

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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Happy Thanksgiving!

Mistaken I.D.

Have you ever been mistaken for someone else? Being mistaken can be a pleasant experience, or it can be an unpleasant one. One day, when I was college age, going home at the end of the semester, I was carrying a big suitcase at the busy bus station. Someone called loudly at me, "Hi, Lucy, you need help?" I was delighted to be mistaken for my twin sister, because this tall strong guy took the big suitcase from me and loaded it into the bus. "Thank you very much!"

As president of Friends of Albany Seniors (FOAS), I am often mistaken for someone that I am not. I am definitely not the president of the Albany Senior Center (ASC). I cannot take

dos for the Senior token, people



complaints or suggestions

about the Senior Center to me as if I have the authority to make changes.

People seem to get confused over FOAS and ASC—FOAS is an auxiliary of ASC, a non-profit organization whose mission is to raise funds to support ASC.

Just as the Friends of the Library donates money to the local Library, so does FOAS donate to ASC. (These donations help finance the needs that are not covered by the city of Albany.) Just as the Friends of the Library is made up of volunteers, so is FOAS. FOAS is unique because it works so closely with ASC in many functions, and some FOAS members are also on the ASC paid staff.

Incidentally, this Booster News is a publication of FOAS, although its primary function is to report the news for and about seniors using the ASC. It is produced by member volunteers, with some input from ASC staff.

My hope is that as time goes on, FOAS will become more understood and appreciated by people.

Julia Lee, President, FOAS

Don't miss out on the November or December Birthday Drawing!

If your name appears on the November or December birthday list (page 3), you are eligible to enter in the respective month's drawing to win a delightful fruit basket. The list is based on the 2009 registration form you filed at the Senior Center. If you have not registered with the Senior Center since July 2009, you can make yourself eligible for the January or a future month's drawing by reg-

istering at the front desk. Deadline for entering the November drawing is Nov. 24 and for December drawing, it's Dec. 29. Use the entry form on reverse side of this page, or ask for a form from front desk. This drawing is sponsored by the **Friends of Albany Seniors**. (Note: this issue of Booster News covers the months of November and December.)



Chez Isabelle



Part of the Senior Center got a fresh new look, thanks to wonderful volunteers who came in on a Saturday in October to provide the labor needed to make the transformation happen. A heartfelt thank-you goes to Pastor Andrew Hoffman and the Solano Community Church for painting the multipurpose room and to Daniel Goodman and members of his Boy Scout troop who painted the lobby and hallway as part of Daniel's Eagle Scout Project. Daniel also donated the great planter boxes at the entrance of the Senior Center which will soon be filled with flowers! Please take a moment to sign thank you cards available at the Senior Center front desk. Let these wonderful caring individuals know how much their kind gestures are appreciated.

The Senior Center expansion project is underway. The City has hired Todd Jersey Architecture to create concept designs for the expansion. Todd Jersey will host two Community Meetings at the Senior Center on Monday, November 2 at noon and on Wednesday, November 4 at 7:00 PM. Please come to one of the meetings to give your input on what priorities should be considered for the expansion.

Don't miss all of the Senior Center Holiday festivities. We'll have our Thanksgiving Dinner, November 25 at 3:30 PM and our Holiday Dinner, December 18, also at 3:30 PM. Both events will have delicious food, great entertainment and some surprises! Sign up at the front desk. The fee is \$5 payable on the day of each event. Again this year, we will host our Holiday Market and Bake Sale on Sunday, December 6, from noon to 4:00 PM. This event highlights the work of talented seniors and some of the proceeds go to support the Senior Center. Come find unique gifts such as watercolors, paintings, cards, jewelry and much more. The Friends of Albany Seniors will be providing a bake sale with light lunch items. If you'd like to have a booth at the event, pick up an application available at the front desk and turn in by November 13th.

Have a Happy and Safe Holiday Season!



Be the Lucky Birthday Gift Winner!

If your birthday falls in the month of November or December, cut and fill out this entry form and submit it to the front desk for a chance to win a delightful fruit basket. Alternately, use a form available at the front desk.

Name: _____ Address: _____

Birth Date: _____ Phone No. _____ Cell or 2nd Phone No. _____

Important: If your name does not appear on the Nov.-Dec. birthday list on page 3, it means you have not registered with the Senior Center since July this year. Make yourself eligible by registering NOW!





November Birthdays

Ella Faye Adkins	Donna Huang
Howard Banford	Joanna Katz
Alice Barce	Isabel Knight
Florence Bryndza	Ruth Koolish
Patricia Clark	Elaine Korry
Marianne Darrow	Al Laudel
Pete Dowling	Simona Miller
Clara-Rae Genser	Terrie Oto
Lula Greene	Charles Pagter
Michael Gumbmann	Mildred Petersen
Dorothy Hackett	Clara Rogers
Helen Hadley	Walter Roos
Norma Hennessey	Rita Schucker
Howard Hoggatt	Helene Segal
Judy Holmes	



December Birthdays

Mildred Bradfield	Thomas Roberts
Bry'sude Brandon	Thomas Rogers
Minnie Favre	Gouping Shen
Edward Hill	Nancy Stout
Bernice Hunn	Carol Swoun
Diane Ichiyasu	Russ Theobald
Anita Levitch	Patricia Tousant
Annette Lys	Victoria Triemer
Tralee McGill	Barbara Trotter
Marci McKillican	Ira Weinstein
Vincent Morales	Alfred Windsor
Kathleen Murphy	
Isabelle Revoir	
Anne Richardson	
James Rinaldi	



The November Birthday Dinner Party is scheduled for November 12, at 4:00 pm. Accordion player Dennis Dowling will be on hand to provide after-dinner entertainment.

The December Birthday Dinner Party is scheduled for December 10, at 4:00 pm. A unique musical performance of the Japanese Koto (harp) will be presented by Ms. Miyuki.

Glistening Angel - A poem By Kathleen Murphy

**A special party to join, of this day to remember
Of love and the spirit, on the 25th of December
To welcome everybody, as of centuries ago
Was the bliss of Christmas, and the mistletoe.
A tree that saying, decorate me,
To believe in Santa Claus, naturally!
Lights all around, make an atmosphere to behold,
Such gifts to admire, and Christmas stories that are told.
Singing is the utmost, of that glorious bond,
And the radiant table, of food beyond.
To dream, and wish its exquisite sight,
And the whimsical enchantment, of day and night.
As the beautiful churches and the nativity scenes abound,
Brings solace and joy, in God that is found.
To cherish when alone, the love to conquer all,
To celebrate this time of year, traditions big and small.
For Christmas is an embellished thought, to know that every year,
The touch of a glistening angel is bestowed forever near.**



Halloween spirits were all very evident at the Center during the week of October 26. A pumpkin carving contest, a Dance, and a Costume Dinner Party kept our seniors hopping and dancing, and eating well at the same time. The Costume Party brought out many celebrities - Minnie Mouse, Groucho Marx, the Red and Not-so-Red Devils (3), and numerous non-descript feathered creatures. Led by Ilona Carpenter, the kitchen crew suited-up in their mischievous witches' uniforms, but, to our great relief, served up a tasty chicken dish with a full complement of sweet desserts.



Devilish carvers: From left, Gwendolyn Gardner, Barbara V.Pelt, Pete Dowling, Florence Kroll and Anna Pugatch (front).



Mildred Bradfield shows no fear for the Devil in Bud Taylor (right).



Marilyn Pugatch merrily tangles with Minnie Mouse (Julia Lee).



The Witches' Crew: From left, Shirley, Maya, Ilona, Grace, Natasha & Dora.



Sainthood for a Red Devil (Dave Pugatch)?



Werewolf, Minnie & Al Windsor himself.



Klara Polgar (left) and Janet Nilson (right).



Fair Feather friends: Pete Dowling & Florence Kroll.



Phantom for the Opera: Gwendolyn Gardner.



'Ghostly' dessert for the body and the soul, courtesy of Shirley Miller.



Resting souls: Anne Richardson & Brian Fretter.

On Friday, October 23, 2009, Brownie Troop #30-135 from Marin Primary School paid a visit to the Center's dinner crowd. They performed a Halloween program, which was followed by Halloween cookie decorating through a collaborative effort between the young and the young-at-heart. The resulting goodies were at once visually attractive and tastefully tempting. Finally, the participants gave in to their taste buds, and consumed all the cookies well before the 5 o'clock bell. Trick-or treat bags were handed to the youngsters, and all had a great time! (Photos by staff.)



Antonette Conti, Margaret Stone & Gloria Slavazza with Brownie friends

Walkie-Talkie

By Pat Tousant & Zion Lee

“The wheels on the bus go round and round...” well, actually the wheels on the bus got mired in the mud as we experienced the first “storm out” in our young history. Our October 13th stroll in Chinatown, San Francisco was washed out hiking again with our visit to lands. We hiked from 3 to 5 Belvedere, Golden Gate Bridge through the fog. The sun throughout the morning. We hiked right as we walked, was to Crown Memorial Beach shoreline and passed through a etc.,) during our 3-mile hike. It was warm, but windy--nothing to keep our group of hikers from having a very enjoyable time while working on their health and fitness.



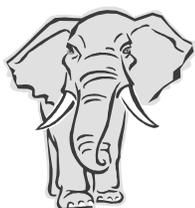
Tennessee Valley –Somewhere between G.G. Bridge & Mt. Tam

but the next week we were up and Tennessee Valley in the Marin Head-miles while overlooking Sausalito, and San Francisco at different times peeked out when it wanted to never found our “right hike” but we talked, and got healthy. The next hike in Alameda. We were right along the bird sanctuary (curlews, sandpipers, South San Francisco was directly op-

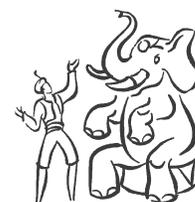
In order to reduce paper work and to promote wider participation, the Center will implement a new sign-up procedure for walking trips scheduled for 2010. **Please note the following new Sign-Up Rules** beginning on December 1, 2009

1. You must be at least **50 years of age**.
2. At any given time, you can sign up for trips scheduled for the **following month only**. Trip schedules will be published one month at a time in the Booster News and/or the Center’s monthly Bulletin.
3. For each trip you may sign up for **yourself plus one other person only**.
4. Sign-ups and cancellations are done directly on a log-book kept at the front desk. (No more forms to fill...Yeh!) And you can check your trip (or waitlist) status on this log at any time.

The trip schedule for January 2010 will be out at the beginning of December. Stop by the front desk in December to familiarize yourself with this new procedure.



White Elephant Sale



With more storage space available in the house next door, the Senior Center is open to collect items for next Spring’s White Elephant Sale organized by FOAS. The event typically occurs in April or May. But you are welcome to start donating items for this biggest fundraiser event at the Senior Center. Note that items we would NOT take are: Large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.

FOAS Plans Bingo Games. At the October 5, 2009 Board Meeting, FOAS directors approved a plan to conduct cash prize Bingo games as a fundraising event. The plan is to have the game on a quarterly basis, in connection with the monthly birthday parties. An application for a Bingo license will be made with the City, with the games tentatively to begin on January 14, 2010. Watch the Booster News for further details.



FOAS Visit the Pinole and North Berkeley Senior Centers

By Stan Ginn

Anne Richardson, Margaret Carr, and I had been visiting other senior centers in order to enrich ourselves by seeing other centers so we may glean some ideas from those centers and perhaps use them to enhance our own center.

We first visited Richmond's center. What a surprise it was as we stepped into their opulent and spacious theater, literally! This building was formerly a theater with many of the bygone years' artifacts left intact. The chandeliers hanging from a high ceiling gave one a feeling of visiting a place back in the 1920's. Their wall-wide mural is something to behold, among other hanging paintings throughout the center. Aside from all the splendors, the Richmond Senior Center has their regular programs as we do at ASC, except that they also have bingo games and a billiard room.

At both the Pinole and the Berkeley senior centers, we found spacious classrooms throughout the building with a myriad of different programs and classes. However, the Pinole Senior Center has 1500 paying members, whose dues are \$20/year, but only 6 paid staff. All other positions are staffed wholly by volunteers. Volunteers also run the gift shops at all three centers. Berkeley has a larger paid staff because the center is run and funded by the city of Berkeley. Though Berkeley has three senior centers, we only visited their largest one on MLK, Jr. Way.

With these three center visits, we came away with awe and envy seeing what other cities have compared to Albany. But on the other hand, we have a much, much smaller community and population here. Whenever we get our next door building remodeled, perhaps we can try to incorporate some of the ideas which we have observed on our visits.

We want to thank Isabelle for allowing us to use our smaller shopping van for these trips which enabled us to use the other centers' parking facility during our visits. She also graciously granted us the same use for different events held by FOAS shopping activities.

Wish to know what the building next door may look like?
Do you have any thought or opinion ?

Come to one of two meetings at the Albany Senior Center to meet with Architect Todd Jersey to learn about recent survey results and give him your ideas.

**Monday, November 2nd 12:00pm– 1:00pm or
Thursday, November 5th 7:00pm - 8:00pm**

SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

Hours: 9 AM to 5 PM Monday –Friday

846 Masonic Ave.

Albany, CA 94706

510-524-9122

Fax: (510) 524-8940

email: ileduc@albanyca.org

seniorinfo@albanyca.org

THE BOOSTER NEWS

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Editors

Zion Lee and staff

email: jandzlee1607@sbcglobal.net

Sunshine Expressions By Barbara Van Pelt



Recuperating -

Best Wishes to the **Leonard Brandi** and his wife **Lucretia**. Leonard had to go to the hospital and have the fluid drained from his lungs. Lucretia has a caregiver helping her at times. They are unable to come to the center at this time for their dinner and miss everyone very much. Calls may be made to 525-1829. Cards sent to 931 Coventry Road, Kensington CA 94707.

Bettie Garrett had a successful knee replacement surgery on October 28, and is now home undergoing physical therapy. She is walking a bit but will take about 6 weeks to completely recover. Floyd is home taking good care of her, and appreciates all the support and prayers from friends and relative. She appreciates phone calls (510)526-3466 and cards.

Cruising, again - Elmer Nelson has completed his 42 radiation treatments for prostate cancer. He celebrated by going on his 16th cruise. His Mexican trip included stops at Cabo San Lucas, Puerto Vallarta and Mazatlan. The ship then went around the tip of Baja California and up into the Sea of Cortez with stops at La Paz and Topolobampo.

Traveling -

Teresa Plate loves her family first, then traveling, then casinos. She is visiting her daughter Elizabeth Pullen and her grandson Guy in Winchester, Oregon. Her grandson Francisco Pullen lives nearby in Coos Bay, Oregon. He has three children - Makena, Braidon and Kendal. Also, he works at the casino. Sounds like Teresa hit a jackpot in more ways than one!

Erin go braugh!- **Pat Tousant** wants all people with Irish roots to know that Ireland is the most beautiful country in which she has ever traveled. A drenching summer produced a countryside with a hundred different shades of green in September. The best thing about the trip was the Irish people and the worst was car insurance in Ireland. It was exhorbitant, but there was no other choice since they didn't recognize stateside insurance. She went to Dublin, the Eastern seacoast, the ring of Kerry, the Western seacoast and the Cliffs of Mohr. Dealing with narrow lanes, driving on the left side, few freeways and lots of round-a-bouts (leaving Dublin took three attempts), it was still a wonderful experience. The people were very friendly and helpful, the pace slow and relaxed. She also visited England, Scotland and Wales. She considers the highlight there to be York, the Cathedral at Durham, Edinborough, Stratford-on Avon, the Cotswold, Oxford, London, Stonehenge and driving up the east coast of Wales.
A really great 21 days!

Sincere condolences to **Fidelia Leavitt** and her family on the death of **Christina Del Crew**, their oldest sister.

 <p data-bbox="211 1785 535 1911"><i>(For Regular Flu only)</i></p>	<p>When: November 9th, 9 am—11:30 am</p> <p>Where: Albany Senior Center</p> <p>Who: For Medicare and Medi-Cal recipients only. (HMO sub-scribers are asked to go to their providers.)</p> <p>Bring: Medicare/Medi-Cal card and picture ID.</p> <p>Costs: Donations accepted.</p>
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Upcoming Events



**Monday, November 2nd
11:00am-12:00pm**

FOAS (Friends of Albany Seniors) Board Meeting: All are welcome. Help us continue to financially support and serve **our Senior Center. Please note earlier meeting time. (No meeting in December.)**

**Monday, November 2nd
12:00– 1:00pm
Thursday, November 5th
7:00-8:00pm**

Meeting with architect Todd Jersey on Building Design for Next Door.
Learn the results of recent survey; Bring your ideas to discuss in the meeting.

**1st and 3rd Friday's
9:30-10:30am**

Mercy Brown Bag Program. **Fee: \$10 yearly donation**
Distributes nutritional grocery bags of food to seniors on fixed income
Twice a month.

**Tuesday, November 3rd
December, 1st
1:30-3:30pm**

Chair Massage provided by Michael Grunwald
10 minute chair massage appointments are available for the low cost of \$8. Call the Senior Center to make an appointment.

**Monday, November 9th
9-11:30am**

Flu Shots (regular only, Swine Flu shot not available)
For Medicare and Medi-Cal recipients only. Bring your Medicare/Medi-Cal Card and picture I.D. Donation accepted. HMO folks are asked to go to their provider.

**Thursday's November 12th
December 10th
2-4pm**

FREE Notary Service
Bring your picture I.D.
Call the Senior Center for an appointment.

**Thursday's, November 19th
December 17th
1:30-2:30pm**

Hula Aerobics
Attend this gentle exercise class and learn how to Hula dance, strengthen your body and have lots of fun! **FREE!**

**Wednesday, November 25th
3:30-5pm**

Thanksgiving Dinner
(Roast turkey with gravy, mashed sweet potatoes, cornbread dressing, cranberry sauce, seasoned peas, pumpkin pie, cranberry juice and special treats.)
Come enjoy some delicious food, entertainment and friendly company in a festive atmosphere. **Fee: \$5.00 payable at the door. NOTE: Sign up at the front desk by Thursday, November 12th to reserve your meal.**

**Sunday, December 6th
12-4pm**

Holiday Market
Come find unique gifts such as watercolors, drawings, paintings & etchings, jewelry and much, much more, all made by very talented senior artists. If you would like a booth at the event, pick up an application at the front desk and turn in by Nov. 13, 2009. The Friends of Albany Seniors will sponsor a bake sale and light lunch items for sale at the event.

**Friday, December 18th
3:30-5pm**

Holiday Meal (menu to be determined)
Come enjoy some delicious food, entertainment and friendly company in a festive atmosphere.
Fee: \$5.00 payable at the door.
NOTE: Sign up at the front desk by Thursday, December 10th to reserve your meal.