

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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January 2011

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Veterans Honored
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Special People

We all get weary in well-doing at times. And so do I, as president of Friends of Albany Seniors. What hours that I spend but and the disappointments. So I am glad that Barbara horns and organized the success. And I feel en-



members who may not do much talking in meetings, doing much of the actual labor. These past six months we've had so many volunteers that we no longer need to recruit volunteers for the fundraising events. We have now regular volunteers. Most of them have become 'specialists' in their own fields. For example, Pat Tousant and Su Chern are now specialists in white elephants. Elaine Chan and Evelina Teng are the specialists in sandwiches. Stan Ginn and Walt Corvello are the shopping experts. And Anne Richardson loves to sell Raffle tickets. Helen Cameron and Tennessee Gock are not seniors yet, but they are our regular servers. Then there are ladies who regularly bake for FOAS— Linda Wong, Kit Pickles, Karen Sibley and others. In addition we have volunteers who work behind the scene doing publicity, setting up, handling money and cleaning. Jewel Okawachi, Evelyn Berman, Donna Huang, Michael Tsang, Bill Decker and Amy Chuang are new but have been consistent in helping with whatever needs to be done. And last, let's not forget my husband, Zion Lee, who put in many hours making flyers and banners.

gets me down are not the extra rather the misunderstandings

Van Pelt took the bull by the last Holiday Market with great couraged seeing the newer

regular volunteers. Most of them have become 'specialists' in their own fields. For example, Pat Tousant and Su Chern are now specialists in white elephants. Elaine Chan and Evelina Teng are the specialists in sandwiches. Stan Ginn and Walt Corvello are the shopping experts. And Anne Richardson loves to sell Raffle tickets. Helen Cameron and Tennessee Gock are not seniors yet, but they are our regular servers. Then there are ladies who regularly bake for FOAS— Linda Wong, Kit Pickles, Karen Sibley and others. In addition we have volunteers who work behind the scene doing publicity, setting up, handling money and cleaning. Jewel Okawachi, Evelyn Berman, Donna Huang, Michael Tsang, Bill Decker and Amy Chuang are new but have been consistent in helping with whatever needs to be done. And last, let's not forget my husband, Zion Lee, who put in many hours making flyers and banners.

To all these volunteers and specialists, I'd like to thank you for your support. And I'd like to wish you and everyone else a prosperous and blessed New Year. May you not get weary in well-doing in 2011.

Julia Lee
President, FOAS



**The Friends of Albany Seniors
Annual Pancake Breakfast
Cooked by Albany Firemen
Saturday January 29, 2010**

9:00 AM – 1:00 PM

\$7 Adults/\$4 children 6 and under

Tickets are \$1 more if bought after January 21

Proceeds go to support Albany Senior Center





Chez Isabelle



As the New Year begins, I'm pleased to bring to your attention the following new classes starting in January.....

Theatre Games begins Wednesday, January 5 from 1:30-2:30pm. In this free 8 week course participants will take part in various activities involving the art of pantomime and improvisation. Absolutely no experience necessary, just a time to interact and have fun!

Multi-media Painting also starts January 5 from 12:30-2:30pm. In this new basic 10 week course, participants will be invited to work in any media such as oil, acrylic, watercolor, pastel, colored pencil, collage, wood/linoleum block and/or any combination thereof. No art or drawing experience can be an asset. Fee: \$80 residents/ \$85 non-residents.

...Meanwhile, fairly new classes are going strong:

Soul Line Dancing on Thursdays from 1-3pm led by the very energetic Ray Johnson is gaining momentum as new students try out the class every week. Learn beginning line dance steps while enjoying the soulful sounds of Gospel, Jazz, Blues, Salsa, Rock and R&B. Join the class and dance for the health of it! Fee: \$4 residents/ \$5 non-residents. Fee is per class.

Boomers & Beyond Belly Dance starts again on Monday January 10 from 6:30-7:30pm. This evening class introduces typical belly dance movements set to Middle Eastern and Alternative music. Enjoy free and easy movements and gently sway to the rhythms. Fee: \$30 residents/ \$35 non-residents for a 6 week course.

New Community Education Programs are also offered:

On Monday, January 24 from 11:30am-12:30pm, we will host a free **Advance Healthcare Directive Workshop** presented by Legal Assistance for Seniors/HICAP. This workshop will review legal options that help protect you and your estate, explain Advance Health Care Directives and how to complete them and give information re other planning tools, including Durable Power of Attorney for Finances, Do Not Resuscitate and POLST forms.

We will end the month with a free **Informational Session on Paratransit Services**, Monday, January 31 from 11:30am-12:30pm. Come give us your input on the Albany Paratransit Program which includes the taxi subsidy and door-to-door shopping programs. Staff will answer questions and share info on all Paratransit services available to you.

More good news! We now have a computer station with internet access available for your use on a drop in basis for a 30 minute session. Our hope is to find volunteers and offer free "how to navigate the internet" lessons. Please let me know if you'd be interested in volunteering your time!

Happy New Year!

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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January Birthdays



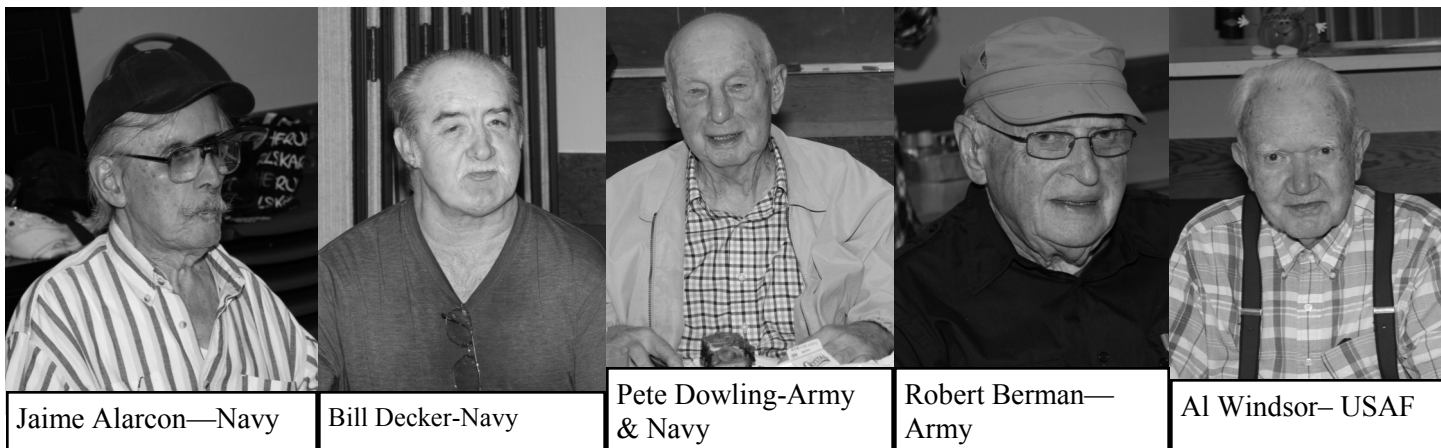
Cesar Aguero
 Karuna Anurak
 Paula Aubery
 Jane Binder
 John Boyce
 Barbara Campbell
 Linda Carothers
 Su Chern
 Han P. Chin
 Gertrud Crass
 Madge Dimmick
 Leah Emdy
 Kathryn Fields
 Dena Fredric
 Stanley Ginn
 Virginia Ginn

Norman Glendenning
 Deene Goodlaw
 Robert Hennessey
 Bonny Hubbard
 Rose Isseks
 John Ives
 Suzanne Johnson
 Zion Lee
 Allan Maris
 Ruth Michaels
 Alice Minellone
 Billy Moore
 Patricia Morrison
 Pat Nakahara
 Zetta Lynne Poli
 David Pugatch

Emily Ransom
 Mark Richey
 Belinda Ricklife
 Gertrude Rowson
 Barbara Seabridge
 Sandra Shamis
 Charles Smedley
 Ada Spanier
 Margaret Sparks
 Berit Tellefsen
 Hiroko Thompson
 Marian Tribe
 Renate Valencia
 Ann Washington
 Warner Willis
 George Yuen

The January Birthday Dinner Party is scheduled for January 13 at 4:00 pm. Entertainment will be provided by the band “Eclectic Ensemble”. Join us to start the New Year with a nutritious meal and an amicable social event. After-dinner activities begin at 4:20pm and everyone is welcome. Let us help you celebrate your birthday, if you have one in January.

November Birthday Party and Recognition of Veterans. In November, at our monthly birthday party, we paid tribute to our seniors who served in the Armed Forces. They were introduced and they each talked about the memorable moments during the time of their service. Pete Dowling had the distinction of having served in both the Army and the Navy, and also had a birthday in November. His son Dennis Dowling was on hand to provide the entertainment. The crowd was obviously pleased, as many sang and danced on the center stage.



Jaime Alarcon—Navy

Bill Decker-Navy

Pete Dowling-Army & Navy

Robert Berman—Army

Al Windsor— USAF

Karl Turne— Army

Mel Ayers -Army

Margaret Stone-Women Army Corps

Bud Taylor— USAF

Dennis Dowling-Accordionist

FOAS Holiday Market December 4, 2010. Under gloomy skies and misty rain, the 2010 Holiday Market opened its doors at 11 am. There were an unusually large number of shoppers looking for a good buy, and revellers looking for a good time. The volunteers and vendors arrived early to help set up shop for the day's activity. Barbara Van Pelt was at the front lobby directing traffic, while Elaine Chan, Evelina Teng busied themselves in the kitchen to prepare sandwiches for the lunch crowd. Julia and Maria Haribowo arrived in their best holiday colors and helped with the bake sale, while Donna helped in everything from Raffle ticket sale to making Pizzelles. Others like Pat Tousant, Su Chern, Anne Richardson, Jenna Ma, Maya Mizuhara and Jewel Okawachi worked the various booths and served as cashiers. As usual, the knitting group was out in force, ably represented by Mary Fukuchi, Fidelia Leavitt, Rita Schucher, and Betsy Veshel, and donated their day's sale to FOAS. Linda Wong and Michael Tsang served as the clean up crew. Entertainment was provided by Billie Narver's Band, Anne Wong and Sally Heine. Great job, everyone! *by Zion Lee.*



Front Desk showcased the raffle and silent auction items.



Julia and Barbara jazz it up.



Su Chern and Pat Tousant manage the "white elephants".



Maya (left), Fidelia and Zetta Poli converse over delicious lunch.



..& holiday music by Sally Heine.



Our Food Department, from left : Elaine, Evelina, Julia and Maria..



Twenty art vendors fill the halls of the Senior Center.



Barbara Campbell & her miniature house.



The flow of visitors was good and steady throughout the day.

Celebrities from Halloween Party October 29, 2010. Seniors showed up in the best celebrity costumes for the Halloween Party on October 29, 2010. In place of the traditional pumpkin carving, the seniors participated in a pumpkin-catapulting and a ghost-busting contest with great enthusiasm and intensity. Entertainment was provided by pop singer Tim Moon. *(Photos by Dave Pugatch.)*



Robert and Evelyn Berman



Bert & Bert (Fran Roberts)



'Groucho Modz' & J. 'Lee-opatra'



Anna Pugatch as Catwoman



Gloria Slavazza pumpkin-catapulting



Photographer Isabelle and subjects, from left: Russ Theobald, Al Windsor, Julia Lee & Margie Carr.



Folk singer Tim Moon.



Spectators, from left: Teresa Cornejo, Virginia Blume, Zetta Poli & Jaime Alarcon.

Thanksgiving Dinner 11/24/10. The dining hall was filled to near capacity for this annual event. After a delicious turkey dinner, we were entertained by the Albany Community Choir, 30 members strong. Several of our seniors, namely Margie Carr and Ron Dawson, were among the singers. At the end of the presentation, the audience was invited to join in singing the chorus of Handel's Messiah. Then the dinner crowd participated in a Thanksgiving game. Before heading home, each participant received a gift pack from Isabelle. There were many new faces among the crowd. *(Photos by Dave Pugatch.)*



The Albany Community Choir presents the musical program.



Enjoying dinner: From left, Fran Roberts, Billy, Betty and Floyd Garrett.



From right, Phyllis Posey, Mrs. Ward, Jane Binder (left), and others.

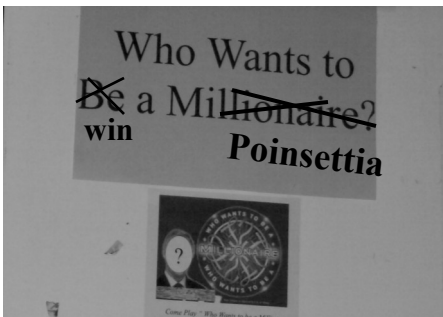
Holiday Dinner 12/17/2010. Over 50 people packed the dining hall for the traditional event to celebrate the December holidays. The Chamber Choir from the Albany Middle School provided a delightful presentation of holiday music, and the audience responded with their overwhelming approval. The advertised “Who Wants to be a Millionaire” game was aborted early (due to lack of prize money) in favor of a “Who Wants to Win a Poinsettia” game. Nonetheless, audience enthusiasm was undiminished: All found great fun in this new game and many walked away with poinsettias or jars of fortune (cookies). Congratulations to our token Millionaires!
(Photos by Floyd Garrett.)



Despite gloomy weather, 52 guests showed up for the holiday dinner.

Albany Middle School Chamber Choir, led by music director Mary Stocker.

City Councilwoman Marge Atkinson (left, front) and Ann Richardson.



Millionaire turned into, well, Poinsettia....



....But the fun has just begun



Ask the eager audience.....



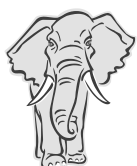
...And they respond with unabridged enthusiasm.



Margaret Stone, (center), can be stumped (on rare occasions)



And George Maynard wins a large jar of fortune (cookies).



White Elephants are coming to the Senior Center April 9, 2011.

With more storage space available in the house next door, the Senior Center is open to collect items for the Spring’s White Elephant Sale organized by FOAS. This year’s WES will be held on Saturday April 9th. But you are welcome to start donating *saleable* items for this biggest fundraisnl 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.



“Walkie-Talkie” : Walk, Talk and Be Healthy.

By Pat Tousant

"The wheels on the bus go round and round..." taking the Albany Seniors on their weekly hikes to a variety of venues the last two months. There were hints of greening on the hills when we journeyed to Kennedy Grove, just off San Pablo Dam Rd. at San Pablo Reservoir, in mid-November. The 3-mile trail was wide and a little muddy with a pervasive smell of the eucalyptus trees maintained by the Park Service. After our hike, we went to the Contra Costa Culinary Academy in Pinole and were treated to a five-course meal at a nominal price prepared by the students. Highlights were the soup and pasta presentations. Both were outstanding. A big thanks to Judith for making all of the arrangements for us.-----Next week, we headed for the Robert Sibley Volcanic Preserve in the Oakland Hills. According to the ex-



as Diane and Bonnie told us a joke and Zion dropped the ice cream out of Mary's cone (while waiting for Mary to park the bus).-----We did the Saddle Loop on San Bruno Mountain the first week of December and once we ascended a short distance we were able to see the entire South, East and North San

Francisco as we continued to walk the ridge. The sun was out brightly, it was warm and the sky was blue (we thought we could see the North Pole). Oh, yes, that is why we live in this area (December days). On the bus coming back everyone talked about their favorite hike over the last 18 months. We liked the fact their were no repeats. Most of us liked all of the hikes. Zion has done a great job varying the trips and keeping everyone happy.-----The next week found our hiking group in the San Francisco Mission District looking at the extensive array of murals on the street- buildings and in the alleyways. Some covered a whole facade of a building while others covered garage doors in alleys or wherever else provided space for a mural. Almost all were ethnic and expressed a political message or idea. In many, the colors were still vivid after many, many years. Of course, we enjoyed the tacquerias and bakeries while we were there to fully experience the flavor of the district. Thanks to bus-driver Mary, who grew up around this area, for being our able guide.



perts, this Preserve provides an outdoor laboratory for studying volcanoes. For us it provided a wonderful hike (with written explanations) through the underlying exposed ridges that were a volcanic center 10 million years ago. Most of us walked around a man-made heart-shaped labyrinth and saw a couple more labyrinths. Another interesting hike, great company, an outdoor lunch, and good feelings about how fortunate we are to be able to have the Albany Senior Center Bus to transport us each week. Thanks Mary, Zion, Nick and Isabelle. Off to John's \$ Ice Cream,



Editor's Note: If you use a computer, go into the Website of Albany Patch ([Albany Patch.com](http://AlbanyPatch.com)), where many of our trips, activities, and their pictures are posted. Once in the website, search for Albany seniors. If you have taken pictures, you can also upload your pictures to go with the appropriate trip for others to see.



Upcoming Events



Monday, January 3rd
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**.

Monday, January 3rd
1-4pm

HICAP
Health insurance counseling appointments are available with Ann Bednarczyk, a volunteer counselor with HICAP. For an appointment, please call 839-0393.

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. Bring proof of all household income and your \$10 donation to register.

Monday, January 10th
11:15am-1:15pm

Movie of the Month: *Eat Pray Love* Fee: \$1.00
Come join us for a late morning movie. Popcorn and soda will be served.

Thursday, January 13th
4:00-5:00pm

January Birthday Party
Entertainment: Music By the Band "Eclectic Ensemble"

Monday, January 24th
11:30am-12:30pm

Advance Healthcare Directive Workshop by LAS / HICAP. Free
Reviews legal options that help protect you and your estate. Explains Advance Health Care Directives and how to complete them. Gives information re other planning tools, including Durable Power of Attorney for Finances, Do Not Resuscitate and POLST forms. Reviews the pros and cons of Conservatorships.

Saturday, January 29th
9:00-1:00pm

Pancake Breakfast. \$7 Adults /\$4 Children under 6. (Buy tickets by Jan 21)
Delicious breakfast prepared by the Albany Firefighters, plus entertainment. Benefits the Senior center.

Monday, January 31st
11:30am-12pm

Albany Paratransit Informational Session. Free
Come give us your input on the Albany Paratransit program which includes the taxi subsidy and door-to-door shopping programs. Staff will answer questions and share information on all Paratransit services.

Tuesday, February 1st
10:15am-1:15pm

Poles for Walking and Hiking Seminar. Fee: \$15
Licensed trainer to teach you how to use poles for improved balance and strength to maintain or regain mobility and avoid injuries. Poles for practice will be provided. Register at front desk with payment. Space limited.

NEW CLASSES!

Wednesdays
12:30-2:30pm

Multi Media Painting Fee: \$80R / \$85NR for the 10 week session
Work in any media you choose, be it oil, acrylic, watercolor, pastel, colored pencil, collage, wood/linoleum block and/or any combination thereof. All levels welcome.

Wednesdays
1:30-2:30pm

Theatre Games Fee: Free
Take part in various activities involving the art of pantomime and improvisation to include the following: focus, confidence, team trust, divergent thinking, pantomime face, body, emotions, senses, invisible objects and situations, improvisation with single and several props, costumes and to music. Absolutely no experience necessary.