Paratransit Service
9:00-10:00 am	Exercise Class w/ Judy Katz
9:30-12:00 pm	Memoir & Writing Workshop w/ Margaret Irvin
10:00-12:00 pm	Internet Class (6 Classes $30) w/ Curt Smith. Tuesday & Thursday.
10:00-12:00 pm	Mah Jong for Beginners (Donation $2) w/ Terry Lee
12:00 noon	**Lunch**
12:30-4:00 pm	Mah Jong (Donation $2)
1:00-4:00 pm	Chess Group (Donation $2)
1:30-2:45 pm	Senior Women's Support Group Facilitator: Amy Glick, MFT. Registration s required. Call 220-5043.
1:00-2:30 pm	Bridge - Beginner Plus
2:00-3:30 pm	Bridge - Beginners **6 Sessions:** $25 Res./$35 Non-res. Aug. 28, Sept. 4, 18, 25, Oct. 2, 9 Oct. 16, 23, 30, Nov. 6, 13, 20

FRIDAY

9:00-4:00 pm	Easy Ride Paratransit Service
9:00-11:00 am	World Folk Dance w/ Mel Hart
10:00-11:00 am	Beginner Guitar Class w/ Terry Lee Bring your own acoustic guitar.
10:00-12:00 pm	Introduction to Computer w/ Richard Stellina. 6 Classes $30. See Wednesday.
11:15-12:15 pm	Broadway/Old Time Songs (Donation $2)
12:00 noon	**Lunch**
10:00-3:30 pm	Mah Jong (Donation $2)
12:30-3:30 pm	Piano Class - By Appt. Only
1:00-3:00 pm	Adobe Photoshop Elements (6 Classes $30) w/ Sheldon Belinkoff.
1:15-2:15 pm	Yoga Class (Chair / Regular Yoga) w/ Christina Young. Tues. & Fri. Monthly Fee: $30 Res./ $40 Non-res. Drop-In: $5 Res. / $6 Non-res.

OPEN HOUSE SENIOR CENTER
6500 STOCKTON AVENUE, EL CERRITO 94530
Fee per Class: $4.50 EC Resident / $5.50 Non-Resident
Easy Ride Paratransit (El Cerrito Residents Only)
$20 Book of 10 tickets ($2 One-Way Ride)

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

Trips & Excursions

Hiking - 1st & 3rd
Friday of the month, 8:30A-2:30P. Bring lunch/snack and water. Wear sturdy shoes and dress in layers for changing weather. Hiking poles recommended.

9/5 Easy to moderate. Pt. Pinole. About 4 miles on dirt and paved trails. ($12)

9/19 Easy. Stinson Beach. Walk about 4 miles on Stinson Beach towards Bolinas and back. Extended Hike return time is 3:30PM. ($17)

Birding - 2nd & 4th Friday of the month, 8A-2P. Bring binoculars, snacks, water, lunch, bird book and sunscreen. Dress in layers for changing weather.

9/12 Las Gallinas, Corte Madera Ponds ($12)

9/26 Marin Headlands ($12)

10/10 Coyote Hills ($12)

10/24 Bodega Bay, Sonoma Co. - Extended Birding trip return time is 3PM. ($17)

Nike NIKE Missile Site –Marin Headlands ($55) on Thurs., Sept. 18, 11AM-4PM. We will have a docent lead tour of the Nike Missile Site in Marin Headlands. During the tense years from 1953 to 1979, the United States Army built and operated close to 300 Nike missile firing batteries in the United States. Today, a dedicated group of volunteers work in partnership with the Golden Gate National Recreation Area on continuous task of restoration at site SF-88, which has been turned into a museum. This valuable historical resource is the only restored Nike missile site in the entire country. It's a great chance for you to see the tools of the Cold War up close. Before the Nike Missile Site Tour we will stop off at Assemble Restaurant for lunch located on the Richmond Waterfront.

Di Rosa Art ($55) on Wed., Sept. 24, 8:45AM-3PM Docent tour of Di Rosa located in Napa. Following the tour will be lunch at Black Bear Restaurant.

Cartoon Art Museum in San Francisco ($50) on Wed., Oct. 8, 11AM-3PM. Docent tour of Cartoon Art Museum. Lunch before the tour at the Job Corps of Treasure Island Culinary Academy.

Tour of the 49ers Levi's Stadium ($70) on Wed., Oct. 15, 8AM-3PM. A private group tour begins at the upper level of the Intel Plaza with a photo opportunity in front of the playing field. After you've seen these areas you will head up to the NRG Solar Terrace to see our green roof. Then you will move down to the field level to check out the locker rooms including the Gold Rush locker room. You will also have time to tour the

Apple Hill Tour ($65) on Tues., Oct. 28, 8AM-6PM Apples, Bake Shops, Wineries & Much Much More!! Enjoy coffee and apple fritter or donut before the docent tour of Apple Hill. Lunch included BBQ Chicken, macaroni salad, dinner roll with butter & honey, apple juice, coffee or hot tea. To top it off, for dessert, a slice of hot Apple Pie a la mode.

Great Dickens Christmas Fair ($50) on Fri., Nov. 28, 9:30AM-3:30PM. The Great Dickens Christmas Fair is a one-of-a-kind holiday adventure into Victorian London-an elaborate party with hundreds of costumed players performing and interacting with patrons in over 120,000 square feet of theatrically-lit music halls, pubs, dance floors, and Christmas shops. It's a twilight evening in Charles Dickens' London Town-a city of winding lanes filled with colorful characters from both literature and history. Enticing aromas of roasted chestnuts and hearty foods fill the air. Cries of street vendors hawking their wares ring out above the bustling crowd. Dozens of lamp lit shops are filled to overflowing with Christmas gifts. The Dickens Christmas Fair is a treasured Bay Area tradition since 1970 and a splendid way to celebrate the holidays. The Fair is held at the San Francisco Cow Palace. Lunch is on your own.

Holiday Lights of San Francisco ($90) on Thurs., Dec. 18, 3:30PM-10:30. Your step on guide, Craig Smith, will meet you at the Hyatt Regency in San Francisco. Inside the hotel lobby you will be dazzled by the lights and decorations before heading over to Fog Harbor Restaurant at Pier 39. As you arrive at the Pier you will see the largest real tree in the City with its unique laser lights. Your hosted holiday dinner at Fog Harbor will warm you with holiday cheer. After dinner you will set off to view the Holiday Lights of the City by the Bay. No holiday tour of San Francisco would be complete without a visit to the Fairmont Hotel to walk through the largest gingerbread house, every piece of candy and gingerbread is made on site. You will then head to South San Francisco to see a neighborhood that has been celebrating for the past 18 years with an amazing holiday light display. This neighborhoods Enthusiasms will help out you in touch with the Holiday Spirit.

SOLD OUT TRIPS:

Tour of thr 49ers Levi's Stadium-Oct. 1
Bergin University of Canine Studies– Oct. 22
NASA AMES Research Center-Nov. 5
Charles M.Schulz Museum - Sept. 3
Cache Creek Casino - Sept. 10
Jack London State Historic Park - Nov. 12
Buck Institute - Nov. 20

OHSC *News & Views*

Computer Classes @ OHSC, 6500 Stockton Avenue. Call (510) 559-7677 to register.

- Introduction to Computer w/ Richard Stellina, Wed. & Fri., 10A-12P, 6 Classes for $30.
- Internet Class w/ Curt Smith, Tues. & Thurs., 10A-12P. 1P-3P, 6 Classes for $30.
- Adobe Photoshop Design w/ Sheldon Belinkoff Fri., 1P-3P. 6 Classes for $30.
- Photography Class w/ Sheldon Belinkoff Wed., 1P-3P. 6 Classes for $30.
- iPhone / iPad Class w/ Julius Kaye, Mondays 10A-12P. 3 Classes for $15.
- Cyber Café - Internet Connection, Mon.-Thurs., 9A-4:30P / Fri. 9A-3:30P.

El Cerrito Committee on Aging on Wed., Sept. 17, 3PM at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

Monthly Tea Dance ($4) on Wed., Sept. 17, 1PM-4PM at the El Cerrito Community Center, 7007 Moeser Lane.

Origami Class with Nga Trihn on Wed., 9AM-11AM at the Open House Senior Center, 6500 Stockton Avenue. You will learn from simple origami models to a more complicated ones. Have fun while working on any origami model. Ms. Trihn is an Origami Artist and a member of the El Cerrito Art Association. Come and join the class! Learn origami folding, classics, Origami Box, jewelry, cards, etc. Call (510) 559-7677 to register for 6-Week Session. Fee $35 EC Resident / $40 Non-resident. Drop-In $8 EC Resident / $10 Non-resident. Session: Sept. 10-Oct. 15 / Oct. 22 - Nov. 26

Bal-A-Vis-X Class with Nancy Warfield & Sharon Haines on Wed., Sept. 3-Oct 15 / Oct. 29-Dec. 3, 3:30PM-4:30PM, at the Open House Senior Center, 6500 Stockton Avenue. Bal-a-vis-x stands for balance, auditory and visual exercises. Using bean bags, racquetballs, you will develop the ability to move your eyes, hands and feet rhythmically in relationship to one another, to a partner and as a group. Can be done standing or sitting, no athletic ability required! **8 Week Session:** $45 Res./ $50 Non-Res. Drop-In: $6 Res. / $7 Non-Res. Call (510) 559-7677 for registration.

IRS SCAM

The El Cerrito Police Department would like residents to be aware of a current scam. Thieves have been calling elderly people, pretending to represent charities, associations, banking or financial institutions. Unfortunately, many people believe that these phone calls are coming from a trusted source such as IRS. Generally, the person is told they owe money to entities such as the IRS and it must be paid quickly through a pre-loaded debit card such as "Green Dot Money Pak" or wire transfer. If the victim refuses to cooperate, they are threatened with police arrest. In many cases, the caller becomes hostile and insulting.

This Scam has affected elderly people in nearly every state in country. The Police Department wants to raise awareness about this issue so people can help protect themselves from becoming a victim of this scam.

Here's some tips:

The IRS will not ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer. If someone out of the blue calls claiming to be from the IRS and threatens police arrest that is a sign that it really is not IRS calling. The first IRS contact with taxpayers on a tax issue is likely to occur via mail.

If you are an El Cerrito resident and get a phone call from someone claiming to be from the Internal Revenue Service, please report it to the El Cerrito Police Department by calling (510) 233-1214. More information on how to report phishing scams involving the IRS is available on the genuine IRS website, www.IRS.gov.

Bones for Life ® with Trish Clifford on Wed., 9AM-10AM at the Open House Senior Center, 6500 Stockton Avenue. Bones for Life ® addresses one of the chronic problems of today's western society: the deterioration of bone tissue. Build stronger bones, better posture, improve coordination and balance, move with more ease and grace, and reduce pain. Lessons are done lying on the floor, in sitting and in standing. Students should wear comfortable, loose fitting clothing. Please pre-register before coming to class. Drop In $7 Resident / $8.50 Non-resident. Drop in only for those who have previously attended a 6-week session).

6-Week Session: Sept. 10, 24, Oct. 1, 8, 15, 22

Fee per Session: $40 Res./ $48 Non-res. Call (510) 559-7677.

St. John's Senior Center	Christ Lutheran Senior Center	Japanese Speaking Adult Classes
(6500 Gladys St. at Lexington in E.C.) Tuesdays 9AM -2PM. Lunch cooked at the center $4. Call Jan Duckart at (510) 237-3808 or (510) 527-2850 for information on classes, program or special event.	(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.	(6500 Stockton Ave., El Cerrito) Sakura Kai meets on the 1st and 3rd Satdays,10AM-3PM. Call Setsuko Doi, Coordinator at (510) 778-3406 for information on classes, program or special event.