



# 60+ BULLETIN | OCTOBER 2021

## SENIOR PROGRAMS & SERVICES

7007 MOESER LANE, EL CERRITO, CA

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




[WWW.EL-CERRITO.ORG/RECREATION/ADULT](http://WWW.EL-CERRITO.ORG/RECREATION/ADULT)

## IN-PERSON PROGRAMS

The El Cerrito Recreation Department is excited to transition back to in-person programming. The next stage in our re-opening includes in-person classes for all ages. Please note all programs require advance registration including payment of course fees (with the exception of Swim Center drop-in programs).

## October 2021 60+ Classes & Programs

NOW LOCATED AT THE EL CERRITO COMMUNITY CENTER (7007 Moeser Lane)

ACTIVITY	DAY & TIME	FEES (per month)			INSTRUCTOR
 <b>T'ai Chi Chih</b>	Mondays 10am-11am	<u>October</u> \$16 RES \$20 NRES	<u>November</u> \$20 RES \$25 NRES	<u>December</u> \$8 RES \$10 NRES	Ian & David
 <b>Senior Sing-Along</b>	Mondays 11:15am-12:15pm	<u>October</u> \$16 RES \$20 NRES	<u>November</u> \$20 RES \$25 NRES	<u>December</u> \$8 RES \$10 NRES	Terry & Megan
 <b>Easy Ride Shopping Trips</b>	\$8 per trip Upcoming Dates: Oct. 19 & Nov. 16	Destinations: Pacific East Mall/Ranch 99, Target, Sprouts, and Costco To schedule a ride: Call (510)559-7000 or email recreation@ci.el-cerrito.ca.us			
<b>Respite Program</b> (Tuesdays, 10am-3pm)	Enrollment is on-going (October-June). Fees are calculated based on the number of days attended. Rates are as follows: Resident \$29/day and Non-Resident: \$36/day. <b>Pre-approval required to enroll in the program.</b> Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for information.				

### NEW! SENIOR PRESENTATIONS

Held at 7007 Moeser Lane. Register online or in-person.  
For more information call (510)559-7000 or email recreation@ci.el-cerrito.ca.us

<b>October 20</b> 1-2pm	<b>HICAP: What You Need to Know :</b> Contra Costa Health Insurance Counseling & Advocacy Program (HICAP) representatives will share what's happening with Medicare drug and health plans in 2022.
<b>October 27</b> 2-3pm	<b>Premier World Discovery: Travel Fair 2022:</b> Joan with Premier World Discovery will share information about upcoming 2022 tours in the U.S. and around the world.



### CLASS / ACTIVITY REGISTRATION

- ◇ Office hours are Monday through Thursday from 9am-12pm by appointment only, and 1pm-4pm drop-in. Call (510) 559-7000 to make an appointment. Office is closed between 12pm-1pm.
- ◇ For step-by-step directions to register online visit: [www.el-cerrito.org/794/Online-Registration-Instructions](http://www.el-cerrito.org/794/Online-Registration-Instructions)
- ◇ Registration closes the day prior to the class/activity start date. Classes may be canceled if minimum enrollment is not met. Pre-registration is required for all classes/activities. No walk-in or same day registration available.

### THINGS TO KEEP IN MIND (updated)

- \* **Proof of vaccination or negative COVID-19 test results are required upon entry of any recreation facility.**
- \* **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.**

## ONGOING PROGRAMS

<p><b>Cafe Costa To-Go Meals (seniors 60+)</b></p> 	<p>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 <a href="mailto:recreation@ci.elcerrito.ca.us">recreation@ci.elcerrito.ca.us</a>.</p>
<p><b>Easy Ride Senior &amp; Disabled Transportation Service (seniors 65+)</b></p> 	<p>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 &amp; Disabled Transportation provides low cost rides within El Cerrito. Riders must be registered in the program. Rides are by appointment only, Monday through Thursday. Please call (510)559-7000 or email <a href="mailto:recreation@ci.elcerrito.ca.us">recreation@ci.elcerrito.ca.us</a>.</p>

## NEW! SENIOR SUPPORT SERVICES

- **HICAP (Health Insurance Counseling & Advocacy Program):** For an appointment call (925)655-1393.
- **Blind & Low Vision Support Group**—Hosted by the Lions Center for the Visually Impaired. Call (925)664-8212 for meetings dates and times. Meetings are currently held virtually. *\*subject to change*





Zumba Gold is a lower impact Zumba experience great for beginners, anyone recovering from injury, and those looking for a great workout at a slower speed. Tuesday & Thursday Gold classes use light toning sticks to tone your muscles awhile you dance. In-person classes located at the El Cerrito Community Center (7007 Moeser Lane)

Monday—Friday  
10:15-11:15am

To register visit [www.el-cerrito.org/onlineereg](http://www.el-cerrito.org/onlineereg) or stop by the Community Center for assistance during office hours.



## WATER AEROBICS

**FEES**

- Drop-In: \$11
- 10-Punch Pass: \$84 Res\*/ \$99 Non-Res\*  
\*senior discount 15%

*Register online at [www.el-cerrito.org/onlineereg](http://www.el-cerrito.org/onlineereg) or in-person at the Swim Center.*

<b>Monday</b> 12pm-1pm with Alison	<b>Tuesday</b> 6:45-7:45pm with Alison	<b>Wednesday</b> 12pm-1pm with Alison	<b>Thursday</b> 6:45pm-7:45pm with Alison	<b>Friday</b> 12pm-1pm Independent Exercise	<b>Saturday</b> 9:30am-10:30am with Consuelo
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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.

**COVID-19 VACCINATIONS:** Anyone age 12 or older that lives or works in Contra Costa County is now eligible to get vaccinated. Eligible residents who have difficulty using the online form or have no internet access can request an appointment by calling **1-833-829-2626** or visit [www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org).

**Looking for more 60+ Resources?**

**Contra Costa Seniors Helpline  
(925)229-8434**

**Dial 2-1-1 or visit [www.211.org](http://www.211.org)**