

# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

Volume XX Number 4

April 2009

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Near-mob scene at a previous White Elephant sale. Don't miss out this year!

### The President's Message

When I was a little we did not have a telephone. living room clean, because time. And my father was

Now in our modern puters and the internet we

cate. People now have virtual meetings, chat rooms, face books to visit each other.

Recently, I was invited to such a virtual meeting. My old classmate in Ohio had her 60<sup>th</sup> surprise birthday. I did not see her face but could talk and laugh with her and I could also hear all the people in this virtual room talk. The only things missing were the real people – people with faces and expressions.

Whether then or now, visits are still needed. It is part of who we are, social beings – we need each other. This is not only in our culture but all over the world. In certain cultures they even set aside certain times of the week/month/year to visit each other.

At the Albany Senior Center we have a little mailbox on the wall where seniors can write a note to tell Barbara Van Pelt (Sun Shine committee) of personal needs and happenings. When appropriate, these would then be posted on the Booster News. For example, recently Anna Pugatch was moved from the hospital to a skilled nursing facility and she would like people to visit her. Anna likes people and visits make her happy. As it turned out, many people made an effort to see her and both Anna and the visitors benefited from the experience. Both sides felt uplifted afterwards.

So, visits in our modern world are still important, because personal presence and kinds words do something good to the human spirit.

Julia Lee

President, FOAS



girl living on the island of Java, So my mother always kept the guests could be expected any-very social. times with cell phones, com- have so many ways to communi-

## ***Come to The Great White Elephant & Bake Sale***

*Saturday May 2, 8:00 am —2:00 pm*



*The Center accepts donations starting April 6th*  
*Please use sticker or tape to price your donated items*

# Albany Senior Center Community Shuttle

## Coming Soon!



### Sightseeing

Join us on affordable group day trips. Enjoy the many treasures nestled throughout the Bay Area and beyond that are just waiting to be discovered. Connect with others while sightseeing and enjoying fun attractions. All of the planning has been done for you and you don't have to drive. Day trip schedule available at the Albany Senior Center or at [www.albanyca.org](http://www.albanyca.org)

### Walking

Enjoy free walking tours at a moderate pace while exploring natural treasures and history of the Bay Area. Dress in layers and wear comfortable closed walking shoes with good traction. Bring water, light snack, binoculars, cameras and walking poles if you use them. Walk schedule available at the Albany Senior Center or online at [www.albanyca.org](http://www.albanyca.org)

### Shopping

Use the shuttle to go shopping conveniently. The shuttle provides door-to-door service from your home to a nearby grocery store and then returns each shopper safely to his/her home. Shopping trips are planned on Wednesday and Friday mornings when new shopping van is available. Call the Senior Center at 524-9122 the day before by noon to schedule your pick up. Shopping trips are free!

Thanks to a generous GAP grant from the Alameda County Transportation Improvement Authority (ACTIA), the Albany Senior Center will be acquiring a new bus. The "Albany Senior Center Community Shuttle" is a fully accessible bus with a capacity to accommodate 22 ambulatory passengers or 16 ambulatory passengers and 2 passengers using wheelchairs. It also has a luggage compartment on the side to put all bags, so riders don't have to carry heavy bags onto the bus itself. As for those long rides associated with recreational group trips, do not worry, the bus is fully equipped with a DVD player and a number of TV screens throughout the bus for easy viewing of movies and other informational messages. For more information on the bus and the City of Albany Paratransit program, please call the Albany Senior Center at 510.524.9122. We'll be happy to talk about this upcoming great addition to our programs and all other programs we offer!

### SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

Hours: 9 AM to 5 PM Monday – Friday

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### THE BOOSTER NEWS

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# April Birthdays



John	Albino	Josephine	Marini
Dana	Bass	Jakie	McCoy
Marcia	Craddock	Harold	Olson
Julia	Craig	Sue Ellen	Pector
Owen	Hatch	Camille	Plunkett
Betty	Hudson	Susan	Saturno
Barbara	Humes	Shirley	Smith
Ruth	Hurvitz	Marylin	Storer
Carolon	Jularbal	Carol	Taliaferro
Kiyomi	Kawano	Pat	Washburn
Ruth	Kunter	Ruth	Wellemeyer
Mary	Laudel	Pearl	Wong

The April birthday party is scheduled for April 9th, at 4:00pm. After-dinner entertainment will feature a musical presentation by Deena Frederic and Lenke Nibley, and will begin at 4:20 pm. All are welcome! For people born in April, don't forget to enter your name in the **Birthday Drawing at the front desk!**

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**Outside My Bedroom Window— A poem** by Kathleen Murphy

At my bed I find comfort, every afternoon,  
To gaze upon the opened window.

For the pretty pink blossom tree,  
Is the most beautiful sight,  
To love, especially so.

Intrigued by the intricate,  
Simplicity of touch.  
The focusing eye, to admire so much!

Like a picture of delicate, falling petals,  
Whispering wind, amongst it settles.

Of the frivolous days, to enjoy it's view.  
Enlightened, embellished, the branches, too.

Of heaven's miraculous job of trees,  
To adorn it's flourishing thought.  
Are treasures to have, as each season comes,  
To it's perfect spot.




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## Don't Miss out on the April Birthday Drawing!

If your name appears on the April birthday list (top of page ), you are eligible to enter in this month's drawing to win a delightful fruit basket. The list is based on the 2008 registration form you filed at the Senior Center. If you have not registered with the Senior Center since June 2008, you can make yourself eligible for this or a future month's

drawing by **registering at the front desk.** Deadline for entering the drawing is April 30th.. Use the entry form on reverse side of this page, or ask for a form from front desk.

This drawing is sponsored by the **Friends of Albany Seniors.** Ask how to become a member of FOAS.



The Senior Center held its **First Senior Resource Fair** on March 26, 2009 with 27 area service organizations participating. The multi-use room was filled with exhibitors who came equipped with flyers, booklets and posters, and with visitors who loaded their bags with freebies (information). The type of services ranged from adult care to acupuncture, from legal advice to library service. The Friends of Albany Seniors were also there with a table manned by Al Windsor. (We received three membership applications on this day.) In addition, the Friends used the occasion as a fundraiser selling drinks and lunch. It was a busy day at the Center as it needed to maintain some of our regular activities such as Meals on Wheels, and the annual AARP tax assistance program.

The Friends have added a number of smaller-scale fundraisers this year. The next mini-fundraiser will be at the Albany Arts & Music Festival on April 26 at Memorial Park, from 11am-3pm. See you there! Thanks for you support! (Photos by Isabelle Leduc)



Nick Jordan explains the various offerings at the Senior Center



Margaret Stone gets a blood pressure check.



The event filled the multi-use room to capacity.



Many service groups were represented.



Nick Mildenhall serves up lunch of chicken chow-mien.

**Be the Lucky Birthday Gift Winner!**

If your birthday falls in this month, cut and fill out this form, and place it in the birthday drawing basket at the front desk for a chance to win a delightful fruit basket. Alternately, use a form available at the front desk.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Phone No. \_\_\_\_\_ Cell or 2nd Phone No. \_\_\_\_\_

**Important:** If your birthday falls in this month and your name is not on the birthday list on Page 3, it means you have not registered with the Senior Center. Make yourself eligible by registering NOW!



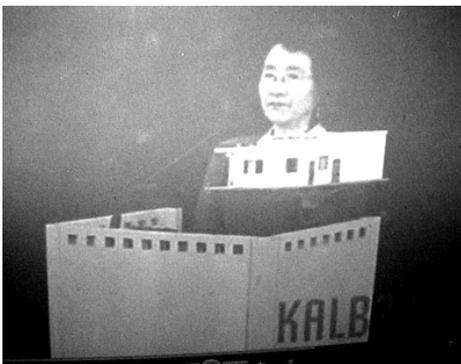
**News on the House Next Door.**



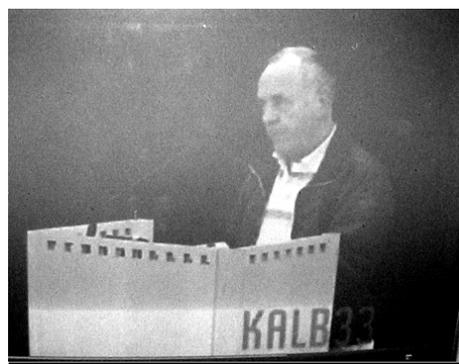
On March 2, 2009, the Albany City Council conducted a public hearing on a proposal to purchase the property on 842 Masonic Avenue with a view to expand the Senior Center. Members of the Senior Center and the Friends of Albany Seniors were at the hearing to express their support for the proposal. Among those present were Isabelle Leduc, Al Windsor, Allen Jacinto, Gay Nichols, Floyd Garrett, Hiro-masa Haneda, Julia and Zion Lee. They spoke to the need for more space and services required at the Senior Center in order to meet the demands of a growing senior population and the unique opportunity that the adjacent property provides. They also submitted to City Council a group of ten letters written by supportive seniors and teachers, and a petition with about 100 names, expressing a desire to see the expansion of the Senior Center. Julia Lee, representing FOAS, voiced the organization’s historical role in the Senior Center, and its intent to again provide its share of support. City Council was impressed with the large support for the project. They unanimously passed a motion to send the project to the Planning Commission and the Park and Recreation Commission for review and recommendation. Both these commissions have since met and have recommended the City to proceed with the financial details required for the procurement of the property. (Agreement on a purchase price for the property has been reached between the City and the seller. )

*by Zion Lee*

*The following pictures are some of the Senior Center speakers at the 03-02-09 City council meeting, as seen on Albany City Channel KALB 33.*



Julia Lee, FOAS president, shows a model of the original Senior Center building built with FOAS funds



Long-time resident Floyd Garrett reads supportive letters from seniors and teachers.



Gay Nichols addresses the needs of a growing senior population.



**Booster News goes International!!**

Michaeline Jok’s name and picture appeared on the February issue of Booster News. Halfway around the world, in Hong Kong, Michaeline’s primary school classmate was looking for her. The classmate’s daughter searched the Internet, and lo and behold, Michaeline’s name showed up on the Booster News at the City of Albany website. The daughter contacted the editor Zion Lee by e-mail. From there on, it was a happy e-mail reunion for two long-lost school friends. The Booster News is pleased to have performed an interesting, though unintentional, service.

You can access the Booster News online at the City of Albany Website. To find Booster News, click the following in sequence from the menu: Services, Document Central, Recreation & Community Services, Senior Services, and Booster News. Try it!

## Sunshine Expressions

by Barbara Van Pelt



### Our Best Wishes

To Bob Kronen. He is back home after another brief stay at Alta Bates Hospital for a kidney infection.

### A Warm Hello

To the "dinner crowd" from Dave Pugatch. The time he spends with Anna prevents him from coming to the Center. There has been progress with her medication adjustment. She would welcome visits and calls at the Kyakameena Skilled Nursing Facility, 2131 Carleton Street, Berkeley, CA 94704. 1-510-843-2131.

### It's Great

For Pete Dowling. His great grandson Ronan Webster Dowling was born 3-10-09. The proud parents are Aaron and Sarah Dowling. The grandfather is Dennis Dowling who graciously plays the accordion at some Senior Center birthday parties.

### It's Grand

For Sam and Mimi Tsai who welcomed twin granddaughters Miranda and Naomi. The girls were born 2-25-2009. The parents are Lillian and Linden Hsu who live in Cupertino.

Both Pete and Sam handed out candy to the dinner crowd to announce the new arrivals. Chocolate is always good.

### Vacationin'

For a long weekend in Hawaii were Zion & Julia Lee who claim they were doing research for the next F.O.A.S. Luau fundraiser (Hmmm!) They hiked up the Diamond Head Crater but rain prevented them from reaching the top. Using public transportation they were their own tour guides. Hanauma Bay's clear waters invited swimming and snorkeling. They saw plenty of hula dancers at a Honolulu Festival.

### Trippin'

The Muir Woods section of the March 14<sup>th</sup> trip was cancelled. Heavy rain muddled the trails. The Corte Madera segment was expanded. Local produce was available at the Farmers Market. Corte Madera Shopping Village, an upscale mall, was visited. Lunch was at the Cheesecake Factory. Cheesecake can compensate for a lot!

Until next time!

### Many hands made it happen!

**The Pancake Breakfast on March 21** at our Center was a joint community effort between the Albany Fire Dept., FOAS, Senior Center staff, Saint Mary's students and other volunteers, and mandolin player Suzanne Klein. In addition, Safeway, Lucky and Monterey Market gave us donations. About 75 people came to the event and about 400 dollars was raised. So, to all of you who had a part in this event, on behalf of FOAS, I'd like to say:

"Thank you so much. It could not have happened without you!"

*Thank You!* Julia Lee

**Albany Senior Center  
Spring 2009 Class Schedule**

<b>Day &amp; Time</b>	<b>Title</b>	<b>Instructor</b>	<b>Room</b>	<b>Res./Non-Res. Fees</b>
<b>MONDAY</b>				
9-10am	Gentle Yoga	Jacinto	Comm. Ctr. Hall	\$5/ \$6 per class
9:45 - 11:15am	World Affairs	Cole	Multi Use	\$2/ \$3 per class
11:30am – 1:30pm	Short Stories*	Ratner	Multi Use	\$10/ \$12 per qtr
1 – 3pm	World Lit. (A)*	Hyman	South	\$10/ \$12 per qtr
3 - 5pm	Memoirs (A)*	Hyman	South	\$10/ \$12 per qtr
<b>TUESDAY</b>				
10am -12pm	World Lit. (B)*	Hyman	Multi Use	\$10/ \$12 per quarter
10am – 12pm	The Living Planet*	Louie	South	\$10/ \$12 per qtr
12:30- 1:30pm	Gentle Stretch	Woods	South	\$2/\$3 per class
2:00 - 4:00pm	Memoirs (B)*	Hyman	South	\$10/ \$12 per quarter
<b>WEDNESDAY</b>				
9 – 10am	Yoga	Jacinto	Multi Use	\$5/ \$6 per class
10 – 12pm	Papier Mache*	Wilson	South	\$10/ \$12 per quarter
10:15 -11:30am	Traditional Women Dances	Sutton	Multi Use	\$6/ \$7 per class
10:30 -11:45am	Gentle Tai Chi	Yachiyo	Comm. Ctr. Hall	\$2/ \$3 per class
12 – 1pm	Rosen Movement Exercise	Wells	Multi Use	\$8/ \$9 per class
12:30 - 1:30pm	Self Defense	Brooks	Comm. Ctr. Hall	\$7/\$8 per class
1 – 3pm	Cultural Studies*	Louie	South	\$10/ \$12 per quarter
1 – 3pm	Boutique Textile Art *	Wilson	Multi Use	\$10/ \$12 per quarter
3—5pm	Cont. American Novel*	Ratna	South	\$10/ \$12 per quarter
<b>THURSDAY</b>				
9am – 12pm	Fine and Applied Arts*	Dalton	Multi Use	\$10/ \$12 per qtr
<b>FRIDAY</b>				
9 – 10am	Yoga	Jacinto	Multi Use	\$5/ \$6 per class
10:15-11.30am	Brain Dance and Beyond	Goeke	Multi Use	\$7/ \$8 per class
10:30-11:45am	Gentle Tai Chi	Yachiyo	Comm. Ctr. Hall	\$2/ \$3 per class
2 - 4pm	Western Art History*	Louie	South	\$10/\$12 per quarter

\*Classes offered by the Albany Adult School. Please call 510.559.6580 for registration information. The per quarter room usage fee is payable at the Albany Senior Center.



**ALBANY SENIOR SERVICES**

is funded jointly by the following:

City of Albany

County of Alameda

Friends of Albany Seniors





# Upcoming Events



**Monday, April 6  
11:30am-1:00pm**

**FOAS (Friends of Albany Seniors) Board Meeting:** All are welcome. Help us continue to financially support and serve our Senior Center. **Please Note new meeting time.**

**1<sup>st</sup> and 3<sup>rd</sup> Friday's  
9:30-10:30am**

**Mercy Brown Bag Program.** **Fee: \$10 yearly donation**  
Distributes nutritional grocery bags of food to seniors on fixed income  
Twice a month.

**Thursday, April 9th  
4:00-5:00pm**

**April Birthday Party.** Entertainment: Old-time musical presentation by Deena Frederic and Lenke Nibly.

**Thursday, April 23  
4:30-5:00pm**

**Girls Scout Troop XXX.** A presentation of Girls Scout uniform fashions. Come see how the Girls Scout uniforms have changed over the Years. **Free.**

**Sunday, April 26  
11am-4:00pm**

**Arts and Music Festival at Memorial Park.** Come out to listen to fine music and see art work by artists from the Senior Center and the area. FOAS will be there to serve lunch as a fundraiser.

**Thursday, April 30th  
12:30-2:30pm**

**Spring Fling Dance.**  
Come and enjoy an afternoon of dancing to some of your favorite music. Please submit song requests to Nick Jordan by April 22nd.  
**Fee: \$2.00 payable at the door, includes light refreshments.**

**Saturday, May 2nd  
8am-2:00pm**

**White Elephant & Bake Sale**  
Come find great bargains at this yearly fundraiser! We'll have toys, jewelry, kitchenware, baked goods and plenty more!  
If you would like to donate items for the sale, the Albany Senior Center will be accepting items starting Monday, April 6, 2009. Please mark prices with stickers or masking tape on items. Thanks,  
**No electronics, typewriters, clothing or furniture will be accepted.**

**Thursday, May 28th  
12:30- 3:00pm**

**Older American Month Celebration.** Join your friends for a light lunch & festivities to celebrate an occasion dedicated to honor seniors. Entertainments include music from the 40's and 50's by Jazz band Nick Chiaro Trio, games and prizes. Mark your calendar! Don't miss this event designed just for you! **Fee: \$3.00 payable at the door.**



# Upcoming Day Trips



**Wednesday, May 6  
8:30am-5:00pm**

**Monterey Museum of Art/La Mirada-Lunch included**  
Fee: \$42 resident, \$47 non-resident  
**Registration Deadline: April 28**

**Thursday, June 11  
10am-4:30pm**

**Bodega Marine Lab-Lunch included**  
Fee: \$38 resident, \$43 non-resident  
**Registration Deadline: June 3rd**