

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706 524-9122

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Aloha and Mahalo!

Hello, thank you so much for supporting the Luau! This year's Hawaiian Luau was smaller but much nicer. The place was beautiful and people came and enjoyed themselves. They were entertained by 3 dancers, his homemade catapult for the



much for supporting the Luau! Luau was smaller but much fully decorated like a Hawaiian and enjoyed themselves. They 3 musicians and Zion Lee with pineapple game.

We could not have done it without the twenty-five volunteers. The Lions Club began cooking the Teriyaki Chicken Dinner at 10 a.m. Two couples cooked the rice and five ladies baked and frosted the cupcakes. Sangria punch was carefully prepared with the best ingredients and people liked the food and drinks.

At the door, the cashiers and greeters sold raffle tickets and ushered the people. Dinner was served right away. Many people helped with the serving.

The place was full of laughter and music until about 8 pm. After that it was time for clean up. Everything had to be cleaned or put away. Trash had to be carried out. Many people stayed and helped until the place was back to normal.

It was not easy to shop for a big event such as the Luau. We had 4 people, led by Stan Ginn, doing the shopping at different places to get the best deals. They did a good job.

The raffle went very well thanks to Barbara Van Pelt who successfully solicited donations from Safeway, Starbucks, Peet's Coffee and Andronicos. Please visit the website <http://albany.patch.com> to see the colorful Luau pictures.

Mahalo!

Julia Lee, President, FOAS

Come to the Holiday Market & Bake Sale
Saturday, December 4 11am - 4pm
Proceeds to benefit Albany Senior Center
Come for the fun & delicious baked goods.



Chez Isabelle

Did you know that in addition to going to local grocery stores on a weekly basis, the Albany **Senior Center Community Shuttle** bus takes seniors to the El Cerrito Farmers' Market once a month? Mary, our wonderful driver, picks up Albany residents 60 and over in front of their homes, takes them to the market and then brings them back home. She will also provide help with your grocery bags if you need it. If you'd like to know more about this service, please call the senior center. We'll be happy to talk to you about the shopping program or any of the other services and activities we provide.

Don't miss upcoming **Senior Center Holiday festivities**. Our Thanksgiving Dinner will be held November 24 at 3:30 pm. and our Holiday Dinner, December 17 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.

This year, the **Holiday Market and Bake Sale**, organized by FOAS, will be held on Saturday, December 4 from 11am-4pm. This event highlights the work of talented seniors. Come find unique gifts such as watercolors, paintings, cards, jewelry and much more. A yummy bake sale with light lunch items will also be provided throughout the day. Proceeds are used to benefit the Senior Center.

Some of you have requested **training on the use of walking and hiking poles** for seniors. We have arranged for Jayah Paley to come to the Senior Center to conduct such a class on November 30, 10am-1pm. Ms. Paley is a professional trainer and has conducted similar training with East Bay Parks. The class will discuss the different types of poles and how to use upper body muscles to prevent damage to your knees and joints, and to improve balance and endurance. The class is limited to 15 students, and the fee is \$15, payable at sign up. Please sign up at the front desk.

Also, beginning in November, the **Ping-Pong and Game Day** will return to Thursday afternoons, and the new time is 2-4pm. Popular games like Scrabble, Yahtzee, and dominos will be provided, or bring your own favorite. Come and invite your friends to this weekly social activity.

Have a Happy and Safe Holiday Season!



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THE BOOSTER NEWS

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December Birthdays



Robert	Berman	Tung	Huang	Shu-Ching	Peng	Charlotte	Toothman
Bry'sude	Brandon	Bernice	Hunn	Sally	Redick	Patricia	Tousant
Vincenta	Camachi	Diane	Ichiyasu	Sheila	Reid	Victoria	Triemer
Yolanda	Chapman	Timothy	Kaarto	Isabelle	Revoir	Barbara	Trotter
Yun-ren	Chin	Anita	Levitch	Anne	Richardson	Concecion	Valenzuela
Walter	Corvello	Annette	Lys	James	Rinaldi	Mariko	Watanabe
Dick	Davis	Tralee	McGill	Thomas	Roberts	Ira	-Harami Weinstein
Bill	Decker	Marci	McKillican	Thomas	Rogers	Alfred	Windsor
John	DeSouza	Marci	McKilligan	Wendy	Ruebman	Eleanor	Wong
Minnie	Favre	John	McPhee	Gouping	Shen	Christine	Yamashiro
Lyman	Fong	Vincent	Morales	Leon	Spanier	Kaigui	Yao
Roger	Freeman	Kathleen	Murphy	Nancy	Stout		
Naoma	Guevara	Eugenia	Ng	Carol	Swoun		
Edward	Hill	Gay	Nichols	Russ	Theobald		
Barbara	Hirsch	Sabit	Ozen	Margaret	Tong		

The **December Birthday Party** is scheduled for December 9th at 4:00 pm. After-dinner performance features high school voice choir "Men with Souls". All are welcome, especially if you have a birthday in December.

Pole Training Class. Fifteen seniors received training at the Center on walking/hiking poles on November 30 from professional trainer Jayah Paley. The object of the class was to learn the proper choice of poles, the correct use of poles to improve balance, confidence and to reduce potential injuries to joints, knees and hip. This is achieved by spreading the work over the entire body muscles via the use of poles. After the classroom presentation, and some practice with poles (furnished by Paley), the group was transported by the Center's bus to Albany Hill for some real-life exercise on both paved road and dirt trails, up and down the hill. Trainer Paley was knowledgeable, lively and effective.



"This is a very worthwhile class", "I've learned a lot about poles," commented several participants. Since there is significant interest in this subject, another class will be offered in the future. Be on the look out for a future date.

THE PLEASURE OF READING TOGETHER

By Debra Rather

In the literature classes I teach at the Senior Center, students often mention the pleasure they take in hearing stories, diary entries, and parts of novels read aloud. Others talk of how eye-opening it is to hear a whole group of people discuss a piece of writing. With different life experiences and viewpoints, people surprise each other with their insights. I'd like to introduce members of the Senior Center to the three Albany Adult School classes I teach here. The winter term starts on **Monday, January 10th.**



description of this course; she said, "The pace is slow, with undemanding outside reading assignments. Join a stimulating, supportive group who enjoy talking about literature." We'll meet on Wednesdays between 3:00 and 5:00 in the classroom, starting on **January 12th.**

In "American and European Short Stories" we read stories aloud, and discuss both the events and the ways the stories are written. In the upcoming winter term we will read stories that were later turned into movies, in an anthology called **Adaptations: From Short Story to Big Screen** edited by Stephanie Harrison; the publisher is Three Rivers Press. We'll read short fiction by Graham Greene and F. Scott Fitzgerald as well as a number of other intriguing stories. This class meets in the multi-purpose room on Mondays, between 11:30 and 1:30, starting **January 10th.**

This term in "Contemporary Novels" we'll read a beautifully written novel called **Let the Great World Spin** by Colum McCann; the publisher is Random House. "Contemporary Novels" is different from my other classes in that people read novel chapters at home and we discuss them when we meet. One of the students wrote a small

In "The Lives of Women" we read accounts of women's experiences. In the winter we'll read **Just As I Thought**, a collection of autobiographical pieces by the spirited short story writer **Grace Paley**. This book was published by Farrar, Straus & Giroux. We'll meet on Fridays, between 2:00 and 4:00, in the classroom, starting on **January 14th.** I was lucky enough to have Grace Paley as a writing teacher, and am eager to read this book with the class.

I warmly welcome newcomers to sample the pleasure of reading together. To register for a class, go to the website www.albanyadultschool.org or visit the Adult School office between 5:00 and 8:00 at 603 Key Route Ave (Albany High School). The office's phone number is 558-2516; call first if you'd like to register by mail. The courses cost \$35.00 each. Please register before the winter term begins.



“ WALKIE-TALKIE” By Pat Tousant

“the wheels on the bus go round and round,...”

Our first hike of October was sunny, bright and warm; quite a contrast to most of our summer weather. We headed to San Francisco for a 3-mile hike in Golden Gate Park to include a visit to the Japanese Tea Garden. Mary parked the bus at the Conservatory of Flowers and we walked west to the Tea Garden, arriving there before 10:00 a.m. so we were allowed to enter free. And, of course, our Senior Center KARMA provided us with an unexpected guide during our hour there. He was interesting, informative and he helped to make our hour most productive relaying information about the Garden’s history as well as the flora and fauna within it. We continued our walk to the Chinese Pavilion at Stow Lake for lunch and then worked our way back to the bus at the Conservatory. The warm, beautiful day was meant for stopping at John’s Ice Cream in Berkeley to get our favorite \$1 cone to bring out the kid in all of us. Wilma and Teresa sang.-----Once again one of our glorious days of fall and our senior hiking group journeyed up to Joaquin Miller Park in the Oakland Hills. Whoops!!PARK CLOSED-HIGH FIRE DANGER - Without missing a beat, we regrouped and decided to head to Lake Merritt for a hike around the Lake and then a visit to its very interesting bonsai garden, as well as its cool palm garden. We did all of this on a sunny, hot,



Leisurely lunch at GG Park.

windy, high-fire-danger fall day, and then headed to John’s and back to the Center. -----True to our October weather another great day and this time we were headed for one of the newest trails in the East Bay Park system. We were going on a five-mile hike in the Dublin hills on the Calavares Ridge Regional Trail.

While being warm, and getting warmer we headed up the trail past current housing developments and through leased pastures with lots of calves and their moms on up a very, very, steep hill to a 360 distant vista. Evidence that this was all under the sea millions of years ago was apparent by an abundance of large and small rocks with fossilized shells in them. (Now that would be an antique!!!) We might have even picked a few for our rock collections. We retraced our steps, went for something to eat and came back to the Center. There, we had ice cream, courtesy of the Senior center, and listened to an interesting presentation from a gentleman who owns the Palomino farm in the Central Valley, and sells his produce at the El Cerrito Farmers Market. -----If you are interested in joining us for any of our Tuesday hiking trips, sign up for the December trips at the Center the beginning of November. It’s fun and it is free!!!



Grazing cows at Dublin hills provide photo ops.

Marin School Brownies visit the Senior Center. The Marin School Brownies came to the Center on October 21 to put on a performance of songs, and presented cookies to our seniors. As a project, they interviewed our seniors in order to record their stories. When complete, a copy of their work will be presented to us.



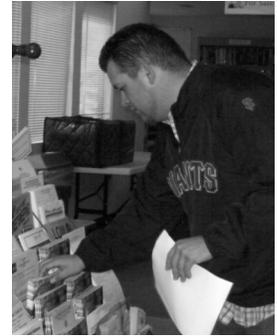
Marin School Brownie interviews Virginia Blume.



Young reporter takes notes from Anna Pugatch.



Spotlight on ASC Staff. In this issue of Booster News, we spotlight one of our Staff members, **Nick Jordan**. Nick is a full-time staffer and assistant supervisor at the Center. He occupies the first office on the right as you enter the door. He shares the office with the other Nick (Mildenhall). He is an avid fan of the Giants and the 49ers.



BN: How long have you worked at the Senior Center?

Nick: Three and a half years.

BN: Tell us the kind of work you do at ASC.

Nick: I am responsible for coordinating day trips, classes and activities. I also do the daily accounting and staff/volunteer supervision. Last year I was also given the duty of scheduling the sports fields for youth and adult sports.

BN: Tell us something about your background.

Nick: I was born in San Pablo, Ca at Brookside Hospital. I moved to Benicia, a small quiet town when I was 4 years old. Most of my family lives in the Bay area. I have a younger brother who is 18 and just started college. I have played sports since I was 4 years old.

BN: What did you do before coming to ASC?

Nick: I worked for the City of Benicia with their recreation department. I was a recreation coordinator for their after-school and teen programs for 7 and a half years.

BN: What motivated you (or how did you come) to work at ASC?

Nick: I was looking for a recreation job that would give me experience with a different age group. Albany has provided me great experiences.

BN: What do you like most about your job?

Nick: I like the friendliness of the people that come to the Senior Center each day. I really enjoy the feedback from the daytrips. I hear great comments on the venues and restaurants that are chosen. People come back and say they had a great day. That is pretty amazing to hear. A short 6-8 hour trip can make a person's day and that is something I enjoy about the job.

BN: The most challenging parts of your job?

Nick: Trying to recruit and retain volunteers for our kitchen program. It is also a challenge to try and meet everyone's expectations of what trips/programs should be offered. We do our best to keep everyone satisfied.

BN: Can you relate an interesting event or anecdote in your job experience?

Nick: I say this with all respect. I've worked with kids and seniors. I have been able to use my past experiences in my previous job with this job. Recreation offers fun, enriching and safe programs. Both kids and seniors enjoy programs that offer that.

BN: An interesting (or unusual) event, experience or upcoming event?

Nick: My wedding in May 2012.

BN: What are your hobbies, interests?

Nick: Spending time with my fiance, playing softball, downloading new music, and watching the Giants and 49ers.

BN: A favorite book or movie ?

Nick: Movie- Jackass 3D.

BN: Two words that describe you.

Nick: In progress.

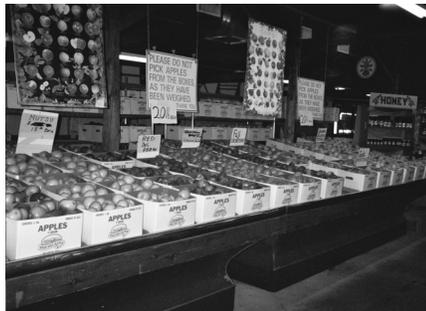
TRIP TO APPLE HILL *by Margie Carr*



On October 20, 2010, a full bus of Albany Seniors led by Nick Jordan went to **Apple Hill** in El Dorado County located between Pollock Pines and

Placerville, one hour east of Sacramento. The drive up took us past many fruit tree orchards as well as pumpkin fields and Christmas tree farms. After arrival at High Hill Ranch, which is part of an association of ranches and orchards under the name of Apple Hill Growers, we visited the craft shops, Fudge Factory and the Apple Barn with its large bins of

over 15 varieties of apples. (Red and Golden Delicious, Rome Beauty, Empire, Fuji, Jonathan, Gala, Granny Smith, Pippin Gravenstein,



Pink Lady and McIntosh, to name a few) There was a large selection of apple pastries, apple juice, apple jams and jellies, apple butter and syrup, and of course, apple pies for sale. Many of our group could be found near the bake shops sampling the

delightful varieties of apple donuts and fritters with apple cider or coffee.

We all managed to maintain a good appetite for lunch which was served on an outdoor porch under a canopy surrounded by beautiful redwoods and pines. After lunch (which included more pie for dessert) we began our tour. Our tour guide, Wanda, took us to see where the apples were mechanically sorted, peeled, and finally to where the baked pies were stored in a large room-sized freezer. Later we walked over to the large grassy picnic area next to a trout pond where the fish could be seen in abundance.

A highlight of the trip was a hayride through the orchards. The cart was pulled by a tractor, so we were given plenty of time to view the large expanse of trees while Wanda gave us a history of the area.

When the association of ranches began in 1960, the ranchers first sold apple cakes. The cakes became so popular that the ranchers ventured into apple pies, donuts, jams, jellies, etc. The original recipe for Apple Hill Cake is as follows:

Combine: 2 cups sugar with ½ cup oil and 2 eggs

Add: 4 cups diced apples

Sift together: 2 cups flour, 1 tsp salt, 2 tsp cinnamon, 1 tsp nutmeg, 2 tsp baking soda

Add sifted dry ingredients to apple mixture. Pour into 9" x 13" greased cake pan and bake for 1 hour in a preheated 350 degree oven. Enjoy!

Visit to Sonoma County & Charles Schultz Museum

By Margaret Yuen & Cindy Shen



On the red-letter day of 11/03/10 celebrating the World Champs San Francisco Giants, a group of 15 Albany seniors got on the Senior Center's green bus for a day trip to Sonoma County. They had to share the road with a zillion fans!! Lucky thing, they were heading separate directions.

At the Sonoma Museum, the docent led the visitors through the Mexican Day of the Dead Altars, where every item is a symbol. Then, on to the very exciting Mad Science Exhibit, showing many one-of-a-kind movable objects!

After lunch, on to Charles Schultz Museum. They roamed the two floors of Peanuts -- Charlie Brown, Snoopy & the Gang, and the interesting timeline & biographical exhibits

of Charles Schulz. Outdoors, they met the life sized characters & walked the Snoopy labyrinth.

Many thanks to the Nick Jordan & driver Mary McKenna for planning and conducting the trip. Sorry, no peanuts for Zion!



Upcoming Events



Saturday, December 4th
11am-4pm

Holiday Market & Bake Sale

Come to this special event organized by the Friends of Albany Seniors. Great bargains on holiday decorations, jewelry, paintings, cards, crafts, plants & white elephant items. Baked goods, light lunch and raffles. Enjoy holiday entertainment. Bring the entire family. Free admission.

Monday, December 6th

No FOAS (Friends of Albany Seniors) Board Meeting in December.

Monday, December 6 & 20

1-4pm

HICAP

Health insurance counseling appointments are available with Ann Bednarczyk, a volunteer counselor with HICAP. For an appointment, please call 839-0393.

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. Registration for 2010-2011 begins on July 2nd at 9am. Please bring proof of all household income and your \$10 donation to register and receive your bag.

Wednesday, December 8th
1-3pm

Over 60 Health and Foot Clinic

A nurse provides foot care, blood pressure checks, medication review, and more. Drop in only.

Thursday, December 9th
4:00-5:00pm

December Birthday Party

Entertainment: Men with Soul Voice Choir

Thursday, December 16th
10:30am-12:30pm

Movie of the Month: Polar Express

Come join us for a late morning movie. Popcorn and soda will be served.
Fee: \$1.00

Thursdays
2-4pm

Board Games & Ping Pong.

Play board or card games with friends. Keep your coordination and mental alertness sharp with Ping-Pong.
Admission: \$1.00

Friday, December 17th
3:30-5pm

Holiday Dinner

Enjoy great food, entertainment, friendly company and a festive atmosphere. Sign up at the front desk by December 9th to guarantee yourself a meal.
Fee: \$5.00 (pay at the door)

****** Albany Senior Center Closures in December******

Friday, December 24

Monday, December 27

Friday, December 31