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, and PANCAKE BREAKFAST in February which was deliciously prepared by our own, Albany's finest, friendly firemen. Then, there was the WES in April. Once again, we finished the goal line with resounding success 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.”

The nominees: President: Bill Decker; First Vice-President: Stan Ginn; Second Vice-President: Harriette Atkins; Secretary: Regan Curtis; Treasurer: Judy Cohen.

WHAT have we been doing the first half of the year? As for FOAS, we had the Booster News in March which was an excellent springboard for the annual FOAS Membership Meeting and General Election. As for FOAS, we had the Booster News in February which was an excellent springboard for the annual FOAS Membership Meeting and General Election.

This is a paid advertisement by Beacon Home Care. The Albany Senior Center is not associated with Beacon Home Care.

The nominees: President: Bill Decker; First Vice-President: Stan Ginn; Second Vice-President: Harriette Atkins; 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 to the Senior Center soon.)
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.

On The Road with The Albany Travel Trouper

by Karen Holzmeister

Schoenfeld and his daughter, Rachel, shared in the day's fun.
Gladish, who led the tour of the recently remodelled 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

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 cream or ice cream.

Bonus Recipe : Cheese Apple Crisp - Arrange 4 cups sliced apples in greased 8" baking dish and sprinkle 1/4 cup cold water. Mix together 1/3 cup flour, 2/3 cup quick-cooking rolled oats, 1 cup brown sugar, 1/8 tsp. baking soda, 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.
“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-us, 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 dirt pathway, the magic of the 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. Sutro. 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 of the density 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.

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. Sutro. 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 of the density 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.

Relaxing lunch by the water of Stow Lake

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, along with 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.

Albany City Council Declares May Older Americans Month. On May 5th, 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.

Resting at the foot of Dawn Falls

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

A short bus journey over A short bus journey over A short bus journey over the falls, so we lingered a little while. Birds were singing but were no-see-us, sprinklings of small wildflowers were up and down the trail and with the sun playing hide-and-seek, it kept us a tad cool.

Relaxing lunch by the water of Stow Lake

**FOAS members attending Council Meeting**

**Bill Decker, Julia Lee and Judy Cohen receiving Proclamation**

**Patrick McKenna & Bill Decker readying the treats**

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

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

**Receiving Proclamation**

**Mention this AD & receive 3 free hours when you book 6 hours of service!**

**510.526.CARE (2273)**

**This is a paid advertisement by Beacon Home Care. The Albany Senior Center is not associated with Beacon Home Care.**
## June 2015 Calendar of Activities

### Monday
- 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)

### Tuesday
- 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 12:30pm Watercolor Tricks and Techniques 5/26-7/14 $129/$134 1:30pm Movie 4pm Dinner

### Wednesday
- 9am Gentle Yoga $6/$7
- 9am Papier Mache $1
- 10:15am Trad. Women Dances 7/8/19 10:30am Gentle Tai Chi $2/$3 ACC
- 12:15pm Rosen Movement 8/$59 (NEW)1pm Smart Phone Photography 4 week class 6/3-6/24 $20 3:30pm Reading Novels 6/24-8/5 $55/$60 4pm Dinner 7:00pm Figure Drawing 4/1-6/3 $84/$94

### Thursday
- 9am Gentle Yoga $6/$7
- 9am Art Social $1
- 9am HICAP $25/$30
- 10:15am Creative Movement 7/8/19 (No Class June 19)
- 10:50am French Social $1
- 12:00pm High Tea
- 1:00pm AARP Mature Driving (2)

### Friday
- 9am Gentle Yoga $6/$7
- 9:30am Gentle Tai Chi $2/$3
- 10:15am Creative Movement 7/8/19 (No Class June 19)
- 10:50am French Social $1
- 12:00pm High Tea
- 1:00pm AARP Mature Driving (2)

### Saturday
- 9am Needlecraft $1
- 9am Yoga $6/$7
- 10am World Affairs/Politics $4/$5
- 11:30am Mandarin Class $1
- 11:15am Line Dancing Beginners $1
- 12:00pm Watercolor Tricks and Techniques 5/26-7/14 $129/$134 1:30pm Movie 4pm Dinner

### Brown Bag
- Brown Bag: Distributes grocery bags of food. $10/year.

### Nutritious Dinner
- Nutritious Dinner: Daily at 4pm. Suggested donation $4.

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

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

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

### Info, Resource Referrals & Form Completion Assistance
- 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-social!
- Just-for-the-fun-of-it-social! Needlecraft, movie, art, French, Pet Lover’s, Mandarin & Bridge: Fee $1. Drop-in.

### Thursday Games
- Thursday Games: Ping Pong, Mahjong, Wii, etc. Fee $1. Drop-in.

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

### Bridge
- Bridge: Fridays, 12 noon.

### Day Trips & Walking Trips
- Day Trips & Walking Trips: Registration required.