

Walkie-Talkie” -Walk, Talk and Be Healthy

By Pat Tousant



The Ardenwood goats having a field day

“The wheels on the bus go round and round,” and the bus took us to the Ardenwood Historic Farm in Fremont for our first April hike. This is a working farm with orchards, fields, gardens, animals, etc., attended to in the same manner as the Victorian-era Americans of the late 1800’s. It is there for us all to experience; we were led on a half-mile walk by one of the ”farmers” through the barns and paths to see how some of the old equipment was used. We then were able to take a tour of the Queen Anne Victorian house in which three generations of the Patterson family lived. All of it was very interesting and the history of the house was ably revealed to us by a passionate, knowledgeable manager of many years. It was great to be on a farm in the spring of the year when things are green and in bloom, and the animals are with calves. We enjoyed our picnic lunches and finished with ice cream at John’s.-----The next week we journeyed to Lake Chabot for a hike of about 4 miles and a pontoon ride on the 315-acre Lake after lunch. On the hike the docent had us skirt the east shore of the Lake. We were privileged to see a Great Blue heron fishing in the willows and were very intrigued by a cute little wood mouse that hardly moved as we passed it coming and going. Lunch was in a beautiful tree-shaded area with just enough sun to keep us warm. The lack of warmth was a factor on our one-hour pontoon ride, but it was beautiful skimming along the Lake with the hills in the background an emerald green, and

geese, ducks, coots, grebes, plovers and fishermen allowing us to share. We were happy and but cold to get off the boat and head for the warmth of the bus for our ride back to the Center. Wusses—all of us, except Nancy who took to the water like a duck and did not mind the cold.-----Our final hike took us to the salt marshes due east and north of the San Mateo Bridge. An area many of us passed many times in our hurry to get “somewhere”. So the Cogswell Marsh, (formerly salt was mined here by Leslie Salt Co.), a part of Hayward Regional Shoreline, was a new experience for most of us. Karen, one of our hikers, who worked with newspapers in that area, was able to give us a lot of good information. The hike itself was approximately 5-miles over gravel and paved road across the berms of the marsh. We saw many shorebirds, barn swallows and snails migrating from one side of the trail to the other. The Information Center opened just for us and provided us with some good exhibits and information. Our 5-mile hike got us hungry enough to enjoy a very good lunch at the Bread Project, a restaurant-training-kitchen at the Berkeley Adult School at San Pablo Ave. and Virginia. The price was right, the food was good and filling and many of us purchased sweets for our “tooth” later in the day—we did not want to get too-fit too-fast.



At an overlook bridge above Lake Chabot.

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

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Albany CA 94706

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Sign up NOW for a very popular event—the Albany Senior Center High Tea.

Date: May 24, 2011
 Time: 12:30—2:30pm
 Cost :\$5 per person;
 \$20 a table of 4.



The President’s Message

When I was working for IBM, I was in a team and each of us was given a certain task. However we were also required to learn each other’s job, so that no one was indispensable. This kept us humble and flexible. The Friends of Albany Seniors (FOAS) board has nine people in the team. And these few years, we worked well together. However, I do not want to be indispensable, so Barbara Van Pelt has agreed to replace me as FOAS president for the next fiscal year. She has proven herself capable of leading a team. She has headed the Holiday Market and the White Elephant Sale which were very successful. (Our White Elephant Sale brought over \$2500.) Our larger team consists not only of FOAS officers but faithful volunteers who help us with doing the



actual work. Each fundraiser is a big operation that needs a large working team to take on various assignments, especially in the White Elephant Sale – Advertising, Pick-up donations, Sorting, Pricing, Packaging, Moving, Displaying, Re-packing, Storing. In addition we have volunteers who work at home; they donated the home-baked goods. Many hands make things happen - that is the Friends of Albany Seniors.... And this is your Senior Center. Your donations, your help, the hours you put in, no matter how small, are not in vain, but are much appreciated.

Julia Lee
 President, FOAS

Late Breaking News—City of Albany recognizes Julia and Zion Lee as Volunteers of the Year for 2011. At the Annual Volunteer Appreciation Reception held at the Community Center by the City of Albany on April 28, 2011, our very own “dynamic duo”, Zion and Julia Lee were recognized for their outstanding and varied volunteer work with our Senior Center and FOAS. This City-wide recognition validates what we experience from our “dynamic duo” on a day-to-day basis. As Julia was travelling out of the country, Zion accepted the award for both of them. In accepting the award, Zion also recognized the new crop of FOAS volunteers who have contributed much to the new vitality of FOAS..... More on this in the next issue of Booster News.

By Pat Tousant



Chez Isabelle



Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans- borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. On Monday, May 2 at 7:30pm, the City Council will present a Proclamation in honor of Older Americans Month. The meeting will be held in the Council Chambers at the Albany City Hall, 1000 San Pablo Avenue. Chosen by the U.S. Administration on Aging (AoA), the theme of this year's celebration is Older Americans: Connecting the Community- pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives. The AoA is sponsoring an exciting activity in observance of Older Americans Month 2011, a **Community Connection Video Game Tournament**. Using the interactive Nintendo Wii video game console, AoA is inviting Senior Centers across the country to hold bowling tournaments. The Albany Senior Center is up to the challenge! **On Thursdays, May 12 & 26 at 2pm, we will hold our own bowling games.** We invite you to sign up now and join the Albany Senior Center Bowling Team. The Albany Senior Center is joining the festivities with our special **Older Americans Month High Tea**, Tuesday, May 24 from 12:30-2:30pm. The event includes a light lunch, entertainment, fancy hat display, and a table decorating contest. We are now accepting table reservations. Fee is \$5 per person. Reserve now! Space is limited! Happy Older Americans Month!



MIDNIGHT IN PARIS—A Woody Allen Romantic Comedy

Join our *Fourth-Friday Film Club* at the Albany Senior Center on **Friday, May 27, 2011 at 3:30 pm.** You're even welcome to invite a friend to join our growing group of affable film buffs. We walk the five blocks as a group to the *Albany Twin Theatre* for the 4:00 pm matinee and back to the Center afterwards. Those who wish may choose to stay on and discuss the film over coffee/dinner.

- § Date: May 27, 2011
- § Meeting time: 3:30 pm
- § Cost: \$8 (Buy ticket at theatre.)
- § Title: *Midnight in Paris*
- § Sign up now at the front desk!



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THE BOOSTER NEWS

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THE BOOSTER NEWS

.....More WES pictures



Our entertainer—Nan Smekofske at the piano.



Iris Burris—a former FOAS president.



Veteran elephant hunters taking a break: Zetta Poli (left) and Karen Sibley



A quartet of volunteers: From left, Billie, Jodie, Kathy and Jim.



Renata Valencia stands guard over the merchan-



At the lunch corner, Jim Domini (center) and Erin Tseng. (standing)

Taxes, Taxes,.....Taxes.....



If you found yourself paying a lot of taxes on your recent tax return, you may find the following poem painfully amusing:

*Tax his land, Tax his bed,
 Tax the table, At which he's fed.*



*Tax his car, Tax his gas,
 Find other ways to tax his ass.*

*Tax his tractor, Tax his mule,
 Teach him taxes are the rule.*

*Tax all he has, then let him know
 That you won't be done, till he has no dough.*

*Tax his work, Tax his pay,
 He works for peanuts anyway!*

*When he screams and hollers; Then tax him some more,
 Tax him till he's good and sore.*

*Tax his cow, Tax his goat,
 Tax his pants, Tax his coat.*

*Then tax his coffin, Tax his grave,
 Tax the sod wherein he tho't he's safe.*

*Tax his ties, Tax his shirt,
 Tax his work, Tax his dirt.*

*Put these words upon his tomb,
 "Taxes drove me to my doom..."*

*Tax his tobacco, Tax his drink,
 Tax him if he tries to think.*

*When he's gone, do not relax,
 It's time to apply the inheritance tax.*

*Tax his cigars, Tax his beers,
 If he cries, Tax his tears.*

(Excerpt from an article by Charley Reese's final column for the Orlando Sentinel...He has been a journalist for 49 years.)



Our 2011 White Elephant Sale opened its door at exactly 9:00 am on April 9, none too soon for the throng of about 30 shoppers who had been waiting at the door for some time. "Where is the jewelry?" the first shopper asked. Other seasoned shoppers knew where to go to find their "treasures". Perhaps because of the nice weather, or the economy, or better advertisement, this year's attendance was visibly better than past years. But our volunteers were well organized and prepared. We divided into various departments by merchandise and several people were assigned to take care of each section. Everything went smoothly. All departments registered more sales than previous years. A big thank you to our many volunteers whose work began months before, up to the day of the sale, and finished with the job of cleaning up and packing away remaining items.



May Birthdays



Denise Anders	Richard Brian Fretter	Damasita Ordonez	William Tang
Elizabeth Arnold	Pauline Gekov	Shirley Parr	James Thede
Debra Bernhart	Judy Gustin	Ann Parsons-Greer	Samuel Tsai
Lloyd Boyce	Pauline Hale	Junell Patterson	Samuel Tsai
Nancy Cerveris	Kathleen Hayward	Susan Peters	Marquez Viviana
Shih-Ming Chen	Gretchen Koehler	Pete Petersen	Mike Wall
Ellen Clarke	Sandi Levy	Robert Post	Helen Wayne
Lois Corte	Alice Mead	Anna Pugatch	Phillip Wheeler
Christopher Court	Pamela Milin	Steven Richardson	Wilma Wong
Susan Davis	Carolyn Moody	Rita Rubin	Linda Wong
Dena Elfert	Guido Moscoso	Margaret Stanzione	Helen Wynne
Jane Falk	Lee Nelson	Nadine Starbuck	Zhizen Xu
Anne Fitzmaurieu	Hung Nghiem	Jean Stenquist	Margaret Yuen



A silent auction of salt & pepper shakers brought \$100.



Happy cashiers—Julia Lee, Midori, Bill Decker & Stan Ginn.



The jewelry booth managed by Maya Mizuhara and Jewel Okawachi.



The crowd in the front lobby.



Doris Burluson (seated) with her best selling plants.



Book sales went way up under Ann Barnecyk (left).



The household and sporting goods won the top honor in sales.



Glass Room volunteers—From left, Karen, Su and Sandy.



Baked goods were sold out early in the afternoon.

Help us celebrate May Birthdays at a dinner Party scheduled for Thursday, May 12 at 4:00 pm. After dinner entertainment features a musical performance by the Marin School choir. If you don't come to the dinner, come for the performance at 4:30pm. All are welcome, especially if you have a birthday in May.

At our April Birthday Party, we celebrated the birthdays of Ms. Yaichiyo and Sue Lee. Ms. Yuri Vaughn entertained the crowd with several exquisite Japanese tunes on her Koto.



Half Moon Bay Whale Watching Trip

By Karen Holzmeister

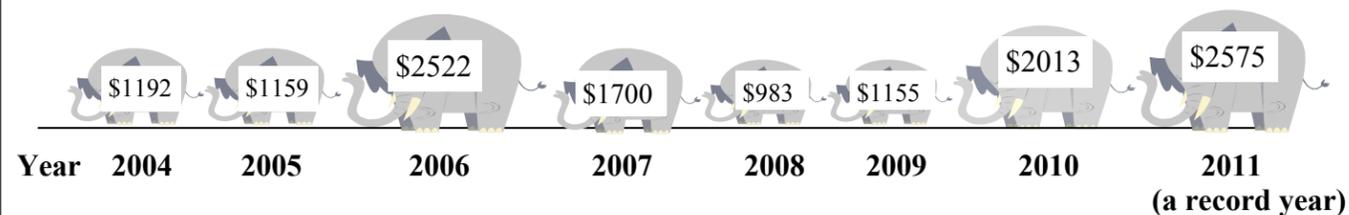
The whales played hide-and-see on April 22 when 21 Albany seniors -and our wonderful driver, Mary McKenna - traveled to Princeton-by-the-Sea, in San Mateo County for a three-hour whale-watching excursion. We boarded the "Salty Lady," a 56-foot vessel, with a naturalist from the Oceanic Society and a dozen other folks who hoped to see gray whales heading south to Baja California. Alas, a sea lion and some sea birds were the only wildlife we spotted on the overcast day.



We traveled about 1 1/2 miles into the ocean, and our skipper took us on a 40-mile journey up and down the coast. We admired the rocky outcroppings along the shore, and the Princeton-by-the-Sea harbor with its friendly assistant harbor master, Mike, and a local seaman, Captain Jack. Later, our group was bussed a few miles south to Half Moon Bay, where we shopped and lunched in the charming downtown (with no chain stores or restaurants!). Thanks to Judith Peterson for the donuts she provided for the early morning journey (the bus left the Senior Center at 6:45 a.m.).



March of the White Elephants



May 2011 Calendar of Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
9am Gentle Yoga \$5/\$6 ACC 9am Needlecraft 9:30am Current Events Social \$1 11:30am Short Stories \$47/\$52 for 10 wks start 4/4 12pm Gentle Tai Chi \$2/\$3 ACC 3pm Memoir (A) \$49/\$54 for 7 wks 5/9-6/27 4pm Dinner <div style="border: 1px solid black; padding: 2px; width: fit-content;"> ACC: Class held at the Albany Community Center, 1249 Marin Ave. </div>	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 5/10-6/21 2pm Memoir (B) \$49/\$54 for 7 wks 5/10-6/21 1pm Hawaiian Dancing (NEW) \$40/\$45 for 8 wks 5/3-6/21 ACC. Registration Required. 4pm Dinner	9am Gentle Yoga \$5/\$6 10am Papier Mache \$80/\$85 for 10 wks 4/6-6/8 10am Textile Art \$80/\$85 for 10 wks 4/6-6/8 10:15am Trad. Women Dances \$6/\$7 10:30am Gentle Tai Chi \$2/\$3 ACC 12pm Rosen Movements \$8/\$9 12:30pm Multi-Medium painting \$80/\$85 for 10 wks 4/6-6/8 3pm Cont. American Novel \$47/\$52 for 10 wks 4/6-6/8 4pm Dinner	9am Shopping: El Cerrito Plaza & 99 Ranch 9am Art Social 1-3pm Soul Line dancing \$4/\$5 2pm Games & Ping Pong 4pm Dinner	9am Gentle Yoga \$5/\$6 9am Shopping: Safeway 10am Shopping: Target 10:15am Dance & Mov. \$7/\$8 10:30am Gentle Tai Chi \$2/\$3 ACC 11am French social 12pm Bridge social 2pm Lives of Women \$47/\$52 for 10 wks 4/15-6/17 4pm Dinner
2 8:30am June Walking Trip registration begins. 1pm HICAP	3 8:30am Walk: Angel Island (FULL) 3:30pm Type 2 Diabetes nutrition presentation. Includes food & beverages sampling!	4	5 9am 55+ Alive Mature Driving	6 9am Podiatry 9:30am Brown Bag
9 11:15am Movie: Inception	10 10:15am Pole Training Class 2pm Chair Massage	11 7:45am Trip: Legion of Honor: Pulp Fashion \$23/\$28	12 9am 55+ Alive Mature Driving 2pm Wii Bowling Tournament 4pm Birthday Dinner	13
16 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	17 8:30am Walk: High Ridge Trail-Union City (Open)	18 9:30am Trip: Safari West \$59/\$64	19 9am Explore Local Natural Treasure on Foot: San Francisco Roof Gardens. Meet at North Berkeley BART. Free.	20 9:30am Brown Bag 2pm Chair Massage
23 9:30am Shopping: Dollar Store	24 8:30am Walk: Bon Tempe Lake- Marin County (FULL) 12:30pm High Tea \$5	25 9am Trip: Downtown Sonoma (FULL)	26 2pm Wii Bowling Tournament	27 3:30pm Fourth Friday Film Club- "Midnight in Paris" Twin Theater.
30 CENTER CLOSED FOR MEMORIAL DAY	31			

Birthday Dinner - May 12 from 4-5 pm \$4
 Entertainment: Marin School Choir

Older Americans Month High Tea May 24 12:30-2:30pm \$5 person
 Join us for this very special event honoring Older Americans. Come have tea and light lunch while listening to wonderful entertainment. Decorate your table, create a unique centerpiece and bring your favorite teacups. Prizes will be awarded for best tables. Reserve your table now at the Senior Center. **Reservation deadline: May 13.**

Poles Training for Hiking, Walking, Balance & Mobility- May 10 10:15am- 1pm \$20/\$25
 Learn vital skills to help improve your endurance, posture, confidence, gait, function and strength. Easy-to-learn techniques help you preserve your joints and enhance your enjoyment of life! Registration required.

55 Alive Mature Driving: Must attend both classes. \$12 AARP members/\$14 non-members. Registration required.
Brown Bag: Distributes grocery bags of food. \$10/year.
Podiatry: Services provided by a licensed podiatrist. By appointment. \$20.
10-Minute Chair Massage: Call for appointment. \$8.
Daily Dinner: Signup at front desk. Suggested donation \$4.
HICAP: Call 839-0393 for free appointment
Shopping: The Senior Center Community Shuttle provides free door-to-door shopping trips to Albany residents age 60+. Monday trips are open to non-residents (p-u at the Senior Center). Registration required.
Taxi Ride Subsidy: For Albany residents 80+ & residents w/disabilities 18+. Registration required.
Meals on Wheels: Delivered 4 days/wk to homebound seniors. Registration required.
Info, Resource Referrals & Form Completion Assistance: Up-to-date info on services and form completion assistance provided by staff. By Appointment.
Computer Lab & Tutoring: Self-serve 30 minute session. Free tutoring by appointment Mondays & Fridays.
Just-for-the-fun-of-it-socials!-Ping pong & games, needle-craft, movie, art, French & bridge: Fee \$1. Drop in.
Day Trips & Walking trips: Registration required.
Fourth Friday Film Club: Signup at Senior Center.

Registration or appointments are required for most activities and services provided. Unless otherwise noted, call or come by the Senior Center for more information.

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