

THE ALBANY SENIOR CENTER CHRONICLES

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A MONTHLY COMMUNITY NEWSLETTER FOR SENIORS 50 AND BETTER

May 2018

The Albany Senior Center Celebrates

OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older Americans Month. The 2018 theme, **ENGAGE AT EVERY AGE**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and **ENGAGE AT EVERY AGE!**

Brushes and Brews Celebrate Older American

One of last year's most popular and successful events returns this year to Celebrate Older Americans Month. Brushes and Brews will be held on Friday, May 18th at 12pm. Come join the fun as we all create this landscape masterpiece to take home (below). No experience is necessary. Paint Nite staff will be our guide to help with every step during the creative process. Sip local microbrews and enjoy local pizza while the fun takes place with friends, family and other "artists". Thanks to FOAS (Friends of Albany Seniors) contribution, the cost for this Older Americans Month celebration event is only \$10. Sign up at the Albany Senior Center front counter to reserve your spot. Space is limited. Sign up today!



Active Health Patient Coach

Does Your Doctor Hear you?

Tuesday, May 29th - 11am • FREE • Albany Senior Center

Share your thoughts and experiences on the health care delivery system, especially from your doctor and how it can be improved

Mother's Day Dinner Celebrate Older American

You won't want to miss this year's annual Mother's Day Dinner. Not only will you get a delicious and nutritious dinner feast with dessert, but there will be headline entertainment from renowned veteran juggler, magician and contortionist Jean-Paul Valjean. Valjean promises to delight us with his comedy, acrobatics and juggling.



Sign up at the Albany Senior Center front counter to reserve your spot. This Older Americans Month Celebration is on Friday, May 11th at 4pm. There will be dinner, entertainment and much, much more! \$4 Donation for those 60 years old and over.

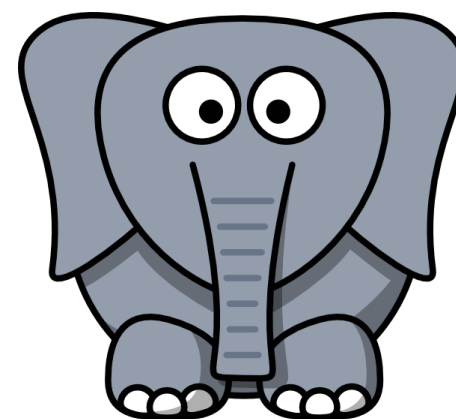
FOAS White Elephant & Bake Sale Celebrate Older American

Come to your one-stop shop for handcrafted items, jewelry, games, toys, household goods, books, small appliances, tools, sporting equipment, CD's, DVD's and baked goods! There will be a light lunch available for purchase. The event is Saturday, May 5th from 9am-2pm at the Albany Senior Center. All proceeds help support the Senior Center programs, events and services.



FOAS Ice Cream Social Celebrate Older American

The FOAS (Friends of Albany Seniors) is at it again with a fun, social, and tasty fundraising event. The Senior Center garden will be transformed into ice cream paradise. What a great way to celebrate Older Americans Month at the Albany Senior Center. Not only will you get a refreshing and tasty treat but there will be entertainment, relaxation and socialization with great people. The event is Thursday, May 24th at 1pm in the backyard garden of the Albany Senior Center. Cost is a \$4 donation and all proceeds go to support the Albany Senior Center.



Saturday, May 5th 9am-2pm

Celebrating Older Americans Month - Senior Spotlight: Julia and Zion Lee



Julia and Zion Lee are the poster couple for May's Older Americans Month, a dynamic duo now in their dozenth year of helping Albany Senior Center participants and the Albany community live, learn and celebrate.

Since 2006, the Lees have donated their time, talents and treasures as teachers, entertainers, program planners and workers, behind-the-scene organizers, and mentors for everyone from tiny tots to nonagenarians.

They were recognized as Albany Volunteers of the Year in 2011. Center Supervisor Sid Schoenfeld says their passion for providing senior programs is "amazing." The saying goes that "no one is indispensable," Schoenfeld notes, while also praising the Lees' creativity, ideas and enthusiasm.

"However, seeing the Albany Senior Center without Zion and Julia is difficult. They'd be impossible to replace. The joy in their faces during their activities is priceless."

Zion, 77, and Julia, 76, often bring down the house during Senior Center activities. Zion will stroll into the dining room, wearing a floppy-haired wig and strumming his guitar, impersonating John Denver singing "Rocky Mountain High" and "Country Roads."

"The thing I find most endearing is the collaboration we have in the 'work' we do," Zion says of Julia. "Oftentimes, I cast Julia in the many skits that we do, she as Maria in 'Sound of Music' and as the fairy lady in our version of the 'Monkey King.'"

When Julia organizes her chair exercise class, Zion is the first one to practice the exercises. Zion and his guitar also accompany Julia's line dancers when they perform at local nursing homes. "I like to inspire seniors to dance and exercise and when stroke survivors and blind seniors can dance, that is a challenge and I like a challenge," says Julia". On Sundays Julia also cares for babies and toddlers during Church on the Corner services. Julia and Zion also are known for their serene and gentle personalities, endless patience and energy, genuine smiles and interest in everyone they meet.

The couple moved to Albany from South Carolina in 2006, to be closer to their two daughters' families, and the Senior Center has been the focus of their volunteer activities. They both are volunteers, major organizers, fund-raisers and workers for the Friends of Albany Seniors (FOAS).

In 2008, the Center hired Zion, a retired chemist, as a part-time employee.

Zion's duties over the last decade include arranging recreational activities for nearly all festivals and parties at the Center, planning and leading the popular Tuesday "Walk, Talk and be Healthy" hiking program, and designing computer databases for paratransit taxi service and annual Center registration programs. He also serves as front desk staffer as needed. In the greater community, Zion is known as the maker of a 30-foot-long, papier-mache golden dragon, used in the annual Solano Stroll parade and the Solano Avenue Merchants' Association Chinese New Year Parade. He also trains Cornell Elementary School students to perform the lion dance for the Senior Center's Chinese New Year dinner, the two parades, and annual Chinese New Year program at the Albany Theater. Julia retired from IBM in computer asset managements, having previously taught mathematics and computer science at Kent State University in Ohio and later at the University of North Carolina in Charlotte. However, she doesn't describe herself as a teacher for either line dance or chair exercise "because I don't have the (teaching) qualifications." "I like to inspire seniors to dance and exercise," she explains. "That is why the cost is minimum, and keeping the cost minimal draws more seniors to the classes." In their free time, the couple enjoys different types of exercise to keep themselves physically and mentally strong, along with family and church activities.

They also enjoy eating out and watching movies on TV, Julia adds.

"Just simple things that simple folks do," she explains. "Peel a big, juicy Asian pear, and share and enjoy together." Married 50 years in June, Zion jokes, "we qualify as an old couple." - By Karen Holzmeister

FOAS RAFFLE GALORE !

FOAS is so happy to announce a plethora of gifts and cards received from our neighborhood partners.

These will be included in upcoming raffle baskets at the White Elephant, Luau and Holiday Market.

Check out the fabulous baskets at the Senior Center front desk. A big thank you to the Raffle Committee and especially Barbara Van Pelt, Jackie Armstrong and Ann Bednarcayk for their creativity and contributions to the baskets.

We give a shout out to the contributors. Here is a partial list. Please be sure to shop at and thank these generous establishments.

AND yes, buy those RAFFLE tickets!!!! White Elephant event is Saturday May 5th (9:00 am- 2:00 pm), Raffle drawing will take place at the FOAS Ice Cream Social fundraiser, Thursday May 24th.

Boss Burger • The Nail Shop (Mani-Pedi)
 Albany Nail Salon (Manicure) • Good Stuff Thrift Shop
 The Turn About Shop, El Cerrito • Romano's Macaroni Grill
 Catahoula Coffee • Landmark Theaters
 Pegasus Books • Ocean View Brewery • Starbuck's Coffee
 Elixir Salon Berkeley • Britt Marie's Restaurant

The 10th Annual Albany Senior Resource Expo

Thank you to all who attended our 10th Annual Albany Senior Resource Expo. What a great day of information, socialization, give-a-ways, and life long learning. A special thank you to all the businesses and organizations that shared their services to help us live well in our great community of Albany!



Best Booth Award Winner - Ginger Kelly, Born to Age



The Albany Senior Center will be closed on the following date this month:

Monday, May 28 Center Closed for Memorial Day

Save the date for these upcoming Albany Senior Center events:

Saturday, May 5 **FOAS White Elephant & Bake Sale : 9am-2pm**

Friday, May 11 **Mother's Day Dinner : 4pm**
 Dinner, Birthdays, Entertainment, More!

Friday, May 18 **Brushes and Brews : 12pm**

Thursday, May 24 **FOAS Ice Cream Social : 1pm**

Thursday, May 29 **Presentation : Active Health Patient Coach : 11am**
 Does Your Doctor Hear You?

Albany Recreation & Community Services

Albany Senior Center

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



www.albanyca.org - Website
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May 2018 - Monthly Calendar of Programs

Albany Senior Center • 846 Masonic Avenue, Albany, CA 94706 • (510) 524-9122

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30am Hike - Kennedy Grove 1:30 pm Movie The Post	2 11:00am Travel Troupe - Musical Color Purple 1:30pm Pop Up Ping Pong	3 10:00am Shopping - EC Plaza / Ranch 99 1:00- AARP Driving Class	4 9:30am Mercy Brown Bag 10:00am Shopping - Safeway 11:00 Shopping - Target
7 11:30am FOAS- Monthly Meeting	8 8:30am Hike - Tucker Trail Falls 1:30 pm Movie - Coco	9 10:45am Travel Troupe- A's Vs Astros 1:30pm Pop Up - Ping Pong	10 10:00am Shopping - EC Plaza / Ranch 99 1:00pm AARP Driving Class	11 10:00am Shopping - Safeway 11:00 Shopping - Target 4:00pm Mother's Day & Birthday Dinner
14 10:00am Shopping - Hilltop /Thriftown	15 8:30am Hike - Cascade Trail 10:30am Monthly Story Swap 1:30pm Movie - I, Tonya	16 10:00am Shopping - EC Plaza / Ranch 99 1:00pm-4:00pm Podiatry By Appt 1:30pm Pop Up Ping Pong 10am - 2pm NO PARKING - BART SIDE	17 8:30am Travel Troupe - Hakone Estates 9:00am 5 Creeks Walk - Albany Hill Wildflower & Native Plant Walk 10:00am Shopping - Plaza / Ranch 99	18 9:30am Mercy Brown Bag 9:30am HICAP 10:00am Shopping - Safeway 11:00am Shopping - Target 12:00pm Brews & Brushes
21 10:00am Shopping - Dollar Tree / Costco	22 8:30am Hike - SF Bay Trail at Wetlands Edge 1:30pm Movie - Winchester	23 10:00am Shopping EC Plaza / Ranch 99 1:30pm Pop Up - Ping Pong 10am-2pm NO PARKING - ASC SIDE	24 11:30am Lunch Troupe - Swan's Market 1:00pm FOAS Ice Cream Social \$4 1:30pm Android Class	25 10:00am Shopping - Safeway 11:00pm Shopping - Target
28 Center Closed Memorial Day	29 8:30am Hike- SF Zoo 10:30am Presentation - Does Your Doctor Hear You? 1:30pm Movie - Just Getting Started	30 8:30am Travel Troupe - SF Chinatown Tour 1:30pm Pop Up - Ping Pong	31 10:00am Shopping - EC Plaza / Ranch 99	Saturday, May 5th  FOAS White Elephant & Bake Sale 10am-2pm

ONGOING SCHEDULE OF CLASSES AND SOCIAL ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9AM Gentle Yoga (ACC) Drop-In Fee: \$7/\$8</p> <p>9AM Needlecraft Drop-In Fee: \$1</p> <p>9:45AM World Affairs/Politics Drop-In Fee: \$4/\$5</p> <p>10:30AM Gentle Tai Chi (ACC) Drop-In Fee: \$3/\$4</p> <p>11:30AM Remarkable Voices 4/2-6/11 - \$80/\$85</p> <p>12:00AM Chair Exercise Drop in Fee \$2/\$3</p> <p>1:00PM Memoir Writing 5/14-8/20 \$96/101</p> <p>1:45PM Beginner Line Dance Drop-In Fee: \$2/\$3</p> <p>1:45PM Beginning Guitar 5/21-7/2 \$39/\$44</p> <p>3PM Sing Along Drop-In Fee: \$1</p> <p>4PM Dinner \$4 Donation (60+)</p> <p>6PM Basic Drawing 4/16-5/21 \$30/\$40</p>	<p>10:30AM Hip Hop Dance Drop-In Fee: \$8/\$9</p> <p>12:15 Mandarin Drop-In Fee: \$1</p> <p>1:30PM : Movie</p> <p>4PM Dinner \$4 Donation(60+)</p> <p>6PM Tai Chi Chuan \$108/\$118</p> 	<p>9AM Gentle Yoga (ACC) Drop-In Fee: \$7/\$8</p> <p>9AM Papier Mache Drop-In Fee: \$1</p> <p>10:15AM Trad. Women's Dance Drop in Fee \$7/\$8</p> <p>10:30AM Gentle Tai Chi (ACC) 1/3-4/30 Drop-In Fee: \$3/\$4</p> <p>11AM Fitness-The Golden Ages \$36/\$41</p> <p>11AM Art of Seeing 5/9-6/13 \$189</p> <p>12:15PM Rosen Movement Drop-In Fee: \$8/\$9</p> <p>12:30PM Japanese Conversation Drop-In Fee: \$1</p> <p>1:45PM Ipad Partners for Beg. Drop-In Fee: \$1</p> <p>3PM Reading Novels 3/21-5/23 \$80/\$85</p> <p>4PM Dinner \$4 Donation (60+)</p> <p>7PM Figure Drawing \$84/\$94</p>	<p>9AM Art Social Drop-In Fee: \$1</p> <p>10AM Pet Lovers Only! Drop-In Fee: \$1</p> <p>10:15AM Zumba Gold Drop-In Fee:\$7/\$8</p> <p>11:30AM Spanish for Beg. \$24/\$29</p> <p>11:30AM Beginning Hip Hop 5/10-6/7 \$44/\$49</p> <p>12:00AM Chair Exercise Drop in Fee \$2/\$3</p> <p>1PM Mahjong / Games Drop-In Fee: \$1</p> <p>1PM Table Tennis Any-one? \$29/\$34</p> <p>2PM Beginner Line Dance Drop-In Fee:\$2/\$3</p> <p>4PM Dinner \$4 Donation (60+)</p> <p>6PM Tai Chi Chuan \$108/\$118</p> 	<p>9AM Gentle Yoga (ACC) Drop-In Fee: \$7/\$8</p> <p>9AM Rosen Method Drop-In Fee: \$9/\$10</p> <p>10:15AM Free to Move Drop-In Fee: \$9/\$10</p> <p>10:30AM Gentle Tai Chi (ACC) Drop-In Fee: \$3/\$4</p> <p>11AM French Social Drop-In Fee: \$1</p> <p>11AM Art of Seeing - Fine Art Photography 5/11-6/15 \$184/\$189</p> <p>12PM Bridge Social Drop-In Fee: \$1</p> <p>2PM Fiction Writing 3/30-6/15 \$100/105</p> <p>4PM Dinner \$4 Donation (+60)</p> 