

THE ALBANY SENIOR CENTER CHRONICLES

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MONTHLY COMMUNITY NEWSLETTER

November 2024

WINTER WONDERLAND

Date: Sunday, December 8

Time: 1 - 4 PM

Location: Albany Community Center

This is a **free** event for everyone. The Albany Jazz Band will be performing live music from 2 - 4 PM, yummy treats and fabulous festivities.



Thanksgiving Lunch

Date: Tuesday, Nov 26th

Time: 12pm

Fee: \$5.00

Come join us for this fall festive fun luncheon at the Senior Center. Eat delicious food, bring your friends and make sure to sign up early.



Senior Center Facility will be closed
on November 28th & 29th

Friends of Albany Seniors, Holiday Market

Date: Saturday, December 7th

Time: 9am-2pm " "

Location: Albany Senior Center

Join the Friends of Albany Seniors at their annual Holiday Market / White Elephant Sale. Come find some gifts for friends, relatives or treat yourself to something you find interesting. Find items from kitchenware to kid toys to Games and stuffed animals. There will be a bake sale and also lunch for sale during the event.



Travel Troupe Snapshot

Upcoming day trips you don't want to miss out on!

Lunch Troupe

- SF Fisherman's Warf – November 18th

Travel Troupe

- Red Hawk Casino - November 7th
- Holiday Craft Fair - December 6th



For inquires, registration, scheduling appointments, and programming
Please contact the Senior Center at 1(510)524-9122

November 2024 - Monthly Calendar

Albany Senior Center • 846 Masonic Avenue, Albany, CA 94706 • 1(510)524-9122

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Senior Center Lunches Monday-Friday 12-1pm (Service ends at 12:30pm) Limited Seating	Technology 1-on-1 Help Thursdays 1- 4pm	1 <u>9:30am Mercy Brown Bag</u> 10am Shopping - Safeway/ Target / Sprouts
4 10am Shopping - El Cerrito Plaza / Ranch 99	5 <u>9am Hike – Annadel State Park</u> 1:30pm Movie - Welcome to Moose Port	6	7 <u>8:30am-3:30pm Travel Troupe - Red Hawk Casino</u>	8 10am Shopping - Safeway/ Target / Sprouts
11 Veteran's Holiday Senior Center Closed	12 <u>9am Hike – Helen Putnam Regional Park</u>	13 10am Shopping - El Cerrito Plaza / Ranch 99	14	15 <u>9:30am Mercy Brown Bag</u> 10am Shopping - Safeway/ Target / Sprouts
18 <u>10am-3:30pm Lunch Troupe - SF Fisherman's Warf</u>	19 <u>9am Hike – Lands End Trail</u> 1:30pm Movie - The Importance of Being Earnest	20 10am Shopping - El Cerrito Plaza / Ranch 99 10am-2pm Street Sweeping Bart Side Parking	21 1:30pm - Karaoke for Seniors	22 10am Shopping - Safeway/ Target / Sprouts
25 10am Shopping - El Cerrito Plaza / Ranch 99	26 <u>9am Hike – Oyster Bay Shoreline</u> 12pm—Thanksgiving Lunch	27 10am Shopping - Costco 10am-2pm Street Sweeping Senior Center Side Parking	28 Thanksgiving Holiday Senior Center Closed	29 Thanksgiving Holiday Senior Center Closed

Mark Your Calendar

Meals on Wheels Delivered (10:30am-12pm)

Mercy Brown Bags (Groceries)

Pick Up (9:30-11am)

Nov 1 Nov 4 Nov 6 Nov 8 Nov 13

Nov 1

Nov 15

Nov 15 Nov 18 Nov 20 Nov 22 Nov 25

Nov 27 **No Delivery on Nov 11th & 29th**

Call 1(510)524-9122 to register for any meal program.

November 2024 - Weekly Calendar of Programs

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<ul style="list-style-type: none"> 10am World Affairs Group 10:30am Gentle Tai Chi (CC) 12-1pm Lunch Service 1pm Senior Center Walks 1pm Memoir Writing 3pm Sing-a-Long 3:30pm Demystifying Nutrition Controversies 	<ul style="list-style-type: none"> 9am Monthly Hikes 10am Needle Craft & Beads 10am Morning Stretches 12-1pm Lunch Service 1:30pm Monthly Matinee Movie (Select Tuesdays) 1:30pm Pop Up - Ping Pong 	<ul style="list-style-type: none"> 9:45am Watercolor Workshop 10am Women's Balkan Dancing 10:30am Gentle Tai Chi (CC) 12-1pm Lunch Service 12:15pm Rosen Movement 1:30pm Pop Up - Ping Pong 3:30pm Balance Dancing 	<ul style="list-style-type: none"> 9am Art Social 12-1pm Lunch service 1pm Mahjong & Games 1:30pm Karaoke (3rd Thursdays) <p style="text-align: center;"><u>Technology 1-on-1 Help</u> 1 - 4pm</p>	<ul style="list-style-type: none"> 9:30am Rosen Method <u>9:30am Mercy Brown Bag (1st & 3rd Fridays)</u> 10am Folk Dancing 10:30am Gentle Tai Chi (CC) 11:30am French Conversations 12-1pm Lunch Service 4pm Weight & Balance Training

Program Highlights

FOAS Monthly Meeting

Monday, November 4th at 11:30am

Location: Albany Senior Center

Grab your favorite midday beverage and attend the Friends of Albany Seniors (FOAS) monthly meeting. Everyone is welcome to join in this wonderful opportunity to socialize and stay in touch with friends. The meeting includes an overview of the Senior Center programming and discussion on next steps for FOAS.

Albany Senior Center
Recreation & Community Services Department
 846 Masonic Ave., Albany, CA 94706
 Phone: 1(510)524-9122
 Website: www.albanyca.org
 Email: seniorinfo@albanyca.org



Monthly Matinee Movies

at 1:30pm

Program features movies for free! Bring your friends and enjoy watching a movie on a big screen. Suggested donation \$1 for Popcorn (while supplies last)! View more movie details on our Monthly Matinee Movie flyer located on our website or at our facility.

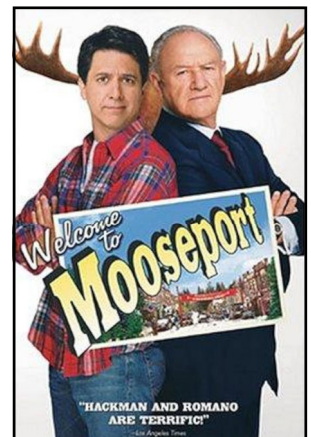
Welcome to Moose Port

Tuesday, Nov 5

Time: 110 Minutes

Rated: PG-13

Genre: Comedy/Drama



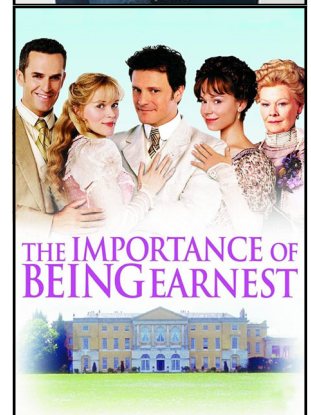
The Importance of Being Earnest

Tuesday, Nov 19

Time: 97 Minutes

Rated: PG

Genre: Comedy/Drama



November Lunch Menu

ALBANY SENIOR CENTER

Lunch Service is on Monday - Friday from 12 - 1pm. Food service stops at 12:30pm.

Reservations are required and are accepted on Fridays.

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>All meals include 1% milk.</p> <p>Menu is subject to change without notice.</p>	<p>Program participation is not limited with regard to:</p> <p>Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p>	<p>1 Roast Beef and Monterey Jack Sandwich on Whole Wheat Bread Lettuce Leaf & Tomato Beet Salad Citrus Cutie+</p>
<p>4 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Rice 5-Spice Poached Pears</p> <p><i>Higher Sodium Meal</i></p>	<p>5 Beef and Bean Chili Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Warm Apple Crisp</p>	<p>6 Southwest Chicken Vegetable Soup Garden Salad with Carrots* & Dressing Whole Wheat Roll Seasonal Fresh Citrus+</p>	<p>7 Homemade Baked Macaroni & Cheese (Vegetarian) Steamed Broccoli and Cauliflower+ Green Salad with Dressing Seasonal Fresh Fruit Medley</p>	<p>8 Chicken and Vegetable Pasta Salad+ Vegetable Minestrone* Whole Wheat Roll & Butter Seasonal Fresh Fruit</p>
<p>11</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Veterans Holiday</i></p>	<p>12 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Bread & Butter Seasonal Fresh Fruit</p>	<p>13 Thai Fish Curry Soup+ Whole Wheat Bread & Butter Asian Cabbage Salad +* Fruit Cup</p>	<p>14 Spinach & Mushroom Lasagna* (Vegetarian) Italian Green Beans* Caesar Salad (Romaine+) Vanilla Yogurt and Berry parfait+</p>	<p>15 Turkey and Cheese Croissant Sandwich Potato Salad+ Seasonal Fresh Fruit</p>
<p>18 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed White Rice Mandarin Oranges+</p> <p><i>Higher Sodium Meal</i></p>	<p>19 Baked Ham with Pineapple Glaze Green Beans Mashed Potatoes Tangerine+ (or fresh citrus) French Roll & Butter</p>	<p>20 Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Seasonal Fresh Fruit</p>	<p>21 Cheesy Brown Rice Casserole with Broccoli+ & Mushrooms Seasoned Peas & Carrots* Mixed Greens Salad with French Dressing Ambrosia</p>	<p>22 Tex-Mex Chicken Taco Salad+* Tortilla Chips Vegetable Tortilla Soup (8 oz) Banana Cookie</p>
<p>25 Moo Shu Pork Squash Medley Stir Fry +* Steamed White Rice Mandarin Oranges+</p> <p><i>Higher Sodium Meal</i></p>	<p>26 THANKSGIVING LUNCH Roasted Turkey with Gravy Mashed Sweet Potatoes* Seasoned Green Beans Savory Stuffing Citrus+ Pumpkin Treat</p> <p><i>Higher Sodium Meal</i></p>	<p>27 Turkey, Kale, Sweet Potato & Brown Rice Soup+ Whole Grain Crackers Spinach Salad w/ Vinaigrette* Ambrosia</p>	<p>28</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Thanksgiving Holiday</i></p>	<p>29</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Thanksgiving Holiday</i></p>