

Internet E-mail Scam— *Reported by Margie Carr*

Saturday evening I received an e-mail sent at 3:00 am on Friday, 9/23 from a long-time friend who lives near Sacramento, CA. The letter began by stating that she was very upset and would not be contacting me if she were not in such a dire situation. It seems she had come "down to London, United Kingdom for a short vacation." While in the park across from her hotel she had been robbed at gunpoint of all her cash, cards and cell phone. She notified the police and the American embassy, but got no help. She could not check out of her hotel without paying the \$2,000 bill and asked if I could help her by wiring the \$2,000 needed - or at least something toward paying it. The message ended by asking me to respond to her e-mail and she would then give me the address to wire the money.

I called my friend immediately and she sadly told me her computer had been hacked into and all the names and e-mail addresses in her Internet address book had been lifted - around 200. As far as she knew, no one had responded to the originators of the scam, as most people had called her on her home or cell phone to find out what was going on.

She contacted her AT&T Internet provider who told her to:

- 1) change her Internet password immediately and make it a practice to change it every three to four months.
- 2) make sure her security components had not expired and were up to date: Firewall, Anti Virus, Anti Spy, Identity Protection, On-line and Resident Shield.
- 3) check and send emails often.

She uses her Internet e-mail infrequently, and was therefore vulnerable to hackers who assume she was away and would not be aware of any illegal activity.

So beware. Even a friendly looking email coming from what seems to be someone you know may be a hoax. If it is a request for money, always call the person to check it out. The hackers most likely are located outside the U.S. and many times (but not always) use poor grammar or spelling. And of prime importance, change your Internet password frequently.

Ruth Bancroft Garden and Alexander Lindsay Wildlife Museum

By Karen Holzmeister



Docent George Jardim expounds on the 'hen & chick' succulents to our tourists

The lure of nature - both plants and wild animals - attracted 18 Albany Senior Center travelers to Walnut Creek on Sept. 28.

On a day in which temperatures topped 90 degrees, our Albany group toured the Ruth Bancroft Garden, four acres packed with thousands of colorful and unusually-shaped aloe, agave, cactus and succulent plants. Docent George Jardim knowledgeably and enthusiastically took us on a trip through time as he explained the origin, composition and function of the plants, whether for food, decoration or medicinal purposes. We also had a chance to purchase plants from the garden gift shop! The garden is 40 years old this year, and it was founded by Ruth Bancroft, now 103, whose home adjoins the garden.

After driver Mary McKenna wended her way through numerous red lights in downtown Walnut Creek, where we lunched at P.F. Chang's, we visited the Alexander Lindsay Wildlife Museum, where 5,000 non-domestic animals are treated and rehabilitated each year. We viewed a fox, hawk, and snakes; the hospital where animals are treated by veterinarians, technicians and volunteers; and numerous interactive exhibits to help us identify and learn how to interact with wild animals who may find their way into our neighborhoods.

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

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FOAS President's Message

As of now the final figures for the Hawaiian Luau are not available. Because of the renovation at the ASC, we did not have as much opportunity as in the past to sell tickets. Nonetheless, we sold many tickets at the ASC Open House. The one-sitting Luau was a sellout. So the event was successful.

Thanks are due to the following:

- 1) the Albany Lions Club for a great job cooking.
- 2) the many Local merchants who contributed to the raffle baskets.
- 3) the volunteers who made the desert and/or did the shopping and serving.
- 4) Zion Lee who arranged the entertainment.
- 5) Isabelle Leduc who did the decorating.
- 6) all of you who bought raffle tickets and/or attended.

Our next event will be the Holiday Market on Dec.3, 2011. Applications for those who wish to reserve a table for displaying and selling their wares are available at the front desk. FOAS will have a bake sale and a small White Elephant sale. The WES needs items which can be used as gifts or for holiday entertaining.

Recipe of the month: Marcia's Mothers Cherry Jell-O:

Drain #2 can (15-16oz) of sweet pitted cherries. Reserve liquid. Add water to make 1 cup. Bring to a boil. Add 1 pkg. black cherry jell-O & stir until dissolved. When slightly cool stir jello into 1 cup sour cream. Add cherries and refrigerate until set.

Pirate Humor

Q: How much does it cost a pirate for ear piercing? A: A Buck-an-ear!

'Til next month

Barbara Van Pelt, President, FOAS



Happy Rosh Hashana !

Holiday Market & Bake Sale

Saturday, December 3 11am - 4pm

Sponsored by the Friends of Albany Seniors

Proceeds to benefit Albany Senior Center

Vendors application for a booth taken now

See Barbara Van Pelt or Zion Lee for application form.



Chez Isabelle



Fall is already upon us and summer has brought in many changes at the Center. While renovations are still underway and will probably continue until mid-October, our classroom has undergone a transformation with new lighting, paint, a sink (yes! a sink!) and cabinets. A screen and movie projector were also installed. Our new projection system made its great debut at our Open House, September 22. Folks in attendance enjoyed Power Point presentations and a few movie previews. "Breakfast at Tiffany's" was shown the following week as part of our new Tuesday Films Program. We will soon get new blinds which will make movie viewing all the more enjoyable. Come by for Tuesday Films, October 11 & 25 at 1pm and experience movies on the big screen!

New skylights in the bathrooms and kitchen were installed for ventilation and during the first weekend in October, new carpet will be put in the lobby and hallway. Once this is done, we hope to have the computer lab back and running the week of October 10. Lobby renovation will continue with a newly designed front desk, shelves, flyer racks and counter space.

I want to thank everyone for their patience and understanding throughout the renovation.

Coming up this month, the Over 60 Health Clinic will hold a flu shot clinic Monday, October 31 from 9-11am. There is a suggested donation of \$3 and everyone is welcome. Nurse Vicky is back to take your blood pressure on Monday, October 10 starting at 10:45am and there will be a foot care clinic Wednesday, October 5 at 1pm. Chair massage will also be offered October 4 & 13 starting at 2pm. As for festivities, our monthly birthday dinner will be Thursday, October 13 (with musical presentation by the Albany High School Vocal Soul Group), and we are planning a special, fun-filled Halloween party on the 31st.

Lastly, I want to thank FOAS for their hard work on the Luau, all the volunteers who helped to make the event a success and everyone who attended. Your support of FOAS and the Albany Senior Center is remarkable! Thank you!

More Luau pictures..



The customers have voted.



Our tireless volunteer servers.



Nora Newell moves gracefully.



A picture-perfect show, from left: Sachi, Linda, Gil Chun and Nora.



Tiny bubbles. oooooooo



And a big crowd.



Then, the audience gets into the act.



Steve Darrow wins in the hula-hoop game.

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

seniorinfo@albanyca.org

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Editors

Zion Lee and staff

email: jandzlee1607@sbcglobal.net

Hawaiian Luau

By Stan Ginn and Zion Lee

On Saturday, September 24, the Friends of Albany Seniors held its annual Hawaiian Luau. All tickets were sold out. The Albany Lions Club did an excellent job in preparing the whole dinner for us. There was nothing but compliments from everyone for the delicious dinner.

The hula dancing, performed by Linda Tisch and Sachi from Mr. Gilbert Chun's dance class, and Nora Newell (Walt Corvello's granddaughter) was first class. Mr. Chun also sang a few favorite songs from Hawaii, complete with tiny bubbles—and some large ones, too. Raffle prizes were awarded to 5 lucky winners. Indeed, everyone—the audience, the volunteers, FOAS, and the Senior Center—are all winners in having had great fun while supporting a good cause.

We want to express our deep gratitude to our community, our volunteers, and our raffle donors for their tremendous support. There were so many new faces, young and old, in the crowd.



The set-up crew, from left: Lee & Teresa Teslop, Bill Decker, and Virginia Ginn.



Our budding hula dancer.



The Lions do chickens right....



.....to say nothing of the macaroni salad.



October Birthdays



- | | | | |
|------------------|---------------------|-------------------|--------------------|
| Sylvia Alksnis | Margaret Fritzing | Howard Mackey | Kathleen Scales |
| Annette Allen | Myrtle Gaspard | Shirley McDonald | Karen Sibley |
| Vera Beattie | Lois Gilbert | Alan Meisel | Sungja Sim |
| Morris Benezra | Betty Goren | Phyllis Menefee | Erika St. John |
| Chuck Bigelow | Bonnie Gouailhardou | Weiner Merle | Adolph Stacy |
| Edith Black | Emily Grey | Molly Momii | Katherine Stauffer |
| Robert Blanshard | Marilyn Hadfield | Elmer Nelson | Samelson Stewart |
| Helen Burke | Joanne Hickok | Hilda Ortiz | Yasuko Sugimoto |
| Rose Castro | Julian Horowitz | Hanim Ozen | Nancy Traer |
| Pearl Chinn | Mary Huang | Linda Patterson | Michael Tsang |
| Lillian Chur | Mei Huang | Gail Perin | Barbara Van Pelt |
| Pam Coville | Cara Johnson | Lena Pius | Janel Weitz |
| Betty Curry | Marilyn Joyce | Cynthia Rahav | Bruce Willats |
| Patricia Dalton | Barbara Kast | Iris Richards | Patricia Wise |
| Lynn Eby | Candace Khanna | Maria Ritter | Joyce Wong |
| Maya Elmer | Fidelia Leavitt | Paul Robinson | Judith Woodard |
| Alan Falkowitz | Leland Lena | Barbara Ryolander | Ling Wright |
| Robin Fraatz | Daryl Lura | Theresa Savage | |

October Birthdays will be celebrated at a Dinner Party scheduled for Thursday, October 13 at 4:00 pm. Entertainment follows the day's dinner. All are welcome, especially if you have a birthday in October.

ASC Open House — The Senior Center's Open House on September 22 was a blockbuster, with an estimated 300 plus people coming through the door at various times throughout the day. The biggest attraction was the distribution of Clipper Card by BART. It brought in a large number of people new to the Senior Center, thus providing a great opportunity for the Center to showcase its many programs and services. And, of course, the free lunch and complimentary dinner were crowd-pleasers.



Jewel Okawachi talks about the history of FOAS.



Mike Greenwald gives massage service.



Clipper Cards are in high demand.



Jayah Paley demonstrates walking with poles. A new class starts on October 11.



Isabelle presents the ASC programs.



Greacian Goeke leads "Freeing the Dancer in You".

October 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 \$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
3 8am Trip: Point Reyes Birding 8:30am November Walking Trip Registration begins 11:30am FOAS Board Meeting 1pm HICAP	4 2pm Chair Massage	5 7:45am Trip: de Young Museum, Picasso 1pm Over 60 Health and Foot Clinic	6 9am AARP 55+ Mature Driving	7 9:30am Brown Bag
10 10:45am Free blood pressure check with Nurse Vicky	11 8:30am Walking Trip: Phoenix Lake Trail 10:15am Walking Pole-Training 1pm Tuesday Films: The King's Speech	12 9:30am Trip: Towns of Sonoma County 1:30pm Falls/Injury Prevention Meeting	13 2pm Chair Massage 4pm Birthday Dinner	14
17 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	18 8:30am Walking Trip: Baker Beach	19 9:30am Trip: Locke and Isleton	20	21 9:30am Brown Bag
24 9:30am Shopping: Dollar Store	25 8:30am Walking Trip: Summit Loop Trail 1pm Tuesday Films: Secretariat	26 8:30am Trip: Winchester Mystery House	27	28
31 9am Flu Shot Clinic 4pm Halloween Dinner				

November Walking Trip Registration
 Monday, October 3rd 8:30am
 First come, first serve. You may sign up for a maximum of 2 walking trips. Small fee for each trip.

Over 60 Health and Foot Clinic
 Wednesday, October 5 1-3pm
 FREE, drop in only. We will hand out 10 tickets beginning at 12pm. First come, first serve.

Birthday Dinner
 Thursday, October 13th 4pm
 After-dinner entertainment: Concert presented by the Albany High School Vocal Soul.

Computer Lab & Tutoring: Self-serve 60 minute session. Free tutoring by appointment Mondays & Fridays. **Due to the renovations, the computer lab will be closed through October 7. Please call to see availability.**

Flu Shot Clinic - Provided by Over 60 Health Center
 Monday, October 31 9-11am
 Suggested donation: \$3

Falls/Injury Prevention Discussion Meeting - Free
 Wednesday, October 12 1:30-2:30pm

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 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.

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