

SENIOR CENTER

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The Albany Senior Center provides a comprehensive array of recreational programs and services that meet the needs of older adults in the community enhancing quality of life and helping seniors to remain active, healthy and independent.

At the Albany Senior Center, adults 50 and over enjoy socializing in a warm, friendly atmosphere while participating in the quality programs offered. The center is open Monday–Friday from 9 am–5 pm, excluding major holidays.

ALBANY SENIOR CENTER

Robin Mariona, Recreation Supervisor
Keenan McCarron, Recreation Coordinator
Jess Cosby, Recreation Coordinator
846 Masonic Avenue, Albany
(510) 524-9122

To Enroll

Enrollment or appointments are required to use most of the services provided at the Senior Center. Unless otherwise noted, call (510) 524-9122 for more information.

Paratransit Services

East Bay Paratransit (EBP) is the main provider of paratransit services for anyone who cannot use AC Transit or BART because of a disability. You must become ADA certified to qualify for Paratransit Services. Call (510) 287-5000 to make an appointment and get an application.

Taxi Subsidy Program: Using Measure B and BB Funds, Albany Paratransit provides a subsidy on taxi rides to Albany residents 80 years and over and people with disabilities 18 years and over.

Shopping Trips: The shuttle provides Albany residents 60+ door-to-door transportation from home to nearby grocery stores. Funded by Measures B and BB.

Health Services

Pharmaceutical Collection Bin: Bring expired/unused prescriptions and over-the-counter medicines from your home and dispose of them safely. Bin is accessible during business hours. Vitamins, controlled substances or needles are not accepted.

HICAP Counseling: 3rd Friday of the month. The Health Insurance Counseling & Advocacy Program (HICAP) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health-care options. Personal appointments can be made by calling (510) 839-0393.

RENT
the Senior Center
for your event,
meeting or party.
See page 69
for details.



Why cook? Eat at the Senior Center

The *Albany Tri City Cafe* at the Senior Center serves well-balanced and delicious dinner Monday–Friday at 4 pm. This a great way to enjoy a wonderful meal with others for only a suggested donation of \$4.

Celebrate with us at one of our *Special Event Dinners!* Enjoy great food, entertainment, games and friendly company in a festive atmosphere! Sign-up at the front desk or call (510) 524-9122. Admission is \$5.

Also ask Staff about the monthly *Birthday Dinners!*

HOLIDAY DINNER

Friday, December 15 • 4–5 pm

VALENTINE'S DINNER

Thursday, February 14 • 4 pm

ST. PATRICK'S DAY DINNER

Friday, March 15 • 4 pm

SUNDAE TUESDAY

2nd Tuesday of the month • 4 pm

Come to dinner and receive a free sundae. Sponsored by FOAS.



ALBANY SENIOR RESOURCE EXPO

Thursday, April 18 • 10 am–1 pm • Free

Join us for the 11th Annual Senior Resource Expo in Albany. Representatives from different organizations that provide assistance to seniors and caregivers will be on hand to share information on housing, healthcare, transportation and more. Free health checks demonstrations and presentations will also be available at the event.

ALBANY SENIOR CENTER COMMUNITY SHUTTLE

Keeping seniors active & engaged

The Albany Senior Center Community Shuttle takes adults age 50+ on walking tours and day trips, and provides regular, free door-to-door grocery shopping trips for Albany residents age 60+. Registration is required for all programs.

The Albany Senior Center Community Shuttle is funded by Measures B and BB, administered by the Alameda County Transportation Authority.

Information, Resource Referrals and Form Assistance

The Albany Senior Center maintains up-to-date information on services available to seniors in Alameda County.

Computer Lab: Computers are connected to the internet and available for public use in the Senior Center lobby. Sign-in for a 30-minute timeslot. First-come, first-served.

Computer Tutoring: Free computer tutoring appointments offered by caring volunteers are available. Call the Senior Center for more information.

Nutrition Services

The Albany Tri City Café: Well-balanced dinner served Monday–Friday at 4 pm. Suggested donation: \$4.

Meals on Wheels: Delivers 7 meals per week to homebound seniors. Suggested donation: \$4.

Mercy Brown Bag Program: Grocery bags of nutritional food to seniors on a fixed income. \$10 yearly contribution.



JUST-FOR-THE-FUN-OF-IT SOCIALS

The Senior Center offers opportunities for adults 50+ with similar interest to gather and have fun together. Socialize with friends and make new ones! Please check in at the Front Desk for room location. Schedule is subject to change. Drop-in fee is \$1.



THURSDAYS

No socials on Apr. 18 (Resource Expo)

Painting

Jan. 3–Apr. 25 • 9 am–noon

Show off your artistic side. Bring your own materials and take this opportunity to get some positive feedback on your work.

For Pet Lovers Only!

Jan. 3–Apr. 25 • 10–11 am

Come to this social gathering of pet lovers to learn from each other your responsibilities and how animals and people heal each other.

Mahjong & Games

Jan. 3–Apr. 25 • 1–3 pm

Mahjong, Pinochle, board games, and cards available for anyone looking to have some fun.

FRIDAYS

No socials on Apr. 26 (White Elephant Sale)

French Conversation

Jan. 4–Apr. 19 • 11 am–noon

If you are interested in conversing in French this group is for you. Books are read and current events are discussed.

Bridge

Jan. 4–Apr. 19 • Noon–3 pm

For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.

MONDAYS

No socials on Jan. 21 & Feb. 18 (City Holidays)

Needlecraft & Beading

Jan. 7–Apr. 29 • 9–11 am

Bring your own materials and receive input from peers to improve your craftsmanship.

Senior Center Chorus

Jan. 7–Apr. 29 • 2:45–3:45 pm

Come sing away with people that love music.

TUESDAYS

Matinee Movie of the Week

Jan. 8–Apr. 30 • 1:30 pm

Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown.

Monthly Presentation

Jan. 8–Apr. 30 • Noon–1 pm

One presentation every month. Different discussions/talks or fun events. Ask front desk or look in the monthly chronicle for more information.

WEDNESDAYS

Japanese Conversation

Jan. 2–Apr. 24 • Noon–1 pm

This is a Japanese class taught by a native speaker. It covers the basic elements of the language: pronunciation, vocabulary, structures and most importantly conversation. No experience necessary.

Pop Up Ping Pong

Jan. 2–Apr. 24 • 1:30–3 pm

Come play non-competitive Ping Pong (Table Tennis) at the Albany Senior Center. Exercise for physical health and improve your brain health at the same time! All levels welcome.

Exercise & Dance

Gentle Tai Chi

AGES 50-OLDER

This gentle approach to Tai Chi combines Nei Dang Chi Kung emphasizing deep breathing and meditative elements. Helps circulation, loosening joints and secure balance. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 2-Apr 29*	M/W/F	10:30-11:30 am	49x	\$3	\$4

Instructor: Yachiyo Otsubo

Location: Albany Community Center, Hall
Albany Senior Center, Multi-Use Room (Apr 24-29)

Min: 20; Max: 45 *No class on Jan 21 & Feb 18

Intermediate Hip Hop Dance Workout

AGES 50-OLDER

Sweat and groove to this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you'll learn choreographed hip hop moves. Class consists of a 10-minute warm-up, 45 minutes of dance and a 5-minute cool down. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Students will progressively learn a new choreographed dance at the beginning of each 4-week session. For extra practice, students will receive a weekly video of the steps via email. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Jan 29	Tue	10:30-11:30 am	4x	\$8	\$9
Feb 5-Feb 26	Tue	10:30-11:30 am	4x	\$8	\$9
Mar 5-Mar 26	Tue	10:30-11:30 am	4x	\$8	\$9
Apr 2-Apr 30	Tue	10:30-11:30 am	4x	\$8	\$9

Instructor: Judith Kajiwara

Location: Albany Senior Center, Multi-Use Room

Min: 5; Max: 25

Gentle Yoga

AGES 50-OLDER

This class provides a gentler approach to the practice of Yoga. Enjoy the benefits of increased flexibility, strength and stamina. Yoga encourages better posture, improves digestions, relaxes and calms the mind. Class is suitable for all levels. Wear loose and comfortable clothing and come on an empty stomach. Bring your own mat or towel. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 2-Apr 30*	M-F	9-10 am	83x	\$8	\$9

Instructor: Allan Jacinto

Location: Albany Community Center, Hall (M/W/F);
Albany Senior Center, Multi-Use Room (Tue/Thur; Apr 24-30)

Min: 5; Max: 20 *No class on Jan 21, Feb 18, Apr 18

Rosen Method Movement

AGES 50-OLDER

Discover the benefits of Rosen Method Movement in this class that provides easy, unhurried movements set to music and designed to improve alignment and flexibility, deepen awareness and may heal or prevent injury due to stress. Attending a one-hour class per week can make a significant difference in your vitality. All abilities welcome. Wear loose and comfortable clothing. Bring your own mat or towel. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 9-Apr 24	Wed	12:15-1:15 pm	16x	\$8	\$9

Instructor: Helen Morgan & Deborah Marks

Location: Albany Senior Center, Multi-Use Room

Min: 3; Max: 15

Beginning Hip Hop Dance Workout

AGES 50-OLDER

Designed especially for beginners, we'll demystify hip hop until you're moving and grooving in this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, a choreographed dance will be cumulatively taught during each 5-week session. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. For extra practice, students will receive a weekly video of the steps via email. This class is taught at a slower pace than the Intermediate Hip Hop Class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 3-Jan 24	Thur	11:30 am-12:30 pm	4x	\$32	\$36
Jan 31-Feb 21	Thur	11:30 am-12:30 pm	4x	\$32	\$36
Feb 28-Mar 21	Thur	11:30 am-12:30 pm	4x	\$32	\$36
Mar 28-Apr 25*	Thur	11:30 am-12:30 pm	4x	\$32	\$36

Instructor: Judith Kajiwara

Location: Albany Senior Center, Multi-Use Room

Min: 5; Max: 25 *No class on April 18

Free to Move: Expressive Movement & Rhythm for Brain & Body Health

AGES 50-OLDER

Motion is Lotion! It's an essential balm for surviving troubled times. You need this class! Come ease your pains and stiffness and return to a fuller sense of yourself, joining the lively company of Albany Senior Center's resident creative movers, Impromptu No Tutu (recently featured on KDFC's Neighborhood Spotlight). Our passion is to inspire the joy of movement in all ages and abilities.

Guided by the creative processes of Orff Schulwerk, this class will free you up on all levels—to play, interact and explore the expressive language of movement, sharpening both physical and mental agility. We warm up with simple elements of the Brain Dance* and T'ai Chi, then respond to diverse genres of music, voice or silence, as well as inspirations from art and nature. Chairs and other imaginative props are used to expand range of motion and balance. Class members are welcome to suggest music and movement ideas so that the class experience is collaborative.

One Friday a month, during the school year, children from the Albany Preschool next door join us for half an hour. This class also occasionally tours to other senior centers to demonstrate healthy aging through movement. Call the Center before dropping in so you know where to find us. Fee is per class.

**Developed by Anne green Gilbert, Creative Dance Center, Seattle

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 11-Apr 19*	Fri	10:15-11:30 am	15x	\$9	\$10

Instructor: Greacian Goeke

Location: Albany Senior Center, Multi-Use Room

Min: 3; Max: 25 *No class Apr 26

Women's Traditional Dances for Fun, Exercise & Enlightenment!

AGES 50-OLDER

Explore traditional women's dances from Greece, Bulgaria, Armenia, Macedonia and other Balkan countries where ancient wisdom is still detectable in the folk culture. Simple and repetitive, the dances foster interconnectedness and empower us to be more fully present as women. Accessible to anyone who can walk, a dynamic dance line (the horo) describes circles, crescent moons, spirals, meanders and other earth mandalas to lovely ethnic music. Ingrid has been teaching these dances since 1958. Drop-in! Beginners and experienced dancers alike are always welcome. Drop-in! Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 2-Apr 24	Wed	10:15-11:30 am	17x	\$7	\$8

Instructor: Ingrid Talmadge

Location: Albany Senior Center, Multi-Use Room

Min: 4; Max: 25

Exercise & Dance

Walk, Talk & Be Healthy!

AGES 50-OLDER

A program designed to encourage walking as a healthy life style for adults 50+. Ride on the Senior Center shuttle bus to regional parks and other interesting and scenic places. Walk as you connect with other seniors. Walks are usually 2 to 4 miles, and are generally easy to moderate in difficulty. Bring a bag lunch, or lunch at a designated eatery. Monthly walk schedules and registration forms are available at the Albany Senior Center. Space is limited. Early registration is recommended.

DAY	TIME	ALBANY RESIDENT	NON-RES.
Tuesdays	8:30 am-2:30 pm		Varies for each trip

Instructor: Zion Lee
Location: Each walk departs from the Senior Center
Min: 5; Max: 20

Fitness into the Golden Ages: Weight & Balance Training

AGES 40-OLDER

The Albany Senior Center is partnering with **All In One Fitness** to present "Fitness into the Golden Ages". With over 25 years of professional fitness experience, the All-in-One trainers will help you improve your strength, joint mobility and balance for enhanced quality of life. Also, focusing on reducing arthritis aches and pains by aligning the musculature surrounding the joints with easy techniques.

With their non-intimidating and gentle approach, they will train you using simple body resistance exercises, exercise tubes and dumbbells, and other small apparatus. Come see what training can do for you!

Jasmine is the owner and manager of ALL In One Fitness. During the last 14 years of running All in one fitness, she and her partner established a niche in working with seniors and improving their quality of life through exercise!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 9-Jan 30	Wed	11-11:45 am	4x	\$29	\$34
Feb 6-Feb 27	Wed	11-11:45 am	4x	\$29	\$34
Mar 6-Mar 27	Wed	11-11:45 am	4x	\$29	\$34
Apr 3-Apr 24	Wed	11-11:45 am	4x	\$29	\$34

Instructor: Jasmine Buczek, NASM Personal Trainer, Corrective Exercise Specialist
Location: Albany Senior Center, Multi-Use Room
Min: 5; Max: 12

Absolute Beginner Line Dance

AGES 65-OLDER

Music, movement, memorization that will benefit the mind and health. No experience required—however, background in music and rhythm are beneficial. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 3-Apr 25*	Thur	2-3 pm	16x	\$2	\$3

Instructor: Julia Lee
Location: Albany Senior Center, Multi-Use Room
Min: 4; Max: 16 *No class on Apr 18

High Beginner Line Dance

AGES 65-OLDER

A continuation of the Absolute Beginner line dance class. Prerequisite would be completing the Absolute Beginner Line dance class. More difficult line dances in this advanced session. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Apr 29*	Mon	1:45-2:45 pm	15x	\$2	\$3

Instructor: Julia Lee
Location: Albany Senior Center, Multi-Use Room
Min: 4; Max: 16 *No class on Jan 20 & Feb 18

Chair Exercise

AGES 65-OLDER

Chair aerobics, Stretching, and Conditioning. Fee is per class. Extra Balancing & Fall Prevention class afterwards \$1 extra.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Apr 29*	Mon	Noon-1 pm	15x	\$2	\$3
Jan 3-Apr 25*	Thur	Noon-1 pm	17x	\$2	\$3

Instructor: Julia Lee
Location: Albany Senior Center
Min: 4; Max: 16 *No class on Jan 21, Feb 18 & Apr 18

Circle Dancing

AGES 50-OLDER

Simple folk dances done holding hands in a circle. No experience necessary; each dance is taught just before it is done. Traditional dances from Greece, Israel, Scotland Russia, the US, and many other places, plus newly-choreographed dances. Some are slow and meditative, and some are more lively. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
4th Fridays*	Fri	7:30-9:30 pm		\$4	\$5

Instructor: John and Marina Bear
Location: Albany Senior Center, Multi-Use Room
Min: 3; Max: 15 *No class on April 26

Zumba® Gold

AGES 55-OLDER

Zumba® is one of the most popular dance fitness programs in the world! Moves that are inspired by Latin, pop and international music creating a fun, dance party-like atmosphere. Everyone is invited, no dance or fitness background needed. It's a great way to get exercise and feel great! Zumba® Gold, is the modified version. This class is designed with the active older adult in mind. Perfect for seniors, adult beginners, the de-conditioned or returning to fitness student, and anyone who desires a slower paced, lower impact yet energetic- dance fitness class. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 3-Apr 25*	Thur	10:15-11:15 am	16x	\$7	\$8

Instructor: Hildy Revenaugh
Location: Albany Senior Center, Multi Purpose Room
Min: 5; Max: 20 *No class on April 18

Senior Ballet: Aging Gracefully

AGES 50-OLDER

Accompanied by classical music, this class is gentle, slow, strain-free, appropriately modified version of classical ballet exercises. Starting at the barre for proper body alignment followed by adagio and slow graceful movements. Please wear ballet slippers, soft Jazz shoes or go barefoot.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 5	Tue	1:45-3 pm	5x	\$36	\$41
Feb 12-Mar 12	Tue	1:45-3 pm	5x	\$36	\$41
Mar 19-Apr 16	Tue	1:45-3 pm	5x	\$36	\$41

Instructor: Nona Refi
Location: Albany Senior Center, Multi-Use Room
Min: 6; Max: 12

Rosen Method: Moving Body & Soul

AGES 50-OLDER

This one-hour class is fun and easy, made for everyone, beginners and experienced movers, open to all fitness levels. Exercises are simple, practical and profound, all done to a wide variety of wonderful music. It's a pathway to presence, awareness and wholeness. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Apr 26	Fri	9-10 am	17x	\$9	\$10

Instructor: Odile Atthalin
Location: Albany Senior Center, Multi-Use Room
Min: 3; Max: 15

Read & Write

Remarkable Voices: Winter/Spring

AGES 50-OLDER

Each Term will involve a different topic/book. In the first term, we will read more illuminating excerpts in *The Norton Book of Friendship*, edited by Eudora Welty and Ronald Sharp. The first term we will read self-revealing letters by humorist Edward Lear to the wife of the poet Alfred Tennyson, among other surprises. The second term will read *New Selected Poems* by Philip Levine, whose work is direct and humane. Publisher: Alfred Knopf.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Mar 25*	Mon	11:30 am-1:30 pm	10x	\$80	\$85
Apr 1-June 10**	Mon	11:30 am-1:30 pm	10x	\$80	\$85

Instructor: Debra Ratner
 Location: Albany Senior Center, Multi-Use Room
 Min: 4; Max: 30 *No class on Jan 21, Feb 18 & May 27

Fiction Writing: Winter/Spring

AGES 50-OLDER

Whether you're new to writing fiction or want to enrich your skills, this course will give you a strong foundation for writing stories and/or novels. In-class exercises will be central, along with discussions of plot, character and voice. The atmosphere is lively and supportive, and the instructor will give your writing considerable attention.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 11-Mar 15	Fri	2-4 pm	10x	\$100	\$105
Mar 22-May 31*	Fri	2-4 pm	10x	\$100	\$105

Instructor: Debra Ratner
 Location: Albany Senior Center, South Room
 Min: 4; Max: 30 *No class on April 26

Novels & Memoirs by Women: Winter/Spring

AGES 50-OLDER

Each Term will involve a different topic/book. In the first term we'll read the glorious novel *Song of Solomon* by Toni Morrison, using the Plume/Penguin edition. In the second term, Mary Gordon's *seeing through places* is an exquisitely written memoir. As poet Eavan Boland wrote, Gordon's book is a "rare study of the past, not just as it happened but as it re-happens in retrospect and language."

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 9-Mar 13	Wed	3-5 pm	10x	\$80	\$85
Mar 20-May 22	Wed	3-5 pm	10x	\$80	\$85

Instructor: Debra Ratner
 Location: Albany Senior Center, South Room
 Min: 4; Max: 30



The Artists Way

AGES 50-OLDER

Whether your interest is dancing, writing painting or gardening this class will explore an artistic process. Using Julia Cameron's *The Artists Way*, we will recover our dreams and build creative confidence through journaling and fun activities. Please buy the book *The Artists Way* by Julia Cameron, any addition works. \$10 for material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Apr 2	Tue	9:30-11:30 am	13x	\$100	\$105

Instructor: Karen Adams
 Location: Albany Senior Center, South Room
 Min: 4; Max: 12

Friends of Albany Seniors
Fundraisers
 to support the Albany Senior Center

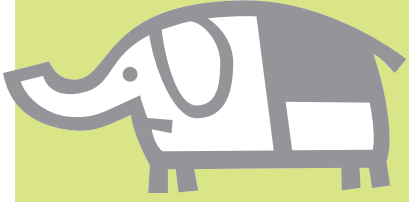


Pancake Breakfast

Join the Friends of Albany Seniors for breakfast prepared especially for you by Albany firefighters.

Saturday, February 9
9 am-1 pm

\$8 Adults, \$5 Children (6 and under)



White Elephant & Bake Sale!

The Friends of the Albany Senior Center invite you to find great bargains at this yearly fundraiser. There will be toys, jewelry, books, baked goods and more!

Saturday, April 27 • 9 am-2 pm

Now accepting items!
 Electronics, typewriters, clothing or furniture will be not be accepted.

Albany Senior Center
846 Masonic Avenue, Albany

Call the Albany Senior Center today for more details!

(510) 524-9122

Special Interest

NEW

iPhone Photography

AGES 50-OLDER

Whether you are new to smartphone photography or nearly a pro, this class is for you. You may just "point and shoot" with your smart phone or tablet because you haven't learned to maximize the camera. Are your photos out of focus or uninteresting? During this class, you will learn the functions of the camera, basic exposure and composition techniques, and which apps will help you take your pictures to the next level. Learn how to: document your travels, special family moments, or even your growing garden with your smart device; what apps make the best images; to look at the world differently and to take photos you may never have thought to take before.

During each session there will be time for step-by-step demonstration, as well as, time for Q&A and practicing individually with one-to-one instruction from the teacher. One or more field trips may take place depending on weather. Please bring your Apple ID and password (or equivalent for your android phone).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 7-Mar 14	Thur	1:30-3 pm	6x	\$50	\$55
Mar 21-Apr 24*	Thur	1:30-3 pm	6x	\$50	\$55

Instructor: Carol Carlisle

Location: Albany Senior Center, South Room

Min: 4; Max: 15

AARP's 55 Alive Mature Driving

AGES 50-OLDER

This class provides awareness of aging as it affects driving. It offers participants compensating techniques, and emphasizes defensive practices for drivers age 50 and older. Participants must take both classes to receive their Certificate of Completion, which entitles drivers, 50 and older, to a discount for three years on their auto insurance. Fee for this class is \$15 for AARP Members, \$20 for Non-Members. Check or money order only (No cash), payable to: AARP. AARP members bring membership number.

DATE	DAY	TIME	MEETS	AARP MEM.	NON-MEM.
Jan 24-Jan 31	Thur	1-5 pm	2x	\$15	\$20

Instructor: Alice Meyers

Location: Albany Senior Center, South Room

Min: 10; Max: 20



iPad Partners for Beginners

AGES 50-OLDER

Calling all computer newbies! We are continuing a drop-in weekly support group for those who are newer users of iPads or other touch screen devices, and who ideally have very little or no previous technology experience. Join-in and be prepared to learn and practice in partnership with others just like you. We will focus on getting around on our devices, learning and reviewing basics and useful skills, practice the how-to's of email and internet and share both fun and problem-solving apps. Bring your touch screen device or use one of ours at any class. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 2-Apr 24	Wed	1:45-2:45 pm	17x	\$1	\$1

Instructor: Mary McKenna

Location: Albany Senior Center, South Room

Min: 4; Max: 35

World Affairs & Politics

AGES 50-OLDER

This is an open group discussion of world affairs and politics, both local and international. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Mar 26*	Mon	11:30 am-1 pm	10x	\$4	\$5
Apr 1-June 17*	Mon	9:45-11:15 am	11x	\$4	\$5

Instructor: Constance Cole

Location: Albany Senior Center

Min: 12; Max: 35 *No class on Jan 21, Feb 18 & May 27 (No instructor on Apr 1)

Advanced Beginner Guitar

AGES 50-OLDER

Learn to Play guitar in a relaxed, fun environment. Experience needed. Bring your own guitar. Material provided. Play with a pick. Drop-ins welcomed. Fee per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Apr 29*	Mon	1:45-3 pm	15x	\$5	\$6

Instructor: Rob Waxman

Location: Albany Senior/Youth Annex, 842 Masonic Ave.

Min: 5; Max: 12

*No class on Jan 21 & Feb 18

The Art of Seeing: Fine Art Photography

AGES 50-OLDER

The class will explore what it means to see deeply and look attentively. The field of photography will be viewed through multiple lenses: as a fine art form, a short storytelling medium and a contemplative practice. This class is for experienced photographers working to take their artistry to the next level and will culminate in a group exhibition.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 16-Mar 6*	Wed	11 am-1:30 pm	6x	\$184	\$189
Jan 18-Mar 8*	Fri	11 am-1:30 pm	6x	\$184	\$189

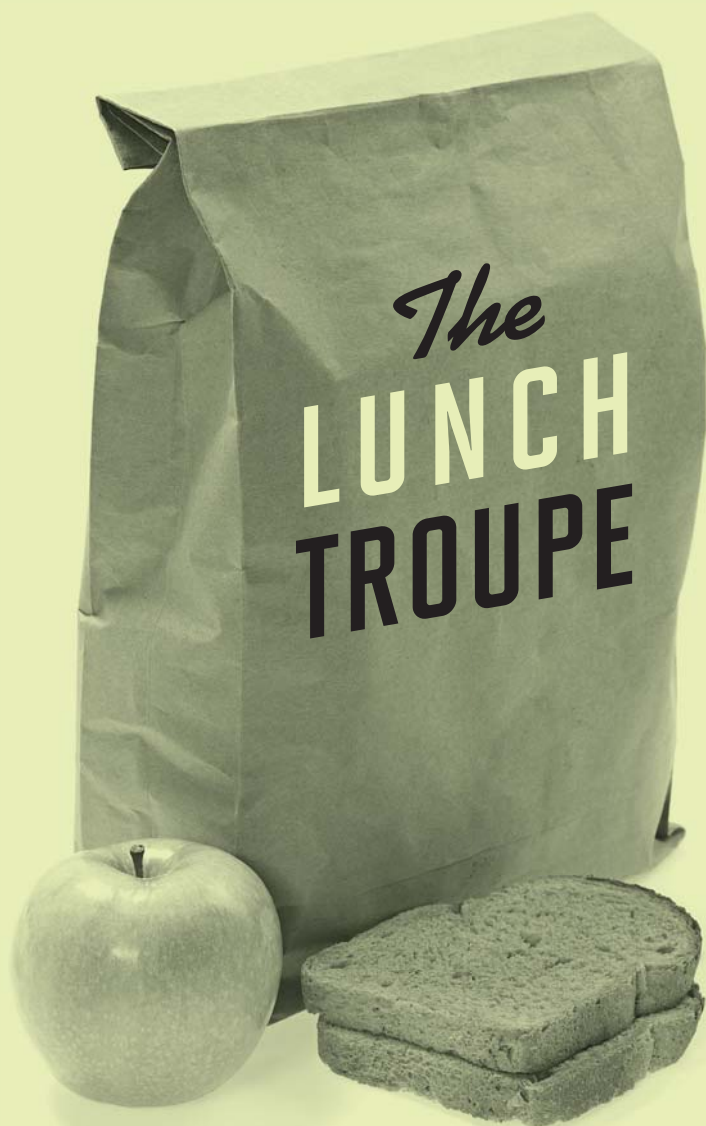
Instructor: Becky Jaffe

Location: Albany Senior Center, South Room

Min: 8; Max: 20 *No class on Jan 30, Feb 1, Feb 20 & Feb 22

Senior Travel Lunch Troupe

Join in on this new part of the Senior Travel Troupe as we explore and enjoy lunch at some of our area's finest dining destinations. Hop aboard our bus with family, friends and other food connoisseurs for an afternoon of good food, good company and great fun! All trips include transportation. Lunch and exploring are on your own.



Lunch at Whipper Snapper, San Rafael

AGES 50-OLDER

Trip Includes: Transportation. Please bring \$28 cash to pay for your lunch, including soft drink, tax and tip.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 9	Wed	11 am-3:30 pm	1x	\$19	\$24

Min: 12; Max: 21

Paul Lista Brazilian Kitchen, Oakland

AGES 50-OLDER

Trip Includes: Transportation. Lunch on your own at Paul Lista.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 25	Mon	11 am-2 pm	1x	\$19	\$24

Min: 12; Max: 21

Contra Costa Culinary College: Make your own lunch

AGES 50-OLDER

Trip includes: Transportation and lunch at the Culinary College.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 9	Sat	11 am-3 pm	1x	\$44	\$49

Min: 12; Max: 21

Treasure Island Job Corps: "5 Star" Lunch

AGES 50-OLDER

Trip Includes: Transportation. Bring \$15 cash for-lunch.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 25	Thur	11 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

Travel

Albany Senior Travel Troupe

All adults ages 50 and older are welcome to travel with us as we explore the beautiful and exciting areas and attractions around Northern California. Hop aboard our bus and leave the worrying to us. Each trip is led by a group leader. All trips include periods of walking, standing and sitting unless otherwise indicated. Travel itineraries are subject to change.

DeYoung Museum: Gauguin Exhibit

AGES 50-OLDER

Trip Includes: Transportation, Docent led tour, lunch on your own at the DeYoung after tour.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 17	Thur	9:15 am-3:30 pm	1x	\$41	\$46

Min: 12; Max: 21

Red Hawk Casino

AGES 50-OLDER

Trip Includes: Transportation, Red Hawk, gambling and gaming, lunch on your own at the Casino.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 23	Wed	8:30 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

The Last Day of January 2019: Tesla Winery Champagne Tasting

AGES 50-OLDER

Trip Includes: Transportation, tasting of several champagnes, lunch on your own in Downtown Livermore.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 31	Thur	10:30 am-4 pm	1x	\$29	\$34

Min: 12; Max: 21

Rosie the Riveter/World War II Home Front National Park

AGES 50-OLDER

Trip Includes: Transportation, access to the Rosie the Riveter Museum and lunch on your own in Richmond.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 6	Wed	9:30 am-3:30 pm	1x	\$19	\$24

Min: 12; Max: 21

Oakland Zoo: Featuring the New Gondola Ride

AGES 50-OLDER

Trip Includes: Transportation, Docent led tour of the Zoo. Lunch on your own at the new Zoo Restaurant.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 13	Wed	9 am-3:30 pm	1x	\$37	\$42

Min: 12; Max: 21

The Walt Disney Family Museum

AGES 50-OLDER

Trip includes: Transportation, Docent led tour of the museum. Lunch on your own in the Presidio.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 21	Thur	10 am-4 pm	1x	\$39	\$44

Min: 12; Max: 21

Cache Creek Casino

AGES 50-OLDER

Trip Includes: Transportation. Gaming, exploring, shopping and dining on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 11	Mon	8:30 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

California Missions Museum: Walk the Mission Trail Under One Roof

AGES 50-OLDER

Trip Includes: Transportation, self-guided tour of the museum. Lunch on your own in Downtown Sonoma.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 21	Thur	8 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

Ferry Boat to San Francisco: Fisherman's Wharf Pier 41 and Pier 39

AGES 50-OLDER

Trip Includes: Transportation, round trip Ferry Boat from Oakland to San Francisco. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 25	Mon	9:15 am-5 pm	1x	\$27	\$32

Min: 12; Max: 21

Thunder Valley Casino

AGES 50-OLDER

Trip Includes: Transportation. Gaming, exploring and shopping on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 1	Mon	8:30 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

San Francisco Zoo

AGES 50-OLDER

Trip Includes: Transportation, Docent led tour of the Zoo. After the tour, roam the zoo and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 11	Thur	8 am-3 pm	1x	\$24	\$29

Min: 12; Max: 21

Half Moon Bay: A Day at the Beach

AGES 50-OLDER

Trip Includes: Transportation. Sight seeing, shopping and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 29	Mon	9 am-4:30 pm	1x	\$19	\$24

Min: 12; Max: 21



Senior Travel Troupe Extended Vacations

We are excited to announce the addition of extended vacations to our program. This is a great opportunity to travel with friends and family to enticing travel destinations around the world with confidence that you're doing so with the Albany Senior Travel Troupe. Avoid the hassles of booking a vacation with our worry-free "one-stop traveling". Sign-up for your dream destinations and leave the worrying to us. We offer a program with no membership fees, high quality all inclusive packages, competitive prices and the most important part: traveling with someone you know! We hope you can take advantage of these exciting, upcoming vacations.

Colorado Rockies, Rails & Western National Parks

AGES 50-OLDER

9 Days: July 14, 2019

Trip Includes: Round-trip airfare (OAK), hotel, ground transfers, 11 Meals (8 breakfasts, 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$2975 per person, double occupancy; \$1000 single supplement. Deposit: \$300 per person. Final payment due April 2019.

Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

Nova Scotia & The Canadian Maritimes

AGES 50-OLDER

9 Days: August 14, 2019

Trip Includes: Round-trip airfare (SFO), hotel, ground transfers, professional tour guide, 12 Meals (8 breakfasts, 4 dinners), motorcoach transportation, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$3295 per person, double occupancy; \$1025 single supplement. Deposit: \$300 per person. Final payment due May 2019.

Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

SPECIAL PRESENTATION: SENIOR TRAVEL TROUPE 2019 SCHEDULE

Friday, February 1, 2019 • 11 am • Free Senior Center

Want to learn more about our Extended Vacations for 2019? Come see our exciting lineup from Premier World Discovery.

- Smoky Mountains and Bluegrass (October)
- Spain and Portugal Highlights (November)
- Switzerland, France & Christmas Markets on the Rhine (December)