

ANNUAL SENIOR CENTER REPORT

January 2010

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The Christ Lutheran Senior Center celebrated its 36th anniversary in November 2009 with presentations by the line dancers, the German class, the Spanish class, and a guest musician. A festive lunch was prepared by the kitchen volunteers.

The Center is sponsored by the West Contra Costa County Adult Education Program, with the church providing the space. The Director of the Center is Carol Kehoe, a certificated teacher (527-0389). It meets every Monday, year around, 9:00 a.m. to 2:00 p.m.

Volunteers from church provide much needed and much appreciated support for the Center. Bertha Rohrbach is in charge of the lunches with help from Joyce Stoner, Paula Meader, Dolores Grosenheider, Tina Thompson with assistance from Ivy Robinson, Cindy Fosselius, Becky Osman, and Pat Cosgrove. Nutritious lunches cost \$3.00. The Center always welcomes potential volunteers and contributions.

The Center provides a safe and pleasant place for socialization and communication, and offers the following on-going classes: Spanish (Bob Warmington), German (Sylvia Gott), Current Events (Lorene Mayer), Computers (George Fosselius), Line Dancing (Roberta Koski), Massage (Bertha Rohrbach), and Blood Pressure Screening (Julie Dienststein). Special programs are presented weekly at 11:30 a.m. They include topics of interest to seniors on health, community resources, local issues, musical presentations, travelogues, slide presentations, safe driving techniques, demonstrations, as well as occasional discussions by city officials. Some seniors attend the Center from 9 a.m. until 2 p.m., while others come for one or two offerings. Anywhere from 24 to 30 people have lunch at the Center. Approximately 14 seniors come for a specific class or program and do not stay for lunch. Pastor Sharon frequently joins the Center for lunch and conversation. St. John's Sr. Center joined our Sr. Center for a field trip to the Academy of Sciences in San Francisco on February 23, 2009.

Since the Center's inception, participants never have had to pay any registration fee to attend and participate in the Center. Because of huge deficits in West County Adult Education, it was necessary to begin charging a registration of \$30 to be paid once in the Fall and again in the Winter Semester. The District did not provide a Summer Session. Instead, the City of El Cerrito provided the Center with the necessary money to keep it open during the summer. It is very doubtful and highly unlikely if the city will be able to do this for the 2010 summer session.

So far, participants in the Center seem to have been able to pay the \$30 registration fee, and to the best of my knowledge, no one has dropped out because of it.

In the fall, the church had a special Sunday afternoon musical benefit concert to raise money for the Center. A substantial amount was raised.