



June Birthdays



Rhoda Alvarez
 Anne Arredondo
 Harriette Atkins
 Kenneth Berndt
 Sherry Bridgman
 Katherine Campbell
 Hortensia Chang
 Gita Chillem
 Ann D Claesgens
 Regan Curtis
 June Dias
 Joanne Elliott
 Luana Ficken
 Barbara Fisher

Floyd Garrett
 Connie Gee
 Helen Giannini
 Don Goerlitz
 Jordan Herrmann
 Julian Hiroka
 Ruth Ichinaga
 Phyllis Jagusiak
 Junian Kirooka
 Ruth Kitchin
 Cherryne Kravitz
 Vivian Kwan
 Victoria Lafond
 Josephine Lemon

Huan Li
 Josie Lim
 Shao Qin Lin
 Annette Lonich
 Carol Mangravite
 Kay McArthur
 Lee McRae
 Katherine Meixner
 Melissa Meris
 Jane Miller
 Homa Moezzi
 Mary Oliver
 Anne Olund
 Grady Orr

Ida Pound
 Carole Richardson
 Alan Riffer
 Fran Roberts
 Maite Rodriguez
 David Rydman
 Jean Beatrice Safir
 Lily Smith
 Zhao Mu Su
 Bonnie Taylor
 Jacqueline Title
 Betty Yamamoto
 Hong Y. Yang
 Patricia Young

Congratulations to the above individuals on their June birthdays. A great celebration awaits you on Friday, June 19th, 3:30pm. You will be treated to a delicious dinner of Chicken Thigh Adobo, Asian Slaw, Rice and Carrot, Fresh Fruit and Birthday Cake, followed by a musical presentation by professional cello player **Adam Clark**. Donation \$5. Space is limited. Sign up early at the Front Desk.

The May Birthday Party and Mothers' Day Celebration was held in the multi-purpose room under some trying circumstances because of the renovation project in the adjacent rooms. Part of the dining room was cordoned off from the work area with plywood, and construction noises were a distraction. But we managed to have a good time. The drab plywood partition was transformed with wallpaper into a bright, pleasurable tropical beach scene, with huge sunflowers to boot. May birthday celebrities included Joyce Villi, Elvera Walker, Linda Wong, Jacque Petipierre and Anthony Adorna. Helping us with entertainment was the Albany Community Chorus led by conductor Mary Stocker. They sang some of the favorite melodies that our senior truly enjoyed. There were raffle prizes given away to some lucky winners and roses to all the ladies wishing them a Happy Mothers' Day.



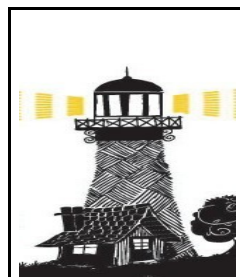
Partying under "brighter skies"



As the Community Chorus sings....



....Construction noises fade away



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THE BOOSTER NEWS

Editors: Zion Lee & Staff email: jandzlee1607@sbcglobal.net

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

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Albany CA 94706

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June 2015

FOAS President's Message

WELL, WELL! We've approached the end of half a year by June 30th. What have we been doing the first half of the year? As for FOAS, we had the PANCAKE BREAKFAST in February which was deliciously prepared by our own, Albany's finest, friendly firemen. They cooked up a pancake breakfast that should make Julia Child envious. Then, there was the WES in April. Once again, we finished the goal line with resounding success—grossing a record-breaking \$4,523 (vs. last year's \$4,263). All these successes were accomplished because we have such a dedicated company of volunteers. Without them, all our fundraising programs could not have achieved the level of success. If you are not yet volunteering to help, perhaps now is the time. Please check at the front desk to see how you can help, or contact the Senior Center and join our team of excellent volunteers. BTW, also, our need for donations are welcome throughout the year, not just toward those events only. We sincerely appreciate your donations, either items or monetary. Never forget what Yogi Berra said, "Money is as good as cash."

JUNE BRIDE. Traditionally, many couples get married during the month of June. If anyone knows the reason why, please let me know. I have never been a June bride myself. However, my guess is that they have had a half of a year to think it over. If they do it now they

would have the other half of the year to find out if they are really compatible living together as husband and wife before the year is over, and also to take the tax benefits from filing jointly as a couple. In addition, please note that Saturday, June 27th is our Annual FOAS Membership meeting. A free lunch is provided at this meeting for all FOAS members in good standing. "In good standing" basically means that you're either a life-time member or you have paid the annual membership dues for the fiscal year 2015-2016. (This lunch alone is worth well over the annual membership dues of \$7). At the same time, election of new officers will take place.

So, please be sure to mark your calendar for this event. When you receive your invitation letter in the mail, please fill in and return your membership registration/renewal form along with your membership dues before the meeting. Again, any amounts of additional donations are welcome. Then, call the Front Desk to make a reservation to come to the luncheon and meeting. Thank you one and all. Have a wonderful Summer!

Stan Ginn, President, FOAS



FOAS Membership Meeting and General Election

Saturday, June 27 at 11:00 am

followed by a complimentary luncheon & entertainment

(Help us reduce waste—Sign up at the Front Desk by June 19 if you plan to attend.)

*The nominees: President: **Bill Decker**; First Vice-President: **Stan Ginn**;
 Second Vice-President: **Harry Schreyvogel**; Secretary: **Regan Curtis**; Treasurer: **Judy Cohen***

Your FOAS membership/contribution helps support the Senior Center.
Sign-up to become a new member or renew your 2015-2016 membership at the Front Desk.
 (If you have received a membership renewal form in the mail, please fill it out and return it the Senior Center soon.)



Instructor Carol

Smart Phone Photography Exhibit *by Carol Carlisle, Instructor*

The lobby of the Albany Senior Center is the site of an iPhone and iPad Photography Exhibit presented by the iPhotography Class. Please come by to see their work. Since January my 10 students have been honing their skills at first operating the camera in these devices and then using them to express themselves as artists. The result is some extraordinary images of flowers, faces and places. We went on two local field trips—one to Tilden Botanical Garden and another to Albany Bulb just in time to capture the poppies blooming. Several students went on vacations and took their smart phone or tablet with them to bring back well-composed, interesting images to go along with their stories of far away places. Others who had never used a smart device as a camera took photos right in class that surpassed us all. If this sounds appealing to you, check out my *Photography with Your Smart Phone or Tablet Class* offered at the Senior Center. During this class I will teach you the functions of the camera, basic exposure and composition, techniques and which apps will help you push your picture to the next level. There will also be time for step-by-step demonstration, as well as, time for practice with one-to-one instruction.

Starting June 3 a Special 4 week Class \$20. for everyone
An 8 week class will start July 1. \$40 R/ \$45 NR.



Visitors & artists mingle at the Exhibit

Remodeling - Is the End Near?



A brand-new restroom

“Pardon our dust, excuse our noise, use the porta-potty instead!” These are the orders of the day as the Senior Center began major renovation in early May. Socials have been temporarily suspended, and classes relocated to other places. Hopefully in a few more weeks, by mid-June, we will be able to resume regular service at the Senior center—but not business as usual! You will find completely revamped men’s and women’s restrooms with state-of-the-art amenities (and ADA compliant), a re-configured pantry area, and completely new windows and doors in the multi-purpose room. Construction workers have been working 6 days a week to try to make these things happen, and your patience and understanding are appreciated.



Re-configured pantry

Senior Resource Expo - Thursday, June 11, from 10am-1pm. This free event provides opportunities to learn about services available to you, all in one location. Organizations will be on hand to distribute information and answer your questions. Free health checks will be provided. Free lunch will be provided starting at 11:30AM. This is sure to be a fun-filled and information-packed day!

High Tea—You have not missed it. You can still come! This event has been postponed to Thursday, June 25th, 12 –2pm because of the renovation. \$5. Sign up at the Front Desk.



Recipe of the Month *by Barbara Van Pelt, The Cookbook Lady*

Peach Cobbler - Melt 1 cube margarine, pour into 9" x 13" glass pan. Mix together 1 cup flour, 1 cup sugar, 1/4 teaspoon salt, 2 teaspoons baking powder, 1 teaspoon lemon juice, 3/4 cup milk, a dash nutmeg and a dash cinnamon and pour over margarine. Spread 4 cups sliced peaches (drained if canned) on top of mixture. Bake at 350 degrees for 50 to 60 minutes. Serve warm with whipped or ice cream.

Bonus Recipe : Cheese Apple Crisp - Arrange 4 cups sliced apples in greased 8" baking dish and sprinkle with 1/4 cup cold water. Mix together 1/3 cup flour, 2/3 cup quick - cooking rolled oats, 1 cup brown sugar, 1/8 teaspoon salt, 1/2 teaspoon cinnamon. Cut in 1/3 cup butter until mixture resembles coarse crumbs. Save 1/4 cup of mixture for topping. Stir in 3/4 cup grated cheddar cheese and spread over apples, sprinkle with topping. Bake at 350 degrees until apples are tender, about 25 to 30 minutes.

Daffy - nition: Facebook - Grandpa fell asleep in recliner reading a novel.

On The Road with The Albany Travel Troupers *by Karen Holzmeister*

by Karen Holzmeister

SAN FRANCISCO. Tea at San Francisco's posh Ritz-Carlton Hotel—along with elegant service and a special behind-the-scenes tour—combined to create "the best trip ever," 22 Albany Senior Center travel troupers agreed.

The May 16 menu included unusual teas, traditional sandwiches, and luscious pastries in the neoclassical first-floor "library" of the 1909 building on hilly Stockton Street. The travelers also visited an elegant lower-level ballroom, decorated for an evening wedding; the hotel chef's herb garden; and the ninth-floor, \$10,000-a-night presidential suite. The suite, with a private deck overlooking the city, would be a memorable place to spend the night, several tour members said. "Step back here," Margie Tozer joked to fellow travelers as she peeked into the suite's kitchen. "They'll never miss us." Several tour members have visited the Ritz-Carlton before, including two who have enjoyed tea there. What made the post-Mother's Day "daycation" unique, Sandy Oberg said, "was the tour. We could not do that on our own."

Schoenfeld and his daughter, Rachel, shared in the day's fun.

Gladish, who led the tour of the recently remodeled hotel, also treated each member of the troupe to sparkling wine or a non-alcoholic beverage with their tea. The building, expanded from four- to- nine floors and to three city blocks during the last 106 years, originated as the Pacific Coast headquarters of the Metropolitan Life Insurance Co. The Ritz-Carlton purchased the complex and opened a luxury hotel in 1991.

Ann Jennings showed fellow tour members a medallion that her father - a Met Life employee – received in 1951. Jennings, Pauline Hale and Melissa Meris all opted for "Eros" tea, described in the menu as "a sensory delight," featuring flavors of sweet mandarin orange, warm vanilla and Ceylon tea leaves. The sandwich portion of the menu featured classic cucumber, buttered crumpets, and



From left, Marlene Furtado, Luce Denney, Lonnie Hearne and Cherie Hearne



From left, Margie Tozer, Jackie Armstrong, Cindy Lee, Rita Schucker, Sherri Deming and Rachel Schoenfeld



From left, Young Carlin, Joanne Elliott, Ruth Kitchin, Joan Agaki and LaVonne Taft

Everyone applauded Albany tour planner Sid Schoenfeld, who arranged the day's events with Lili Gladish, the hotel's associate director of meetings and special events. They formerly were colleagues working for the San Leandro recreation and park department.

shrimp. and quail eggs on miniature 'vol-au-vent' puff pastries. Smiling servers kept restocking golden raisin scones, accompanied by lemon curd and cream, to complement such pastries as brown sugar shortbread, milk chocolate caramel nut tarts, filled with berries and cream.



Melissa Meris— "Decisions, Decisions"

“Walk, Talk & Be Healthy” by Pat Tousant

"The wheels on the bus go round and round, round and round, and where are the Albany Hikers on this sunny cool Tuesday in April enjoying the beautiful outdoors after our rainout?? the week before. Dawn Falls, Madrone, Baltimore Canyon, Magnolia--nowhere we had heard of before. A short bus journey over our northernmost long bridge, into the middle of a business district and then Elodia drove our green and white limousine down a long canyon road which lead to our trail. One narrow way in and the same narrow way out. Huge steep-staired homes on either side of the road looked as if they were planted from seeds along with the redwood trees which all were partially hidden and sun-challenged. Getting off the bus and seeing that the trail was more of the forested redwood canyon with a narrow tree root-rutted pathway along a pretty dry creek bed with few water remnants in it--we were delighted to start our hike to Dawn Falls. Birds were singing but were no-see-ums, sprinklings of small wildflowers were up and down the trail and with the sun playing hide-and-seek, it kept us a tad cool. Of course, no water in the falls, so we lingered a little while and took some pictures, then returned to the bus on the same path to complete our 2-mile hike. Bonnie and Mike helped Elodia turn the bus around on no more than a dime and we reversed ourselves on the beautiful canyon road and came out in downtown Larkspur in Marin County. A brief stop there--city hall, library, church, bakery and thrift store--and then on to the park for our picnic lunch. Our bodies and our souls were enriched!!! (Thanks Rebecca

and Bonnie for their out-of-the-goodness-of-their-heart cookies.)



Resting at the foot of Dawn Falls



Relaxing lunch by the water of Stow Lake



A goose and a soft-shell turtle vie for position and attention

Mount Sutro. It is said that on a foggy day, inside this forest may be the most beautiful place in San Francisco. Tuesday we hiked in this forest--Mt. Sutro Cloud Forest. Not one of our hikers--even our native San Franciscans-- had ever hiked in this historic forest. The 80 acre forest with its hundred year old trees some 200 feet tall sits on the slopes of 900 feet Mt. Su-

tro. The forested area--mostly eucalyptus and home to 45 species of birds--was planted by a former mayor of SF, Adolf Sutro and sits in the city's fog belt just south of UCSF. Once you leave the wooded steps on 17th street and begin going up the dirt pathway you become a part of something special. It gets quieter and quieter and damper and damper as you ascend and the magic of the Mt. encompasses you. The city is left behind--hard to believe you can do this in such few

steps. Although we did not get to experience heavy fog, it was gray and the trails were damp because the denseness of the vegetation and the fog keeps it that way. Our two mile trail was not long in distance but long in magic from the few steps we came from. Also--it is close to Albany and we do not have to be a stranger to the magical Mt. Sutro Cloud Forest. Thank you, Zion, for finding this gem. We also thank Mary McKenna for stepping in as our substitute bus driver in the absence of our regular driver Elodia. After the very nice walk, Mary drove us to beautiful Stow Lake for our picnic lunch. It was a half day well spent.



Bill Decker, Julia Lee and Judy Cohen receiving Proclamation

Albany City Council Declares May Older Americans Month. On May 8th, the City Council issued a Proclamation recognizing May as Older Americans Month in Albany. Each May, the National Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. In honor of the upcoming 50th anniversary of the Older Americans Act (OAA), the ACL is focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **“Get into the Act.”**

In the Albany proclamation the City Council also recognizes the value of community engagement and services in helping older adults remain healthy and active while giving back to others. The Friends of Albany Seniors, in concert with the Albany Senior Center, are a vital part of that community activism and engagement benefiting seniors in Albany and beyond. On hand to receive the proclamation were FOAS board members Bill Decker, Judy Cohen, Julia Lee, Margie Carr, and members Ann Bednarczyk, Lorraine Davis, and Zion Lee.



FOAS members attending Council Meeting

May is Older Americans Month. Among the festivities planned for celebrating Albany seniors was the Ice Cream Social held in the Garden on May 7th. The garden provided an ideal place for this event, and a nice shelter from the blustery wind of that afternoon. A bit of sunshine also helped. Clark and LeMerle Milsom showed up early to help set up the tables and the condiments, while Mary and Patrick McKenna were busy getting the ice cream line in place. Vanilla ice cream topped with crushed peanuts, whipped cream and cherry was the favorite of the day, while chocolate-chip cookies, prepared by the youths of St. Alban Church, added substance to the brevity of the melting ice cream. Friends sat around tables and in circles, chatted away easily, laughed at each other's jokes—it was a well orchestrated, sweet, social event for 40-45 happy seniors..



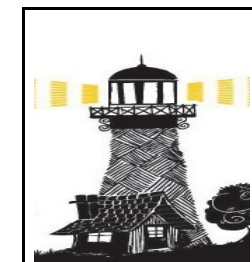
Patrick McKenna & Bill Decker readying the treats



Rodney Wong (left) and Wilma Wong (right) with a friend.



....And here is a commercial from Mary (standing)



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


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June 2015 Calendar of Activities

WEEKLY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
9am Gentle Yoga \$6/\$7 ACC 9am Needlecraft \$1 9:30am World Affairs/Politics \$4/\$5 10:30am Gentle Tai Chi \$2/\$3 ACC 11:30am Short Stories 6/22-8/10 \$60/\$65 1:45pm Beg. Line Dancing \$1 2pm Memoirs 5/11-8/17 \$96/\$101 4pm Dinner (No Yoga May 29-June 3 and June 11)	9am Gentle Yoga \$6/\$7 9am (New) Birds of the Bay Area 5/4-7/13 \$85/\$90 10am Bridge for Beginners 6/16-7/21 \$25/\$30 10am World Lit. 4/28-7/28 \$103/\$108 (NEW)10:30am Hip/Hop Dance \$7/\$8 12:00pm Watercolor Tricks and Techniques 5/26-7/14 \$129/\$134 1:30pm Movie 4pm Dinner	9am Gentle Yoga \$6/\$7 9am Papier Mache \$1 10:15am Trad. Women Dances \$7/\$8 10:30am Gentle Tai Chi \$2/\$3 ACC 12:15pm Rosen Movement \$8/\$9 (NEW)1pm Smart Phone Photography 4 week class 6/3-6/24 \$20 3:00pm Reading Novels 6/24-8/5 \$55/\$60 4pm Dinner 7:00pm Figure Drawing 4/1-6/3 \$84/\$94	9am Gentle Yoga \$6/\$7 9am Art Social \$1 10:00am Pet Lovers Only 10:15am Zumba Gold \$6/\$7 11:30am Mandarin Class \$1 11:15am Line Dancing Beginners \$1 1:00-3:00pm Mahjong/Games \$1 12:45-2:45pm iPad Class \$1 12:45-2:45pm Smart Phone Class (4th & 5th Thurs. only) \$1 4pm Dinner (No Classes or Socials June 11th)	9am Gentle Yoga \$6/\$7 9:30am Gentle Tai Chi \$2/\$3 10:15am Creative Movement \$7/\$8 (No Class June 19) 10:50am French Social \$1 12pm Bridge Social \$1 12pm iPad Partners Class \$1 2:00pm Lives of Women 6/26-8/21 \$60/\$65 4pm Dinner
1  11:30am FOAS Meeting	2   8:30am July Walk Registration Drawing Deadline 8:30am Walk: SF Ridge Trail, SF 1:30pm Movie: Selma PG-13	3  9:00am Trip: On the Level Tours: Silicon Valley	4  9:00am Shopping: El Cerrito Plaza/Ranch 99 1:00pm AARP Mature Driving (2)	5   9:00am Shopping: Safeway/Target 9:00am Walk on Albany Bulb  9:30am Brown Bag
8  10:00am Advanced Health Care Directives	9   8:30am Walk: Fitzgerald Marine Preserve, Moss Beach 1:30pm Movie: Into the Woods PG	10  9:00am Shopping: El Cerrito Plaza/Ranch 99	11  10:00am Senior Center's Resource Expo (Call for a ride)	12  9:00am Shopping: Safeway/Target
15  9:00am Shopping: Hilltop/ThriftTown	16   8:30am Walk: Bay Trail, Richmond 9:00am Historical Society Plaque Walk 1:30pm Movie: Still Alice PG-13	17  9:00am Shopping: El Cerrito Plaza/Ranch 99 10am-2pm NO Parking BART-side	18   9:00am Trip: USS Potomac Cruise 9am Friends of 5 Creeks Walk: High Paths New Paths	19    9:00am Shopping: Safeway/Target 9:30am Brown Bag 9:30am HICAP 1:30 Free Blood Pressure Checks 3:30pm B-Day Dinner 
22  9:00am Shopping: Dollar Tree	23   8:30am Walk: Devil's Gulch, Marin 1:30pm Movie: The Wedding Ringer Rated R	24  9:00am Shopping: El Cerrito Plaza/Ranch 99 10am-2pm NO Parking ASC-side	25  7:45am Trip: J.M.W. Exhibit, DeYoung Museum 12:00pm High Tea	26  9:00am Shopping: Safeway/Target
29	30  1:30pm Movie: Gotta Dance Rated R			7 (SUNDAY) 10:30am Trip: Picnic at the Presidio 



During construction many of our socials and classes may be moved, as well as limited restroom use. Please hang in there with us because you are going to love the new look.
Monday, June 8th, 10:00am. Come to our Community Education "Topics That Matter" series on "Advanced Health Care Directive" in the Senior Annex Classroom.
Friday, June 19th, 3:30 pm. Join us for June Birthday dinner. Enjoy a delicious Chicken Adobo dinner, with Asian slaw, rice, Carrot, Fresh Fruit & Birthday Cake. Be entertained by professional cello player Adam Clark. \$5 donation. Reserve your place early. Space limited.

Brown Bag: Distributes grocery bags of food. \$10/year.
Nutritious Dinner: Daily at 4pm. Suggested donation \$4.

Blood Pressure Checks. Every 3rd Friday at 1:30pm by a nurse from Walgreen Pharmacy.

Shopping: The Senior Center Community Shuttle provides door-to-door shopping trips to Albany residents age 60+. Monday trips are open to non-residents (p-u at the Senior Center). Registration required.

Taxi Ride Subsidy: For Albany residents 80+ & residents w/disabilities 18+. Registration required.

Free Rides for qualified seniors. Call 1-510-928-7433 (Sponsored by Senior Helpers)

Meals on Wheels: Delivered 4 days/wk to homebound seniors. Registration required.

Info, Resource Referrals & Form Completion Assistance: Up-to-date info on services and form completion assistance provided by staff. By appointment.

Just-for-the-fun-of-it-socials!-Needlecraft, movie, art, French, Pet Lover's, Mandarin & Bridge: Fee \$1. Drop-in.

Thursday Games (Ping Pong, Mahjong, Wii, etc.) Fee \$1. Drop in.

Tuesday Movies : Showtime at 1:30pm, unless noted otherwise. Fee \$1. Drop in.

Bridge: Fridays, 12 noon.
Day Trips & Walking Trips: Registration required.



Registration or appointments are required for most activities and services provided. Unless otherwise noted, call or visit the Senior Center for more information.

Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 Phone: (510) 524-9122 Fax: (510) 524-8940
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