

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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Happy Holidays !

Mistaken I.D.

Have you ever been mistaken for someone else? Being mistaken can be a pleasant experience, or it can be an unpleasant one. One day, when I was college age, going home at the end of the semester, I was carrying a big suitcase at the busy bus station. Someone called loudly at me, "Hi, Lucy, you need help?" I was delighted to be mistaken for my twin sister, because this tall strong guy took the big suitcase from me and loaded it into the bus. "Thank you very much!"

As president of Friends of Albany Seniors (FOAS), I am often mistaken for someone that I am not. I am definitely not the president of the Albany Senior Center (ASC). I cannot take kudos for the Senior Center, people complaints or suggestions about the Senior Center to me as if I have the authority to make changes. People seem to get confused over FOAS and ASC—FOAS is an auxiliary of ASC, a non-profit organization whose mission is to raise funds to support ASC.



Just as the Friends of the Library donates money to the local Library, so does FOAS donate to ASC. (These donations help finance the needs that are not covered by the city of Albany.) Just as the Friends of the Library is made up of volunteers, so is FOAS. FOAS is unique because it works so closely with ASC in many functions, and some FOAS members are also on the ASC paid staff.

Incidentally, this Booster News is a publication of FOAS, although its primary function is to report the news for and about seniors using the ASC. It is produced by member volunteers, with some input from ASC staff.

My hope is that as time goes on, FOAS will become more understood and appreciated by people.

Julia Lee, President, FOAS

Don't miss out on the November or December Birthday Drawing!

If your name appears on the November or December birthday list (page 3), you are eligible to enter in the respective month's drawing to win a delightful fruit basket. The list is based on the 2009 registration form you filed at the Senior Center. If you have not registered with the Senior Center since July 2009, you can make yourself eligible for the January or a future month's drawing by reg-

istering at the front desk. Deadline for entering the November drawing is Nov. 24 and for December drawing, it's Dec. 29. 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**. (Note: this issue of Booster News covers the months of November and December.)



Chez Isabelle



Part of the Senior Center got a fresh new look, thanks to wonderful volunteers who came in on a Saturday in October to provide the labor needed to make the transformation happen. A heartfelt thank-you goes to Pastor Andrew Hoffman and the Solano Community Church for painting the multipurpose room and to Daniel Goodman and members of his Boy Scout troop who painted the lobby and hallway as part of Daniel's Eagle Scout Project. Daniel also donated the great planter boxes at the entrance of the Senior Center which will soon be filled with flowers! Please take a moment to sign thank you cards available at the Senior Center front desk. Let these wonderful caring individuals know how much their kind gestures are appreciated.

The Senior Center expansion project is underway. The City has hired Todd Jersey Architecture to create concept designs for the expansion. Todd Jersey will host two Community Meetings at the Senior Center on Monday, November 2 at noon and on Wednesday, November 4 at 7:00 PM. Please come to one of the meetings to give your input on what priorities should be considered for the expansion.

Don't miss all of the Senior Center Holiday festivities. We'll have our Thanksgiving Dinner, November 25 at 3:30 PM and our Holiday Dinner, December 18, also at 3:30 PM. Both events will have delicious food, great entertainment and some surprises! Sign up at the front desk. The fee is \$5 payable on the day of each event. Again this year, we will host our Holiday Market and Bake Sale on Sunday, December 6, from noon to 4:00 PM. This event highlights the work of talented seniors and some of the proceeds go to support the Senior Center. Come find unique gifts such as watercolors, paintings, cards, jewelry and much more. The Friends of Albany Seniors will be providing a bake sale with light lunch items. If you'd like to have a booth at the event, pick up an application available at the front desk and turn in by November 13th.

Have a Happy and Safe Holiday Season!



Be the Lucky Birthday Gift Winner!

If your birthday falls in the month of November or December, cut and fill out this entry form and submit it to 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 name does not appear on the Nov.-Dec. birthday list on page 3, it means you have not registered with the Senior Center since July this year. Make yourself eligible by registering NOW!





November Birthdays

Ella Faye Adkins	Donna Huang
Howard Banford	Joanna Katz
Alice Barce	Isabel Knight
Florence Bryndza	Ruth Koolish
Patricia Clark	Elaine Korry
Marianne Darrow	Al Laudel
Pete Dowling	Simona Miller
Clara-Rae Genser	Terrie Oto
Lula Greene	Charles Pagter
Michael Gumbmann	Mildred Peters
Dorothy Hackett	Robert Reid
Helen Hadley	Clara Rogers
Norma Hennessey	Walter Roos
Howard Hoggatt	Rita Schucker
Judy Holmes	Helene Segal



December Birthdays



Robert Berman	Sheila Reid
Mildred Bradfield	Anne Richardson
Bry'sude Brandon	James Rinaldi
Minnie Favre	Thomas Roberts
Edward Hill	Thomas Rogers
Bernice Hunn	Gouping Shen
Diane Ichiyasu	Nancy Stout
Anita Levitch	Carol Swoun
Annette Lys	Russ Theobald
Tralee McGill	Patricia Tousant
Marci McKillican	Victoria Triemer
Vincent Morales	Barbara Trotter
Kathleen Murphy	Ira Weinstein
Sabit Ozen	Alfred Windsor
Isabelle Revoir	

The November Birthday Dinner Party is scheduled for November 12, at 4:00 pm. Accordion player Dennis Dowling will be on hand to provide after-dinner entertainment.

The December Birthday Dinner Party is scheduled for December 10, at 4:00 pm. A unique musical performance of the Japanese Koto (harp) will be presented by Ms. Miyuki.

Glistening Angel - A poem By Kathleen Murphy

**A special party to join, of this day to remember
Of love and the spirit, on the 25th of December
To welcome everybody, as of centuries ago
Was the bliss of Christmas, and the mistletoe.
A tree that saying, decorate me,
To believe in Santa Claus, naturally!
Lights all around, make an atmosphere to behold,
Such gifts to admire, and Christmas stories that are told.
Singing is the utmost, of that glorious bond,
And the radiant table, of food beyond.
To dream, and wish its exquisite sight,
And the whimsical enchantment, of day and night.
As the beautiful churches and the nativity scenes abound,
Brings solace and joy, in God that is found.
To cherish when alone, the love to conquer all,
To celebrate this time of year, traditions big and small.
For Christmas is an embellished thought, to know that every year,
The touch of a glistening angel is bestowed forever near.**



Halloween spirits were all very evident at the Center during the week of October 26. A pumpkin carving contest, a Dance, and a Costume Dinner Party kept our seniors hopping and dancing, and eating well at the same time. The Costume Party brought out many celebrities - Minnie Mouse, Groucho Marx, the Red and Not-so-Red Devils (3), and numerous non-descript feathered creatures. Led by Ilona Carpenter, the kitchen crew suited-up in their mischievous witches' uniforms, but, to our great relief, served up a tasty chicken dish with a full complement of sweet desserts.



Devilish carvers: From left, Gwendolyn Gardner, Barbara V.Pelt, Pete Dowling, Florence Kroll and Anna Pugatch (front).



Mildred Bradfield shows no fear for the Devil in Bud Taylor (right).



Marilyn Pugatch merrily tangles with Minnie Mouse (Julia Lee).



The Witches' Crew: From left, Shirley, Maya, Ilona, Grace, Natasha & Dora.



Sainthood for a Red Devil (Dave Pugatch)?



Werewolf, Minnie & Al Windsor himself.



Klara Polgar (left) and Janet Nilson (right).



Fair Feather friends: Pete Dowling & Florence Kroll.



Phantom for the Opera: Gwendolyn Gardner.



'Ghostly' dessert for the body and the soul, courtesy of Shirley Miller.



Resting souls: Anne Richardson & Brian Fretter.





On Friday, October 23, 2009, Brownie Troop #30-135 from Marin Primary School paid a visit to the Center's dinner crowd. They performed a Halloween program, which was followed by Halloween cookie decorating through a collaborative effort between the young and the young-at-heart. The resulting goodies were at once visually attractive and tastefully tempting. Finally, the participants gave in to their taste buds, and consumed all the cookies well before the 5 o'clock bell. Trick-or treat bags were handed to the youngsters, and all had a great time! (Photos by staff.)



Antonette Conti, Margaret Stone & Gloria Slavazza with Brownie friends

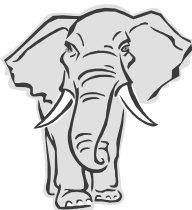
Walk, Talk & Be Healthy!

January 2010 Schedule

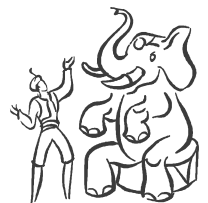
Date & Time	Location - Program	Difficulty/ Wheelchair accessibility	Notes
Tuesday Jan 5 8:30am-2:00pm	Black Diamond Mines, Antioch. Take a docent-led Hazel-Atlas Mine tour, free. (\$3 admission cost paid by the Senior Center.) 1/2 mi walk to mine. Tour limited to 15 people. (6 other people can take a 3 mi. walk in the area's historic sites.)	1 (mine tour) 3 (historic walk) 	2 1/2 hour program, partly underground. Historic site walk has sloping areas. Bring water, snack, bag lunch.
Tuesday Jan 12 8:45am-1:00pm	Berkeley Marina Nature Center & Cesar Chavez Park, Berkeley. Learn about the natural history and ecological impact of this area park in a 2-3 mile walk, guided by a park ranger. Great panoramic view of the East Bay, North Bay and S.F. in a tranquil setting.	1.5 	Easy walk on paved road or dirt path. Some moderate slopes. Windy. Wear warm clothing. Bring water & bag lunch
Tuesday Jan 19 9:00-2:30pm	Chinatown, S.F. A guided stroll thru streets with exotic food and interesting gift shops. Visit historical buildings, fortune cookie factory, and Dim-sum restaurant. Total distance: about 2 miles.	1 	Bring \$13 for lunch at Dim-sum restaurant. (Trip rescheduled from last October; previous registrations have priority)
Tuesday Jan 26 10:00-2:00pm	Tilden Park, East Bay Regional Parks. "Nature Ramble"—One and 1/2 hour nature walk on park trails guided by a park ranger. Explore Nature area's flora and fauna — anything can happen!	1.5 	An organized ramble thru-paved and dirt trails; some moderate slopes. Bring water & bag lunch

Please note the following **new Sign-Up Rules for walking Trips** beginning December 1, 2009

1. You must be at least **50 years of age**.
2. For each trip you may sign up for **yourself plus one other person only**.
3. At any given time, you can sign up for trips scheduled for a **current month and the following month only**. (e.g. In January, you can sign up for January's and February's trips.)
4. Sign-ups and cancellations are done directly on a **log-book kept at the front desk**. (No more forms to fill!) And you can check your trip (or waitlist) status on this log at any time.



White Elephant Sale



With more storage space available in the house next door, the Senior Center is open to collect items for next Spring's White Elephant Sale organized by FOAS. The event typically occurs in April or May. But you are welcome to start donating items for this biggest fundraiser event at the Senior Center. Note that items we would NOT take are: Large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.

Senior Center Expansion Community Meetings

In April 2009, the City purchased the property next to the Albany Senior Center for the purpose of expanding the existing Senior Center. You are invited to attend one or all of the Community Meetings to provide input for the design of the expansion. Preliminary concept designs will be on display as a springboard for discussion and input from community members.

Thursday, December 3, 2009 from 7:00 - 8:00 PM
At the Albany Community Center (510) 524-9283

Monday, December 7, 2009 from 11:30 AM -12:30 PM
At the Albany Senior Center (510) 524-9122

For neighbors of the Albany Senior Center. A special meeting will be held on

Wednesday, December 9, 2009 from 7:00 - 8:00 PM
At the Albany Senior Center

Please come to the Holiday Market and Bake Sale on Sunday, December 6th, 12—4 pm.

Come find unique holiday decorations and gifts, many made by very talented senior artists.

The Friends of Albany Seniors will sponsor a bake sale and light lunch for sale at the event. Please come support the Senior Center & FOAS.



Senior Center Holiday Closing Dates:

Thanksgiving: November 26 & 27, 2009
Christmas: December 24 (1/2 day) & 25, 2009
New Year's Eve: December 31 (1/2 day) 2009
New Year: January 1, 2010



SENIOR SERVICES SUPERVISOR

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THE BOOSTER NEWS

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Sunshine Expressions By Barbara Van Pelt



Recuperating -

Best Wishes to the **Leonard Brandi** and his wife **Lucretia**. Leonard had to go to the hospital and have the fluid drained from his lungs. Lucretia has a caregiver helping her at times. They are unable to come to the center at this time for their dinner and miss everyone very much. Calls may be made to 525-1829. Cards sent to 931 Coventry Road, Kensington CA 94707.

Bettie Garrett had a successful knee replacement surgery on October 28, and is now home undergoing physical therapy. She is walking a bit but will take about 6 weeks to completely recover. Floyd is home taking good care of her, and appreciates all the support and prayers from friends and relative. She appreciates phone calls (510)526-3466 and cards.

Franciose De Vesinne-Marker, adult school student and a regular in the Walk, Talk & Be Healthy walking group, sustained severe injury to one of her arms from a vicious dog bite. This happens to be the same arm that she has had surgery on recently, and the prognosis for a complete recovery of the arm is not very favorable. Cards can be sent to: 1350 Mariposa Ave, Richmond, CA 94804.

Cruising, again - Elmer Nelson has completed his 42 radiation treatments for prostate cancer. He celebrated by going on his 16th cruise. His Mexican trip included stops at Cabo San Lucas, Puerto Vallarta and Mazatlan. The ship then went around the tip of Baja California and up into the Sea of Cortez with stops at La Paz and Topolobampo.

Traveling -

Teresa Plate loves her family first, then traveling, then casinos. She is visiting her daughter Elizabeth Pullen and her grandson Guy in Winchester, Oregon. Her grandson Francisco Pullen lives nearby in Coos Bay, Oregon. He has three children - Makena, Braidon and Kendal. Also, he works at the casino. Sounds like Teresa hit a jackpot in more ways than one!

Erin go braugh!- **Pat Tousant** wants all people with Irish roots to know that Ireland is the most beautiful country in which she has ever traveled. A drenching summer produced a countryside with a hundred different shades of green in September. The best thing about the trip was the Irish people and the worst was car insurance in Ireland. It was exhorbitant, but there was no other choice since they didn't recognize stateside insurance. She went to Dublin, the Eastern seacoast, the ring of Kerry, the Western seacoast and the Cliffs of Mohr. Dealing with narrow lanes, driving on the left side, few freeways and lots of round-a-bouts (leaving Dublin took three attempts), it was still a wonderful experience. The people were very friendly and helpful, the pace slow and relaxed. She also visited England, Scotland and Wales. She considers the highlight there to be York, the Cathedral at Durham, Edinborough, Stratford-on Avon, the Cotswold, Oxford, London, Stonehenge and driving up the east coast of Wales. A really great 21 days!

Sincere condolences to **Fidelia Leavitt** and her family on the death of **Christina Del Crew**, their oldest sister.

11-04-09 Day Trip to Pier 39, SF



Famous residents (sea lions) of Pier 39.



At 39, from left, Clarence Cleaver, Wilma Wong, Pat Tousant & Phyllis Posey.



After a 'hard' day at the pier, tourists get back on the bus.



Upcoming Events



1st and 3rd 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.

Tuesday, December 1st
1:30-3:30pm

Chair Massage provided by Michael Grunwald

10 minute chair massage appointments are available for the low cost of \$8.
Call the Senior Center to make an appointment.

Thursday , December 3rd
7:00—8:00pm

Senior Center Expansion Community Meeting. Provide input for the design of the expansion. Preliminary concept designs will be on display.
Location: Community Center, Marin Ave.

Sunday, December 6th
12-4pm

Holiday Market & Bake Sale

Come find unique gifts such as watercolors, drawings, paintings & etchings, jewelry and much, much more, all made by very talented senior artists. If you would like a booth at the event, pick up an application at the front desk and turn in by Nov. 13, 2009. The Friends of Albany Seniors will sponsor a bake sale and light lunch items for sale at the event.

Monday, December 7th
11:30am— 12:30pm

Senior Center Expansion Community Meeting. Provide input for the design of the expansion. Preliminary concept designs will be on display.

Wednesday, December 9th
7:00—8:00pm

Senior Center Expansion– Neighbors Meeting. Provide input for the design of the expansion. Preliminary concept designs will be on display.

Thursday, December 10th
2-4pm

FREE Notary Service

Bring your picture I.D.
Call the Senior Center for an appointment.

Thursday, December 17th
1:30-2:30pm

Hula Aerobics

Attend this gentle exercise class and learn how to Hula dance, strengthen your body and have lots of fun! **FREE!**

Friday, December 18th
3:30-5pm

Holiday Dinner

Come enjoy some delicious food, entertainment and friendly company in a festive atmosphere.

Fee: \$5.00 payable at the door.

NOTE: Sign up at the front desk by Thursday, December 10th to reserve your meal.

Monday, January 4th
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.**