

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

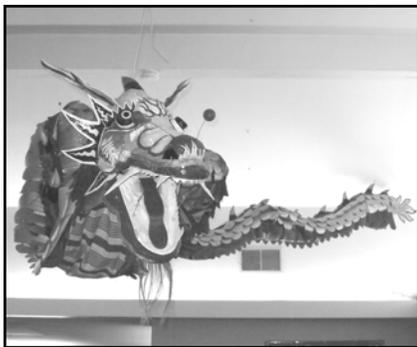
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WHAT'S INSIDE:

- 1: The President's Message
- 2: Chez Isabelle
- 3: March Birthdays/ A Poem....
- 4: Pancake Breakfast 2011
- 5: The Year of the Rabbit
- 6: "Walkie-Talkie"
- 7: February Day Trips
- 8: Upcoming Events



High-flying Dragon hovers over the Center's front lobby. In spite of the menacing appearance, it is actually quite benign.

White Elephants?

When I came to the United States in 1966, I was not familiar with garage sales. At that time, I found it strange that the richest country in the world should use second-hand goods. It was not done in Indonesia, where I came from.

Now I realize that white elephant sales are fun and profitable. Friends of Albany Seniors will have its annual white elephant sale on Saturday, April 9th, 2011. Already the committee has set aside Wednesday afternoons to do the sorting and pricing. We will need used items such as household goods and glassware, books and toys, paintings and decorations, shoes, accessories and jewelry. However, we will not accept electronics, old clothes and large furniture. It is amazing how much we collect if each of us donate one grocery bag full of stuff. And if you cannot deliver it to the Senior Center, the committee will ar-

range to pick it up. Please call ASC at 524-9122 before April 1st.

At the WES, we will also have a lunch counter, plant sale and a bake sale. Some people will donate baked goods, plants in little pots, and gift certificates and merchandise for the raffle baskets.

As president of FOAS, I like the White Elephant Sale because so many people get involved – the donors, sorters, cashiers, etc. It is always a community effort. So I am counting on you readers to get involved. Whether you are homebound or not, rich or poor, in sickness or in health, you can be involved. Every little bit counts. Proceeds will go toward supporting the Albany Senior Center to keep making it a special place.

To paraphrase a famous saying: *Ask not what your Senior Center can do for you; ask what you can do for your Senior Center!*

Thank you so much in advance.

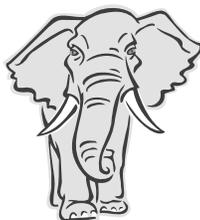
Julia Lee
President, FOAS



Items Needed for the White Elephant Sale.

Save the Date: Saturday April 9, 2011.

It's time for a Spring cleaning!. Please go through your garage and attic and start donating *saleable* items for our biggest fundraiser event at the Senior Center. If you have a large amount of items that you cannot carry, please call the Senior Center to arrange for a pick up. Note that items we would NOT take are: large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.





Chez Isabelle



Our New Computer Lab

The Senior Center is proud to offer internet access at our new computer lab located in the lobby by the library area. While the computers were generously donated, we've spruced up the area with brand new desks, flat screen monitors and comfortable adjustable chairs. Tutoring is available Friday afternoons with Shaun Charles and on some Mondays with Mary McKenna. Check the schedule at the front desk and sign up for a free tutoring hour with our volunteer instructors. Learn how to surf the internet and create an email account. The resources on the web are just a click away right here at the center!

Also New...

A new day has been added to our Gentle Tai Chi class held weekly at the Albany Community Center. The class now meets Mondays at noon, in addition to Wednesdays and Fridays at 10:30am (notice the different start time). Yachiyo, the instructor provides a gentle approach by emphasizing deep breathing and meditative elements. Class drop-in fee is \$2 for residents and \$3 for non-residents.

We have a new social club, i.e., "The Fourth Friday Film Club" led by Avril Draudt. The group meets at the Senior Center at 3:30pm on the fourth Friday of the month and walks together 5 blocks to the Albany Twin Movie Theatre. Movie cost is \$8 payable at the theatre. Sign up for Friday, March 25th at the Senior Center front desk. Movie: "Jane Eyre" starring Mia Wasikowska, Michael Fassbender, Jamie Bell and Judi Dench. *Please note that movie is subject to change by theatre without notice.*

Happenings...

On Thursday, March 3 at 4:20pm, a representative from Housing Rights, Inc., will present information on the Seven Principles of a Healthy Home: dry, clean and clutter free, safe, well ventilated, pest-free, contaminant-free and well-maintained. Free literature and info on home safety inspection services will be provided.——

We have a few surprises in store for you at our St. Patrick's Day Dinner celebration, Thursday, March 17 at 4pm. Sign up now at the Senior Center front desk. Fee is \$4 payable at the door on event day.——

Free Travel Training Course is back! March 21-24. Expand your horizons and options in life by learning how to ride AC Transit and BART. In this course, students obtain the necessary skills to ride public transportation with ease. Field training is also included. Space is limited to 10 participants. Don't hesitate, sign up now at the Senior Center.

About the flag pole...

All City of Albany flag poles, including the Senior Center's flag pole, now have bright solar lights that light up the flags at night so that flags may remain on poles 24-hours a day.

Lastly...

I would like to thank Jack and Karen Madigan for giving our bulletin boards in the Multipurpose Room a brand new look! Their creative work has made our Multipurpose Room look so much brighter and nicer!

SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

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THE BOOSTER NEWS

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March Birthdays



Gilcea Alves
 Rosita Arcol
 Lucy Bellamy
 Kathy Borgfeldt
 Victoria Bourgeois
 Caroline C. Remy
 Richard Campbell
 Dorothy Charles
 Harold Chung
 Clare Clarke
 Barbara Conheim
 Guy Davis
 Tom DeLackner
 Gloria Delgado
 Thelma Dutton
 Bill Eichen
 Evelyn Einstein
 Balvina Fleitas
 Andretta Fowler

Karen Gabrielson
 Barbara Garrett
 Jean Gerosolina
 Carole Gill
 Howard Goldberg
 Howard oldberg
 Gloria Gubanski
 Ruth Guthartz
 Zola Hamilton
 Isabel Hatch
 Evelyn Hendricks
 James Hrit
 Maribeth Hulsey
 Yong Jackson
 Destiny Jason-March
 Julia Kaer
 Joan Kerlinger
 Annette Kindred
 Sun Yi Kwon

Jenny Lasvick
 Diane Love
 Joan MacBeth
 Rosary Matteson
 Valerie McDonough
 Travat Mehdigholikhani
 Michael Miller
 Cameron Mitchell
 Ying Wai Mui
 Joan Norton
 Elma Ordrey
 Harue Palumino
 Arthur Pedersen
 Jan Pool
 Robert Prestegaard
 Walter Price
 Caroiline Remy
 Miriam Rokeach
 Suzanne Rosenfeld

Bronwen Rowlands
 Patricia Segrestan
 Cindy Shen
 Jeanette Skinner
 Margaret Stone
 Marianne Sylvester
 Bud Taylor
 Esther Thompson
 Dale Thompson
 Griego Tomasita
 Yuri Vaughn
 Joan Waranoff
 Lucille Washington
 John Wilson
 Paul Witort
 Mei Juan Xiao
 Kiyoko Yamada

The March Birthday Dinner Party is scheduled for March 10 at 4:00 pm. After-dinner entertainment features concert pianist Mr. T.S. Chen and guitar-playing soloist Genesis Fermin. All are welcome. If you only want to come for the entertainment, be at the Multipurpose Room around 4:20 pm.

Black History Month was celebrated on February 17th with a line dancing demonstration led by Soul Line Dance teacher Ray Johnson. Many from the audience joined in the fun



A Season for Everything

—A Poem

by Cherise Wyneken



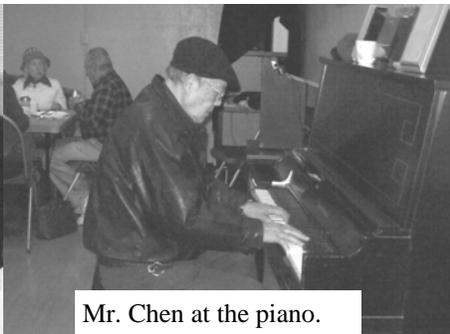
Creeping closer day by day to the horizon,
 I find it's time to sit by the fire, watch
 hot flames devour the log, and be warmed.
 Grey ashes pile up beneath the grate –
 stark images of deadening time.
 Loud snaps and cracks waken and remind me
 that the log's not fully burned.
 Time yet – before the heat expires – to place
 new logs on the fire and head toward that
 final drop off,
 backpacked with new plots and plans.



The FOAS Pancake Breakfast on January 29th drew 83 guests. While the numbers were down slightly from last year, the atmosphere was greatly enhanced by the presence of several talented entertainers who performed throughout the event. Jeffrey Curreri crooned a number of old favorites like *New York, New York*, and *I Left My Heart in San Francisco*; T.C Chen dazzled the audience with his piano virtuoso, and Genesis Fermin performed folk songs written by herself. The pancakes cooked by the firemen were never better, and received kudos from just about everyone. It was encouraging to see many young families among the participants. We appreciated greatly our volunteers Maya Mizuhara, Renate Valencia, Tennessee Gock, Helen Cameron, Bill Decker, Julia Lee, Zion Lee, Barbara Van Pelt, Walt Corvello, Stan Ginn, Elaine Chan, and Evelina Teng, and, of course, our cooks, the Albany Firemen. *Zion Lee. Photos by Dave Pugatch.*



Jeffrey with a great voice



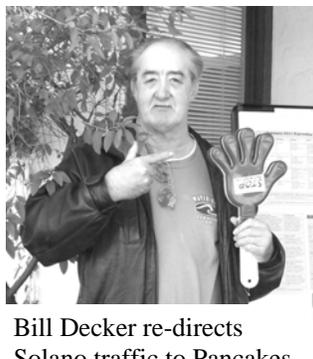
Mr. Chen at the piano.



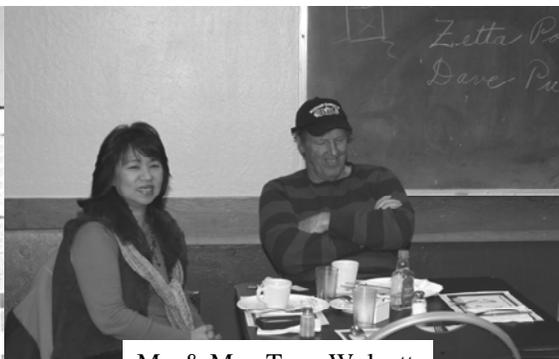
Volunteers, from left, Helen Cameron, Tennessee Gock & Renate Valencia



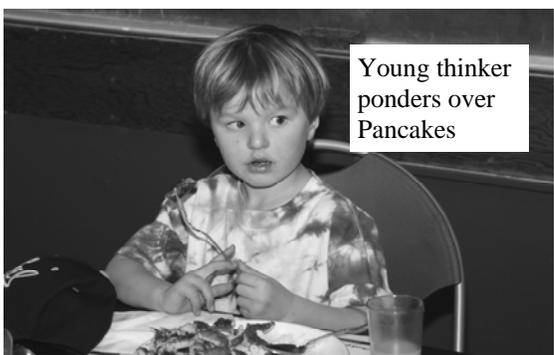
Albany Firemen never fail to impress



Bill Decker re-directs Solano traffic to Pancakes



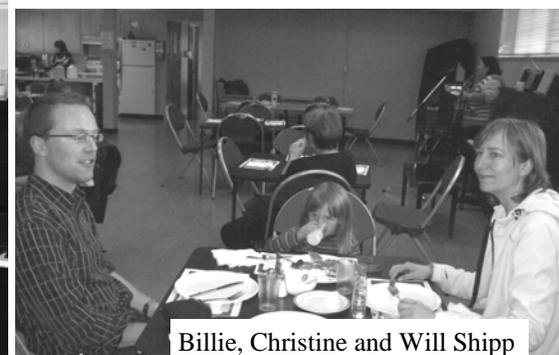
Mr. & Mrs. Tony Wolcott



Young thinker ponders over Pancakes



Genesis Fermin



Billie, Christine and Will Shipp



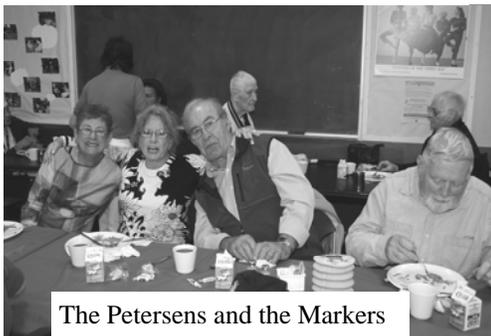
The Dawa Dorjee Family



...And some familiar faces (and backs)

Chinese New Year & February Birthdays were celebrated simultaneously on February 10 at the colorfully decorated Multipurpose Room. A special dinner of BBQ pork, chicken noodle and vegetable, was ordered from a local restaurant, and served with ice cream and birthday cake. A sold-out crowd of 54 guests were present to enjoy the special event. Elaine Chan, Wentworth Wong, Phyllis Posey, Merry Ward and Margaret Young were the February birthday celebrities. After the delicious meal, we were treated to a fabulous show of songs and dances by the Cornell Chinese after-school program. The colorful dragon and the lions danced around on the center stage, and showed New Year blessings along their way. The audience was visibly pleased, and rewarded the lions with traditional Chinese New Year red envelopes (lucky money). This was followed by a performance by the Yuen-Ji Dance group from the Richmond Senior Center. The Yuen-Ji dance is a choreographed dance form incorporating the classic Tai-chi movements and other physical exercise routines, and is promoted for enjoyment and health purposes. Many thanks to Elaine Chan and several other volunteers who helped to serve at the event.

Zion Lee. Photos by



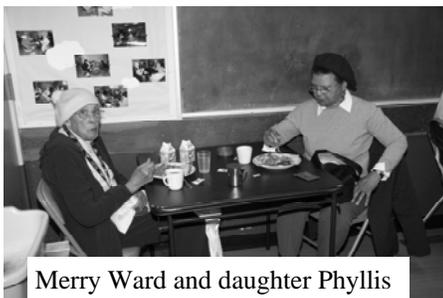
The Petersens and the Markers



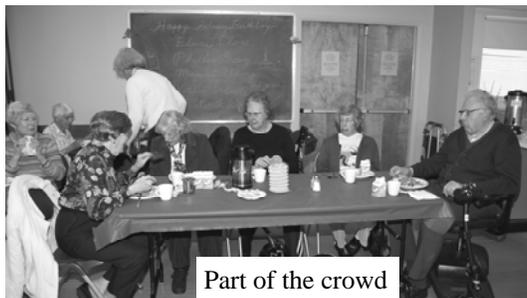
The children sing Happy New Year



The kitchen had a busy day



Merry Ward and daughter Phyllis



Part of the crowd



Anna Pugatch and son Eric



Butterflies fluttering in the dance hall



The lions roar



While the dragon takes center stage



Melding silk and steel



Teresa, Teresa, Virginia, Helen & Avril



A delicate balance

Francis Ford Coppola's Winery

by Margie Carr

A full bus of seniors led by Pat Tousant left from the Albany Senior Center on February 3rd destined for Francis Ford Coppola's winery located off Highway 101 in the Alexander Val-



ley in Sonoma County. The winery, the latest endeavor by the film director, was purchased in 2006. The beautiful chateau was added late with gardens and an Olympic-size pool.

We began our tour in the wine tasting room sampling four wines from the Directors Cut, Sophia, and Diamond Collection reserves, including Cabernet Sauvignon, Pinot Noir, Chardonnay, Merlot and Zinfandel. The wines were well received and we were told the Private Reserve labels were the artwork of film production designer Dean Tavoularis who worked with Coppola in the making of the film, *The Godfather*.

After wine tasting we were taken on a tour of the bottling and packaging of wines. Bottling Ballet Mechanique is the name given to the little dance the wine bottles do while moving across the bottling line which, seen from a platform above, is an enormous production. At the end of the tour we were free to wander around looking at Coppola's Movie Gallery displaying a vast collection of authentic movie memorabilia: his 4 Oscars, one of the Tucker cars from his movie, *Tucker, a Man and His Dream*, film videos of *Apocalypse Now* and *The Godfather*. Coppola also has many of his own cook books, various olive oils and beautiful cook wear for sale.

After the long tour we headed to Geyserville for lunch. Several of us ate at the Diavola Pizzeria and Salumeria sharing pizzas. An old general store with authentic western garb (and saddles) caught several of our groups' attention. A good time was had by all and a rousing cheer was given to Mary, our driver, for finding the winery and getting us all back to the Bay area safely and timely.



Cantor Arts Center at Stanford University

by Margie Carr

Seniors from the Albany Center took a trip to the Cantor Arts Center at Stanford University in Palo Alto Wednesday, February 16th. The tour was designed to acquaint us with one of the largest collection of Rodin sculptures outside of Paris – 200 pieces in all.

Before touring the Arts Center we entered the outdoor Rodin Sculpture Garden dedicated to Gerald Cantor, the primary donor of the Center's Rodin collection. We gazed at over 20 bronze sculptures including Rodin's extraordinary Gates of Hell (two stories high) with statues of Adam and Eve on each side of the gates. There are many other sculptures to see such as his reclining woman Martyr and the Three Shades. A person could easily take an afternoon just looking at all the many sculptures by themselves.

Our docent-led tour began inside the beautiful marble-floored building with a stop first at the painting of the Leland Stanford family, commissioned by his wife. The painting includes many relatives and friends and also business acquaintances of Stanford. It is indeed a very large painting. There are also several portraits of the senior Stanford as well as Stanford Jr. who died at age 18. Before moving on to the interior Rodin collection we were taken to one of the special exhibits of buddhas from China, Korea and Tibet. The particular buddha our docent showed us had his hands in a teaching position. There were many other types to see in this exhibit. After spending a bit more time there we moved on to the Rodin collection. Our docent stopped at the famous sculpture of *The Kiss*. It is truly amazing to see how Rodin captured emotion and texture in the hard material he worked with. We were not able to see the monumental *The Thinker*, as it is on loan to a North Carolina Museum. Our tour ended with a showing of the beautiful jade water ox in the Oriental collection. We were able to wander around a bit on our own but could not possibly take in all the various exhibits and projects: Europe and Ancient Greece, Ancient Americas, Native America, Contemporary Art, and various changing exhibits. The docent explained she had intended to whet our appetite by only showing a few items from the huge collection so we would return and stay longer on our own.

Before heading home we stopped for lunch at the family style Buca di Beppo restaurant in Palo Alto. The food was very tasty with extra large servings.

“Walkie-Talkie” : Walk, Talk and Be Healthy.

By Pat Tousant



Surround view on Treasure Island

On the glorious morning of Tuesday, Feb. 8, our Albany Senior Center hiking group was bussed by Mary to Treasure Island for

a shoreline hike of 3.8 miles and a 3-course lunch. There was not a cloud in the bright sunny sky nor any fog anywhere on the horizon as we departed the bus and began our hike along the western shore (S.F. side) and our views could not have been better. We turned right and followed along the northern side of T.I. through a residential neighborhood before reaching the eastern shore (San Pablo Bay side) with views of the East Bay hills and towns, along with a seal swimming about. Another right along the southern route gave us a good ground-level look at the new tower being constructed for the Bay Bridge and a good look at what has been completed and what is left for completion.

We had maximum views all-around and could not have been happier as we sat down to



This beats bag lunch by a mile

our 3-course lunch at the T.I. Culinary School. The food and service were good and the food plentiful; some of us left with ‘doggie bags’ for later eating. Julia and John (for Diane) provided the entertainment for the group on the bus ride home for ‘transgressions’ committed. The day was spectacular in all ways. -----The next week, however, we encountered inclement weather once again for our hike to Inspiration Point and we had to cancel. The first time we were up there we could hardly see each other because of the fog so our hike was re-scheduled for Feb. 15. To no avail, so we will again try to experience the wonderful vistas, etc., at a future date.-----Our Senior karma was much

better this last week for our trip to San Francisco. On a day like our T.I. day, sunny, no fog, not a cloud in the sky, albeit a little bit chilly, we departed the bus at the Ferry Building for our hike south to China Basin. The 3-mile hike went by fast as there was so much to see and information to read at kiosks regarding what formerly occupied the



Above the blue and windy sea....

given area. On our right we saw an abundance of high-rises--housing offices, condos and restaurants. On our left we could see the East Bay cities and its

hills. Bronzed sea-creatures resting on the low concrete walls and poetry engraved in the sidewalks added to the ambiance. After getting a good look at ATT Park and its statues of famous Giant baseball heroes, we walked across the Lefty O'Doul Bridge to McCovey Park at China Basin to eat our lunch looking back at the City and ballpark. On this glorious day, we all left some of our heart in San Francisco. And, for the kid in us, we stopped at 'Johns' in Berkeley for our \$1 ice cream--never too cold for ice cream.-----Sign-ups begin March 1, Tuesday for April hikes.



In the land of the Giants

Editor’s Note: Beginning with the April hikes, as the grant on the shuttle bus expires, a fee will be charged for each hike to help defray part of the transportation cost. The fee depends on the distance of the trip (typically \$3 to \$10), plus whatever admission fee required by the facility visited. Fees are payable at registration and are non-refundable.



Upcoming Events



Monday, March 7
11:30am-1pm

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

Monday, March 7 and 21
1-4pm

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

Thursdays
9am-2pm

AARP Tax Preparation Assistance (every Thursday through April 14)
AARP trained volunteers will provide free tax preparation assistance. Call the Senior Center at 524-9122 to make an appointment.

Thursdays
3 -5pm

Ping Pong & Board Games. Play ping-pong, card, domino and other games with your friends. Try out our new Ping Pong table.
Fee: \$1.00

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.

Thursday, March 10
4-5pm

Birthday Dinner and Celebration
Entertainment: Music by concert pianist T.C. Chen & soloist Genesis Fermin.
Dinner fee: \$4.00

Monday, March 14
11:15am-1:15pm

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

Thursday, March 17
4-5pm

St. Patrick's Day Celebration
Join us for a dinner fit for a saint (and the not so-saintly) to celebrate St. Patrick's Day. After dinner, it's all fun and games.
Dinner fee: \$4. Sign up at the front desk, if you are not on the regular dinner list.

Monday, March 28
11:30am-12:30pm

Preventing Consumer Fraud **Free**
Presented by Legal Assistance for Seniors / HICAP
They will explain identity theft and provide practical tips on how to recognize and prevent identity theft. They will also discuss other forms of fraud and scams. The talk will provide information on referral services and where to get help.