



60+ BULLETIN | AUGUST 2021

SENIOR & ADULT SERVICES

7007 MOESER LANE, EL CERRITO, CA

(510)559-7000 | RECREATION@CI.EL-CERRITO.CA.US

WWW.EL-CERRITO.ORG/RECREATION/ADULT

Welcome Back!

In-Person Senior Programs

Fall 2021 Return

The El Cerrito Recreation Department is looking forward to a phased transition back to in-person programs. This past year and a half resulted in some major changes for our department including closing the Midtown Activity Center and moving offices to the El Cerrito Community Center located at 7007 Moeser Lane. Older adult programs will resume in September following Labor Day. Please note that not all our former programs, activities and services will be returning. We hope you will consider joining us again as we create a “new normal.”

Things to keep in mind:

- Pre-registration is required for all classes/activities. No walk-in or drop-in registration available.
- Only individuals registered for a class/activity will be allowed entry into the building and must exit the building immediately after their class/activity ends.
- Face coverings are required to be worn indoors regardless of vaccination status. *Subject to change
- If you are not feeling well or begin to experience any COVID-19 symptoms, please stay home.

Class/Activity Registration:

- Registration can be done online at www.el-cerrito.org/onlinereg or in person at the El Cerrito Community Center Office, 7007 Moeser Lane. Office hours are Monday through Thursday 9am-12pm by appointment only or drop-in between 1pm-4pm. The office is closed between 12pm-1pm.
- For step-by-step directions to register online visit: www.el-cerrito.org/794/Online-Registration-Instructions
- Registration closes the day prior to the desired class/activity start date. Classes may be canceled if minimum enrollment is not met.

Returning classes & more to come! Registration opens late August 2021

Activity	Day & Time	Fees (per month)			Instructor
iPhone & iPad class for seniors starts 9/8	Wednesday 10am-12pm	<u>September (iphone)</u>	<u>October (ipad)</u>	<u>November (iphone)</u>	Julian
		\$20 RES \$25 NRES	\$20 RES \$25 NRES	\$20 RES \$25 NRES	
T'ai Chi Chih starts 9/13	Monday 10am-11am	<u>September</u>	<u>October</u>	<u>November</u>	Ian & David
		\$12 RES \$15 NRES	\$16 RES \$20 NRES	\$20 RES \$25 NRES	
Senior Sing-Along starts 9/13	Monday 11:15am-12:15pm	<u>September</u>	<u>October</u>	<u>November</u>	Terry
		\$12 RES \$15 NRES	\$16 RES \$20 NRES	\$20 RES \$25 NRES	

Ongoing Programs

Cafe Costa To-Go Meals (seniors 60+)



Nutritious meals that meet 1/3 of the Recommended Daily Allowance (RDA) are delivered to El Cerrito Residents once a week on Wednesdays. Delivered meals include: (5) frozen meals; milk or calcium fortified drink mix; fresh fruit; bread, crackers or oatmeal. For more information call (510)559-7000 or email recreation@ci.elcerrito.ca.us.

Easy Ride Senior & Disabled Transportation Service (seniors 65+)



Live in El Cerrito? Are you 65 or older? Do you need transportation to the grocery store, bank, pharmacy or appointment? We are here for you! Easy Ride Senior & Disabled Transportation provides low cost rides within El Cerrito city limits. All riders must be registered with the program. Rides are by appointment only, Monday through Thursday. Please call (510)559-7000 or email recreation@ci.elcerrito.ca.us.

WATER AEROBICS

Fees

- **Drop-In: \$11**
- **10-Punch Pass: \$80 Res*/ \$95 Non-Res***
*senior discount 20%

Register online or in person at the Swim Center.

WWW.EL-CERRITO.ORG/ONLINEREG



Monday 6:45-7:45pm	Tuesday 12-1pm	Wednesday 6:45-7:45pm	Thursday 12-1pm	Friday 12-1pm	Saturday 9:30am-10:30am
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The El Cerrito Swim Center is excited to offer Water Aerobics is a fun way to improve fitness while enjoying the pool. With new strategies and protocols in place to keep participants as safe as possible during the pandemic, classes will maintain focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere amongst community.

OUTDOOR FITNESS

ZUMBA



HUBER PARK (OUTDOOR):

MON/THURS AT 9AM
MON/THURS ZUMBA GOLD AT 10:15AM

KOREMATSU BBALL COURTS (OUTDOOR):

FRI/SAT/SUN AT 9AM

COMMUNITY CENTER SKYLIGHT ROOM:

MON/WED AT 6PM

RESIDENTS: ·\$11 PER CLASS

·\$52 FOR 5-CLASS PACK

·\$94 FOR 10-CLASS PACK

NON-RESIDENTS: ·\$13 PER CLASS

·\$64 FOR 5-CLASS PACK

·\$117 FOR 10-CLASS PACK

PURCHASE CLASSES ONLINE AT

WWW.EL-CERRITO.ORG/ONLINEREG

RSVP TO CLASSES ONLINE AT

[HTTPS://ECZUMFIT.PUNCHPASS.COM/PASSES](https://eczumfit.punchpass.com/passes)