THE BOOSTER NEWS
Seniors on the Go
by Pat Tousant & Karen Holmzheimer

Contra Loma Regional Park, with its 776 acres in Antioch, shares its southern boundary with Black Diamond Mines in this region of Contra Costa County and seems to cast a big shadow over the former with its illustrious coal-mining history. However for our hike this past Tuesday we walked around the 2-3 mile 80-acre reservoir fed by the near-by hills and maintained by the Water District of the Regional Park. A surprise to many of us was the swimming lagoon which at first seemed to be part of the reservoir, but obviously was not upon closer inspection. This lagoon has a sandy beach around a bottom blue-painted concrete swimming area which opened this weekend and had a capacity of 1500 people. On all of Antioch’s hot summer days you could be one of the 1500 enjoying the blue swimming lagoon. Looks a little like island living if you keep your head down and do not see the green-brown hills in the background. Anyway, our hike was warm enough, with a little wind and a lot of sunshine, and some very good company.

Park with gleaming pool

In baseball terminology, Albany Senior Center travelers are batting 4-for-4 this year when it comes to thrilling museum visits. On April 17, 19 history buffs enjoyed both the bus ride across the Bay Bridge - with the new eastern span under construction alongside - and the destination at San Francisco’s Civic Center Plaza: China’s Terracotta Warriors exhibit at the Asian Art Museum.

Eight of the life size, sculpted soldiers and two horses from the third century B.C., among more than 7,000 figures excavated since 1974 from the tomb of China's first emperor, and 120 other rare objects were seen on 90-minute tours. Albany was especially fortunate since docent availability enabled our group to be split into two smaller groups.

Docent Gwenlyn Gibson said traveler John Tysell could be considered a docent, as he shared information about visiting the Xi’an, China, excavation site while on vacation some years ago. Caro lyn Weishahn politely peppered Gibson with questions as the docent described the histories of ancient Chinese scripts, coins, bronzes and jewels. The tourists-for-a-day also enjoyed the museum’s cafe, an outdoor farmers’ market, and other museum exhibits. Valjean Adams, Joan Baker and Phyllis Posey gave thumbs-up to the cafe’s versions of Chinese chicken salad and soups. Since January, the center has organized trips to the “Girl with the Pearl Earring” and “Rembrandt’s Etchings” exhibits at the DeYoung Museum and the Louvre exhibit at the Legion of Honor, also in San Francisco.

In front of the Museum

Relaxing in front of the Museum

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2. Paradise Discovery
3. May Birthdays/Resource Fair
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6: White Elephant Sale
7: In Memoriam
8: Seniors on the Go
9: May Calendar

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FOAS President’s Message

WE Congratulations!! You did it once again!! The final figures are not in because raffle tickets are still being sold for the May 9th drawing. Post WES merchandise is still on display in the lobby and still being sold at the front desk. But—I am sure the net figure for the WES will be $3000 plus, the most successful one ever! We truly appreciate all the donations received for the WES. A tremendous number of items must be sold to reach the above figure. It’s really a Herculean task to do the set-up display, sales, cashiering and clean-up. Thank you! Thank you! To the following: Miriam Aroner, Helen Cameron, Margie Carr, Ilona Carpenter, Shaun Charles, Walt Corvello, Don and Lorraine Davis, Joanne Elliott, Betty Feng, Stan and Virginia Ginn, Tennessee Gock, Florence Kroll, Julia Lee, Maya Mitzuhara, Jewel Okawachi, Paul O’Curry, Jumeli Patterson, Judith Petersen, Zetta Lynn Poli, Jeremy and Annette Lys, Bill Scaglione, Amit Sen, Renate Valencia, Barbara Van Pelt, Linda Wong and the ASC staff. I didn’t personally receive all the baked goods. I do know there were donations made by people not on the sign-up sheet. So I’ll just say a “sweet” thank you to all the bakers. Everything was sold and I’m sure enjoyed! Check out the raffle baskets. There’s a lot of good stuff in them. Well worth the ticket price. I’d like to give special credit and thank you to the following: Ann Bednarczyk, in charge of WES book sales. She does a fabulous job all year long with our library; Pat Tousant in charge of our WES backroom and Karen Holmzheimer in charge of our china / household room. Pat and Karen also recruit helpers and bakers from ASC hiking trips and excursions. They sort and price items all year long. And last but not least Zion Lee and Bill Decker who perform multiple tasks on WES day. Zion recruits the entertainment. Zion and Bill handle publicity and set-up. They also oversee the receipt of donations and see they reach FOAS all year long. AWESOME JOB, buddies! ANNUAL MEETING: The Annual Meeting will be held June 29th. More details next month.

March of the White Elephants

Sign up to celebrate May Birthdays and Mothers’ Day — May 9th 4pm Free Concert by the AMS Jazz Band.

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PARADISE ...... DISCOVERY!

From the road around the Island, we turn left onto a narrow dirt track with millions of potholes. As the car bounces and progresses, the blue lagoon comes into sight. I want to embrace it all at once—the beauty, the serene enchantment of this corner of paradise. A few more bumps up and down, a slight curve and here it is—our ‘house’: a small, soft brick tone in tune with our dark blue lagoon and the light azure of the sky.

Our “mansion” is a little thing, a blue floor living room with a kitchen corner, a bathroom, an alcove and a master bedroom... with a real door! Adjacent to the bedroom is the bathroom composed of an opened shower, just a large square, a half wall separating from the rest of the bathroom, a two bricks high step to stop the water from running out...

Opposite is the sink with the luxury of a mirror and to complete this striking ensemble: the precious accessory a Toilet Bowl with all the trimmings: double top, back reservoir with its own flushing device... we feel like royalty!

On the kitchen side of the fare a wall of glass panels or louvers tilt open /close from the top to three feet above the floor allowing lavish light during the day as well as great morning sun rays. Yet, the special attraction is the living room “window”, there is no glass but a large opening two feet above the floor, equipped with crossbars. An awning made of a thick fabric with red and white stripes can be rolled up or down to prevent the wind from blowing the rain inside on heavy weather day. From there as the sun shines we distinctly can see the reef in the distance, the huge ocean waves and enjoy the beauty against the sky , listening to the soothing sound of the wavelets on our black sand beach.

About the ceiling, there is no ceiling on the whole room composed of an opened wall separating from the rest of the room with a kitchen corner, a bathroom, an alcove and a master bedroom... with a real door! It opens on a small terrace freshly painted in a soft brick tone in tune with our dark blue lagoon and the light azure of the sky.

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A confluence of activities made the White Elephant & Bake Sale on April 27 the most-attended event ever at the Senior Center. In addition to white elephants, we added to the mix Polish Dogs, and the Drug Take-Back by the Police. Half an hour before the doors were to open, there was already a line of people waiting to get at our ‘elephants’. Two hours into the sale, about half the merchandise was snapped up by the early ‘elephant hunters’. All told, an estimated 300 plus people passed through the door. Raffle tickets enjoyed a brisk sale on the strength of the 1st prize basket valued at $600, and the salesmanship of Margie Carr. There are 5 prizes to win. Drawing is scheduled for May 9th. You can still buy your raffle tickets, up to the time of the drawing. Don’t miss your chance to win the big prize! While the police added a measure of security (beyond that provided by Stan Ginn and Don Davis), their presence may also have caused a bit of confusion. As I prompted people to buy a Polish Dog, some thought it was a “police dog” that was for sale! No wonder the curious look on their faces.

THE BOOSTER NEWS

May Birthdays

Sharon Albright
Charles Anderson
Elizabeth Arnold
Xizolom Bai
Ronald Bauhn
Lloyd Boyce
Marilyn Colbert
Lois Corte
Susan Davis
Nicholas Day
Irina Distefano
Ilse Eden
Beverly Elkan
June Felker
Marie Fong

Pauline Gekov
Pauline Hale
Kathleen Haywood
Ann Parsons
Martha Hitier
Eileen Jones
Frances Kandi
Susan Peters
Lorraine Kavanagh
Patti Kobayashi
Gretchen Koehler
Sandi Levy
Lizaso Luisa
Alice Mead
Rgi Miike
Tove Nybo

Shirley Parr
Shirley Parr
Kathleen Haywood
Ann Parsons
Martha Hitier
Eileen Jones
Frances Kandi
Susan Peters
Lorraine Kavanagh
Patti Kobayashi
Gretchen Koehler
Sandi Levy
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Rgi Miike
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Ann Parsons
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Marie Stanzione
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Jean Stenquist
William Tong
James Thede
Samuel Tsai
Joey Valli
Evela Walker
Mike Wall
Dorothy Wilson
Wilma Wong
Linda Wong
Helen Wynne
Zhixin Yu
Margaret Yuen

Scenes from the Resource Fair. An estimated 150 people and representatives from 30 plus vendors participated in our 5th Annual Resource Fair on April 25, 2013. A group from the South Berkeley Senior Center came by bus. Vendors distributed useful information on healthcare, homecare, transportation, housing etc. to the participants. Many vendors also provided prizes which were raffled off to the attendees at various intervals. This marked the best attended Albany Resource Fair to date.

May 2013

Sharon Albright
Charles Anderson
Elizabeth Arnold
Xizolom Bai
Ronald Bauhn
Lloyd Boyce
Marilyn Colbert
Lois Corte
Susan Davis
Nicholas Day
Irina Distefano
Ilse Eden
Beverly Elkan
June Felker
Marie Fong

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Jean Stenquist
William Tong
James Thede
Samuel Tsai
Joey Valli
Evela Walker
Mike Wall
Dorothy Wilson
Wilma Wong
Linda Wong
Helen Wynne
Zhixin Yu
Margaret Yuen

Congratulations to the above on their May birthdays. They will be honored at a Dinner Party on Thursday, May 9, 4:00 pm. Mothers’ Day will also be celebrated at the same time. The Albany Middle School Jazz Band, 20-member strong, will present a special concert after the dinner. Please come out for this special event, and invite your friends. Come, especially if you have a birthday in May.

Dinner is at 4pm. If you just want to come for the concert, it begins at 4:20pm. Sign up early at the Front Desk to reserve your place. Space is limited.
### May 2013 Calendar of Activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>9am Gentle Yoga $6/$7</td>
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<tr>
<td>(No class May 27-31)</td>
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<tr>
<td>10am World Lit. $103/$108 for 14 wks 5/21-8/27</td>
<td>10:15am Trad. Women Dances $7/$8</td>
<td>10:30am Gentle Tai Chi $2/$3 ACC+</td>
<td>9am Art Social $1</td>
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<tr>
<td>12pm Painting and Drawing/ Acrylics $129/$134 5/7-6/25 4pm Dinner</td>
<td>12:15pm Rosen Movement $8/$9</td>
<td>12:30pm Mahjong/Games $1</td>
<td>10am Shopping: Target</td>
<td>9:30am Shopping: Safeway</td>
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<tr>
<td>6:30pm Painting and Drawing/ Watercolor $129/$134 5/7-6/25</td>
<td>1:30pm Feldenkrais Chair $5/$6 3pm Reading Novels $55/$60 for 4/3-6/5</td>
<td>4pm Dinner</td>
<td>10:15am Music &amp; Movement $7/$8 5/3-8/23</td>
<td>9:30am Shopping: Safeway</td>
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<tr>
<td>9am Needlecraft $1 (No meeting May 27)</td>
<td>9am Needlecraft $1</td>
<td>6:30pm Painting and Drawing/ Watercolor $129/$134 5/7-6/25</td>
<td>1:30pm iPad Class 4pm Dinner</td>
<td>11am French Social $1</td>
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<tr>
<td>10:30am Gentle Tai Chi $2/$3 ACC+ (No class May 27)</td>
<td>10:30am Gentle Tai Chi $2/$3 ACC+</td>
<td>4pm Dinner</td>
<td>12pm Bridge Social $1</td>
<td>(No Class May 10 &amp; 17)</td>
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<tr>
<td>11:30am Short Stories $55/$60 4/1-6/10 (No class May 27)</td>
<td>11:30am Short Stories $55/$60 4/1-6/10 (No class May 27)</td>
<td>12pm Bridge Social $1</td>
<td>12pm Bridge Social $1</td>
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<tr>
<td>2:30pm Memoirs $103/$108 5/20-8/26 (No class May 27)</td>
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<td>12pm Bridge Social $1</td>
<td>2pm Lives of Women $55/$60 3/29-6/7</td>
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<td>9:30am Brown Bag</td>
<td>9am Walking Trip: Livermore Outlets 10:30 am FOAS Board Meeting</td>
<td>SUN Green Things 1-4pm</td>
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<td>9:30am Trip: Filoli Gardens</td>
<td>1pm AARP Mature Driving Refresher Course 4pm Birthday Dinner. 4:20pm AMS Jazz Concert</td>
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<td>1:30pm Trip: Safari West</td>
<td>1:30pm Film as a Game Changer</td>
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<td>9am Walking Trip: Angel Island 1:30pm Movie: Odd Life of Timothy Green</td>
<td>9am Podiatry 9:30am Brown Bag</td>
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<td>8:30am Walk: SF Coastal Trail 1:30pm Movie: Gangster Squad</td>
<td>9am Walking Trip: Friends Searching for signs of (wild) life 12pm High Tea</td>
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**Registration or appointments are required for most activities and services provided. Unless otherwise noted, call or come by the Senior Center for more information.

Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 Phone: (510) 524-9122 Fax: (510) 524-8940 www.albanyca.org / email: seniorinfo@albanyca.org**