



AGENDA

REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, APRIL 19, 2023, at 3p.m.

Staff Liaison

Bridget Cooney | (510) 559-7008
bcooney@ci.el-cerrito.ca.us

City of El Cerrito Council Chambers
10890 San Pablo Ave
El Cerrito, CA 94530

This Meeting Place is Wheelchair Accessible

3:00 p.m. CONVENE REGULAR MEETING

1. **ROLL CALL** – Chair Kenneth Epley; Vice-Chair Cesa; Members Buddy Akacic, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Pamela Wagner, Bruce Yow
2. **ORAL COMMUNICATIONS FROM THE PUBLIC**
Remarks are typically limited to three minutes per person and may be on anything within the subject matter jurisdiction of the body. Remarks on non-agenda items will be heard first, as well as introduction by individuals interested in serving on the advisory body. Remarks on agenda items will be heard at the time the item is discussed.
3. **COMMITTEE MEMBER ANNOUNCEMENTS**
Remarks are typically limited to three minutes per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.
4. **COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**
Councilmember and/or Staff may report on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by City Council.
5. **COMMITTEE ON AGING LIAISON REPORTS**
Liaisons for the Advisory Council on Aging, West County Senior Coalition and Senior Living Facilities in El Cerrito, report on matters of interest to the Committee on Aging. Reports are limited to three minutes per group.
6. **APPROVAL OF THE MINUTES**
Pass a motion to adopt the minutes from the Special Committee on Aging meeting on February 15, 2023.
7. **INFORMATIONAL PRESENTATION BY COMMITTEE MEMBER AKACIC**
Committee member Akacic will share his thoughts for discussion regarding potential locations and considerations for a future senior center in El Cerrito. This is an information only presentation, no action will be taken on this item at this time.

8. DISCUSSION ON THE REINSTATEMENT OF THE BROWN ACT AND ITS IMPACTS ON OLDER ADULT ADVOCACY

Committee member Lipson will lead a discussion on how the reinstatement of the old Brown Act attendance requirements is impacting adult advocacy throughout the state. T

9. WORK PLAN REPORTS

Reports are limited to three minutes per working group and may be on items related to the Work Plan Goals and Working Group Assignments.

- *Update on first quarter Centenarian Recognition for residents who are turning 100 years old or older with birthdays in the months of January through March 2023.*
- *Review draft Committee on Aging Outreach Newsletter April/May/June 2023 edition for editing and possible motion to approve for distribution.*
- *Presentation of information gathered from the Committee on Aging Survey for discussion and possible action.*

10. REORGANIZATION OF THE COMMITTEE ON AGING ADVISORY BODY

Per City ordinance, select Chair and Vice Chair of the Committee on Aging for 2023-2024.

11. FUTURE AGENDA ITEMS

- Next Meeting: May 17, 2023, at 3:00p.m. in the Council Chambers
- Discussion and possible action to cancel the Committee on Aging meeting in August 2023 (May 2023)
- Work Plan 2022-23 Accomplishments (May 2023)
- Work Plan 2023-24 Goal Setting (June/July 2023)
- Adopt Annual Committee on Aging Meeting Calendar 2024 (November 2023)

12. ADJOURNMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Staff Liaison, (510) 559-7008. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. (28 CFR 35.102-35.104 ADA Title I).

Any writings or documents provided to a majority of the members regarding any item on this agenda will be made available for public inspection at City Hall, 10890 San Pablo Ave during normal business hours.



AGENDA MATERIALS

REGULAR COMMITTEE ON AGING MEETING WEDNESDAY, APRIL 19, 2023, at 3:00p.m.

AGENDA ITEM 5 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – February 15, 2023

AGENDA ITEM 9 – WORK PLAN REPORTS

1. Draft Committee on Aging Outreach Newsletter April/May/June 2023
2. Committee on Aging Informational Survey Results



Recreation Department

Staff Liaison

Bridget Cooney

(510) 559-7000

bcooney@ci.el-cerrito.ca.us

MINUTES - DRAFT
SPECIAL MEETING OF THE
COMMITTEE ON AGING

Wednesday, February 15, 2023, at 3:00 p.m.

VIA TELECONFERENCE

CONVENE REGULAR MEETING Vice Chair Cesa called the meeting to order at 3:00 p.m.

1. ROLL CALL

Present: Chair Kenneth Epley, Vice Chair Katherine Cesa; Members: Buddy Akacic, Carol Kehoe, Dr. Pansy Kwong, Janet James, Steve Lipson, Kim Marlia, Pamela Wagner **joined at 3:15pm**, Bruce Yow

Absent: None

Also Present: Bridget Cooney, Staff Liaison

Members from the Public: Al Miller

2. ORAL COMMUNICATIONS FROM THE PUBLIC

Public comment not on the agenda received from Cordell Hindler included in the supplemental materials.

Al Miller introduced himself to the Committee on Aging.

3. MOMENT OF SILENCE IN MEMORY OF COUNCILMEMBER JANET ABELSON

Committee members took a moment of silence in memory of Councilmember Janet Abelson.

4. COMMITTEE ANNOUNCEMENTS

Member Akacic stated that he toured St. John's Hall on Portola Drive and the building needs work but could be a potential location for the city to explore for a future senior center. Member Akacic reported that the proposed El Cerrito Library at the Plaza BART project is to have an extra room which could potentially be used for senior activities. Member Akacic requested that he be permitted to share his thoughts on the need for a dedicated senior center in El Cerrito at a future meeting.

Member Wagner requested that COA members submit articles for the next COA Outreach Newsletter. Member Wagner reported attendance at the sold out El Cerrito Recreation Department Line Dance on January 28, 2023. Member Wagner encouraged COA members to attend future events and activities put on by the City Adult Programs Division.

5. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe reported attendance at the Advisory Council on Aging meeting on February 15, 2023. Kehoe reported a presentation by Elaine Welch with Mobility Matters. Member Kehoe reported that Way to Go Contra Costa is a resource for senior transportation in the County and a new one should be coming out in the near future. Member Kehoe reported that The Order of Malta operates out of Oakland and offers free medical services to those without medical insurance.

Member Lipson reported attendance at the Advisory Council on Aging meeting on February 15, 2023. Member Lipson reported that the Chief Operating Officer for the Contra Costa Health Department provided an update on access to technology grant

funds. Member Lipson reported that with the end of the pandemic, the county does not have the capability to offer hybrid meetings so public meetings will be held in person which will impact the ACOA meetings.

Vice Chair Cesa and Member Kehoe reported there was no meeting.

Member James reported that the Eskaton Foundation did a sock drive and delivered them to seniors at the Eskaton for Valentine's Day. Member James reported that the Mayfair building affordable units are not set to begin construction for another 6-12 months. Member James reported that there is an open house for the market rate housing on Saturday, February 18, 2023, at 12pm.

6. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS

Staff Liaison Cooney reported that Member Lipson gave a free senior presentation on technology at the Community Center on February 1, 2023 with 15 people in attendance. There will be a presentation about Recycling and Waste Management on March 8, 2023, and COA members are encouraged to attend. Liaison Cooney reported that the Adult Line Dance special event on Saturday, January 28, 2023, at the El Cerrito Community Center was a sold-out event with over 60 seniors attending. The response to the event was positive and the city is planning to offer similar events quarterly.

Staff Liaison Cooney reported that AARP Tax-Aid volunteers have provided over tax aid for over 100 seniors so far. Tax-Aid services in El Cerrito will continue through April 11th, 2023.

Staff Liaison Cooney announced that there is an El Cerrito Plaza Bart Library Project Study Session on the City Council Agenda for the meeting on Tuesday, February 20, 2023 at 6pm.

Staff Liaison Cooney announced that there is a Celebration of Life for Councilmember Janet Abelson on Saturday, February 25, 2023, at 1pm at the El Cerrito Community Center and COA members are invited to attend.

7. UPDATED LEGISLATION FOR ADVISORY BODY MEETINGS

Staff Liaison Cooney reviewed updates to AB361 legislation and changes that affect how Advisory Bodies meet. Effective March 1, 2023, city Advisory Bodies will meet in person in the City Council Chambers. Liaison Cooney reported that City Clerk Charley gave a presentation regarding these updates at the February 20, 2023 City Council meeting and COA members are encouraged to watch the recording which can be found on the city website.

8. APPROVAL OF THE MINUTES

Moved/Second: Member Wagner Moved/Member Kehoe Second

Action: Adopted the minutes with edits from the Committee on Aging meeting held on **January 18, 2023.**

Ayes: Chair Epley, Vice Chair Cesa, Member Akacic, Member Kehoe, Member Dr. Kwong, Member James, Member Lipson, Member Marlia, Member Wagner, Member Yow

Nos: None

Abstention: None

9. CONSIDERATION OF COMMITTEE ON AGING MEMBER RE-APPOINTMENT

Proposed a motion to recommend the re-appointment of Janet James and Kim Marlia as

members of the Committee on Aging to City Council.

Moved/Second: Member Kehoe Moved/Member Lipson Second

Action: Recommended the re-appointment of Janet James and Kim Marlia as members of the Committee on Aging to City Council on March 21, 2023.

Ayes: Chair Epley, Vice Chair Cesa, Member Akacic, Member Kehoe, Member Dr. Kwong, Member James, Member Lipson, Member Marlia, Member Wagner, Member Yow

Nos: None

Abstention: None

10. WORK PLAN REPORTS

Discussed next steps for the Committee on Aging Informational Survey which closes on February 28, 2023. Janet James will enter information from paper surveys that were submitted and Staff Liaison will prepare a report from all surveys submitted once the data has been entered digitally. Results from the survey will be presented at the April 19, 2023, COA meeting.

11. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, March 15, 2023, at 3:00 p.m. in the Council Chambers
- Buddy Akacic will share his thoughts on the need for a dedicated senior center (March 2023)
- Reorganization of the Committee on Aging (April 2023)
- Discussion and Possible action regarding canceling the Committee on Aging meeting in August 2023 (May 2023)
- Work Plan 2022-23 Accomplishments (May 2023)
- Work Plan 2023-23 Goal Setting (June/July 2023)

12. ADJOURNMENT

Chair Epley adjourned the meeting at 4:28 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the Special Committee on Aging meeting of February 15, 2023, as approved by the Committee on Aging.

Katherine Cesa, Vice Chair

Bridget Cooney, Staff Liaison

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

April-June 2023

Volume 10

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.

FREE VIRTUAL WORM COMPOSTING WORKSHOP

A FREE virtual Worm Composting Workshop will be offered by the Contra Costa County Department of Conservation and Development on **Saturday, April 29, 2023, from 10am-12pm**. Participants will be emailed the Zoom link once they are registered.

Register at <https://www.eventbrite.com/o/contracosta-county-department-of-conservation-and-development-15689256365>

ORDER OF MALTA CLINIC OAKLAND

Studies have shown that, historically, low-income individuals face barriers to access health care. The Order of Malta Clinic in Oakland is located at 2121 Harrison St, #120 and serves patients without insurance and do not require paperwork or proof of citizenship. **Clinic hour are Monday-Friday, 9am-4pm, by appointment.** Call (510) 267-3250 or email staff@orderofmaltaclinic.com for more information.

HOUSEHOLD HAZARDOUS WASTE PICKUP

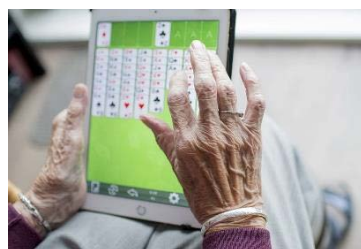
Did you know that East Bay Sanitary offers door-to-door service for Household Hazardous Waste Collection (HHW) if you are elderly or disabled? For information or to make an appointment for pick-up, call 1(888) 412-9277. Eligibility details can be found <https://ebsan.com/free-pick-ups/>.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

LIHEAP is a federally funded program aimed at assisting low-income households that pay a high portion of their income to meet their energy needs. Visit www.csd.ca.gov/liheaprogram for more information or call 2-1-1.

CALFRESH BENEFITS WILL DROP IN APRIL

Over 3 million households around California use CalFresh to ensure they have access to food. During the pandemic, people using CalFresh received extra funds, called “emergency allotments”, but starting in April, CalFresh users will notice a big drop in their food benefits because those extra CalFresh pandemic funds were discontinued. More information can be found at <https://www.kqed.org/news/11943420/your-cal-fresh-benefits-will-drop-in-april-heres-what-you-can-do#foodsupport>



CONNECTIONS, HEALTH, AGING, & TECHNOLOGY (CHAT) DIGITAL DIVIDE RESEARCH STUDY AND RECEIVE AN IPAD!

The CHAT study is conducted by the University of Southern California (USC), in partnership with the California Department of Aging and Contra Costa County Area Agency on Aging, to evaluate the effectiveness of digital engagement in reducing isolation among older adults. Interested adults will need to complete a survey to see if you are eligible for the program. If eligible, complete a pre-evaluation survey and receive an iPad with internet service, basic training, and tech support. Interested in participating? Please call Contra Costa County Area on Aging (925) 655-1363.

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

SENIOR CLASSES & PROGRAMS

EL CERRITO LIBRARY ONLINE BOOK CLUB

3rd Saturdays of the month, 11am-12pm
The El Cerrito Library welcomes mystery book lovers to join in discussing the intricacies of suspense, thrillers, the cozies, and more! This monthly activity will begin online. Call (510) 526-7512, or email anasa.tatum@library.cccounty.us to join.

CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito

Mondays, 9am-3pm

Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. **Presentations held every Monday at 11:30 a.m. For presentation topics and more information about the program, call Carol Kehoe, program Coordinator at (510) 915-6120.**

ST. JOHN'S SENIOR CENTER

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) **Tuesdays, 9am-3pm**

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 10am-3pm.** Classes offered include ceramics, exercise, computer classes, calligraphy, Taiko classes and more. 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. 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*

FREE SENIOR PRESENTATION SERIES

Monthly Senior Presentation Series at the El Cerrito Community Center, 7007 Moeser Lane. Presentations are held on Wednesdays from 1pm-2pm.

Upcoming Senior Presentations:

5/3: Healthy Living for Your Brain & Body

5/10: 10 Signs of Alzheimer's

5/17: The Basics of Memory Loss

6/28: Trail Trekkers: Hiking

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

5/9: Ferry Trip to SF Ferry Building

5/23: Presidio Tunnel Tops & Palace of Fine Arts

6/16: Marine Mammal Center

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 9am-5pm or online www.el-cerrito/onlineereg. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

SENIOR TRANSPORTATION

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.

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

MOBILITY MATTERS

Mobility Matters provides FREE door-through-door transportation to seniors and veterans who need escorted rides with volunteer drivers in Contra Costa County. For more information about this program visit www.mobilitymatterscc.com, or call (925) 284-2207.

EAST BAY PARATRANSIT

East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, because of a disability or a disabling health condition. East Bay Paratransit transports riders from their origin to their destination in vans equipped with a wheelchair lift. Visit www.eastbayparatransit.org or call (510) 287-5000 for information and eligibility requirements.

REQUEST A RIDE WITH UBER

Introducing 1-833-USE-UBER (1-833-873-8237), a toll-free phone number anyone in California can use to request a ride with Uber. The same convenient and affordable Uber experience – without the app.

SENIOR FOOD RESOURCES



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/ or dial 2-1-1 to find a foodbank in your area.



Meals on Wheels serves nutritionally at-risk seniors who have challenges that prevent them from preparing daily meals for themselves. You may qualify for this home-delivered meal program if you are: 60 years old or older and home-bound or have

a disability. To find out more about this program or to get information about volunteer opportunities, call 1(866) 669-6697 or email

wccmow@gmail.com.



CAFÉ COSTA SENIOR LUNCH

PROGRAM offers nutritious meals for seniors ages 60+ in two formats: **in person dining on Tuesdays and Wednesdays at 12pm** 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.**



FREE GROCERIES

Low-income seniors 55 years or older (one senior per household), can pick up **FREE produce at Alvarado School**, 5625 Sutter Street, Richmond Annex on the following **Mondays between 9:30am-11am, May 1st & 15th; June 5th & 19th; July 3rd & 17th.** *Bring your own bag.

FOOD PANTRY'S IN EL CERRITO:

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 9am-10am every first and third Saturday.** Bring a picture ID.

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

St. Peter CME Church Food Ministry is located at 5324 Cypress Ave, El Cerrito. **Distribution hours are 11am-12pm every Monday.**

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

SENIOR SUPPORT SERVICES

INFORMATION & ASSISTANCE HELP LINE

Seniors, adults with disabilities, and caregivers may call the Contra Costa County Information & Assistance Helpline to speak with knowledgeable social workers to get information, referrals for services, and assistance with solving problems. Monday through Friday between 8am-5pm. Call 1(800) 510-2020, email infoandassist@ehst.cccounty.us or visit <https://ehsd.org/elderly-disabled/information-assistance/>.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (FREE)

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. **Drop-ins welcome.** For more information or to register, call (925) 432-3013.

RESPITE PROGRAM (\$)

Designed for individuals with dementia, this program offers supervision and activities including art, music, exercise and more. Respite care is held at the El Cerrito Community Center on Tuesdays from 10am-3pm and is run in partnership with the WCCUSD Older Adult Programs and Beacon Home Care. To find out more or to get information about volunteer opportunities with this program, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

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.

CITY OF EL CERRITO & worldONE 4th of JULY FESTIVAL 2023, Tuesday, July 4th from 11am-5pm. More information available online at www.el-cerrito.org/july4

City of El Cerrito worldOne
4th of July Festival

CLASSIC CAR SHOWCASE

ATTENTION!
CLASSIC CAR OWNERS!
Showcase your classic ride at the
2023 4th of July Festival!

Register online www.el-cerrito.org/July4
For more information call (510) 559-7000 or
email recreation@ci.el-cerrito.ca.us

\$5 Registration Fee

EL CERRITO COMMITTEE ON AGING

Membership on the Committee on Aging is open to all interested adult residents of El Cerrito. Members are appointed by the City Council upon recommendation of the Committee. Committee on Aging meetings are held at 3pm on the 3rd Wednesday of each month in the Council Chambers at City Hall, 10890 San Pablo Ave, El Cerrito. For more information, please contact CityClerk@ci.el-cerrito.ca.us or call (510) 215-4305.

COMMITTEE ON AGING INFORMATIONAL SURVEY Submissions collected December 2022-February 2023)

Ages of seniors participating in the survey ranged from 60-90 years old

Do you believe that senior and disabled programs and services are essential for improved quality of life? 91 of 91 Answered (100.0%)

NO (1 response, 1.1%)

YES (90 responses, 98.9%)

Do you believe that a dedicated senior center building is essential for providing senior and disabled programs and support services? 91 of 91 Answered (100.0%)

NO (24 responses, 26.4%)

YES (67 responses, 73.6%)

Are you aware that there are two one-day per week senior centers in El Cerrito currently operating in partnership with West Contra Costa Older Adult Education at Christ Lutheran Church, on Mondays from 9am-3pm and St. John's Church, on Tuesdays from 9am-3pm? 91 of 91 Answered (100.0%)

NO (49 responses, 53.8%)

YES (42 responses, 46.2%)

Are you aware that the City of El Cerrito Recreation Department currently offers several classes, programs, and support services for seniors at the El Cerrito Community Center, 7007 Moeser Lane? 91 of 91 Answered (100.0%)

NO (18 responses, 19.8%)

YES (73 responses, 80.2%)

Are you currently participating in a senior class/program or receiving support services in El Cerrito? If yes, where do you take the class/program/receive the support service? 88 of 91 Answered (96.7%)

Christ Lutheran Senior Center, 780 Ashbury Ave (8 responses, 8.8%)

El Cerrito Community Center, 7007 Moeser Lane (18 responses, 19.8%)

El Cerrito Library, 6510 Stockton Ave (2 responses, 2.2%)

Sakura Kai Senior Center, 5625 Sutter Ave, Richmond (2 responses, 2.2%)

St. John's Senior Center, 6500 Gladys Ave (9 responses, 9.9%)

West Contra Costa Adult Education, Alvarado Campus, 5625 Sutter Ave, Richmond (1 response, 1.1%)

I do not currently participate in senior class/programs or receive support services (51 responses, 56.0%)

Other (8 responses, 8.8%)

If other, where? 11 of 91 Answered (12.1%)

Albany & Berkeley

Albany & Richmond Annex

Albany, Emeryville, Richmond Annex

MOW (Meals on Wheels)

J-Sei in Emeryville

Richmond Annex Senior Center

Richmond Annex Senior Center

South Berkeley Senior Center & Albany Senior Center

Are you or is someone you know in need of and not currently receiving senior support services in El Cerrito? 91 of 91 Answered (100.0%)

NO (70 responses, 76.9%)

YES (21 responses, 23.1%)

What senior class(s)/program(s)/support service(s) do you most want to see offered in El Cerrito? 88 of 91 Answered (96.7%)
Day Trips & Excursions (museums, hiking trails, bird watching, restaurants, etc.) (38 responses, 41.8%)
Enrichment classes (art, languages, music, games, etc.) (57 responses, 62.6%)
Exercise & Fitness classes (58 responses, 63.7%)
Informational Presentations & Class Demonstrations (Free) (41 responses, 45.1%)
Lunch program (34 responses, 37.4%)
Senior Transportation & Travel Training (33 responses, 36.3%)
Support Groups & Services (32 responses, 35.2%)
Technology Presentations & Tutoring (35 responses, 38.5%)
Other (12 responses, 13.2%)
If other, what senior class(s)/program(s)/support service(s) would you like to see? 21 of 91 Answered (23.1%)
AARP Tax-Aid
Haircuts
Cooking for One classes/Nutrition Classes for older adults
Dances, dance classes, & social events & opportunities
Ukulele
Birding Trips
Fall prevention
FREE Classes (such as water color, ukulele)
More Zoom content
Sing-along
Social dances
Swimming & water exercise
Tutoring on how to use the cloud and online computer services
How do you find out about senior programs and services that are available in El Cerrito? Check all that apply 85 of 91 Answered (93.4%)
60+ Bulletin (monthly) (16 responses, 17.6%)
City website: www.el-cerrito.org/recreation (14 responses, 15.4%)
El Cerrito Committee on Aging Outreach Newsletter (bi-monthly) (10 responses, 11.0%)
E-newsletters (City Manager update, rEC news) (14 responses, 15.4%)
Flyer or Poster (12 responses, 13.2%)
Friend or relative (34 responses, 37.4%)
Library (15 responses, 16.5%)
Recreation Department rEC Guide (41 responses, 45.1%)
Social Media (Facebook, Instagram) (5 responses, 5.5%)
West Contra Costa Adult School brochure (17 responses, 18.7%)
West Contra Costa Adult School website (3 responses, 3.3%)
Other (7 responses, 7.7%)
If other, where? 10 of 91 Answered (11.0%)
Christ Lutheran & St. John's Older Adult Programs
Community emails - Community Development, City Manager's updates and Little Hill instagram posts
El Cerrito Community Center bulletin boards
Next door
We need one place online where we can view all of these programs
Due to closure of Midtown Activity Center, we no longer have a go-to place to access info for seniors.
Do you or does someone you know need assistance getting information about senior programs and services in El Cerrito? 88 of 91 Answered (96.7%)
NO (61 responses, 67.0%)
YES (27 responses, 29.7%)

If yes, what is your preferred method for receiving information? 91 of 91 Answered (100.0%)
Email (35 responses, 38.5%)
Mail (46 responses, 50.5%)
Other (10 responses, 11.0%)
If other, how do you prefer to receive information? 15 of 91 Answered (16.5%)
A place that is open on weekends for seniors to access info - by phone or in person
Phone
Website
Do you have any additional information you would like to share with us regarding senior classes/programs and support services in El Cerrito? 31 of 91 Answered (34.1%)
I am especially happy with the civic support for recycling
I am on the younger side of senior, but as I age, I hope El Cerrito can continue to support the current services and maybe more.
I think it is important for senior programs to be FREE, no discrimination based on ability to pay. A senior Center should be a pleasant, welcoming environment, safe & easy to access. Seniors should not have to struggle every year to keep their senior center.
If you find a place permanently to have the classes, please make sure it continues, and something does not get in the way like a broken heater, causing people attending to be disappointed.
It would be great to have a real senior center building just like Berkeley, Albany and Richmond. This way El Cerrito senior residents don't have to drive far to participate in activities.
Thank you
El Cerrito needs to provide a senior center like all of the other cities in the East Bay
Having a Senior Center is not "essential" to providing services, but it sure helps to have a familiar, welcoming, easy to get to space. Having it near to or coordinated with programs at a place like the EC Community Center would be a plus.
My mother, sister and I participated in senior classes/programs prior to COVID-19. Since not everyone wears N95 masks, I don't find in-person risks worthwhile at this time. We now participate in senior classes via Zoom at senior centers in other cities.
Seeing first hadn the benefits of the various programs for Seniors, we need to ensure that as many, and maybe even more of these programs and classes, continue to be offered. The mental benefit, as well as social benefit, is truly necessary for so many.
There are many seniors in El Cerrito. Having a central gathering place would be awesome.
They should be low or no cost programs for seniors
We need transportation to classes and all special events. Better senior bus service
Would like similar senior programs that are offered to senior centers in Albany, Richmond, Berkeley and San Pablo
Exercise classes in a room large enough that people can drop-in when they can't come regularly and don't have to sign up in advance. Some classes are VERY expensive.
I also attend classes at the Richmond Senior Center, for a fee, but the fee is low. Attending classes at 3 different senior centers has made retirement enjoyable. The baby boomer tax paying generation is in or coming into retirement is huge and deserves a senior center.
I believe the City should stop messing in individual issues and concentrate on fiscal issues. Most seniors are well versed in financial and tech areas and are financially independent. Stop thinking that we are needy invalids.
I enjoy the fitness classes, but they should be free for seniors.
I moved here from Emeryville & was disappointed that there was no senior center & senior activities mostly required payment. Mostly free in Emeryville. I volunteered at the Emeryville Senior Center & know that many seniors came to the Emeryville Senior Center every day for activities & human contact.
Many seniors are not retired. Classes in the evening would be helpful.
We need a senior center building in El Cerrito
Since the school district took over the previous senior center near the library, senior services have been scattered - at Midtown Center for a while and so on. This is confusing. We badly need a large senior center building where all adult and senior activities can happen.
We need more public transportation in the hills.
Need dedicated space that may be within a larger active space.