

**October Hiking and Day Trips** by Pat Tousant



Happy hikers after a healthy lunch on San Bruno Mtn.

**Walk, Talk & Be Healthy Hiking Trips.** “The wheels on the bus go round and round, .....”and for our first hike in October the Mary-bus took us to **Phoenix Lake** in Marin County. It rained the day before and looked like we might get a little more the morning we left but our Senior Center karma kicked in and the day proved to be an ideal one. No dust or mud on the trails and walking over the wet leaves and enjoying the smells of the damp outdoors was extremely invigorating for our 20 plus seniors. So much so, in fact, that four of us (this writer, Mary, Sam and Mimi) inadvertently went up the hill for a mile or so (missed our turn) and were late getting back to the group and had to pay for our transgressions. -----It was 83 degrees and sunny at **Baker Beach** in San Francisco on Monday. Unfortunately we were to hike Baker Beach on Tuesday. It was 60 degrees, foggy and windy. We got a few glimpses of the southern supports of the Golden Gate Bridge, saw a few hundred yards out from the coast toward the ocean and then the fog shifted and even those looks were taken away. Many of the Seniors hiked down, and then back up the 240 steps to the beach looking for those elusive nudes but they too were shrouded in the fog. Two transgressions paid and no new ones noted.....We returned to **San Bruno Mountain** for our final October hike. We were there earlier this year but this time did another of its Loop Trails. A little steep going up and lots of switchbacks on the way down on this 4.0 mile trail. The day was sunny and glorious and we had long vistas of things far away going up and coming down the mountain. It is why we all live in California and why we love our hiking.

**Day Trips To Towns of Sonoma County** ----- Interesting towns were selected for our trip in October to Sonoma County. We went first to **Sebastopol** (think apples and antiques). Once there, we did a slow drive-by on Florence Street to see the sculptures made out of recycled junk materials put together by Patrick Amiott. Artist Amiott lives on this street and places his sculptures in his and his neighbor’s yards on the block. It does make for a different-looking street. After that, we departed the bus in the downtown area where Hwys. 12 and 116 intersect. A great bookstore, an old vinyl record store, some coffee shops, consignment shops, Funk and Flash, this and that and lots of friendly people made for a fun time. On the way to **Petaluma**, our second town, , we stopped off at **Luther Burbank’s** Original Experimental Farm for a quick look (thanks Mike) , and then stopped at a roadside apple truck and were given and bought bags full of just-picked-off-the tree golden delicious apples. Upon our arrival in Petaluma (American Graffiti, chickens, Ugly Dog Contest, arm-wrestling) we could not get to the restaurants fast enough. Once we had this out of the way we explored around town on our own. Some walked the Victorian-homes route while other shopped or browsed in the historic downtown district. Very walkable, very interesting—a pleasantly- full day and a fully- pleasant day.....



A lesson in Locke history

**Locke and Isleton.** The Seniors do not often visit places that are designated National Historic Landmarks so it was a real treat to visit the town of Locke. This whole town got the NHL designation in 1990. Fifty-three miles from Albany, 30 miles south of Sacramento on Hwy. 160, on one of the sloughs in the Delta north of Antioch, the whole town of Locke is listed as the only existing town in America built and inhabited almost exclusively by Chinese. The storefronts/clapboard homes on stilts down its main street look much as they did in another era. Our docent, who lived there all of his life and whose father had a butcher shop there, showed us the school, boarding house, gambling hall and all had their own interesting stories. A beautiful, bronze 3-sided 8 ft. Memorial recognized the efforts of the Chinese in the building of railroads and levees, as well as the development of agriculture in the region. We sauntered around a little on our own and then headed to Isleton and Isleton Joes for lunch. A few of us tried the crawdads and after we ate strolled down to their “Chinatown” to look at the shops and get some ice cream. I think all of us learned some new things on our trip.



John Wang and Ken Nakamura view Locke Memorial

# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

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

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November 2011

**WHAT’S**

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**FOAS President’s Message**

Plans are proceeding nicely for the **Holiday Market on December 3, 2011.** A sign-up sheet for the Bake Sale will be at the front desk beginning November 7<sup>th</sup>. Items for the mini-White Elephant sale will be collected until November 28, 2011. Please NO clothes or electronics.

Recipe of the Month  
**KAHLUA PUMPKIN SQUARES** with Praline Topping-  
 Heat oven to 350 °. Combine 1 cup flour, ½ cup powdered sugar. Using 2 knives or pastry blender, cut in ½ cup butter until mixture forms crumbs. Press into bottom of broiler-proof baking dish. Bake 15 to 18 minutes until golden brown. Meanwhile process in blender 1 cup solid pack pumpkin, 1- 8oz. package softened cream cheese, 2 eggs, ¼ cup granulated sugar & ¼ cup Kahlua . Pour over the baked crust and bake about 20 minutes or until set. Cover & refrigerate. Just before serving , combine 1 cup chopped walnuts or pecans with ¾ cup packed brown sugar & ¼ cup melted unsalted butter. Sprinkle over pumpkin filling. Broil, watching carefully. Cut into 2 inch squares.

**BONUS HOLIDAY RECIPE**  
**TURTLE PUMPKIN PIE-**  
 Pour ¼ cup caramel ice cream topping in pre-made Graham cracker crust. Sprinkle with ½ cup pecans. Beat 1 cup cold milk with 2 (3.4oz. ) packages vanilla flavored instant pudding , 1 cup canned pumpkin, 1 tsp. ground cinnamon & ½ tsp. ground nutmeg with a whisk until blended . Stir in 1 ½ cups of whipped topping. Refrigerate 1 hour or more. Top with whipped topping. Drizzle 2 tablespoons caramel topping & sprinkle 2 tablespoons chopped pecans on top.

**Humoresque:** My mother taught me LOGIC -“Because I said so, that’s why!”  
 HAPPY THANKSGIVING,  
 ‘Til next month.

Barbara Van Pelt, President, FOAS



Happy Thanksgiving!



### Holiday Market & Bake Sale

#### Saturday, December 3 11am - 4pm

Great bargains on holiday items, arts & crafts, jewelry, books, videos, baked goods, and white elephants.

**Free entertainment** throughout the event.

*Proceeds to benefit your Senior Center*



**Chez Isabelle**



In addition to bringing you our annual Thanksgiving Dinner on Wednesday, November 23 at 4pm, we have organized a few presentations:

**On Tuesday, November 1<sup>st</sup> at 4pm**, Delbert Walker from Alameda County Area Agency on Aging will be at the Senior Center to conduct a focus group. Periodically the Alameda County Area Agency on Aging (AAA) conducts focus groups in order to learn about the needs and concerns within the older adult population. There will be 3 main areas of focus:

- 1) services to support independent living, (What services do you need to keep living at home safely?)
- 2) obstacles hindering independent living (What are the greatest obstacles/threats/barriers you face in living at home safely?), and
- 3) access to information and availability of resources to support independent living (Do you feel that you are aware of all the services that are available to keep you living at home safely?).

The focus groups will help the AAA identify services and provide support for Alameda County seniors. If you are an Alameda County resident over the age of 55.....please take a moment to share your needs and concerns. If you can't make it you can also fill out a survey online at: <http://www.surveymonkey.com/s/SeniorNeedsAssess>

**On Thursday, November 17 at 4pm**, Vital Link will present information on "Fall Prevention" and give information on their Medical Alert Systems. *The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Albany.*

**Green BART tickets** are no longer sold at the Senior Center. BART is transitioning to the **Clipper Card**. To get your Clipper Card, you must apply in person. Customer service locations in the East Bay are:  
 AC Transit Customer Service Center, 1600 Franklin St., Oakland 8am-5pm  
 BART Lake Merritt Station 7:30am-5pm

Green BART tickets can still be purchased by mail, or at the Lake Merritt BART Station, or at the Center for Independent Living located near the Ashby BART station. For more information and to find other retail locations go to <http://www.bart.gov>



**2012 Medicare B Premium and Deductible. Good news for most seniors on Medicare B.** Your 2012 premium will increase by only \$3.50 per month, from \$96.40 to \$99.90. This is good news because the announced Social Security COLA increase is 3.6% beginning in January 2012 or \$39 a month on average. At the same time the deductible for doctors' visits and outpatient services under Medicare B will actually decrease from \$162 to \$140.



**The enrollment for annual Medicare is earlier this year —  
 From October 17 to December 7, 2011.**

**SENIOR SERVICES SUPERVISOR**

**Isabelle Leduc**  
**Albany Senior Center**  
 Hours: 9 AM to 5 PM Monday –Friday  
 846 Masonic Ave., Albany, CA 94706  
 510-524-9122 Fax: (510) 524-8940  
 email: [ileduc@albanyca.org](mailto:ileduc@albanyca.org)  
[seniorinfo@albanyca.org](mailto:seniorinfo@albanyca.org)

**THE BOOSTER NEWS**

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 Editors  
**Zion Lee and staff**  
 email: [jandzlee1607@sbcglobal.net](mailto:jandzlee1607@sbcglobal.net)

**The Albany Senior Center—How It Got Started?** by Jewel Okawachi

In 1954 the **Albany Senior Citizens Foundation** was organized by the Soroptimist Club for the primary purpose of receiving and holding in-trust, funds to be used for the purchase of a building and equipment for all of Albany senior citizens. In the ensuing years the Foundation collected a total of some \$14,000 with the help of civic groups, individuals and the senior citizens themselves for this project.

In 1961, the Foundation obtained from the City permission to demolish the old building which had been used for Senior Citizens activities, and to construct on the City-owned site a new facility for promoting the interest, recreation and welfare of elderly people in general. The City agreed to several covenants and entered into an agreement with the Foundation which was conditioned upon obtaining financial assistance from the State of California as administered through the State Department of Social Welfare. The city obtained \$10,041.64 which was utilized in the construction and furnishing of equipment for the new building. Additionally, the State Department of Social Welfare funded the payment for the salary of the Director of the facility. The total operation of the facility was to be something in excess of \$5,000 per year.

There were other covenants involved, namely, senior center users were to be 50 years of age, no discrimination on the basis of race, religion, creed, color, national origin or ancestry.

In September of 1962 an invitation went out from the Foundation to organizations and others to be present at the dedication ceremony of the new Senior Citizens Building at Masonic Avenue.

In the request for funds from the State, it was mentioned that the City of Albany would be one of the first cities in California to provide a City owned and operated Senior Center and it became true.

**The Friends of Albany Seniors—How Did They Come About?** by Zion Lee

Up until 1991 there existed two organizations concerned with the Senior Center and the welfare of seniors in Albany. One was the **Albany Senior Citizens Foundation** mentioned in the above article (also known as the **Senior Center Boosters Group**); the other was the **Friends of Albany Seniors (FOAS)**, founded in 1981 with the purpose of acquiring and maintaining a senior van and providing other support functions to the Senior Center. In 1982, FOAS applied for and obtained non-profit organization and tax-exempt status from the State of California. (Did you know that donations made to FOAS are tax-deductible?)

After some years many of the same people belonged to and served on the board of both organizations which served the same purposes. So, in 1991, the two groups joined forces under the name of **Friends of Albany Seniors**.

**In Memory-**

**Elsie Maria Lie Kiefer 1938 –2011** Elsie was born February 4, 1938 in Norway & died October 11, 2011 in Berkeley. Choosing Gerontology as a career because it was an expanding and rewarding field, she was responsible for starting Meals on Wheels in Missouri. She was a consultant to the Congress on Aging. She received a commendation from Hilary Clinton. She retired from Mercy Retirement & Care Center. She was Head Administrator and responsible for spearheading a campaign to build a much larger facility which also added an assisted living and nursing wing. She served as a director on the board of Life Long Medical in Berkeley. She was well known for her passion for bridge. She played duplicate and party bridge. She was a FOAS member and played bridge on Fridays at the Albany Senior Center.

**Violet “Vi” S. Schafer 1915 - 2011** A former resident and active participant of the Albany Senior Center, Vi passed away Tuesday, October 5, 2011 in Sterling, VA. She enjoyed her time at the Albany Senior Center where she called and played all the bingo games. Many old-timers at the center remember her as the energizer bunny because of her lively and outgoing personality.

**Jamira Johnson —A New Face at Front Desk.**



**Meet Jamira Johnson.** Jamira is our newest part-time staffer at the front desk. Jamira was born in Oakland, but grew up in Richmond, CA. She graduated from John F. Kennedy High School in Richmond and has attended California State Eastbay Hayward. She currently attends Contra Costa College where she is pursuing a degree in Early Childhood Education. While young and new to the Senior Center, she has a long credential of work experience with the City of Albany. Before coming to the Senior center, she has worked at the Albany Teen Center, the Albany Friendship Club, the Albany Library, the Albany Community Center, and as an Albany School Crossing Guard. She likes to read, listen to music, watch television, play sports, and video games. Her favorite book is "The Coldest Winter Ever" by Sista Solja and her favorite movie is "A Low Down Dirty Shame". She doesn't have any kids, but enjoys doting on her five nephews. She is friendly and enthusiastic about her work, and is ready to answer (almost) any questions you may have. Please stop by to say "Hello" to Jamira. Her shifts are from 10am to 1pm, Monday through Friday.

**Halloween Party October 31, 2011**

**The Halloween Party** held on October 31 was a 'ghastly' but fun-filled event. Seniors put on their best Halloween costume for a showdown of heroes and villains. We had Spider Women, Big Bird and the Black Beard (who claimed to have accidentally shaved off his beard), and many others. Top prizes were awarded to **Barbara Van Pelt and Margie Carr** for best costume, and to **Florence Kroll** for her unusually-lucky strike in the ghost-busting game. Other participants won prizes as well. Then, Julia Lee led the costumed participants on a dancing parade. Seniors were treated to a pork-adobo dinner, followed by Halloween-themed dessert.



Among flying bats and entangling spider web, seniors enjoy Halloween festivities.



Linda Carothers attends the Current Events Class in Halloween uniform.



Winning Spider Women Barbara V. Pelt (right) tangles with Julia Lee.



The Class of Halloween 2011



Big Bird turns the table on Black Beard



Our kitchen crew (from left): Lee Heslop, Maya, Brindol, Lih, and Teresa Heslop.

**November Birthdays**



- |                     |                  |                      |
|---------------------|------------------|----------------------|
| Ella Faye Adkins    | Avril Draudt     | Yuriko Hughes        |
| Sharda Bahl         | Jo Ann Esselborn | Joanna Katz          |
| Eugene Bailey       | Evan Flavell     | Isabel Knight        |
| Howard Banford      | Michelle Fontes  | Ruth Koolish         |
| Alice Barce         | Clara-Rae Genser | Elaine Korry         |
| Marina Bear         | Howard Gerstein  | Robert Krones        |
| Katie Brookes       | Lula Greene      | Al Laudel            |
| Florence Bryndza    | Michael Gumbmann | Marilyn Leavitt      |
| Philomena Burkhardt | Dorothy Hackett  | Alice Li             |
| Lydia Cass          | Helen Hadley     | Janice Lopez         |
| Wei Wu Chin         | Norma Hennessey  | Timonera Luzadel     |
| Patricia Clark      | Howard Hoggatt   | Christina Lyngholm   |
| Marianne Darrow     | Judy Holmes      | Anna Maija Middleton |
| Judy Dovali         | Karen Hozmeister | Simona Miller        |
| Pete Dowling        | Donna Huang      | Wendy Mui            |

- |                    |
|--------------------|
| Terrie Oto         |
| Charles Pagter     |
| Judith Petersen    |
| Mildred Petersen   |
| Barbara Price      |
| Jeanella Ramey     |
| Robert Reid        |
| Clara Rogers       |
| Walter Roos        |
| Rita Schucker      |
| Helene Segal       |
| Marshall Sweet     |
| Margaret Tashininn |
| Jun Lan Tseng      |
| Betsy Vashel       |
| Donald Woodard     |



**Veterans and November Birthday celebrities will be honored at a Dinner Party** scheduled for Thursday, November 10th at 4:00 pm. Accordionist **Dennis Dowling** will be on hand to make a special Veterans' Day presentation. All are welcome, especially if you're a veteran or have a birthday in November.

**October Birthday Party Pictures.** Happy birthday wishes were extended to **Hanim Ozen, Elmer Nelson,** and **Fidelia Leavitt.** After a delicious dinner and birthday cake, the Albany High School Soul Singers added to the festivities with a delightful musical program.



From left, Sabit and Hanim Ozen, & Elmer Nelson



Fidelia Leavitt, flanked by Helen Hadley, Zetta Poli, & George Michel



The AHS Soul Singers

**A Young Man's Prayer** By Betty Goren

I want to be home in the springtime  
 I want to be home in the fall  
 I want to be home in the summer and winter  
 And not have to go off to war

The children they rocked in their cradles  
 The ones that they dressed for school  
 Must not be the target of guns and uniforms  
 But rather the aim of the golden rule

The men of all lands are my brothers  
 I don't want to fight them as foes  
 I want to live in a peaceful world  
 Where children can happily grow



I want to be home in all seasons  
 And not have to go off to war

Mothers the whole world wide over  
 Are one in their plea for peace

Where men in secret try to make a further reaching gun  
 A gun that on some distant day  
 When drums of battle roll  
 Will leave my mother with a shining star and iron in her soul

# November 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 12pm Gentle Tai Chi \$2/\$3 ACC* 3pm Memoirs \$49/\$54 for 7 wks 10/31-12/12 4pm Dinner 6:30pm Belly Dance \$30/\$35 for 6 weeks 10/24-11/28	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 11/1-12/13 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 \$6/\$7 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 2pm Lives of Women \$50/\$55 4pm Dinner
	1 8:30am December Walking trip registration	2 9am Trip: Castello di Amorosa	3	4 9am Podiatry 9:30am Brown Bag
7 8:30am Walking Trip: Tomales Bay 10:45am Free blood pressure check with Nurse Vicky 11:30am FOAS Board Meeting 1pm HICAP	8 2pm Tuesday Films: The Pursuit of Happiness	9 8:30am Trip: River Rock Casino	10 9am AARP 55+ Mature Driving 4pm Birthday/Veterans Day Dinner	11 CLOSED Veterans Day
14 10am Trip: Houdini 10:45am Free blood pressure check with Nurse Vicky	15 8:30am Walking Trip: Shadow Cliff	16	17 9am AARP 55+ Mature Driving 4pm Vital Link Presentation	18 9:30am Brown Bag
21 9:30am Shopping: Hilltop Mall 1pm HICAP	22 8:30am Walking Trip: Purisima Trail 2pm Tuesday Films: The Soloist	23 3:30pm Thanksgiving Dinner	24 CLOSED Thanksgiving	25 CLOSED Thanksgiving Observance
28 9:30am Shopping: Dollar Store	29	30		

**December Walking Trip Registration**  
 Tuesday, November 1 8:30am  
 First come, first serve. You may sign up for a maximum  
 of 2 walking trips. Small fee for each trip.

**Vital Link Presentation**  
 Thursday, November 17 4pm  
 Talk will include: Fall prevention, living  
 Independently, and how emergency response can  
 save your life.

**Birthday/Veterans' Day Dinner**  
 Thursday, November 10 4pm  
 After-dinner entertainment: Accordionist, Dennis  
 Dowling.

**Computer Lab & Tutoring:** Self-serve 60 minute ses-  
 sion. Free tutoring by appointment Mondays & Fridays.  
 Please call to see availability.

**Thanksgiving Dinner**  
 Wednesday November 23, 3:30 pm.  
 Enjoy delicious turkey dinner, entertainment,, games  
 and prizes. Sign up required. \$5.

**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  
**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 sen-  
 iors. Registration required.  
**Info, Resource Referrals & Form Completion Assistance:** Up-  
 to-date info on services and form completion assistance pro-  
 vided by staff. By appointment.  
**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.

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