

# THE ALBANY SENIOR CENTER CHRONICLES

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A MONTHLY COMMUNITY NEWSLETTER FOR SENIORS 50 AND BETTER

April 2018

## The 10th Annual Senior Resource Expo

On April 26, 2018 the Albany Senior Center will open its doors to all seniors, families, friends and caregivers for the 10th Annual Albany Senior Resource Expo. Even if you've been before, information on services and programs constantly change to help seniors live comfortably and independently in their community. Don't miss out on over 30 organizations, businesses and individuals showcasing their services and programs.

In addition to all the great information, we will be serving a free continental breakfast and lunch (while supplies last). There will also be a free raffle with prizes from each booth! Bring yourself, your friends and your family to this important yet fun event.

Date: Thursday, April 26, 2018

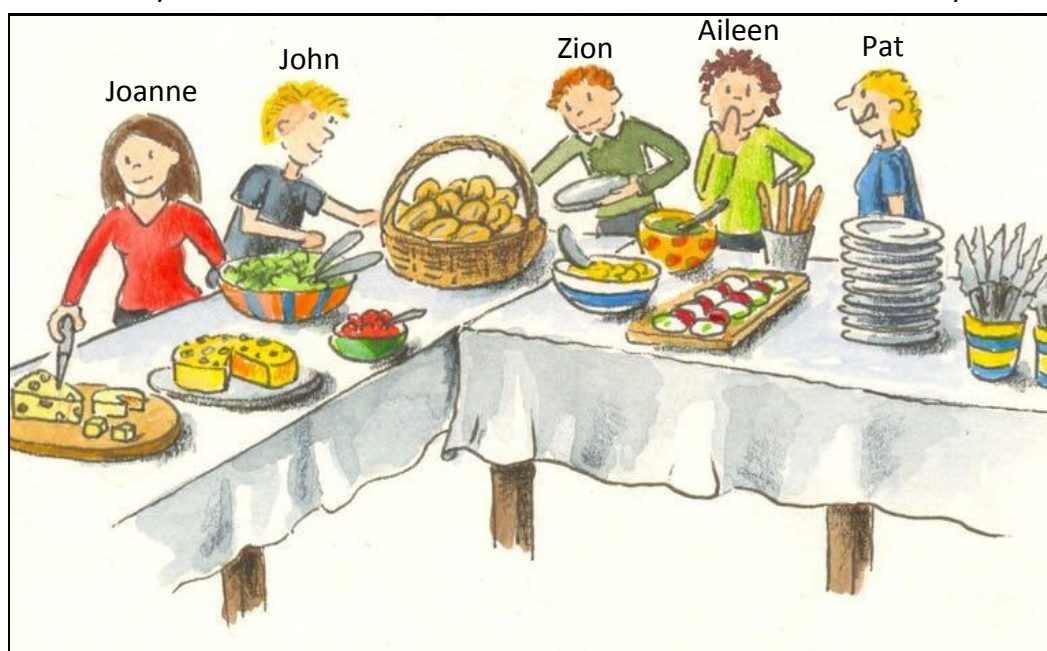
Time: 10:00am-1:00pm

Where: Albany Senior Center - 846 Masonic Ave., Albany (510) 524-9122

## Hiker's Annual International Pot Luck

Fifty hikers/performers gathered at the Community Center in Albany on the 27th of February for their annual potluck luncheon. After having been told that our potluck luncheon is the best one that the Senior Center offers, of course, I had to think about why that would be--and 'no' it is not the only potluck. One of the big reasons for our good reputation is that we have an international group of hikers and that means a variety of foods arrive from their native cultures. Equally as important we have been friends now for so many years and as we incorporate new members into our hikers, we find both groups are trying to 'put their best 'food' forward'. We wind up with an incredible amount of tasty food to include an abundance of desserts which you could eat first because your mother was not around. And then we had entertainment -- a Cajun Accordion player, line dancing, a strange walk-on lady Dolly, singing, a magic show, a dragon visit, raffles, giveaways, and hilarious jokes!? A full, 'filling', fun day with a group of friends made over the years and some new ones as we were 'walking, talking and being healthy'. We would be remiss if we did not acknowledge the essence of our existence--our trip-planner, comedian, creative beyond words, Zion Lee, who makes our Tuesdays a desirable and delightful day out and has since the hikes originally started back in 2009. WOW! That is approximately 450 hikes, 27,000 total miles traveled cumulatively by our hikers-- more than once around Mother Earth. THANK YOU, ZION, in all of our international languages. And thanks to the Senior Center for providing the funding so we can earn our potluck each year. DILLY DILLY!

By Pat



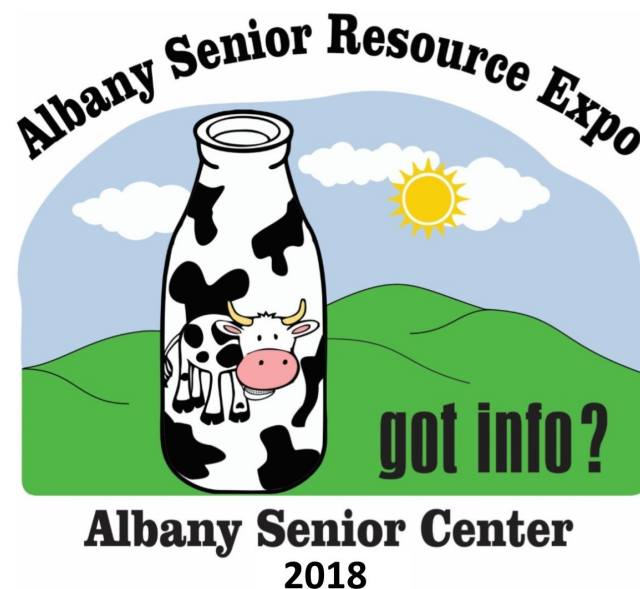
Walk, Talk, Be Healthy, & Potluck = Good Times, Good Friends, and a Full Belly!



## SUMMER TRAVEL FEST Registration Event

Priority Registration  
Free Raffle  
Legendary Give-A-Ways  
Free Root Beer Floats  
Groovy Fun - Much More

Friday - April 6, 2018 @ 1pm  
Albany Senior Center  
846 Masonic Ave. - Albany  
(510) 524-9122



## Recreation Dept. April Happenings

### The Friends of Albany Parks Clean-Up Day – Ocean View Park

Date: April 7, 9:00 AM - 12:00 PM

Location: Ocean View Park, 900 Buchanan Street, Albany.

Friends of Albany Parks members will meet for a Clean-Up Day at Oceanview Park. Each member who attends the Clean-Up Day will receive a pizza lunch and an official Friends of Albany Parks T-shirt. For more information contact Brennen Brown at [bbrown@albanyca.org](mailto:bbrown@albanyca.org) or visit [www.albanyca.org/volunteer](http://www.albanyca.org/volunteer)

### Art Gallery Opening

Date: April 15, 4:00 PM - 6:00 PM

Location: Albany Community Center, 1249 Marin Avenue, Albany

Please join artist Nicole Rubio for an opening reception in the Albany Community Center Foyer.

### The Friends of Albany Parks Gala – Memorial Park

Date: April 25, 6:30 PM - 7:30 PM

Location: Memorial Park, 1325 Portland Avenue, Albany

The Friends of Albany Parks program encourages community members to get involved with the care, maintenance and beautification of their favorite neighborhood park. Park Gala events provide social gatherings geared toward developing ideas for park improvement and getting residents involved with park maintenance. They help foster a better sense of community and build social capital as neighbors meet and work together. The Galas also provide an opportunity to volunteer for specific park maintenance tasks. Friends of Albany Parks members will meet for a Clean-Up Day soon after the Gala. Each member who attends the Clean-Up Day will receive an official Friends of Albany Parks T-shirt. For more information contact Brennen Brown at [bbrown@albanyca.org](mailto:bbrown@albanyca.org)

### @theCenter: A Night of Irish Culture, Dance and Music

Date: April 27, 7:00 PM - 9:30 PM

Location: Albany Community Center, 1249 Marin Avenue, Albany

Enjoy performances by Albany Irish Dance and learn a few steps yourself. Instructor, Barbara Butkus, will teach a group dance to all. No experience necessary. Just bring your willingness to have fun and learn something new! Grab a pint and a snack while listening to live Celtic music provided by Crow for Day. Experience the rich and festive culture of Ireland right here in Albany! All ages welcome. Irish stout and ale available for those with a valid ID. Water and snacks provided to all.

# Alameda County Healthy Homes Department - Now Enrolling for Home Repair Grants



Do you need help making repairs to your home? Do you find it difficult to find the right contractor? The Alameda County Healthy Homes Department has grants available for low-income households that meet eligibility requirements.

### Types of Repairs: Minor Home Repair and Lead Hazard Repair Grants

Our department provides grants to address needed repairs that affect your health and the safety of your home. Get help with addressing lead hazards, small plumbing, carpentry, electrical, railings,

grab bars, toilets, water heaters, furnaces, doors, locks and more.

### Accessibility Improvement Grants

If you have a disability or are at least 62 years old and need help to make your home safer and easier for you to access, grants are available to install ramps, railings and grab bars, and to make doorways, kitchens and bathrooms more accessible. To be eligible, you must be a low-income owner occupant or tenant. If you are a tenant you will need the landlord's consent.

### Who Conducts the Repairs?

All work is performed by prescreened, licensed and insured contractors. The work is reviewed and approved by professional staff who work at our Healthy Homes Department. Any work that requires a building permit will be inspected by the City.

For more information about our Minor Home Repair and Lead Hazard Repair program, call the Alameda County Healthy Homes Department at 510-567-8280  
www.achhd.org

## Senior Center Kitchen Renovations Are Underway



Thank you to everyone for your patience, flexibility and understanding during our kitchen renovations. We could not do it without your support and understanding.

All of our programs and classes are still going on as scheduled including our dinner program. Robin "Can-do" Mariona and her staff are serving up hot, delicious and nutritious meals Monday-Friday at 4pm. Please come to dinner and experience our temporary but cozy dining room.

The demolition of the old kitchen (s) is complete and now onto the installation of new equipment, cupboards and counters. This process will take a few more weeks but we can hardly wait to see the finished product!



The Albany Senior Center will be closed on the following date this month: **None**

Save the date for these upcoming Albany Senior Center events:

- |                           |   |
|---------------------------|---|
| <b>Friday, April 6</b>    | <b>Travel Troupe Registration Event - 1pm</b>           |
| <b>Tuesday, April 10</b>  | <b>Presentation - 11:00am</b><br>Growing Whole, Not Old |
| <b>Thursday, April 26</b> | <b>Albany Senior Resource Expo - 10am</b>               |

## Senior Spotlight : Jackie Armstrong



Jackie was born, raised, and has lived in Albany her entire life. She has been a regular at the Senior Center for over 7 years. She participates in many programs including the Travel Troupe, World Affairs, Painting and Special Events. She especially enjoys eating dinner at the Senior Center almost every evening. Jackie says, "Why cook when I can eat at the Senior Center with all my friends".

Jackie is very active with the Friends of Albany Seniors (FOAS). She has been a Director on the Board and now serves as 2nd Vice President. She works tirelessly on FOAS Events like the White Elephant Sales (Jewelry Lead Organizer) and helps put together all of the gift baskets for the FOAS raffles.

Jackie graduated from Armstrong Business College (no relation) where she met her husband. She worked for the state of California health department as a purchasing agent before raising her three sons. She went back to work, for CBS, which owned Columbia Pacific Stereo & Discount Records. In her spare time, Jackie likes to spend time with family at her cabin in Strawberry Valley which is located in the Sierra Nevadas. She also enjoys going to her sons' music programs.

The Senior Center loves you Jackie Armstrong. Keep doing what you're doing!

## Your FOAS Needs Help!

### Friends Calling Friends

Greetings from FOAS, the Friends of Albany Seniors. For all who use and appreciate the services of the Albany Senior Center, to include the Weeknight Dinner Program, Holiday celebrations, art and dance, Open House, excursions and hiking...EVEN the coffee and snacks you enjoy all day...know this all has an expense. The volunteers of FOAS need more friends to assist with our fundraising activities.

Can you donate some time to assist with soliciting gift cards and merchandise from local merchants? Can you donate items to our May 5<sup>th</sup> White Elephant Sale? Can you bake something for the Sale? Can you help with event set up and cleaning?

We would love seeing you at our monthly FOAS Board meeting; Senior Center, First Monday every month at 11:30 am. Next meeting, April 2<sup>nd</sup>.

We absolutely need new volunteers to step forward. Seniors make the Center happen. JOIN US.

Please see Zion Lee at the Center or contact me, Judy Cohen (510) 524-4190, [judyandmatt@comcast.net](mailto:judyandmatt@comcast.net) to volunteer.

### Albany Recreation & Community Services

#### Albany Senior Center

846 Masonic Ave., Albany, CA 94706  
(510) 524-9122 - Main  
(510) 524-8940 - FAX



[www.albanyca.org](http://www.albanyca.org) - Website  
[Seniorinfo@albanyca.org](mailto:Seniorinfo@albanyca.org) - Email  
[Facebook.com/albanyseiniorcenter](https://www.facebook.com/albanyseiniorcenter)

## April 2018 - Monthly Calendar of Programs





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:30am FOAS- Monthly Meeting</p>	<p>3</p> <p>8:30am Hike - Condonices Park / Rose Garden</p> <p>1:30 pm Movie The Florida Project</p>	<p>4</p> <p>8:30am Travel Troupe Capitola</p> <p>1:30pm Pop Up Ping Pong</p>	<p>5</p> <p>10:00am Shopping EC Plaza / Ranch 99</p> <p>1:00pm AARP TAX-by appt</p>	<p>6</p> <p>9:30am Mercy Brown Bag</p> <p>10:00am Shopping Safeway / Target</p> <p>1:00pm Senior Travel Troupe Registration Event</p>
<p>9</p> <p>10:00am Shopping - Hilltop /Thriftown</p>	<p>10</p> <p>8:30am Hike - Lake Merced</p> <p>10:30am Presentation - Growing Whole, Not Old</p> <p>1:30 pm Movie Murder on the Orient Express</p>	<p>11</p> <p>8:30am Travel Troupe Graton Casino</p> <p>1:30pm Pop Up - Ping Pong</p>	<p>12</p> <p>10:00am Shopping EC Plaza / Ranch 99</p> <p>1:00pm AARP TAX-by appt</p>	<p>13</p> <p>10:00am Shopping Safeway / Target</p>
<p>16</p> <p>8:00am Travel Troupe Sacramento River Cats</p>	<p>17</p> <p>8:30am Hike - Dipsea Trail</p> <p>1:30pm Movie: The Greatest Showman</p>	<p>18</p> <p>1:30pm Pop Up Ping Pong</p> <p>10am - 2pm NO PARKING - BART SIDE</p>	<p>19</p> <p>9:00am 5 Creek Walk Beauty of Biodiversity</p> <p>10:00am Shopping EC Plaza / Ranch 99</p>	<p>20</p> <p>9:30am Mercy Brown Bag</p> <p>9:30am HICAP</p> <p>10:00am Shopping Safeway / Target</p>
<p>23</p> <p>10:00am Shopping Dollar Tree / Costco</p>	<p>24</p> <p>8:30am Hike - Taylor Mountain Regional Park</p> <p>1:30pm Movie: Phantom Thread</p>	<p>25</p> <p>8:30am Birding - Mitchell Canyon</p> <p>1:30pm Pop Up - Ping Pong</p> <p>10am-2pm NO PARKING - ASC SIDE</p>	<p>26</p> <p>10:00am Travel Troupe Stage Left Cellars</p> <p>10:00am-1:00pm Senior Resource Expo</p> <p>10:00am Shopping EC Plaza / Ranch 99</p>	<p>27</p> <p>10am Shopping Safeway / Target</p>
<p>30</p> <p>11:00am Lunch Troupe Benicia</p>				

Albany Senior Center is partially funded by the Alameda County Agency on Aging.

**ONGOING SCHEDULE OF CLASSES AND SOCIAL ACTIVITIES**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9AM <b>Gentle Yoga (ACC)</b> Drop-In Fee: \$7/\$8</p> <p>9AM <b>Needlecraft</b> Drop-In Fee: \$1</p> <p>9:45AM <b>World Affairs/Politics</b> Drop-In Fee: \$4/\$5</p> <p>10:15AM <b>Zumba Gold</b> Drop-In Fee: \$7/\$8</p> <p>10:30AM <b>Gentle Tai Chi (ACC)</b> Drop-In Fee: \$3/\$4</p> <p>11:30AM <b>Remarkable Voices</b> 4/2-6/11 \$80/\$85</p> <p>12:40AM <b>Jewish Folk Dance</b> 3/26-4/23 \$36/41</p> <p>1:00PM <b>Memoir Writing</b> 1/8-4/23 \$96/\$101</p> <p>1:45PM <b>Beginner Line Dance</b> Drop-In Fee: \$2/\$3</p> <p>1:45PM <b>Beginning Guitar</b> 3/12-4/16 \$39/\$44</p> <p>3PM <b>Sing Along</b> Drop-In Fee: \$1</p> <p>4PM <b>Dinner</b> \$4 Donation (60+)</p> <p>6PM <b>Basic Drawing</b> 3/5-4/9 4/16-5/21 \$30/\$40</p>	<p>9AM <b>Gentle Yoga (ASC)</b> Drop-In Fee: \$7/\$8</p> <p>10AM <b>World Literature</b> 1/9-4/10 \$103/\$108</p> <p>10:30AM <b>Hip Hop Dance</b> Drop-In Fee: \$8/\$9</p> <p>1:30PM <b>Movie of the Week</b> Drop-In Fee: \$1</p> <p>1:45PM <b>Senior Ballet</b> 3/20-4/17 \$36/41</p> <p>4PM <b>Dinner</b> \$4 Donation (60+)</p> 	<p>9AM <b>Gentle Yoga (ACC)</b> Drop-In Fee: \$7/\$8</p> <p>9AM <b>Papier Mache</b> Drop-In Fee: \$1</p> <p>10:15AM <b>Trad. Women's Dance</b> 1/3-4/25 Drop in Fee \$1</p> <p>10:30AM <b>Gentle Tai Chi (ACC)</b> 1/3-4/30 Drop-In Fee: \$3/\$4</p> <p>11AM <b>Fitness-The Golden Ages</b> 4/11-4/25 \$22/27</p> <p>12:15PM <b>Rosen Movement</b> Drop-In Fee: \$8/\$9</p> <p>12PM <b>Beginning Japanese</b> Drop-In Fee: \$1</p> <p>1:45PM <b>Ipad Partners for Beg.</b> Drop-In Fee: \$1</p> <p>3PM <b>Reading Novels</b> 3/21-5/23 \$80/\$85</p> <p>4PM <b>Dinner</b> \$4 Donation (60+)</p> <p>7PM <b>Figure Drawing</b> 4/4-6/6 \$84/\$94</p> 	<p>9AM <b>Gentle Yoga (ASC)</b> Drop-In Fee: \$7/\$8</p> <p>9AM <b>Art Social</b> Drop-In Fee: \$1</p> <p>10AM <b>Pet Lovers Only!</b> Drop-In Fee: \$1</p> <p>10:15AM <b>Zumba Gold</b> Drop-In Fee: \$7/\$8</p> <p>11:30AM <b>Spanish for Beg.</b> (1/6--4/19) \$24/\$29</p> <p>11:30AM <b>Beginning Hip Hop</b> 3/22-4/19 \$44/\$49</p> <p>1PM <b>Mahjong / Games</b> Drop-In Fee: \$1</p> <p>1PM <b>Table Tennis Anyone?</b> 3/8-4/12 \$34/\$39</p> <p>2PM <b>Beginner Line Dance</b> Drop-In Fee: \$2/\$3</p> <p>4PM <b>Dinner</b> \$4 Donation (+60)</p> <p>6PM <b>Graphic Memoir</b> 3/15-4/19 \$51/\$61</p> 	<p>9AM <b>Gentle Yoga (ACC)</b> Drop-In Fee: \$7/\$8</p> <p>9AM <b>Rosen Method</b> Drop-In Fee: \$9/\$10</p> <p>10:15AM <b>Free to Move</b> Drop-In Fee: \$9/\$10</p> <p>10:30AM <b>Gentle Tai Chi (ACC)</b> Drop-In Fee: \$3/\$4</p> <p>11AM <b>French Social</b> Drop-In Fee: \$1</p> <p>11AM <b>Art of Seeing - Fine Art Photography</b> 1/26-3/2 \$174/\$179</p> <p>12PM <b>Bridge Social</b> Drop-In Fee: \$1</p> <p>12:30PM <b>Chair Exercise</b> 3/16-4/20 \$24/\$29</p> <p>2PM <b>Fiction Writing</b> 3/30-6/15 \$100/1</p> <p>No class 4/6</p> <p>4PM <b>Dinner</b> \$4 Donation (+60)</p> 

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