

A DAY TRIP TO SAUSALITO..... By Pat Tousant

On our recent Sausalito trip, Aug. 8, we were able to experience a variety of venues. We left the Center as the fog was lifting and hoped it was also lifting in southern Marin. Fortunately, we were experiencing our Senior Center karma and the sun was shining as we approached the docks of the floating homes community in Sausalito, our first stop. We took a 45-minute stroll down the wooded walkway (their street) of the Isaquah Dock with its top architectural floating homes of the community. We were amazed and intrigued. The walkway was lined on both sides with potted trees and numerous types of potted flowers all in bloom. The floating homes on either side were of various sizes (some bigger than our homes) and styles (some Victorians) and most were beautifully maintained. We picked out our favorites as we went along. The dock walkways are always open to visitors and there are 6-8 of them in the area. (The famous Taj Mahal floating home, which some of us saw, is easily seen on a short walk from downtown.) We then re-boarded the bus for the town of Sausalito. There we walked, ate, shopped, sat and looked while enjoying the sunshine along the Bay. After a quick 2 hours, we headed to Ft. Baker. Most of us had been there for various reasons many years ago, but it now is part of the GGNRA and has been transformed, tastefully, and with attention to its prior existence, into a lodge (Cavallo point), restaurant, spa and cooking school with more things to come. For those special times, you could bring a full pocketbook and enjoy the surroundings as you sit in the rocking chairs on the porches and talk about how it used to be there. Many of us did just that prior to getting on the bus after an interesting day enjoying the good life for our journey home.



Home & Garden on water.

Walk, Talk and Be Healthy By Pat Tousant



Unadulterated "right stuff".

"The wheels on the bus go round and round..." and the wheels on the little green and white with its 'Mary' driver journeyed to the San Leandro Marina for our weekly hike. While traversing the one-mile shoreline we were able to challenge ourselves (or not) on the Par Course that was set up around the lagoon. Zion, Bonnie, Judith, Ingrid, Pat and Olga showed that they had some of the "right stuff" for successful work on the Course. Sore muscles the next day may have indicated a lack of the "right stuff". The lagoon itself had a few shoreline birds which ignored us, but there were many, many ground squirrels that were curious about us. We had lunch, walked a bit more, and headed back to the Center via Johns Ice Cream. No

transgressions were reported or observed.....Needless to say our hike at Gray Whale Cove, south of Pacifica and the Devil's Slide area, was one that all of us were happy with the fact that we left the driving to our 'Mary' driver. The winds and the curves and the edges were more than we wanted to tackle. It was quite interesting, though, to see how the bypass is going. The hike itself was about 2 miles—high on the bluff following the Pacific shoreline. Our trail leader, Zion, wielded his machete skillfully to ensure that it was clear of any over or under growth. No whales were sighted of any variety although a few pelicans and lots of cormorants were observed—as well as a half-dozen surfers. A hike down to the beach on the warm, gray, windless day, followed by lunch and a pleasant ride back to the Center, made the day's trip complete.



Ocean view at Gray Whale Cove.

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

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FOAS President's Message

Effective September 1, 2011 FOAS will offer coffee or tea for 50¢. Prepay at the Front Desk and you will be given a cup. Return used cups to designated bins for washing. Bottled water, granola bars, books, cards and See's Certificates will continue to be sold at their current prices. All these sales are now administered by FOAS. When you make a purchase, remember that they go toward supporting the Senior Center.



Plans for the September 24, 2011 LUAU are well underway. To streamline serving, there will be only one dinner sitting this year. Buy your tickets early, save a dollar and help us plan our set-up. As always the Albany Lions Club will cook the entrée. FOAS will provide beverages and dessert. Zion Lee will oversee the entertainment. Hope to see you there!

Recipe of the Month - Lemon Delight Trifle.
Thaw 12 oz. carton of whipped topping.
Soften 8 oz. package of cream cheese.
Soften ½ cup butter.

Crush 1 package (12 to 14 oz.) lemon cream filled sandwich cookies.
In a large bowl whisk 3 ½ cups cold milk & 2 packages (3.4 oz. size) lemon pudding and mix for 2 minutes. Let stand for 2 minutes.
In another bowl, beat the cream cheese, butter and ½ cup confectioner's sugar until smooth. Gradually stir into pudding mix until blended. Set aside ¼ cup topping and ¼ cup crushed cookies for garnish.
Fold remaining topping into pudding mix. Layer ½ remaining crushed cookies & ½ lemon pudding into 3 qt. glass bowl.
Repeat layers & top with garnish. Refrigerate. Mixture will fit into a 9" x 13" glass pan. This requires more topping for garnish.

Humor-esque. Unfortunate choice of words.
Wife: "Honey, what's on the T.V. tonight?"
Husband: "Dust!"

'Til next month.

Barbara Van Pelt,
President, FOAS

Hawaiian Luau- Fundraiser to support the Albany Senior Center

Saturday, September 24, 5—6:30pm
Buy Tickets Before 9-16 & Save \$1.

Mark your calendar! Senior Center Open House is September 22.

Have you been meaning to come by and check what goes on at your local Senior Center, but just haven't found the right time...well now's your chance! Stop by the Albany Senior Center during its Open House and discover what the Center has to offer! Join us all day or drop by for that specific activity or class you've been wanting to attend. Talk to the instructor and staff and get the information you need. Check the following schedule for the events that interest you. The Albany Senior Center Open House is all day and it's all free!

Free drinks and refreshment all day! . Isabelle

Classroom Schedule

Time	Activity	Teacher
9:30-11:30am	Art Making: Papier Mache, Painting, Textile	MJ
12pm	Lunch with Senior Center Staff & FOAS*	
1:30pm	Movie Preview	
2:30pm	Game Time: Ping Pong, cards, mini-golf, wii	

* Lunch presentation to include: info on trips, walking trips, paratransit, MOW, FOAS & fundraisers, survey, etc

Multipurpose Room Schedule

Time	Activity	Teacher
9am-9:35am	Zumba gold	Teresa Hickman
9:45-10:20am	Yoga	Allan Jacinto
10:30-11:05am	Freeing the Dancer Within	Greacian Goecke
11:15-11:50am	Poles training: PowerPoint Presentation needs Equipment	Jayah Paley
12-12:35pm	Rosen	Regina Wells
12:45-1:20	Women's Traditional Dances	Catherine Sutton
1:30-2:05pm	Line dancing	Ray Johnson
2:15-2:45pm	Gentle Tai Chi	Yachiyo
4-5pm	Birthday Dinner Celebration	

Lobby

9am-12pm Chair Massage

9am-12pm HICAP

Services available throughout the day:

Bus tours with Mary, leaving the Center at 9:30am, 11am, & 1pm

10am-3pm Meet representatives from BART and get your Clipper Card*

9am-12pm Chair Massage

11:30am-2pm Blood Pressure check with Nurse Vicky

9am-12pm Meet our volunteer HICAP counselor

* *By December 31, 2011, the green Senior BART Discount ticket will be replaced by the Senior Clipper card. BART will be on hand to issue FREE Senior Clipper card during the Open House. To establish eligibility, bring a form of ID (Birth Certificate, Driver's license, passport, etc). Senior Clipper Cards will not be available at the Senior Center at other times.*



What the New Health Care Law Does for People 65+

If you are 65 or older, the new health care law benefits you in several ways. The law lowers prescription drug costs, strengthens Medicare and improves long-term care services. These benefits are in effect now.

Lowers out-of-pocket prescription drug costs

- If you had Medicare Part D prescription drug coverage and reached the coverage gap ("doughnut hole") in 2010, you received a \$250 rebate check to help pay your drug costs.
- If you reach the doughnut hole in 2011, you will receive a 50 percent discount on brand-name drugs and a 7 percent discount on generic drugs while you are in the coverage gap. How much you'll pay out of pocket for each drug may vary depending on your Part D plan, the prices your plan negotiated and how it has structured its gap coverage. These discounts will gradually increase until the Part D coverage gap disappears in 2020.

Strengthens Medicare

- If you have Medicare, you qualify for a new annual wellness visit, mammograms and other screenings for cancer and diabetes — important preventive care at no charge.
- Medicare Advantage plans that give better quality care receive additional bonus payments. Plans must use some of this bonus money to offer you added health benefits.
- New rules stop Medicare Advantage plans from charging people more than Original Medicare pays for certain services. These services include chemotherapy administration, renal dialysis and skilled nursing care.
- The law cracks down on waste, fraud and abuse in Medicare and the health care system as a whole.
- To guard against medical identity theft, the law also protects the privacy of your personal information.

Improves long-term care services and information

- You have more information about nursing home inspections, complaints against facilities and consumer rights. This information will help you make decisions when selecting a nursing home.
- Your state may receive more funds to expand home- and community-based services. For example, under the Community First Choice Option, participating states get more federal dollars to provide home- and community-based services to people with disabilities who live at home but need a higher level of care.

Abridged from AARP "Education & Outreach"

Learning to Walk - A Poem

By Cherise Wyneken

I see a field of yellow –
dandelions – we call weeds.
Their hair will soon turn white,
wind will blow the seeded puffs
into another realm
where deep inside the soil
they must learn to walk again.



My hair, too, has turned to white.
Strong gusts:
disappointments, rejections,
illness, and partings
have scattered egoed seeds
and carried me to new levels where
I must learn to walk.

If My Body Were a Car.....

If my body were a Car, this is the time I would be thinking of trading it in for a new model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it. My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. It takes me hours to reach my maximum speed. My white walls are stained with varicose veins. But here's the worst of it—almost every time I sneeze, cough or sputter, either my radiator leaks or my exhaust backfires.

"Just for Laughs"
(Submitted by Fran Roberts)



What's New at the Senior Center:

A New Face at Front Desk.

Meet Jen Sloan. Jen is our newest part-time staffer at the front desk, replacing Shannon Zhang, who recently returned to her college studies at UC Irvine. Jen was born in Berkeley, but grew up in Fairfield. She graduated from Albany High School, and is pursuing a degree in Nursing at Contra Costa College. In addition to her assignment at the Senior Center, she also works at the Albany Community Center, the Library, and the Teen Center. Singing tops her list of hobbies, followed by the game of soccer. Her favorite book is anything by Nicholas Sparks, and a favorite movie is "Because I Said So". She comes from a huge family with many uncles and aunts, and has 50 first cousins at last count. She is friendly, energetic, and ready to answer (almost) all the questions you may have. Please stop by to say "Hello" to Jen. Her shifts are typically in the morning Tuesday through Thursday.



A New Board of Directors for FOAS

At their Annual Membership Meeting on June 24, 2011, FOAS elected their new slate of officers for fiscal year 2011-2012. The new Board Members, are, from left, front row, Treasurer Evelyn Berman, President Barbara Van Pelt, 1st Vice-President Julia Lee, back row, Bill Decker, 2nd Vice-President Stan Ginn, Secretary Jewell Okawachi. Board members not pictured are Elaine Chan, Anne Richardson and Walt Corvello.

A Facelift for the Senior Center

Dust flies, ceilings peel, furniture moves! A small tremor of the best kind is taking place at the Senior Center. For the last several weeks workers have been busy cutting, drilling and hammering, all working to make the Senior Center a more efficient and user-friendly place. Modern solar tubes are being installed in the front lobby ceiling, and a bi-level front desk will provide greater accessibility for all participants. There will be new carpets on the floor, and desks along the front windows in the lobby, to provide private study and writing areas. In the small classroom the lighting system has been upgraded. A wall-size screen along with a ceiling-suspended projector will greatly enhance the viewing experience of our movie enthusiasts, as well as the effectiveness of video presentations. A few minor improvements and rearrangements will also take place in the staff's offices, all for the better. While there has been some delay in the completion of the project, it is now projected to finish by the second week of September, ready for the Open House scheduled for Thursday, September 22. So plan to join us for all the activities on that day, to see the transformation that has taken place, as well as become familiar with all the activities that have been going on at the center. And don't forget to sign up for the birthday dinner for that day.



A work in progress.

September Birthdays



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|---------------------|----------------------|--------------------|----------------------|
| Joan Akagi | Heloisa Erwin | Mariya Limon | Anna Pusina |
| Bonnie Barker | Julie Forsmith | Rosman Livia | Priscilla Regalado |
| Beatrice Beauze | Joan Frisch | John Love | Lorne Roddick |
| Beatrice Benezra | Rosa Fuentes | Carl Lyngholm | Michelle Safer |
| Margie Blanchard | Marlene Furtado | Dorothy Magidson | Jo Anne Schultz |
| Janie Cavalli | Bettie Garrett | Lawrence Martinez | Patricia Schwarz |
| Grace Chu | Kong Go | Joan Mastronarde | Frances Sheykhyadeh |
| Phyllis Ciardo | Bali Grewal | Marcia Matoon | Helen Siu |
| Carol Copeland | Angelina Hurtaclo | Don Morehean | Barbara St. Michaels |
| Mary Ellen Corvello | Patricia Kirkpatrick | Misty Mukae | Young Suk Day |
| Dennis Dalton | Jeanne Klems | Lorraine Ostrowski | Lena Thompson |
| Diana Damonte | Barbara Kortegaard | Paul Petersen | Mi Mi Tsai |
| Alice Davis | Laura Chris Kramer | Kit Pickles | Karl Turne |
| Young Suk Day | Reta Krane | Klara Polgar | Carolyn Weishahn |
| Clementina DuRon | Sharon Lee | Pauline Purvis | Chong Kei Wong |

September Birthdays will be celebrated at a Dinner Party scheduled for Thursday, September 22 at 4:00 pm, on the same day that the Senior Center will host an Open House. Following dinner, there will be a tap and hula dance performance by a Berkeley dance group. The day's dinner is free, but sign up is required. All are welcome, especially if you have a birthday in September. Space is limited; so sign up early.

August Birthday Party Pictures — by Dave Pugatch

Celebrated birthday cake recipients.....



Virginia Blume



Florence Kroll



Mary Lou Leon

Golfers and Bowlers.....



Evelyn Berman attempts a "Gold-in One"



Kathleen Cardinelli narrowly missed "gold" on an off-course putt.



Anna Pugatch plays Bocci with an "orange" twist.

September 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 9/19-12/12 \$3/\$4 per class 11:30am Short Stories from Scotland \$55/\$60 for 12 wks 9/12-11/28 12pm Gentle Tai Chi \$2/\$3 ACC* 3pm Memoirs \$49/\$54 for 7 wks 9/12- 10/24 4pm Dinner 6:30pm Belly Dance \$30/\$35 for 6 weeks 9/12-10/17	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 9/6-10/18 4pm Dinner	9am Gentle Yoga \$5/\$6 10am Papier Mache \$80/\$85 for 10 wks. 9/14-11/16 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. 9/14-11/16 12:30pm Textile Art \$80/\$85 for 10 wks. 9/14-11/16 3pm Novel Course \$50/\$55 for 10 wks 9/14-11/16 4pm Dinner	9am Shopping: El Cerrito Plaza & Ranch 99 9am Art Social \$1 9am Zumba Gold begins September 8 \$6/\$7 1-3pm Soul Line Dancing begins September 8 \$4/\$5 2pm Games & Ping Pong \$1 (No Ping Pong Sept 1) 4pm Dinner 1 8:30am October Walking Trip Registration begins	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 2pm Lives of Women \$50/\$55 Begins Sept. 9 4pm Dinner 2 9:30am Brown Bag
5 CLOSED Labor Day	6	7 9:30am Trip: Half Moon Bay	8	9 9am Podiatry
12 10:30am Travel Training 10:45am Free blood pressure check with Nurse Vicky	13 8:30am Walking Trip: Lake Merced 10:30am Travel Training 1pm Tuesday Film 2pm Chair Massage	14 10:30am Travel Training	15	16 9:30am Brown Bag
19 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	20 8:30am Walking Trip: Castle Rock Trail	21 10am Trip: Downtown Benicia	22  9am-5pm Senior Center Open House	23 3:30pm Fourth Friday Film Club
26 9:30am Shopping: Dollar Store	27 8:30am Walking Trip: Tidelands Trail, Fremont 1pm Tuesday Films	28 9:30am Trip: Ruth Bancroft Gardens and Lindsay Wildlife Museum	29 9am AARP 55+ Mature Driving (2nd class on October 6)	30

Senior Center Open House
Thursday, September 22 9am-5pm
 Come by for a fun day! Discover what programs the Senior Center offers. Attend class demonstrations, get a blood pressure check, chair massage or go for a ride on the Senior Center bus. Activities are happening all day and it's all free. Join us also for the Birthday Dinner & entertainment at 4pm. Space is limited for dinner, so do sign up now.

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

Tuesday Film—September 13 & 27 at 1pm
 On a new Day & Time and twice a month!
 September 13: When Harry Met Sally
 September 27: Breakfast at Tiffany's

Blood Pressure Check with Nurse Vicky: 2nd Monday/month, 10:45am-12pm. Drop in. FREE
Brown Bag: Distributes grocery bags of food. \$10/year.
Computer Lab & Tutoring: Self-serve 60 minute session. Free tutoring by appointment Mondays & Fridays.
10-Minute Chair Massage: Call for appointment. \$8.
Daily Dinner: Sign-up 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 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: Sign-up 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.
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