

July 4th Polish Dog Sale

by Zion Lee



Walt & Bill at the grill, with Lee and Teresa in the background.

As dogs ran wild, and children noisily played various games at the July 4th Festival at Memorial Park, the Friends of Albany Seniors were busy grilling Polish dogs for the hungry crowd. Led by FOAS “top dog” Walt Corvello, and assisted by return veterans Bill Decker and Virginia Ginn and newly-enlisted Lee and Teresa Heslog, our team of grillers, couriers, flag raisers, ticket-takers, and paper plate pushers perfected an efficient sales force that was the envy of a big corporation. The sales booth was ably staffed by Barbara Van Pelt, Julia Lee, Anne Richardson, Francoise Marker, Misty Mukae, Zetta Poli, and Maya Mizuhara. Business was never better – our dogs were sold out within the first 1 1/2 hours of operation. After an emergency session between Barbara and Julia, it was decided to send Stan Ginn and Zion Lee on a mission to secure more Polish dogs for reinforcement. They went to a nearby “dog pound” called Lucky, and rounded up 60 more Polish dogs, while customers were waiting outside the booth, salivating. To meet the pent-up gastronomical demand, our work force stepped up their pace, and dispensed the additional dogs in another 30 minutes. There was talk about getting more dogs from Lucky, but by that time, our dog-handlers had become quite spent, and the thought of anything Polish or dogs had to be reserved for another July 4th. All in all, this year’s Polish dogs fetched nearly one thousand bucks. A big *BOWWOW* (thank you) to all you volunteers!!

“Walkie-Talkie” - Walk, Talk and Be Healthy by Pat Tousant

The wheels on the bus go round and round,....” and on Tuesday, July 5, we journeyed to southern Marin County for our hike to Tennessee Cove and Pirates Cove located on the north Pacific shoreline entrance to the Golden Gate Bridge. What was a glorious sunny day for us as we departed Albany gave way to the ubiquitous summer fog of southern Marin. But it was a warm day at the beach and up on top of the hill overlooking San Francisco. While we were eating our lunch, the sun came out and we were happy to be doing what we were doing. Big thanks to Joan and Anita for their “transgression” (“penance”?) treats. -----“One of the best hikes we have ever done”, was the consensus of the 23 hikers as they completed the almost 3-mile hike through the redwoods on the Pioneer Tree Trail in Samuel P. Taylor Park in Marin County. It was like walking through Muir Woods only going up and down a little bit. After a few feet sampled Lagunitas Creek, we had our good lunches, and dessert-ted on some of Bonnie and Diane’s “transgression” cookies. The cookies or the hike couldn’t be much better.



Enjoying the scenic Tennessee Beach, from left, Ingrid, Sylvia and Bettye.



August Birthdays



Sharon Abbott	Frances Brown	Steve Haimovitz	Linda Ng	Asaye Takasi
Ruth Arellano	Doris Burleson	Victor Henri	Marianne Noland	Laura Trabin
Miriam Aroner	Teresa Cornejo	Chien Hua Wu	Leslie O'Hara	Chi-Cheh Tsao
Leslie Barnes	Ronald Dawson	Esther Johnson	Joanne O'Keefe	Mary Uy
Patricia Bell	Peter Doleman	Bonnie Jones	Ada Lou Peterson	Marilyn Vaaga
Theresa Bertero	Margerry Eriksson	Bettye Jones	Marjorie Pettyjohn	Richard Vohs
Diana Besemer	Winifred Gilligan	Florence Kroll	Paul Rogers	Charlotte Wilson
Ruth Bird	Rose Marie Ginsburg	Mary Lou Leon	Elly Schowaltor	Olga Winkler
Virginia Blume	David Grantham	Mary Louise Lorensen	Nan Smekofske	Sharon Witort
Florence Borkon	Anita Grossman	Louise Neal	Esther Stone	Cuihua Yao
Carlene Brown	Anita SusaGrossman	Elizabeth Newark		Andrea Yee

The **August Birthday Dinner Party** is scheduled for Thursday, August 11th, at 4:00 pm. There will be a celebration of summer, with fun summer games and prizes. Come join us for this fun event. Sign up at the front desk. All are welcome.

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center 846 Masonic Ave Albany CA 94706 524-9122

Volume XXII Number 8 Summer ‘Light’ Edition August 2011

WHAT'S INSIDE:

- 1: President’s Message
- 2 & 3 : August Calendar
- 4: Polish Dog Sale, Walkie-Talkie, & August Birthdays



FOAS August Meeting Date Moved- Due to renovation of the Senior Center, the August 1st FOAS meeting has been re-scheduled to August 15th, at 11:30am in the small conference room. **Free lunch is served at this meeting. All are welcome!**

The President’s Message



Thanks again to Julia Lee for her tremendously good job as FOAS president for the last three years! As mentioned in the Booster News and at the annual meeting, FOAS has increased its financial commitment to the Albany Senior Center by 50% in support of the dinner program. Participation and attendance at our fundraisers is particularly important this fiscal year. Our first fundraiser was the successful 4th of July Polish Dog Sale. The next two will be the ever popular Hawaiian Luau on September 24th and the Holiday Market on December 3rd. Thank you in advance for your help and participation.

Recipe of the month: Hawaiian Wedding Cake (which was served at the annual luncheon).

Preheat oven to 350 degrees. Spray a 9x13 pan, with oil.
In bowl mix: 1 pkg. yellow cake mix, 1 ¼ cup buttermilk
4 egg whites and 1 whole egg on low speed 1 min. & med. speed 2 min. Pour in cake pan.
Bake 25-30 min.-until toothpick inserted near center comes out clean.
Cool on wire rack.
Beat one 8 oz. pkg. cream cheese until fluffy. Add 1 cup cold milk and 1 pkg. vanilla pudding mix.
Beat until well-blended. Spread over cake.
Spread 1-20 oz. can and 1-8oz can of crushed pineapple well-drained over pudding.
Top with 8oz. carton of thawed whipped topping.
Sprinkle with ½ cup flaked coconut, toasted.
Enjoy!
Daffy-nition-
CANTALOUPE-- have to have big family wedding. ‘Til next month.

Help! User Registration. It's That Time of the Year Again.

The Senior Center is supported in part by Alameda County, and all users of the Senior Center are required to fill out a registration form each year. Your registration provides the statistics for usage to the County, and our funding depends on it. Another good reason for filling out the form is to provide us with an emergency contact, which we can use in case of an emergency. **So help us serve you better! Stop by the front desk and get yourself registered. It will only take a few minutes!**

Senior Center Renovation.

If you haven’t noticed already, the Senior Center has begun a major makeover in the small class room and the front lobby area. Minor modifications will also be made to the bath rooms, the kitchen and the dining area. During this time, certain activities and classes may see a change of date, or venue, or cancellation. **Please be aware of the various change notices posted in the affected areas.** The Senior Center has tried to minimize the disruption, and would appreciate your understanding with the thought that this renovation, when finished, will provide a more pleasant, efficient, and user-friendly environment for all to enjoy. Thank you for your patience.

August 2011 Calendar of Activities

W
e
e
k
l
y
a
c
t
i
v
i
t
y

Monday	Tuesday	Wednesday	Thursday	Friday
9am Gentle Yoga \$5/\$6 ACC* 9am Needlecraft \$1 9:30am World Affairs/Politics 6/13-8/22 \$3/\$4 per class 11:30am Writing Dialogue for Fiction & Memoir 7/11-8/15 \$45/\$50 for 6 wks 12pm Gentle Tai Chi \$2/\$3 ACC* 3pm Memoir (A) \$49/\$54 for 7 wks 7/11- 8/22 (Class held at ACC* Aug. 1 & 8) 4pm Dinner *ACC: Albany Community Center/No classes 8/29-9/2	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 7/12-8/23 2pm Memoir (B) \$49/\$54 for 7 wks 7/12-8/23 (Class held at ACC* Aug. 2 & 9) 4pm Dinner 5:30pm Propagation, Plants Only! Free Aug. 2-23 (Class held at ACC* Aug. 2 & 9)	9am Gentle Yoga \$5/\$6 10:15am Trad. Women Dances \$6/\$7 10:30am Gentle Tai Chi \$2/\$3 ACC* 12pm Rosen Movements \$8/\$9 3pm Summer Novel Course \$45/\$50 for 6 wks 7/6-8/10 (Class held at ACC* Aug. 3 & 10) 4pm Dinner	9am Shopping: El Cerrito Plaza & Ranch 99 9am Art Social \$1 1-3pm Soul Line dancing \$4/\$5 2pm Games & Ping Pong \$1 (No Ping Pong Aug. 4 & 11) 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 \$1 12pm Bridge Social \$1 4pm Dinner
Senior Center Renovation The small classroom will be closed during the first two weeks in August. Please check in at the Senior Center front desk for room changes.				
1 8:30am September walking trip registration begins 1pm HICAP	2 8:30am Walking Trip: San Leandro Shoreline	3 1pm: Over 60 Health & Foot Clinic	4 9am Fall Day Trip registration begins	5 9:30am Brown Bag
8 10:45am Free blood pressure check with Nurse Vicky	9 2pm Chair Massage	10 9:30am Trip: Sausalito 9am. Alameda County Healthy Aging Fair, Chabot College. Meet at El Cerrito Plaza BART Station.	11 4pm Birthday Dinner	12
15 9:30am Shopping: Hilltop Mall & Thrift Town 11:30am FOAS 1pm HICAP	16 8:30am Walking Trip: Gray Whale Cove, Pacifica	17 8:30am Trip: Mystery Trip	18	19 9:30am Brown Bag
22 9:30am Shopping: Dollar Store	23 8:30am Walking Trip: Tomales Bay, Point Reyes	24 8:30am Trip: Santa Cruz Steam Train	25	26 3:30pm Fourth Friday Film Club
29	30	31 9am Trip: Towns of Napa Valley		

Birthday Dinner Thursday, August 11 4pm
 After dinner entertainment: 2011 Senior Summer Games

September Walking Trip Registration Monday, August 1 at 8:30am
 First come, first serve. You may sign up for a maximum of 2 walking trips. Small fee for each trip.

Fall Trip Registration Thursday, August 4 at 9am.
 All of our trips require payment with registration. You can select as many trips as you would like. The most popular trips always fill up quickly, so don't wait to register.

Computer Lab & Tutoring: Self-serve 60 minute session. Free tutoring by appointment Mondays & Fridays. **Due to the renovations, the computer lab will be closed August 15-31.**

Blood Pressure Check with Nurse Vicky: 2nd Monday/month, 10:45am-12pm. Drop in. FREE
Brown Bag: Distributes grocery bags of food. \$10/year.
10-Minute Chair Massage: Call for appointment. \$8.
Daily Dinner: Signup at front desk. Suggested donation \$4.
HICAP: Call 839-0393 for free appointment
Over 60 Health Clinic: Nurse provides foot care, blood pressure checks, medication review. Wednesday August 3rd, 1pm. Free. Max. 10 tickets given starting at noon.
Shopping: The Senior Center Community Shuttle provides 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.

Just-for-the-fun-of-it-socials!-Ping pong & games, needlecraft, movie, art, French & bridge: Fee \$1. Drop in.
Day Trips & Walking trips: Registration required.
Fourth Friday Film Club: Signup at the front desk.

Summer Break: No classes or socials week of August 29-September 2

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

Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 Phone: (510) 524-9122 Fax: (510) 524-8940 www.albanyca.org / email: seniorinfo@albanyca.org

