

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

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!



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



November Birthdays



Ella Faye	Adkins	Clara-Rae	Genser	Elaine	Korry	Clara	Rogers
Eugene	Bailey	Howard	Gerstein	Robert	Krones	Walter	Roos
Howard	Banford	Lula	Greene	Al	Laudel	Rita	Schucker
Alice	Barce	Michael	Gumbmann	Marilyn	Leavitt	Helene	Segal
Marina	Bear	Dorothy	Hackett	Alice	Li	Marshall	Sweet
Florence	Bryndza	Helen	Hadley	Timonera	Luzadel	Margaret	Tashininn
Philomena	Burkhardt	Norma	Hennessey	Simona	Miller	Margaret	Tashininn
Wei Wu	Chin	Howard	Hoggatt	Terrie	Oto	Jun Lan	Tseng
Patricia	Clark	Judy	Holmes	Charles	Pagter	Betsy	Vashel
Marianne	Darrow	Karen	Hozmeister	Judith	Petersen		
Judy	Dovali	Donna	Huang	Mildred	Petersen		
Edward	Dowling	Joanna	Katz	Barbara	Price		
(Pete)		Isabel	Knight	Jeanella	Ramey		
Evan	Flavell	Ruth	Koolish	Robert	Reid		
Michelle	Fontes						

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		

Because the Center is closed the second Thursday of November for Veterans Day, the **November Birthday Party** is scheduled for November 4 at 4:30 pm. We will celebrate Veterans Day by honoring our veterans at the same time. After-dinner performance features music by accordionist Dennis Dowling. All are welcome, especially you who are veterans, or have a birthday in November.

The 3rd annual Hawaiian Luau sponsored by FOAS went off without a hitch. Approximately 90 people, from ages 5 to 95, came to the event. Entertainment was provided by some illustrious personalities, like “Elvis Presley” by James Lee (whose last name is also known as Pres-Lee), Patrick McKenna and his wife Lee (her real name), along with MC’s Stan”Lee” (Stanley Ginn) and Zion Lee (his real name). (There were enough Lees to form an Albany Chapter of the Lee’s Association.) In addition, we had 3 wonderful hula dancers (Wailani, Susan & Kelly) from a dance school in Richmond, who performed hula and led our audience in a hula lesson. Many of us, young and old, participated. The event closed with an interesting game “Shooting for Dole”, which was won by 94-year old Pete Dowling. (After having practice at this sharp-shooting game, Pete went on to pass his license-renewal driving test. Congratulations, Pete, on both scores!) The evening’s valuable raffle prize went to Priscilla Tolentino. Thanks to the Albany Lions for preparing the Luau dinner, and all the volunteers who contributed their time.

(By Zion Lee. Photos by D. Pugatch, P. Milin, S. Ginn)



Volunteers, from left, Tennessee, Barbara, Pamela, Karuna, Helen and a lion.



Carissa & daughter playing the “Dole” game.



Patrick & Lee KcKenna leading sing-along.



Pete Dowling’s experience paid off in the “Dole” game.



Elvis Pres-Lee strutting his stuff.



Elegant hula dancers Susan, Kelly and Wailani.



Beautifully attired party-goers, from left, Julia, Virginia, Florence, Dorothy, & Gloria.



Hawaii in Albany

“ 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 —Watch out, Texas Rangers!



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.

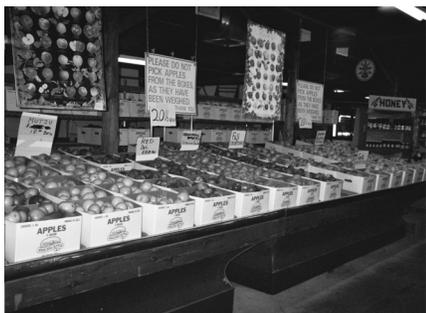
TRIP TO APPLE HILL *by Margie Carr*



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 sur-



rounded 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 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!



In Memory—Leonard Brandi July 15, 1915 - Sept 30, 2010



Len and Lou Brandi at a Holiday dinner in 2008.

Born in Italy, Leonard was an educator, an expert in communications and served in the Army during World War II. After graduating from San Jose State University in Electronics, he devoted his life to teaching inner-city high school students in Oakland. He was a radio amateur operator, W6LWX, since his early years. He and wife Lucretia participated in the Albany Senior Center dinner program for many years. He was a devoted husband and a member of FOAS. He is survived by his beloved wife Lucretia of 64 years, daughters Linda Delehunt and Janet Dobbs, three granddaughters, two sisters, and several cousins, nephews, and nieces.



Upcoming Events



Monday, November 1
12:00pm-1:30pm

FOAS (Friends of Albany Seniors) Board Meeting: All are welcome. Volunteer luncheon. Help us continue to financially support and serve our Senior Center.

Monday, Nov 1 and 15
1-4pm

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

Friday, November 5
9am-12pm

Podiatry
Podiatry services provided by a licensed podiatrist for \$20. Call the Senior Center to make an appointment. Cash or Checks. Checks payable to the Albany Senior Center.

Tuesday, Nov 9 and Nov 30
& Friday, Nov 19
2-4pm

Chair Massage
10-minute chair massage appointments available at the low cost of \$8. Call the Senior Center for an appointment.

1st and 3rd Friday
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. Please bring proof of all household income and your \$10 donation to register and receive your bag.

Thursday, November 4
4:00-5:00pm

November Birthday Party & Veteran Celebration
Entertainment: Music by Accordionist Deniss Dowling.

Thursday, November 18
10:30am-12:30pm

Movie of the Month: Up In the Air
Come join us for a late morning movie. Popcorn and soda will be served. Fee: \$1.00

Wednesday, Nov 24
3:30-5pm

Thanksgiving Dinner
Enjoy great food, entertainment, friendly company and a festive atmosphere. Sign up at the front desk by NOVEMBER 12, to guarantee yourself a meal..
Fee: \$5.00 (pay at the door)

Monday, November 22
11:30am-1:30pm

NEW CLASS!- Short Stories “Enjoy a Good Scent from a Strange Mountain”
Come read and discuss this collection of lovely and unusual short stories by Robert Olen Butler.
Instructor: Debra Ratner
Course Dates: Mondays, November 22-December 13 (4 classes)
Fee: \$23 resident, \$25 non-resident

Tuesday, November 30
10am—1pm

Hiking and Walking Poles Training class by professional trainer **Jayah Paley.**
Learn pole types and how to use upper body strength to preserve your joints, knees, and improve posture and balance. Outdoor practice at a nearby park by ASC bus, weather permitting. **Fee:\$15.** Limited to 15 students. Sign up at front desk.

**** Albany Senior Center Closed on****

Thursday, November 11 (Veterans Day)

Thursday & Friday, November 25-26 (Thanksgiving Holiday)

Thursday & Friday, December 23-24 (Christmas Holiday)

Thursday & Friday, December 30-31 (New Year Holiday)