Hello Wonderful El Cerrito Community,

If you are like me, you might be missing the instructors we are all so used to spending our time with, as well as the friends and faces that fill up the Community Center and classrooms where our regular programs take place. As I sheltered-in-place at home, I started to wonder if they miss us too. Well it turns out—they do! And some of them have special messages and resources they would like to share. We created this special newsletter just for you, so that you could see what your instructors have been up to, hear their well wishes and words of encouragement, and in some cases even virtually try a class from home!

We look forward to the day we can all be together safely, and hope these updates bring a little fun to your day. While City services will remain closed (as of 4/6/20, the closure is through 5/1), we hope to continue to provide you with lots of recreational opportunities that can keep you connected to our Recreation Department family. To see what we have put together so far, check out http://www.el-cerrito.org/RESources.
Alone together, we are all currently spending a lot of our time in our homes. We are so used to spending a fair amount of time out and about, engaging our community and friends, going for long weekend drives, playing sports, and enjoying everything this world has to offer. Now going into our month of shelter at home, we are starting to feel the growing pains that come with not being able to stretch our socialization legs. I feel that! As a member of the Recreation Department, youth soccer coach, and Camp Director a lot of my time is spent in likeminded company. But now I hold soccer practices over Zoom and shout my ‘hello’s to my neighbors from across the street.

One of the first things I did when the shelter at home was announced was write a list of my favorite things I do alone or in my house. I also have a daily schedule I try to follow.

Understanding the need for ideas, the City has compiled a list of activities to do for your physical and mental health during this time. This site, rECsources, is our hub for connecting our community with resources for seniors, adults, families, toddlers, school-age youth, and tweens/teens. These lists have content developed by our city staff and contractor instructors as well as what has been shared via social media, the news, online searches, and by word of mouth. Please take a moment to review these resources, follow us on social media, and reach out with any ideas or contributions! Currently, we’re asking for help spotting teddy bears on our Bear Hunt!

From our families to yours, be well and be kind!
**KARATE UPDATE**

by Leonard

Karate Instructor Leonard took quick action and spent the first few days of Shelter-in-Place organizing his garage into a home dojo! He also set up a non-public YouTube channel for his regular program participants and sent links with videos of him demonstrating karate forms and all that is needed for students to reference and practice on their own. So far he has 8 videos uploaded, and plans on adding 12 more!

Leonard’s message to all of his students, and the EC community: “Stay safe out there!”

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**CIRCUS ARTS**

by Slim Chance

Slim from Circus Arts Class has shared with us the link to his first lesson for Slim Chance Online Circus School! Those who are missing circus class or have been interested in learning more about this program can watch the videos online.

**Links:**

- YouTube Channel
- Online Circus School

Slim Chance Circus (formerly Living Dream Arts) started this online program to provide extracurricular circus and art activities and spread some fun to families affected by the COVID-19 school closures and Shelter-in-Place order.

Slim’s message to his participants and the EC community: I hope you are all healthy and safe during these uncertain times. We are all in this together and I hope the online program will bring us together during these tough times.
Hi to all our Wonderful Gymnastic Students & their Families,

We miss seeing your smiling faces. We miss teaching you gymnastics and the fun social interaction of having class together. Gymnastics class time is always fun with a lot of learning. At this time, even though we miss you, it is very important to stay safe at home with your families. If you have some room at home to practice your skills that would be great. Maybe some of you have a mat you can use (but please ask your parents first!).

Here are a few skills that are always good to practice:
1. All kinds of handstands (for advanced gymnasts practice press handstands and handstand pirouettes)
2. Headstands (you can always use a pillow if it’s more comfortable)
3. Cartwheels (right side & left side, one hand)
4. Bridges (bridge kick-over)
5. Some strength (magic knees, body tighteners, push ups, sit ups, V ups)

Other fun ideas! Make up a fun exercise plan and do it every day. Make up a routine. Put together a sequence of skills and then show it to your family. You can even add music!

Have fun and be creative! We look forward to the day when we can start gymnastics classes again.

Stay safe!
Bindy, Ariane, Sienna, Kelly, Amelia & Lily

A LETTER FROM OUR COACHES TO YOU!
by All your Gymnastics Coaches

Dear Fairmont and Harding art Students,

It seems like such a long time since I’ve seen you and I miss you all very much. Are you making time to sketch at home? Keep your art skills up so you’ll be ready for the happy day when classes reconvene. In the meantime, here are some nice memories from this year.

--Miss Lisa

A NOTE FROM LISA DI PRIMA
Hello X-Fit Boot Campers, Lil Ninja and Sports & Games Participants,

My family and I hope you are staying safe and healthy. During these times of hardships for everyone. Let’s challenge each other to THINK and ACT positively. Let’s challenge each other to enjoy nature. Let’s challenge each other to stay connected with family and friends. Here are a few ways people are already coming together:

1. Purchasing gift certificates to local restaurants. Some of my family’s favorites are Pizza Roma, El Sol, and Famiglia.
2. Offering grocery store runs or meal delivery to those at high risk – elderly or immunocompromised family member or friend.
3. Contributing to food banks for children who have lost access to daily meals during school closures. In addition, some private companies such as Revolutions Foods are offering to help kids and families.
4. Attending online classes, concerts, services and more to connect to your community.

Let’s also remember that during this time, it’s important that you continue exercising for both physical and mental strength and stability.

X-Fit Training is also offering ways for the entire family to exercise during the Shelter-in-Place virtually.

In good health,
Joe Ruiz & Family,
and each of your dedicated Trainers and Coaches

Links:
- YouTube Channel
- Online X-Fit Training Website