

December Birthdays

Tom Adame
Robert Adams
Valjean Adams
Donna Asif
Emilio Augustine
Harry Battin
Penelope Brauer
Maria Budner
ArnelleBurg
Louise Burton
Sally Carter
Chris Caseio
Claudine Naganuma
Barbara Close
Frank Correia
Walter Corvello
Bill Decker

C. Sue Diehl
Elena Egan
Antonina Estrada
Leonard Farwell
Florence Halstead
Lorena France
Joanne Gabel
Basha Goddard
Rosalie Gonzales
Heidi Li
Diane Ichiyasu
Ann Jennings
John Kartychak
Carol Klein
Ruth Konoff
Jeanne Lageson
Albert Lee

Anita Levitch
Linda Liem
Annette Lys
Kent MacDougall
Le Merle Milsom
Gay Nichols
Shary Nunan
Pasquale Petti
Carol Piasente
Karen Powers
Emmy Randol
Sharon Reading
Sally Redick
Isabelle Revoir
Cynthia Rodriguez
Babette Salamon
Frank Salerno

Debbie Sarnoff
Linda Schwat
Melody Semereaux
Javad Akbari Shahmirzadi
Carol Sparks
Patricia Tousant
Isamu Tsujimoto
Renu Vakharia
Florence Wahl
Margaret Weitkamp
Jessica Weld
Alfred Windsor
Yuk Lin Wong
Clare You
Jinyun Zhu



Congratulations to the above individuals on their December birthdays.

Join us to celebrate their birthdays on **Friday, December 16, 4:00 pm**, when we will be hosting our **Annual Holiday Dinner** at the same time. Enjoy a fabulous holiday dinner, free raffle and win valuable prizes. Special gifts will be presented to the birthday celebrants. After-dinner entertainment includes a holiday musical concert by the Albany Holiday chorus and an audience-participated winter game. Cost is \$5, prepaid. Sign up at the Front Desk is required. Space limited.



Lunar New Year 2017—The Year of the Rooster... Mark your calendar for this very fun and popular event scheduled for **Thursday, February 2, 2017 at 4-5:15pm**. Feast on a delicious Chinese New Year dinner of BBQ Chicken, pasta, oriental vegetables and Fortune Cookie from an outside vendor. Enjoy dragon & lion dances and ethnic dances. Unique game and prizes to help you celebrate the Lunar New Year.



Special Presentation by Blize Healthcare on Grief.

"The holidays are a time to cherish the time with family and loved ones, but it can also be difficult for those who have lost someone close to them. Learn how to overcome the loss of your loved ones throughout the holiday season and how to manage your grief, mentally and spiritually." **Tuesday December 6, 10:30am-12 noon.**





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THE BOOSTER NEWS

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NEWS FOR AND ABOUT ALBANY SENIORS

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FOAS President's Message

Happy holidays are here again! Hope everyone enjoyed their Thanksgiving. Anyway another year is almost gone. Remember we have our annual Holiday Market and Bake Sale this Saturday, December 3rd, from 10am - 2pm. Thanks to our donors who responded to our request for donations; we now have plenty of Christmas and household items at a reasonable price. We also have baked goods for sale as well as many outside vendors with items for sale. Hope to see you there! Take a look at our great raffle baskets to be raffled off at the Holiday Dinner party on Friday,



December 16th. Remember you do not need to be present to win. Tickets are one for a dollar and 7 for \$5. We have a Grand Prize basket valued at around \$800. Not bad for a small investment for a chance to win **BIG!** All proceeds go to benefit the Albany Senior Center.

I would like to wish everyone a GREAT HOLIDAY SEASON!

Bill Decker
FOAS President

From the Desk of ASC Supervisor—Sid Schoenfeld



All of the staff at the Albany Senior Center would like to wish everyone a great and enjoyable holiday season. The following is the December / January winter schedule of closings.

December 23rd the Senior Center will close at 12pm.

The Senior Center will be closed for a winter break from December 24th – January 2nd. We will re-open for normal operations on Tuesday, January 3, 2017. Get ready for a 2017 at the Albany Senior Center filled with fun, friends and family, and many great classes and activities. Happy Holidays!



Holiday Market, White Elephants & Bake Sale Saturday, December 3rd, 10am - 2pm

Don't miss great bargains on jewelry, holiday decorations, crafts, pictures, household goods, books, DVD's etc.

17 outside vendors and FOAS will be represented.

Enjoy a Light Lunch and baked goods sold by FOAS

Proceeds go to benefit your Albany Senior Center



On the Road... Amazon River Cruise and the Rainforests of Peru

By Rebecca Chan



Sisters Roberta (left) & Rebecca

Young Carlin, my sister Roberta, her friend, and I joined the Oversea Adventure Travel trip to cruise the Amazon River and tour the Rainforests. What a trip! We didn't count on all the adventures we encountered. How is fishing for piranhas? And swimming with pink dolphins? And breakfast served onboard our skiff on the river under the rain? And night excursions on the Amazon? And canoe and kayak rides? Our jungle walks brought a close up view of a huge tarantula, a 6 foot anaconda, a 3-toed sloth, a bat, and a red dime-sized but very poisonous frog. We had a healing service by a shaman and another one by a curandero. We danced Hokey Pokey with the kids at a local school.



Adventurers on the Amazon

On our skiff excursions we stopped to catch views of exotic birds, woolly monkeys, saddle backed tamarin monkeys, pygmy marmoset, pygmy anteater, squirrel monkeys, and a giant capybara. Among the exotic food I tasted were alpaca steaks, cayman, guinea pigs, and beef heart. None was as good as the fresh fish or free range chicken we had for many meals.

Traveling in The Land of the Inca

By Young Carlin

On Oct. 30, 2016, we flew to Cuzco to begin our journey to Machu Picchu. The following day, we rode the bus and train into the gorge of the Urubamba River. The train brought us to the town of Aguas Calientes, and from there we had another bus ride to the ruins in the Andes mountains. Suddenly, after we walked up the numerous steps, the magnificent panoramic view of the Machu Picchu ruins was before us. The view was so grand that it made me speechless. Our tour guide told us that the whole area was covered with brush until it was officially re-discovered by a Yale archaeologist in 1911. We went through the ruins of the palace, baths, temple, storage rooms, and sundial room. Most of these rooms were built by fitting carved granite tightly together, without using any mortar. What a genius architectural fit!



"Indiana Joans": Young (left) & Rebecca

Near the end of our trip, our group made a home visit in Cuzco.

Three sisters invited us to eat traditional, home-cooked Peruvian food. Rebecca volunteered to help by mashing cooked potatoes. I assisted her by chopping scallions and combining them with the mixture. Then we added one egg, a pinch of salt, and some flour to bind it. The mixture was



BBQ Guinea Pig, anyone?

shaped into small patties and pan-fried. Another food we tried was cuy—the meat of guinea pig. I was hesitant to try it but found the courage. The meat was quite bony and chewy, with crispy skin. This has to be my life's ultimate cultural exchange experience.

Cook's Point. "The wheels on the bus go round and round, round and round, ..." but not too far 'round and round' to get us on this Tuesday morning to the Point Pinnole Regional Park in Richmond.



Judy with daughter Sandra at Cook's Point

A more beautiful and invigorating hike could not have been found anywhere else on this day. It was just after our four or five days of intermittent warm slow rains in the area. The air itself got a good washing and that made for clear sparkling vistas across San Pablo Bay on this sun-filled day. The pure clean air that we were inhaling had smells of the earth, the green grasses as well as the groves of eucalyptus trees. We were on the Cook's Point Trail, enjoying this sensory over-load, while talking about the magic of the raindrops that we appreciated so much. Seems like the rains had green dye in them because once they hit the ground it greened up fast--never happens that way when we are using limited water to try to keep a little green in our grass as we have had to do for several summer years now. We finished our day experiencing a food over-load with lunch at the new state-of-the-art Contra Costa College Culinary Institute building. The food was prepared by the culinary students who hope go into the food industry in some capacity in their future. It was well-presented and delicious. A big shout-out to Judith for making all the arrangements for this special lunch. What a great day!!!



Food connoisseurs at work: From left, Pauline, Bettye & Joanne



Beverley leads the climb to see the quirks

From Perky Albany to Quirky Berkeley

A five-mile hike up from the Senior Center to the Rose Garden in Berkeley and back again to the Senior Center. A little bit of a challenge but we had 18 of our Tuesday hikers that were not daunted by the hill nor the distance. Up Solano Avenue to Indi-

an Rock Park and then up and across Arlington and on up through John Hinkle Park to Spruce Street. Beautiful views, beautiful big houses, -- gardeners, garbage trucks and Fed Ex's on the streets just like us on the flatlands. A left turn on Spruce took us to things 'quirky berky' and a large ceramic display of humanoids and other things on a terraced front yard--did I see Lionel Ritchie and a buff Rosie the Riveter enjoying our gazes. Retracing steps and heading south on Spruce a two-story brown shingle caught our eye and the statues of buddhas were staring out at us. We entered the 4' by 6' street-level Buddhist-Taoist covered Shrine and were intrigued with the various buddhas and other types of 'holy' ware. Leaving there we lunched at the Rose Garden (yes, blooming roses in November) prior to heading down Eunice to find Colusa to see some more 'quirky berky' type of 'art'. Recycled Bic cigarette lighters made up one of the large human sculptures, a tree with many hanging hard-hats and other creative uses found for 'junque' art. Kind of looked like Albany Bulb art. Enough, we headed down Solano to our safe, sane, comfortable Albany Senior Center--tired and happy. Another great hike!!!



Curious tourists on Spicer St.



Head-turning display of quirk



From East to West: A shrine



Junk junkies?

Halloween is not just for kids anymore, and nowhere is it more evident than at the Albany Senior Center on Halloween night 2016. Close to 40 seniors attended the Halloween party, most dressed in colorful costume to show off their alter egos. While the teens from the Teen Center presented themselves well in their various shapes and forms, they were easily matched by their senior counterparts. With their wealth of experience, the seniors were asked to judge the Teens' costume contest, before passing judgement on their own competition. In the Seniors' division, the top prize went to Gwendolyn Gardner, whose transformation to an illusionist was purely magical.



Halloween revelers: Facing camera, from left, Beatrice, Fidelia, & Karen



A Touch of Magic - Gwendolyn Gardner



Friends, Fun and Food: Facing camera, from left, Florence, Margie, Cathie



"Somewhere Over The Rainbow...." Julia Lee



The Butterfly Couple: Nobuko & Hiroshi Satake



"I must think of a New Life...." Zelda Holland



The Teen Center Costume Contestants, with TC Supervisor Johanna Jenkins



"Great Ball of Fire..." - Spellbinding!

Thanksgiving Dinner Party is a popular event that our seniors look forward to every year. This past Thanksgiving was no exception, as they again filled the multi-purpose room to full capacity. After dining on a delicious turkey dinner, the audience was thrilled by a virtuoso performance of noted vocalist Mary Stocker, who accompanying herself on the piano, sang a range of songs from classical opera to Broadway. Her vocal range and clarity was truly remarkable. After the performance the dinner crowd was alternately "jolted" and euphoric to receive interesting prizes delivered by air—via a specially designed launching system. Among the aerial gifts were pumpkin pies, turkeys, turkey eggs, and cash....and everyone received a free box of chocolate before happily heading home.



Engineers Zion, Bill and Sid at the launch pad



Mary Stocker performs



A well-decorated and delicious Thanksgiving Dinner

November Birthday Dinner. A sizeable crowd came to celebrate November birthdays, dining on a turkey salisbury steak dinner, and enjoying a fabulous joint musical presentation by the Albany Community Chorus and the High School Singers. Among the November birthday celebrants at the party were Judith Petersen, Rita Wilson, Isabelle Flyinghawk, Wei-Wu Chin, Rita Schucker, Karen Holzmeister, Patricia Clark and Wayne.



