

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

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Summer 2010

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“Rumors of Our Demise Have Been Greatly Exaggerated!”

Have you ever had an indoor plant die on you? I have — many times. I do not like to see something beautiful wither and die. So, now when someone gives me an orchid, I will enjoy it for a while and then give it away.

I am glad that FOAS did not have to ‘close shop’. — It almost died because of a lack of elected officers and a technical question of our non-profit status from the State of California. Thanks to Jewel Okawachi and Eve-lyn Berman, who volunteered to serve respectively as secretary and treasurer, and our success in defending and restoring our non-profit status, we are now back in business —



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officers and a technical question the State of California. Thanks to lyn Berman, who volunteered to tary and treasurer, and our suc- ing our non-profit status, we are alive and well. As the new offi- cers are elected and installed on June 19th, 2010 at our annual meeting, we will be charged with vigor and a new sense of purpose.

Furthermore, the Albany Senior Center staff has agreed on a new procedure to help us increase our membership. Last year the total membership of FOAS was only 160. Yet the people who registered to use ASC were over 550. So there was a great discrepancy. We hope to tap into the ASC registration process to increase FOAS membership.

Every July, both ASC and FOAS begin the annual registration process. Those of you who are not yet members of FOAS will be asked to join when you register with ASC. Membership per year is only 7 dollars which includes a complimentary luncheon at the annual membership meeting. My hope is that when you register with ASC, you will join FOAS also. Although they exist as separate entities, ASC and FOAS are one in terms of purpose. FOAS (non-profit) is the fundraising arm of ASC. So when you support FOAS essentially you support ASC. If you enjoy the programs at ASC, you can help to make it even better with your support. Please give generously this year to make ASC a viable and comfortable place where seniors can learn, laugh, love and thrive.

Julia Lee, President, FOAS

The Friends of Albany Seniors Membership Meeting and General Election

Saturday, June 19 at 11:00 AM

followed by a complimentary luncheon (sign up by June 11)

See nominations for FOAS officers on page 2.

All 2010—2011 FOAS members are welcome to attend and vote.

Please renew your membership or become a new member at Front Desk.



Chez Isabelle

July marks the beginning of Senior Center participant registration for the new Fiscal Year; and every year we try to figure out ways to make the process easier and more convenient. Thank you very much to everyone who has registered in the last year. Now, it's time to do it again! Starting in July, please take the time to register when you first come to the Senior Center. ***Remember, everyone who uses the Senior Center must register. Our county funding depends on it.***

July is also the month to renew and register for the Mercy Brown Bag Program. On the first and 3rd Friday of every month, Mercy distributes grocery bags of nutritional food to seniors on fixed income. Enrollment and a \$10.00 yearly contribution are required. Registration will begin July 2. Please bring proof of age and household income to register.

July 4th is Albany's Green Red White & Blue Celebration at Memorial Park from 11am-4pm. As in previous years, the Friends of Albany Seniors will be selling Polish Dogs to raise funds for the center. Join in on the fun while supporting your Senior Center!

The 9th Annual Alameda County Healthy Aging Fair will be held Wednesday, July 21 from 10am-2:30pm. The county has generously offered to provide transportation from the Albany Senior Center to the Fair at Moreau Catholic High School in Hayward. The bus will pick up passengers at 8:45am and return at 3:45pm. If you are interested in going to the fair using the transportation provided by the county, please sign up at the Senior Center front desk. Space is limited to 10 passengers. Signup sheet will be available until June 18.

Please take note that there will be no classes held at the Senior Center the week of August 23-27. The center will remain open daily to provide customer service and the nutrition programs, but we take this week off from daytime programming to do maintenance work on the facility and gear up for another great year of classes and activities at the Albany Senior Center!

Have a wonderful summer!

**The Friends of Albany Seniors
Membership Meeting and General Election
Slate of Nominated Officers:**

President—Julia Lee
1st Vice President—Barbara Van Pelt
2nd Vice President—Stanley Ginn
Treasurer—Evelyn Berman
Secretary—Jewel Okawachi



June Birthdays



Rhoda Alvarez
 Rebekak Barnett
 Susan Bury
 Tony Caine
 Hortensia Chang
 Lanetta Cook
 Bruce Copeland
 Virginia Foo
 Julijone Fraser
 Floyd Garrett
 Diane Gibbon
 Greacian Goeke
 Maria Lucila Gonzalez

Mike Hall
 Alice Hardie
 Lilian Holland
 Suay Huang
 June Hunt
 Josephine Lemon
 Lolli Levine
 Saul Livinson
 Francoise Marker
 Lee McRae
 James O'Keefe
 Mary Oliver

Grady Orr
 Donetta Reese
 Fran Roberts
 Irene Sardanis
 Diane Severson
 Meihua Shen
 Elaine Tango
 Margaret Tello
 Rose Marie Valenzuela
 Virgil Vierra
 Estelle Williams
 Mary Yee

July Birthdays

Silvia Akinaga
 Melvin Ayers
 Flora Ayers
 Jim Barker
 Mary Joy Barker
 Ann Bednarczyk
 Evelyn Berman
 Susan Black
 John Bottomley
 Leonard Brandi
 Andrea Carney
 Margaret Carr
 John Corte
 Steve Darrow
 Carol David
 Beatriz Decruz

James Domine
 Gary Foltz
 Carmen Franco
 CeCelia Goerlitz
 Carmel Hara
 Diane Hill
 Dorothy Hutchinson
 MichaelineJok
 Bob Jones
 Louis Khaitan
 Linda Kohn
 Julia Lee
 Shuzhen Li
 Geanie Loken
 Kate Mcclanahan
 Jeannette Mehren

Nina Jean Olson
 Eldon Parr
 Teresa Plate
 Kathy Plott
 Julie Russell
 Shirley Schlesinger
 Wilberta Skinner
 Gloria Slavazza
 Susan Stangeland
 Jay Strecher
 Ingrid Talmadge
 Annette Thomas
 Lucy Treagan
 Marjorie Tuersen
 Yale Zhu

August Birthdays

Ruth Arellano
 Theresa Bertero
 Diana Besemer
 Ruth Bird
 Virginia Blume
 Carlene Brown
 Doris Burleson
 Teresa Cornejo
 Ronald Dawson
 Margerry Eriksson
 RoseMarie Ginsburg
 David Grantham
 Anita S. Grossman

Anita Grossman
 Victor Henri
 Chien Hua Wu
 Esther Johnson
 Bettye Jones
 Florence Kroll
 Irene Krones
 Louise Neal
 Marianne Noland
 Joanne O'Keefe
 Ada Lou Peterson
 Marjorie Pettyjohn
 Paul Rogers

Elly Schowaltor
 Nan Smekofske
 Esther Stone
 Laura Trabin
 Chi-Cheh Tsao
 Mary Uy
 Richard Vohs
 Peter Volin
 Charlotte Wilson
 Olga Winkler
 Sharon Witort
 Andrea Yee

The Albany Green and Art Festival in early May was an event for area environmental groups and area artist to showcase their “green ideas” and/or creative artwork. The Senior Center participated in organizing some of the activities and hosting several booths. There were workshops and performances throughout the day. The bike tune-up clinic was a popular stop for many bikers.



Greacian Goeke exhibiting photos of her “Brain Dance” group



Mary McKenna (right) checking out a booth on school issues.



Jewelry-making teacher Yu-Lan (right) at her Jewelry booth.

May Birthday Party. Brian Fretter received undivided attention as the only person in the dinner party who had a May birthday. For entertainment, we invited Linda Tish and her friends to perform hula dances for the group. After some instructions, the audience (the brave ones) joined in the dancing. It wasn’t all that hard. This was a good practice run for our Luau which will be held later this year in October. (Photos by Dave Pugatch)



Hula dancing, led by Linda Tish (second from left) is soft, flexible and well-suited for seniors.



Brian Fretter contemplates the birthday cake served by Ilona



Ilona with sisters Anna and Cindy, who are our most regular and hard-working kitchen volunteers.



The “Brave Ones” — Back row, from left, Michaeline Jok, Barbara Van Pelt, Marylou Leon and Anne Richardson.

Older American Month was celebrated to the hilt with a High Tea Party at the Senior Center on May 27. The event was a sell-out weeks in advance, and the waiting list was long. (Hint for next year: register early.) In spite of a drenching rain preceding the event, there were no cancellations because of the weather — a rarity in these quarters. Background music was pleasantly provided by the Betty Shaw Trio Jazz Band. The ‘light’ luncheon was designed and executed to perfection by remarkable Chef Robert Henessey, whose menu included such delights as Rosemary Focaccia, Chicken Provencal, etc. The crowd was visibly pleased. Most came in their best Sunday hats and dresses, and they decorated their tables with beautiful centerpieces and unique teapots and cups. Two ladies took advantage of the occasion to celebrate their birthdays. The Friends of Albany Seniors held a fundraising raffle that day with prizes donated by Betty Garrett and Barbara Arnold, which brought in \$371. The prize winners were Helen Easley and Doris Burluson.

By Zion Lee



High Tea started early for ASC staffers Nick & Nick, who blended precision placement with elegance.



The Betty Shaw Trio performs fine jazz music for the occasion.



Good food & fine music, matched only by the excellent service.



Winners of Best Decorated Table: From left, Wilma & Linda Wong, Marcella Yashiro & Mary Yee.



Runner-Up table shared by: From left, Anne Richardson, Nancy Cerveris, Al Windsor & Kathleen Murphy.



Anne Richardson’s friendly persuasion made for brisk raffle ticket sales.



Betty Garrett and her donated quilt, a main attraction of the Raffle.



Crocheted dolls in the Raffle, donated by Barbara Arnold.



Among Friends: From left, Patricia Clark, Francis Murdock, Isabelle Revoir & Margie Tozer.

'WALKIE-TALKIE' -Walk, Talk, and be Healthy by Pat Tousant

"the wheels on the bus go round and round,..." May's good weather(??) allowed us to go to Point Pinole Regional Shoreline on our first hike of the month. A relatively flat beginning gave way to high bluffs overlooking the 1/4 mile fishing pier before flattening out again on this 3.3 mile hike with beautiful views of San Pablo Bay. The bright sun shimmered off the water while numerous fishermen were casting for sturgeon with Vallejo, Mt. Tam and the Carquinez Bridge in the background. The ferry cruised stealthily from Vallejo



The picnic lunch is a welcome time for replenishment and socialization.

to San Francisco without any sounds that we could hear. It was a truly idyllic scene in the company of our hearty ASC hikers and we all expressed our appreciation for what we were seeing and doing.---The next week we journeyed to Carquinez Strait Regional Shoreline just east of Crockett. Mary let us off at river-level at the well-manicured picnic area and fishing pier and then went on to park the bus. We climbed up the hill to reach the bluffs overlooking the Straits amidst a herd of young cattle that were looking at us as we also were looking at them--neither one of us sure of each other. We reached the top of the bluff and were treated to views overlooking the Straits, the Carquinez Bridge, Vallejo, Benicia and whatever boats were on the water down below.

Continuing forward we walked through eucalyptus groves before coming out the other side on the bluff above Port Costa. There we had views of the Benicia Bridge, Pittsburg, and in the distance on the horizon the windmills around Antioch. And, on our feet we had a lot of clay mud because it had rained the day before. We did a little scraping, walked back around the hill for other views, saw a half-dozen wild turkeys and headed down for our picnic lunch. With a little time left over we went over to Port Costa to see what they had to offer (for another time) and found they had lots of funk, junk, and a bordello. It was an interesting day.---Our final trip of the month took us to the Quarry Lakes Regional Recreation Area in Fremont. We followed the Alameda Creek Trail before entering the Quarry area with its man-made lakes from which gravel had been removed for various Cal-Trans projects throughout the area over the years. The Lakes were quite extensive and looked deep. There were many ducks, geese, egrets, and other birds--one female deer was spotted--also lots of blooming flowers and trees--and a few fisherman on our flat 3.3 mile journey. We ate our lunch overlooking the beach and fishing areas and counted our blessings. We boarded the bus to come home and the rain began.



From left, Francois Marker, Amy Chuang, Karen Holzmeister and Su Chern with bovine friends at Carquinez Strait.

The Tuesday hikes are very popular--if you are interested in joining us, sign up for July's trips the beginning of June at the Center. (Each person will be limited to two hikes each month.) June trips are wait-listed but you may put your name in. Our trips are fun and they are free. --A huge SHOUT-OUT to ZION for the different variety of all the trips and to MARY for getting us to these wonderful areas.

Day Trip to Filoli Garden– April 28, 2010 By Linda Ball




"FI" for 'fight for a good cause'; "LO" for 'love your fellow man'; "LI" for 'live a good life' is the credo of Mr. Bourne, creator of the name 'Filoli. The home was built for Mr. & Mrs. Bourne in 1937 by the architect Willis Polk of SF, then purchased in 1937 by Mr. & Mrs. Roth, heirs of the Matson Navigation Co. In 1975 it was donated to the National Trust for Historic Preservation. A walk through the gardens will immediately transport you to a European countryside. Each week is a new discovery of what is blooming in the gardens and we were fortunate to see the very fragrant wisteria, juicy camellias, beautiful azaleas, lovely climbing roses just to name a few. The house with 43 rooms was built to connect into the courtyards to purposely extend views forever. Yes, indeed our trustworthy driver Mary took us to a different world without getting on a plane. Thank you Albany Sr. Center.







Walk, Talk and be Healthy!

Walking Trips Schedule

June

Date	Destination	Difficulty/ Accessibility	Notes
Tuesday June 1 8:30am-2:00pm	Tennessee Beach, Marin Headland. 3.4 mi. walk out and back hike to scenic Tennessee Beach.	1 	Paved and dirt trails. A few slopes. Windy. Bring water, and bag lunch.
Tuesday June 15 8:30am-2:00pm	Napa River Ecological Reserve – 1 mile loop in a tiny preserve along the Napa River, where trails squeeze through lush riparian vegetation.	2 	May encounter some wet area at river crossing. Bring water, and bag lunch.
Tuesday June 22 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 walking distance: about 2 miles.	1 	Bring \$13 for lunch at a dim-sum restaurant. (Trip rescheduled from February; previous registrants have priority)

July

Tuesday July 6 8:30am-2:00pm	Coyote Hills, Fremont. Garin Nature Walk . A 3-mile stroll through a cool, wooded streamside canyon, climbs up to grassland vistas of the whole Bay Area.	2 	Moderately steep terrain. Led by a Naturalist. Bring water, and bag lunch.
Friday July 9 8:30am-2:00pm	Oakland Healthy Living Festival—Oakland Zoo. Enjoy a walk through the zoo. Consult with health and financial planning providers on issues related to senior living.	1 	Alameda County's largest resource fair. Free admission and free lunch with registration.
Tuesday July 20 8:30am-3:30pm	Año Nuevo State Reserve, California State Parks, (Re-scheduled trip) San Mateo County. 4.1 mile loop to an elephant seal overlook, along the coast.	2 	4.1 mile partial loop hike on dirt trails and loose sand. Windy. (Previous registrants have priority.)
Tuesday July 27 8:30am-2:00pm	Sunol Wilderness, Pleasanton. "If Rocks Could Talk " - A hike and hands-on activities to explore local rock types, an earthquake fault trace, landslides and other geologic phenomena.	2 	1 1/2 hour walk - naturalist-led geology program. Bring water, and bag lunch.

In order to allow for wider participation, you may sign up for a maximum of **2 trips per month**. After the first 2 trips, you can only place your name on the waiting list for the third or fourth trip of that month. Degree of difficulty ranges from 1 to 5, with 5 being most difficult.



Upcoming Events



Monday, June 7th
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.

Wednesday, June 8th
1-3pm

Over 60 Foot and Health Clinic
A nurse provides foot care, blood pressure checks, medication review, and more. Drop in only. No appointment necessary. **FREE**

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. Registration for 2010-2011 begins on July 2nd at 9am. Please bring proof of all household income and your \$10 donation to register and receive your bag.

Thursday, June 17th
4:00-5:00pm

June Birthday Party
After-dinner entertainment:
July Birthday Party, Thursday, July 8th
August Birthday Party, Thursday, August 12th

Thursday, June 17th
and **24th**
9:00am - 1:00pm

AARP Mature Driving Course
Fee: \$12 AARP Members/\$14 Non -AARP Members, payable to the instructor on the first day. Cash or check. Checks payable to AARP. Registration required. Forms at the Senior Center.

Saturday, June 19th
11:00am

FOAS Annual Membership Meeting & Luncheon
Sign up at Front Desk by June 11th.

Friday, July 2nd
9am-12pm

Podiatry
Podiatry services provided by a licensed podiatrist for \$20. Call the Senior Center to make an appointment. Cash or checks. Checks payable to the Albany Senior Center.

Sunday, July 4th
11am-4pm

FOAS Polish Dog Sale at Memorial Park.
(All polish dog proceeds go to the FOAS.)

NEW!!!!
1st and 3rd Thursday's
1-3pm

Thursday Afternoon Socials
Come to the Senior Center for a fun afternoon of music, movies and games. Socialize with friends or make new ones! Music & board games provided on the first Thursday and a movie will be shown on the third Thursday. Light refreshments will be served.
Fee: \$1.00

1st Thursday- Music and Games

3rd Thursday- Movie, June movie will be "Invictus" starring Morgan Freeman and Matt Damon.

No classes at the Albany Senior Center the week of August 23-27.