

The Friends of Albany Seniors Elects New Officers



FOAS held its 2011-2012 Annual Membership Meeting on June 25th, 2011. A roomful of 48 members were present to elect the new officers for the 2011-2012 fiscal year. After reports by members of the Executive Board, president Julia Lee presented the slate of new officers, who were then unanimously elected. *The new officers are as follows: Barbara Van Pelt, President; Julia Lee, First Vice-President; Stan Ginn, Second Vice-President; Jewel Okawachi, Secretary, and Treasurer; Evelyn Berman.*

After a delicious lunch provided by FOAS, the participants were treated to a marvelous musical presentation by the Albany Community Chorus, some of whose members belong to the Senior Center. FOAS is a non-profit organization established first in 1982 and has continued to serve the Albany Senior Center by providing supplemental financial support. Funding comes from annual membership dues (only \$7), and by organizing five to six fundraisers throughout the year. You can help by signing on to become a member and participate in some (or none) of its fundraisers as you wish.

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

“the wheels on the bus go round and round...” and our Tuesday hike to Briones Regional Park in Contra Costa County elicited the following one-word descriptions from our hikers—”warm, hot, up, down, tough, painful, buggy, bovine-blobs, smelly, challenging, interesting, intriguing, invigorating, aromatic, breath-taking, picturesque, panoramic, fun, energetic and BRAVO(from Francoise)” for a great 4.3 mile hike. ----- The following Tuesday our 3.4 mile hike to the Lake DeValle Shoreline Trail in Livermore in the 101 degree heat elicited this unanimous TWO -word description— MOSTEST HOTTEST!!!!!!The last June trip to Garin Regional Park in Hayward for a 3.3 mile hike to the top of coastal hills with beautiful views proved to be much more than that for a select few who had to be transported back to our picnic/parking area by a local resident after roaming the hills and enjoying the views LOST for an extra hour or so. Of course, they had to pay for their “transgressions”.



Climb every mountain (before the climb)



July Birthdays



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|-------------------|------------------|--------------------|------------------|---------------------|
| Gerlind Ahlbrecht | Margaret Carr | Deborah Frisch | Shu Mei Lee | Julie Russell |
| Ken Akimoto | Samuel Chu | CeCelia Goerlitz | Victoria LePell | Shirley Schlesinger |
| Silvia Akinaga | Terry Coddington | Carmel Hara | Shuzhen Li | Linda Sindelar |
| Flora Ayers | John Corte | Peter Hewitt | Geanie Loken | Wilberta Skinner |
| Melvin Ayers | Martha Cramer | Diane Hill | Sally Martin | Gloria Slavazza |
| Jim Barker | Steve Darrow | Dorothy Hutchinson | Kate McClanahan | Susan Stangeland |
| Mary Joy Barker | Walter Dausom | Majorie Iversen | Jeannette Mehren | Joan Strand |
| Ann Bednarczyk | Carol David | Michaeline Jok | Dolores Neese | Jay Strecher |
| Evelyn Berman | Beatriz Decruz | Bob Jones | Earl Perkins | Ingrid Talmadge |
| Susan Black | James Domine | Reiner Keller | Teresa Plate | Annette Thomas |
| John Bottomley | Rosalie Dwyer | Louis Khaitan | Kathy Plott | Priscilla Tolentino |
| Jill Breslauer | Ruth Eaton | Gretchen Klug | Wayne Pope | Lucy Treagan |
| Simone Brumis | Delones Edwards | Linda Kohn | Pamela Robinson | Karen Tripp |
| Andrea Carney | Gary Foltz | Kim Lau | Mary Rooney | Marjorie Tuersen |
| Ilna Carpenter | Carmen Franco | Julia Lee | Thelma Rubia | Cai Fang Yang |
| | | | | Yale Zhu |

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

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

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Chez Isabelle

A heartfelt thank you goes to the Friends of Albany Seniors’ Board for their support of the congregate meals program. Not only will FOAS provide funding to keep the meals program running 5 days a week, but some members have kindly agreed to volunteer on a regular basis to help serve meals. We could not do it without you! Thank you!

Please support FOAS in their next fundraising effort for the Senior Center at Albany’s **July 4th Green, Red, White & Blue Celebration** at Memorial Park from 12-4pm. As in previous years, FOAS will be selling Polish Dogs to raise funds for the center. Join in on the fun while supporting your Senior Center!



Thank you to everyone who registered with the Senior Center last year. Now, it’s time to do it again! Starting in July, please take the time to register when you first come to the Senior Center. **Remember, everyone who uses the Senior Center must register. Our county funding depends on it.**

Many of you have been asking me about the Senior Center expansion. Although we were not awarded the state grant we had applied for, funding has been identified to renovate the south side of the

building which includes the Senior Center reception desk area, lobby and small classroom. Improvements made will follow the original concept design plans for the expansion and will not have to be re-done if the building is expanded. Improvements to the lobby and reception area include new re-designed front desk, carpet, lighting and solatubes. Art sink, new cabinets, presentation board, projector and screen are all new items that will be installed in the small classroom along with new lighting and blinds. The interior of the building will also be painted. If you’d like more information, please look at the Senior Center improvement binder at the front desk which lists all improvements. Don’t hesitate to stop by my office if you have any questions. Although a definite timeline has not been established yet, we hope that renovations will start in July. Please be assured that we will try our best to minimize disruption to Senior Center classes and activities, and we do ask for your patience and understanding while we go through this renovation which will greatly improve the daily operations at the Senior Center.

Have a wonderful summer!



Memorial Park
July 4th 12-4pm
 Enjoy a Delicious Polish Hot Dog Plate
 Served by the Friends of Albany Seniors
 Grilled to Perfection by Renowned FOAS Top Dog
Walt Corvello
 Proceeds go to support the Albany Senior Center



July 2011 Calendar of Activities

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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 4pm Dinner	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 4pm Dinner	9am Gentle Yoga \$5/\$6 10am Papier Mache \$50/\$55 for 6 wks 6/22-7/27 10am Textile Art \$50/\$55 for 6 wks 6/22-7/27 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 \$50/\$55 for 6 wks 6/22-7/27 3pm Summer Novel Course \$45/\$50 for 6 wks 7/6-8/10 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 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
ACC: Class held at the Albany Community Center, 1249 Marin Ave.	 <p>July is Registration Month for all users of the Senior Center! Please stop by the front desk to register. It's free and our County funding depends on it. Thank you!</p>			
4 ALBANY SENIOR CENTER CLOSED 4th of July Celebration at Memorial Park/FOAS Polish Dog Fundraiser	5 8:30am Walk: Pirates Cove-Marine Headlands	6 10am Trip: San Francisco Conservatory of Flowers & Japanese Tea Gardens	7 9am: AARP 55 Alive Mature Driving (2nd class)	8 9:00am Podiatry appoints.
11 10:45am: Free Blood Pressure Checks w/Nurse Vicky 11:15am Movie: 127 Hours	12 2pm Chair Massage	13 7:45am Trip: deYoung-Picasso	14	15 8:30am Walk: Healthy Living Festival/Oakland Zoo 9:30am Brown Bag
18 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	19 8:30am Walk: Pioneer Trail-Samuel P. Taylor State Park	20 9:30am Trip: Blue and Gold Cruise	21 9am Explore Local Natural Treasure on Foot: Easy Rocks 4pm Nick J's BBQ	22 3:30pm Fourth Friday Film Club
25 9:30am Shopping: Dollar Store	26 9am Trip: Heather Farms	27	28	29 2pm Chair Massage

New Memoir Writing Class Sessions with Bill Hyman
 Mondays July 11—August 12 from 3-5pm
 Tuesdays July 12—August 22 from 2-4pm
 Fees: \$49R/\$56N for 7 classes

New Summer Classes with Debra Ratner...
Summer Novel Course
 Wednesdays, July 6-August 10 from 3-5pm
 Fees: \$35R/\$40N for 6 classes
Writing Dialogue for Fiction & Memoir
 Mondays, July 11-August 15 from 11:30am-1:30pm
 Fees: \$45R/\$50N for 6 classes

Nick J's Summer BBQ
Thursday, July 21 4-5pm \$5 person
 Join us as we continue to celebrate summer with another tasty BBQ, friendly company and special entertainment! Payment and pre-registration are required.
On the Menu: BBQ chicken, Caesar salad, bread and butter, fruit, punch and ice cream sandwiches.
Reservation deadline is Friday, July 15.

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
Podiatry: Call for appointment. \$20
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 60 minute session. Free tutoring by appointment Mondays & Fridays.
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.

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

