



AGENDA

REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, SEPTEMBER 20, 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 Katherine Cesa; Vice-Chair Dr. Pansy Kwong; Members Buddy Akacic, Kenneth Epley, Janet James, Carol Kehoe, 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 July 19, 2023.
7. **DISCUSSION AND POSSIBLE ACTION TO RECOMMEND FOR APPOINTMENT**
Discussion and possible action to pass a motion to recommend to the City Council, the appointment of applicant Linda Cain to the Committee on Aging.

8. WORK PLAN 2023-24 DISCUSSION AND POSSIBLE ACTION

Discussion and possible motion to adopt the 2023-2024 Committee on Aging Work Plan.

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 quarter three Centenarian Recognition.*
- *Review draft Committee on Aging Outreach Newsletter October-December 2023 edition for editing and possible motion to approve for distribution.*
- *Update on Senior Resource Fair, Friday, November 3, 2023, planning.*

10. FUTURE AGENDA ITEMS

- Next Meeting: October 18, 2023, at 3:00p.m. in the Council Chambers
- Presentation by West Contra Costa Unified School District Older Adult Education (October 2023)
- Presentation on Complete Streets projects in the San Pablo Ave Specific Plan and upcoming access/ADA Improvements in El Cerrito by Public Works Staff (November 2023).
- Adopt Annual Committee on Aging Meeting Calendar 2024 (November 2023)

11. 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, SEPTEMBER 20, 2023, at 3:00p.m.

AGENDA ITEM 6 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – July 19, 2023.

AGENDA ITEM 8 – 2023-2024 WORK PLAN DISCUSSION AND POSSIBLE ACTION

1. Draft 2023-2023 Committee on Aging Work Plan.

AGENDA ITEM 9 – WORK PLAN REPORTS

1. Draft Committee on Aging Outreach Newsletter October-December 2023 edition.



Recreation Department

Staff Liaison

Bridget Cooney

(510) 559-7008

bcooney@ci.el-cerrito.ca.us

**MINUTES
COMMITTEE ON AGING**

Wednesday, July 19, 2023, at 3:00 p.m.

City of El Cerrito Council Chambers

10890 San Pablo Ave

El Cerrito, Ca 94530

This meeting place is wheelchair accessible.

CONVENE REGULAR MEETING Chair Cesa called the meeting to order at 3:04 p.m.

1. ROLL CALL

Present: Chair Katherine Cesa, Vice Chair Dr. Pansy Kwong; Members: Buddy Akacic, Kenneth Epley, Carol Kehoe, Steve Lipson, Pamela Wagner

Absent: Janet James, Kim Marlia, Bruce Yow

Also Present: Bridget Cooney, Staff Liaison, Paul Fadelli, Council Liaison

Members from the Public: Linda Cain, Mark Watson

2. ORAL COMMUNICATIONS FROM THE PUBLIC

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

Mark Watson introduced himself to the Committee on Aging and stated that this was the third Committee on Aging meeting he has attended.

3. COMMITTEE MEMBER ANNOUNCEMENTS

Member Akacic announced that Senior Center Programs at St. John's are held on Tuesdays from 9am-3pm. Committee on Aging Members are invited and encouraged to attend.

Member Kehoe announced that Sakura Kai held their 50th anniversary celebration at the El Cerrito Community Center on Saturday, July 15, 2023.

Chair Cesa announced that CERT classes are available for El Cerrito residents and are being held at the Orinda Community Center beginning September 14, 2023, through November 9, 2023. The fee to register is \$40.

Chair Cesa announced that Member Marlia is getting married.

Member Wagner announced that the 4th of July Festival was well attended, and the COA did lots of great outreach at the event. Member Wagner recommended that the city increase signage and communication about ADA parking and golf cart shuttles at the event for future events.

4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS

Council Liaison Fadelli and Staff Liaison Cooney provided a report about the 4th of July Festival.

Staff Liaison Cooney reported that Fall Recreation Guides are being mailed to all

households in El Cerrito and that registration for El Cerrito residents opens on Tuesday, August 1, 2023.

5. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe and Member Lipson reported there was no Advisory Council on Aging (ACOA) meeting held.

Member Lipson provided a report about current senior legislature and proposals in the state around the Brown Act requirements.

Member Kehoe and Chair Cesa reported there was no West County Senior Coalition meeting.

6. APPROVAL OF THE MINUTES

Moved/Second: *Member Akacic Moved/Member Wagner Second*

Action: *Adopted the minutes from the Committee on Aging meeting held on June 21, 2023.*

Ayes: *Chair Cesa, Vice Chair Dr. Kwong, Member Akacic, Member Kehoe, Member Lipson, Member Wagner*

Nos: *None*

Abstention: *None*

7. INTERVIEW COMMITTEE ON AGING APPLICANTS

Informal interviews to gather information on interest, knowledge, and fit of applicants Linda Cain and Maya Spark, for potential recommendation to the City Council for Committee on Aging membership.

Staff Liaison Cooney reported that applicant Maya Spark requested to be interviewed at the September 20, 2023, meeting due to a scheduling conflict.

Applicant Linda Cain introduced herself and was interviewed by the Committee on Aging.

8. WORK DISCUSSION AND POSSIBLE ACTION

Committee on Aging members discussed potential goals and objectives for the 2023-24 Work Plan. Councilmember Fadelli encouraged committee members to get educated about what is happening related to seniors in the city, county, state, and nation. Workplan goal setting discussion will be continued in September 2023.

9. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, September 20, 2023, at 3:00 p.m. in the Council Chambers
- Interview Committee on Aging Applicant Maya Spark (September)
- Motion and possible action to approve recommendation for Linda Cain for potential membership on the Committee (September)
- Continued discussion and goal setting for the 2023-24 Work Plan (September)
- Invite Public Works representative to provide an update about the San Pablo Specific Plan (September)
- Invite WCCUSD Adult Education Representative to share information (October)
- Adopt Annual Committee on Aging Meeting Calendar 2023 (November)

10. ADJOURNMENT

Chair Cesa adjourned the meeting at 4:25 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 July 19, 2023, as approved by the Committee on Aging.

Katherine Cesa, Chair

Bridget Cooney, Staff Liaison



DRAFT FISCAL YEAR 2023-2024 WORK PLAN AND 2022-2023 ACCOMPLISHMENTS

COMMITTEE ON AGING

Staff Liaison

Bridget Cooney | 510-559-7000
bcooney@ci.el-cerrito.ca.us

Chair Katherine Cesa, **Vice-Chair** Dr. Pansy Kwong

Members Buddy Akacic, Kenneth Epley, Janet James, Carol Kehoe, Steve Lipson, Kim Marlia, Pamela Wagner, Bruce Yow

MISSION STATEMENT: The El Cerrito Committee on Aging was formed by City Council Resolution 3559 in June 1973 to advise the Council about the needs of older and/or disabled adult residents. The Committee on Aging addresses immediate concerns and issues concerning senior residents and adults with disabilities and addresses and supports the improvement of their quality of life. When appropriate, recommendations for action are made to the City Council.

The primary duties and purposes for which the Committee on Aging was established are as follows:

- To identify and establish regular communication with El Cerrito's older and/or disabled adults.
- To document needs of older and/or disabled adults living in El Cerrito and identify resources and benefits available from all agencies.
- To develop plans for programs that utilize the resource of talents among El Cerrito's older and/or disabled adults through volunteer opportunities for inclusion in the General Plan and other plans and programs as may be developed.
- To review and evaluate existing and proposed programs within their responsibility and make recommendations to the Council on City action and funding.
- To serve as liaisons with other interested and concerned groups.

HISTORICAL BACKGROUND: The members of the Committee on Aging are appointed by the City Council upon recommendation by the Committee. Membership is open to all interested adult residents of El Cerrito. Anyone wishing to join the Committee must attend three meetings so that they may become familiar with the members and activities of the Committee before making their decision to join.

The Committee's regular meeting date is the third Wednesday of the month. The meeting starts at 3:00 p.m. The Committee meets at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. The public is invited to attend the meetings. The Chairperson and Vice-Chairperson are elected annually. The Committee on Aging typically does not meet in August and December.

Goals and Objectives

The Committee, with Council support, has established four long-term goals for which to advocate:

- Affordable housing options for older and disabled residents.
- Adequate space and facilities for, and the provision of, quality programs and services for seniors.
- Improved accessible public transportation and para-transit services for persons unable to use public transit facilities.
- Increased support services to assist frail older adults and their families both within and outside of their homes.

In pursuit of its goals, the Committee has the assistance of the Adult Programs and Services Supervisor. They will attend all Committee meetings and provide the Committee with current information on the status of programs and facilities available.

Together with the Adult Programs and Services Supervisor, the Committee continuously evaluates the services being provided and makes suggestions and recommendations pertaining to such services.

PRIOR YEAR (2022-2023) ACCOMPLISHMENTS

	Goal/Objective	Activities Supporting Goal	Status
1.	<p>(Communication/Outreach) Improve communication and outreach to older adults living in El Cerrito.</p> <ul style="list-style-type: none"> • Educate seniors in areas of health care and legislation affecting older adults. Share information gathered from reliable sources. • Share information on public transportation resources with older and/or disabled adults who are no longer able to drive themselves. • Identify and educate seniors in El Cerrito of free support services available to them. 	<p>A) Prepare, publish, and distribute a Committee on Aging Outreach Newsletter.</p> <p>B) Draft COA Outreach Newsletters will be reviewed by the committee and a motion passed prior to publication.</p> <p>C) Invite representatives from outside organizations to share information about their programs and/or services that serve seniors in El Cerrito.</p>	<p>Completed: 11 editions of the Committee on Aging Outreach Newsletter have been published since September 2021.</p> <p>Information on health care, legislation and free and low-cost support services has been included in the Outreach Newsletters. Newsletters are distributed by Committee on Aging members as well as posted on the city website.</p>

2.	<p>(Adequate Space for Senior Programs & Services) Prepare a recommendation to the City Council regarding unmet needs for senior programs and services within El Cerrito.</p>	<p>A) Prepare survey questions to ask seniors living in El Cerrito.</p> <p>B) Survey available seniors living in El Cerrito, asking what programs they would like to see offered and what services they need in El Cerrito.</p> <p>C) Compile survey results, including the number of seniors surveyed.</p> <p>D) Prepare a recommendation to the City Council regarding those results.</p>	<p>Completed: Dec 2022-Feb 2023 successfully created, distributed, and collected an informal survey for seniors living in El Cerrito.</p> <p>Apr-May 2023: Compiled and shared results of survey with Committee on Aging members.</p> <p>June 2023: Put item on June 21, 2023, agenda for discussion and action to send a recommendation to the City Council.</p> <p>July 2023: Recommendation sent to the City Council as public comment.</p>
3.	<p>(Affordable Housing) Invite Housing Analyst to provide an update on Affordable Housing Projects in El Cerrito.</p>	<p>A) Share information about affordable housing projects/programs with seniors in El Cerrito through the COA Outreach Newsletter.</p>	

FISCAL YEAR 2023-2024 WORK PLAN

Priority Ranking	Goal/Objective	Proposed Activities	Work Group Assignment	Timeline For Completion
1.	<p>(Communication/Outreach) Improve communication and outreach to older adults living in El Cerrito.</p> <ul style="list-style-type: none"> • Educate seniors in areas of health care and legislation affecting older adults. • Share information about public transportation resources available to older and/or disabled adults who are no longer able to drive themselves. • Identify and educate seniors living in El Cerrito of free and low-cost senior programs and support services. 	<p>A) Committee on Aging members work with the Recreation Department to host a Senior Resource Fair. Committee members assist with the event by:</p> <ul style="list-style-type: none"> ○ Inviting potential organizations to participate in the event. ○ Inviting seniors to attend the event. ○ Volunteering at the event. <p>B) Committee on Aging members identify potential presenters and presentation topics and work with the Recreation Department to coordinate and promote presentation dates.</p> <p>C) Committee on Aging members gather information for publication in Outreach Newsletters and distribute published outreach newsletters to seniors in El Cerrito.</p> <p>D) Committee on Aging members share information regarding locations of</p>		June 30, 2024

		community bulletin boards where seniors in El Cerrito can get information about programs, services, and events.		
2.	Advocate for a more walkable San Pablo Ave in El Cerrito for seniors and disabled residents.	<p>A) Committee members invite City Public Works staff to provide an update on the San Pablo Specific Plan.</p> <p>B) Committee members walk San Pablo Ave in El Cerrito and make note of areas of concern for senior and disabled residents (such as uneven sidewalks, safety concerns, etc.).</p> <p>C) Prepare a recommendation to City Council encouraging attention to identified safety concerns on San Pablo Ave.</p>		
3.				

ONGOING WORKING GROUP PROJECTS

	Project	Activities	Work Group Assignments
1.	(Liaison Assignments) Serve as Liaison to Area Agency on Aging and/or West County Senior Coalition.	<p>A) Report back to the committee on topics of interest discussed at meetings.</p> <p>B) Report back to the committee on information about programs, services, and activities involving senior living facilities in El Cerrito including Eskaton Hazel Shirley Manor, Hana Gardens, and El Cerrito Royale.</p>	<p>Advisory Council on Aging (Kehoe, Lipson)</p> <p>West County Senior Coalition (Cesa, Kehoe)</p> <p>Senior Living Facilities in El Cerrito (James)</p>

2.	<p>(Technology for Seniors) Improve senior's knowledge of and access to technology to help seniors in El Cerrito close the digital divide.</p>	<p>A) Identify and share information regarding existing resources and services available to seniors including free or low-cost internet access, free computer access, low-cost cell phone programs and technology tutoring.</p>	Lipson
3.	<p>(Accessibility/ADA) Identify and report accessibility issues preventing senior and/or disabled residents from safely accessing programs, services, parks, and buildings in the city.</p>	<p>A) Report accessibility issues or concerns within the city of El Cerrito to appropriate city departments.</p> <p>B) Advocate for improved accessibility for older and disabled adults in El Cerrito.</p>	Kehoe
4.	<p>(Centenarian Recognition) Recognize residents turning 100-years old or older through the Mayoral Certificate of Recognition Program.</p>	<p>Quarterly recognition process for Centenarians:</p> <ol style="list-style-type: none"> 1. COA will submit names, birth dates, and contact information to staff liaison. 2. Staff liaison will give names to the City Clerk responsible for maintaining an active list of Centenarians living in El Cerrito. 3. COA verification of list provided by City Clerk (sent quarterly). 4. COA: Confirm physical address and that the individual(s) are still in El Cerrito. 	Marlia Kehoe
5.	<p>(Committee on Aging Outreach Newsletter)</p>	<ol style="list-style-type: none"> 1. COA members will prepare and submit articles and announcements on matters of interest to seniors living in El Cerrito. All articles will include references to credible sources where seniors can get more information about the topic. 2. COA will send draft Outreach Newsletters to staff liaison 3 weeks prior to COA meeting in which the newsletter will be reviewed by the committee for a motion to publish. 	Wagner Dr. Kwong Kehoe

EI CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

October – December 2023 Volume 12

Volunteer members of the EI 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:

Did you know that the El Cerrito Community Center, 7007 Moeser Lane, has a community bulletin board for seniors? Stop by and check out the board located inside the Community Center near the restrooms.

Getting tested is a good idea if you have COVID-19 Symptoms, or if you've been exposed to someone with the virus. People with health insurance should go to their healthcare provider or a commercial testing site. People without insurance can walk into the county health centers for COVID-19 services. **No cost testing sites can be found online:**

<https://testinglocator.cdc.gov/> or community-based testing sites: <https://www.hhs.gov/coronavirus/community-based-testing-sites>.

How to get COVID-19 Home Tests Free Options:

- www.COVID.gov/tests or 1-800-232-0233
- Contra Costa Health: 1-833-829-2626
- Contra Costa County library branches

Other Options:

- Order direct through your health insurance.
 - Medi-Cal Rx pharmacies
- <https://cchealth.org/covid19/testing>



PG&E has discount programs that help eligible customers pay their energy bills.

California Alternative Rates for Energy Program (CARE) is a monthly discount of 20% or more on gas and electricity. Participants qualify through income

guidelines or if enrolled in certain public assistance programs.

Family Electric Rate Assistance Program (FERA) is a monthly discount of 18% on electricity only. Must be a household of three or more people. Participants qualify through income guidelines.

Apply online to see if you qualify:

<https://energyinsight.pge.com/carefera>

IN THE NEWS



2023-2024 CDC Flu Vaccination

Recommendations Adopted: Each year the CDC and the Advisory Committee on Immunization Practices makes recommendations for vaccination against influenza. Influenza vaccinations are typically offered beginning in September or October each year. Vaccination against COVID-19 can be given at the same time as the influenza vaccine. To learn more visit <https://www.cdc.gov/flu/index.htm>

New Tests for Alzheimer's Disease: Summer 2023 UCSF Magazine,

<https://magazine.ucsf.edu/sites/default/files/2023-07/UCSFMagazine-Summer2023-Web.pdf> (pages 30-35). Researchers at UCSF and other laboratories in association with the pharmaceutical company, Eli Lilly, have been working to develop blood tests that can detect tiny concentrations of the blood proteins (called amyloid bet and tau), associated with Alzheimer's.

The blood tests are awaiting FDA review and potential approval. There is ongoing research into the treatment of Alzheimer's with medication and with lifestyle modification.

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PRESENTATIONS & WORKSHOPS

El Cerrito Community Center Senior Presentations (FREE), 7007 Moeser Lane, El Cerrito:

- **Wed, Oct 11, 1pm-2pm: Senior Legal Services** will give a presentation about advanced directives and/or power of attorney for health. Come learn more about these important documents to be prepared for you and your family.
- **Wed, Oct 25, 1pm-2pm: Health Insurance Counseling and Advocacy Program (HICAP)** representatives will present information about 2024 Medicare updates and to help you prepare for **Medicare Open Enrollment. Medicare Open enrollment starts October 15 and ends December 7, 2023.**
- **Tuesdays, Oct 3, Nov 7, and Dec 5, from 1-2pm: Lyons Center for the Visually Impaired, Blind and Low-Vision Discussion Group** meets at the El Cerrito Community Center 1st Tuesday of each month from 1pm-2pm. For more information call (925) 664-8212.

Christ Lutheran Church Senior Center Presentations (FREE), 780 Ashbury Ave, El Cerrito:

- **Mon, Oct 2, 11:30am-12:30pm:** El Cerrito Mayor, Lisa Motoyama
- **Mon, Oct 16, 11:30am-12:30pm:** WCCUSD Adult School Principal, Paul Mansingh

- **Mon, Oct 23, 11:30am-12:30pm:** Dr. Pansy Kwong
- **Mon, Oct 30, 11:30am-12:30pm:** Palmistry



Residents of El Cerrito and Kensington are welcome to join the Lamorinda area CERT classes. Topics covered include personal and home preparedness; radio communications; utility, hazardous materials, fire safety; disaster medical response; light search and rescue; Incident Command System; disaster psychology; terrorism; and pet preparedness. Registration information can be found online at <https://www.lamorindacert.org/training/courses/>.

SPECIAL EVENTS

El Cerrito Art Association Art Show & Sale at the El Cerrito Community Center, 7007 Moeser Lane on **October 7th, 8th, and 9th, 2023**. For more information visit <https://elcerritoart.org/artshow-2/>.

rEC Trek: Big Screen Classics at the Rialto: Rewatch classic movies on the big screen. Recreation Staff will provide round-trip transportation to and from the Rialto Theater in El Cerrito for El Cerrito residents ages 60+, cost is \$5. Food and drink may be purchased at the theater for an additional cost. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us to sign up.

Upcoming movie dates are:

- **Th, Oct 12:** Bride of Frankenstein
- **Th, Nov 9:** What's Cooking?
- **Th, Dec 14:** White Christmas

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El Cerrito Free Folk Festival, Saturday, October 14, 2023, 12pm-8pm: The 2023 El Cerrito Free Folk Festival will be held at the El Cerrito Community Center on Saturday, October 14, 2023. Information can be found online <https://elcerritofreefolkfestival.org/>.

California Alliance for Retired Americans (CARA) Annual Convention (10am-4pm) & CARA's 20th Anniversary Celebration (6:30pm-9:30pm), Wednesday, October 25, 2023: Convention has both in-person and online options to attend (FREE). 20th Anniversary Celebration tickets are \$50 each. Celebration will be held at the Hilton Oakland Airport Hote. <https://californiaalliance.org/>

Senior Resource Fair, Friday, November 3, 2023, 10am-1pm, El Cerrito Community Center, 7007 Moeser Lane: Join us at the Senior Resource Fair and learn about what resources are available in Contra Costa County. For more info call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Pancake Breakfast, Saturday, December 2, 2023: The El Cerrito Fire Department & Recreation Department will hold their annual Pancake Breakfast and Toy Drive at the El Cerrito Community Center, 7007 Moeser Lane on Saturday, December 2, 2023. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for ticket information.

Boomer Dance, Saturday, December 2, 2023: The El Cerrito Recreation Department will host their last dance of the year on Saturday, December 2, 2023, from 4pm-6pm at the Community Center, 7007 Moeser Lane. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for ticket information.

Holiday Nutcracker Performance, Tuesday, December 12, 2023, 1pm-2pm: El Cerrito Community Center, 7007 Moeser Lane. Performance and light refreshments included at this FREE community event. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for more information.

Senior Winter Ball, Saturday, December 16, 2023, 6pm-10pm: The Richmond Commission on Aging proudly presents their 23rd Annual Senior Winter Ball featuring Top Shelf Classic Party and Show Band at the Richmond Memorial Auditorium, 403 Civic Center Plaza, Richmond. Tickets on sale Monday, October 2nd. Cost is \$45 per person or \$360/table for 8. Dinner served 6:45pm-7:45pm. For more information or to purchase tickets, call (510) 620-6793.

FOOD RESOURCES

Alvarado School, 5625 Sutter St., Richmond Annex on the 1st and 3rd Mondays of each month (excluding holidays), between 9:30am-11am. Low-income seniors 55 years or older (one senior per household), can pick up free produce, bring your own bag.

Upcoming 2023 dates:

- Oct 2nd & 16th
- Nov 6th & 20th
- Dec 4th & 18th

St. Peter CME Church Food Ministry, 5324 Cypress Ave, El Cerrito Distributes free groceries every Monday (excluding holidays). Distribution hours are 11am-12pm.

St. Jerome's Catholic Church, 308 Carmel Ave, El Cerrito. Food distribution is 10am-1:30pm every Wednesday. Picture ID required.

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St. John's Catholic Church, 11150 San Pablo Ave, El Cerrito, food distribution however, is located on Kearney St (behind the church).

Distribution hours are 9am-10am on the 1st and 3rd Saturdays. Bring a picture ID.

Upcoming 2023 dates:

- Oct 7th & 21st
- Nov 4th & 18th
- Dec 2nd & 16th

Mobile Farmer's Market: Locally grown, affordable fresh fruits and vegetables in your neighborhood every week. **Richmond Public Library, 325 Civic Center Plaza, Richmond from 9:45am-11:15am.**

Farmer's Market **will be closed** on: Nov 22nd, Dec 20th, and Dec 27th.

SENIOR PROGRAMS & CENTERS IN EL CERRITO CHRIST LUTHERAN CHURCH SENIOR CENTER

Mondays, 9am-3pm

780 Ashbury Ave, El Cerrito
Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. ***For more information about the programs, call Carol Kehoe, Program Coordinator at (510) 915-6120.***

ST. JOHN'S CHURCH SENIOR CENTER Tuesdays, 9am-3pm

6500 Gladys Ave, El Cerrito
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. For more information, contact Buddy Akacic buddyakacic@gmail.com.

SAKURA KAI: Senior Classes for Japanese Speaking Adults 1st & 3rd Saturdays of each month, 8:30am-2:30pm.

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) Classes offered include crafts, exercise, computer classes, calligraphy, Taiko classes, karaoke, and more. **Contact Yasuyo Floyd, program Coordinator at (510) 523-2316.**

CITY OF EL CERRITO RECREATION DEPARTMENT ADULT & SENIOR PROGRAMS & SERVICES 7007 Moeser Lane, El Cerrito

Health & Fitness classes:

Senior Fitness, Tai Chi Chih, Strength & Balance, Zumba Gold

Enrichment classes:

Mah Jong, Senior Sing-Along, Bridge Beginner Lessons & Experienced Play, Beginner Line Dance, rEC Treks: Day Trips, Pickleball classes (Castro tennis courts).

Senior Services:

Café Costa Senior Lunch Program, Easy Ride Senior & Disabled Paratransit, Respite Program

FREE Senior Services:

Senior Presentations, HICAP Counseling, Senior Peer Counseling, Lions Club Blind & Low-Vision Support Group

Detailed information can be found in the rEC Guide and at www.el-cerrito.org/recreation. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.