November Birthdays

Congratulations to the above individuals on their November Birthdays. A special birthday party is planned for Wednesday, November 22, 4 pm, when we will also be hosting a Thanksgiving Celebration Dinner. The menu features a traditional Roast Turkey Dinner with Cranberry Sauce & Pumpkin Pie. After dinner join us for a fun Turkey In-Flight game with wonderful prizes. $5 donation. People with a November birthday are invited to come and eat Free. Pre-registration is a must because of this ever-popular event. Sign up early to avoid being turned away at the door.

October Birthday Party Pictures—

October birthday celebrants
Albany H.S. “Vocal Souls” entertains
Modern ballet by Naomi & Jennifer

FOAS President’s Message

We’re now into the holiday season and it’s time to call on all our bakers to donate baked goods for our Holiday Market & Bake Sale scheduled for December 2nd. Please sign up at the front desk. I would like to mention that on Sunday, November 5th we gain an hour of sleep on account of the time change.

Now I have some BAD News. I’m very sad to announce that I will be moving out to Red Bluff in the near future. I’m calling this an extended vacation! I’ve been active here since May 2010. This is a needed move as there is better affordable housing there and my housemate’s family lives there as well. Anyway, the move will be as soon as possible, which may be a month or so.

Well that’s all for now, folks!

FOAS President, Bill Decker

The month of October was a very busy time for our Travel Troupers. They participated in 6 different trips or lunches throughout the Bay Area. Our Troupers saw Hamlet at the Geary Theater, dined at Sausage and Suds Festival and Phat Matts BBQ for lunch, visited San Franciscos Precito Eyes Murals in the Mission District and finished the month going to IL Fiorello Olive Oil Farm for tour and Catered BBQ Lunch. The month concluded with the Centers Annual Clam Bake. October was a very active month .. Thanks to all our Troupers.

By Dan Paiva.

THE BOOSTER NEWS
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NEWS FOR AND ABOUT ALBANY SENIORS
Albany Senior Center
846 Masonic Ave
Albany CA 94706
524-9122

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November 2017

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By Dan Paiva.
Check out these new classes beginning in 2018, designed especially with you in mind. You will find something that you like and enjoy learning in the coming New Year!

Senior Ballet - Aging Gracefully
Accompanied by classical music, this class is gentle, slow, strain-free, an appropriately modified version of ballet exercises.
3 Sessions: Jan 9 to Feb 6; Feb 13 to Mar 13; Mar 20 - Apr 17. Tuesdays 1:45-3:00PM $36 /$41 R/NR
Instructor: Nona Refi (per session)

Chair Exercise
Want to work-out while sitting or standing without involving much mobility? This class is for you. We will do a variety of moves, stretching, conditioning, balancing, aerobics and dancing... Try it and you will like it!
3 Sessions: Jan 5 - Feb 6; Feb 9 - Mar 9; Mar 16 - Apr 20*
Fridays 12:30-1:30PM $24/$29 R/NR
Instructor: Julia Lee *No Class on Apr 6 (per session)

The Art and Craft of Storytelling
Everyone has a story to tell. You have too! Learn to tell stories others will want to hear. Tell stories with joy and celebration! Share your stories in a supportive environment. Make new friends!
2 Sessions: Jan 23 - Feb 27; Mar 6 - Apr 10
Tuesdays 10:30AM – 12:00PM
$34/$39 R/NR (per session)
Instructor: Barbara Rogers / LaVonne Taft

Intro to Calligraphy
It can help improve your handwriting. It’s meditative, and you can impress your friends with decorated cards and envelopes. This class will show you how to use a calligraphy pen to create beautiful letters.
1 Session: Jan. 3 – Feb. 7; Feb. 14 – Mar. 28
Wednesdays 9:30-10:30am $46/$51 R/NR (per session)
Instructor: Meredith Klein *No Class: Mar. 7

Birds of the Bay Area — Bird Feeding Seminars
The birding seminars are for beginner birders as well as seasoned birders to expand their birding experience. Anne Hoff, the enthusiastic instructor, is certified as a Master Birder by the California Academy of Science, Golden Gate Audubon.
2 Sessions: January 8; March 26 Mondays 10:30-12:30pm $19/$24 R/NR (per session)
Instructor: Anne Hoff

Beginning Guitar
Learn to play Guitar in a relaxed, fun, environment. Bring your own guitar. Material provided. Play with a pick.
2 Sessions: Jan 22 – Mar 5; Mar 12-Apr 16. Mondays 1:45–3:00pm $39/$44 R/NR (per session)
Instructor: Rob Waxman

The Graphic Memoir
The graphic memoir is an exciting development in the modern literature, filling the niche between prose and film. In this class, everyone will make a short graphic memoir of a significant moment/event in their life.
2 Sessions: Tuesdays: Jan. 9 – Feb. 13 & Thursdays: Mar. 15 - Apr. 19. 6:00-7:30 pm $51/$61 R/NR
Instructor: Janice Shapiro (per session)

* CTAP iPhone Class
Learn how to: send text messages, turn smartphone into magnifier, connect Bluetooth devices, and do basic operations of iPhone
2 Sessions: Jan. 11 & February 1. Thursdays @1:30–3:30pm Free! Instructor: CTAP representative

Jewish Folk Dance
Deeply ingrained in the Jewish culture, this dance teaches choreographies with different layers of complexity, so beginners and advanced students alike will be able to enjoy dancing together.
3 Sessions: Jan 12 – Feb22; Feb 26 –Mar.19; $29/$34 /Mar.26. –Apr. 23 $36/$41 Mondays 12:40 –1:40pm
Instructor: Leila Halsband

Spanish for Beginners
Taught by a native speaker and former Spanish teacher in an interactive, fun way with songs, dialogues, worksheets, flash cards, games, etc., to help you speak Spanish the very first day.
Session: January 4 — April 19* (12 classes) Thursdays: 11:30am –12:30pm $24/$29 R/NR
Instructor: Maite Rodrigues. * No Class 2/1, 2/22, 3/15, 3/29

Halloween 2017. It was a night unlike any other at the Senior Center when ghosts and goblins, beauties and beasts, and animals aspiring to become humans all converged at the dining hall. It was a “be-all-you-want-to-be” night, as well as a competition for the best dresser of the evening. First, there was a parade of costumed contestants from the Teen Center, ranging from a recognizable “Big Bird” to characters from TV shows only a teenager would know. Big Bird won, as voted by the seniors in the audience. Then it was the seniors’ turn to show off. From a field of nine colorful contestants, Margie Carr took top honor, playing the cat woman as Sylvestra. The second and third prizes went to Wendolyn Gardner and Julia Lee, respectively. Participating as monitors on the voting-integrity panel were Kathy Campbell, Mel Augustine and Zion Lee.
During the last two weeks of September I was fortunate enough to experience a travel "bucket list" item that I have wanted to do for a long time. Especially since several of my fellow hikers returned from the vacation I was pining for with glowing recommendations. I will start with this quote, "Without a single doubt, it is the most attractive Inkan production, as the best adjectives are used to qualify its beauty and monumental aspect. However, all of them seem to be insufficient, which makes us say, 'YOU HAVE TO SEE IT!' I couldn't agree more--you can physically describe it but the aura that pervades when you are looking at it encompasses your total being and what you cannot be described. Four-thousand people experiencing what you are at the same time and it feels like you are the only one there.

Machu Picchu, which means Elder Mountain, was selected as one of the Seven Wonders of the Modern World in 2007. It is located southeast of Lima, Peru, on the east side of the Andes. It seems to be a little mountainous region within the larger, bigger Andes mountainous region. The Inka city built in the 2nd half of the 15th century on a ridge on the mountain was always thought to be a great solar worshippers sanctuary with magical powers and a religious base. An engineering marvel, it took thousands of laborers 50 years to build with much polished stone fitted to stone (huge boulders to huge boulders in many cases) with no mortar in between and was occupied by approximately 500 people at one time. If you are further interested I suggest looking up Machu Picchu on the internet--for me, being a 'bucket list' item, I HAD TO SEE IT!!!!

A second part of my travel journey was a trip to the Galapagos Islands--home to fearless wildlife and close encounters with nature. The Islands sit 2 and one-half hours flight time due West of Ecuador on the equator (I walked on the equator in Quito, Ecuador). They consist of six main islands and 12 smaller islands in the archipelago. We boarded a 16-passenger boat upon arrival and that was our home for the next 5 days. We explored under our guide’s leadership four or five of the islands. A highlight of the trip was getting to walk around the same areas that the giant tortoises (50 to 200 years old) were walking around and was their home territory. We were walking among 30-40 of these 'big turtles'. Others highlights were the numerous large iguanas we had to avoid on our paths, the colorful and interesting red and blue-footed booby birds that were on a number of the islands, the beautiful, graceful frigate birds always soaring overhead while looking for something to pluck from the shoreline, sea lions and fur seals cuddling their babies as we walked by and while snorkeling seeing the hammerhead sharks gliding by without a look at us but got our hearts racing pretty fast. It was quite an experience--we, of course, moved around all we encountered and they had no fear of us. We were asked to stay several feet from the animals on the land. Charles Darwin, who visited the Galapagos in the early 1800s and published his theories on natural selection and evolution in his controversial book in 1859 "The Origin of Species", said of this archipelago "it seems to be a little world within itself". I am agreeing--it seems like all living things just get to be. These two adventures have definitely provided some very memorable highlights for me going forward--check two off the 'bucket list'.

“Two Off My Bucket List” By Pat Toussant

About 35 seniors gathered at the Senior Center on October 30 for our first ever Clam Bake. The event was originally planned for Terrace Park in Albany, but due to the weather it was moved to the multipurpose room at the Senior Center. No matter! The crowd was just as enthusiastic as ever. They enjoyed a delicious meal of Clams, BBQ Chicken, Roasted Corn, complete with red and white wine served by Sid Schoenfeld, Dan Paiva and Harry Schreyvogel. Entertainment was provided by a dueet of musicians — Holly Earl (accordion) and Susan Klein (violin). The event was made more memorable as each participant had their likeness sketched by a quick-sketch artist. Whether by accident or by design, every person looked 50 years younger in their picture. That was the magic of the day!

Participants enjoying good food, Pat & Harry ensure the spirit is high

Music by  Susan Klein & Holly Earl

Tricia Clark in a sketch session

Busy in kitchen: Iona, Florence & Carolina

Albany Senior Center and the Alameda County Public Health Dept. Diabetes Presentation Albany Senior Center Tuesday, November 14, 2017 11 am – 12:30 pm

Gain a better understanding of diabetes and how it is diagnosed. Learn how to eat foods you enjoy while managing your diabetes. Learn how your medications work.

Learn the 7 self-care behaviors:
• healthy eating  • solving problems in unusual situations
• physical activity  • reducing the risk of complications
• monitoring blood glucose  • coping with stress and emotional issues
• taking prescribed medications

Jazz up your holiday greetings with colorful Calligraphy & Design ideas! Hold your spot – register early!
Monday: 12/11/2017  Resident: $12/ Non-Resident: $13
### November 2017 Calendar

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

<table>
<thead>
<tr>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
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<th><strong>Thursday</strong></th>
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<tbody>
<tr>
<td>9am Gentle Yoga $7/$8 ACC</td>
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<td>9:45am World Affairs/Politics $4/$5</td>
<td>10:30am Hip Hop Dance $8/$9</td>
<td>9am Papier Mache $1</td>
<td>9am Art Social $1</td>
<td>9am Rosen Movement $9/$10</td>
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<tr>
<td>11:30am Remarkable Voices $90/$95</td>
<td>10:00am Gentle Tai Chi $3/$4 ACC</td>
<td>11am Photography/Fine Art</td>
<td>10:30am Zumba Gold $7/$8</td>
<td>11am French Social $1</td>
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<td>1:45pm Beginner Line Dance $2/$3</td>
<td>11am Fitness into the Golden Ages $29/$34</td>
<td>(11-1-11-29)</td>
<td>(11-16-12-14)</td>
<td>$174/$179 (10/13-11/17)</td>
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<tr>
<td>3pm Sing Along $1</td>
<td>12:15pm Rosen Movement $8/$9</td>
<td>12:15pm Table Tennis anyone $34/$39</td>
<td>12pm Beginning Japanese $1</td>
<td>12pm Bridge Social $1</td>
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<tr>
<td>4pm Dinner</td>
<td>1:45pm iPad Partners for Beginners $1</td>
<td>(10/19-11/30)</td>
<td>3pm Reading Novels $80-$85 (9/13-11/15)</td>
<td>2pm Fiction Writing $110/$115</td>
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<tr>
<td>6pm Basic Drawing $30/$40 (11-6/12-11)</td>
<td>3pm Dinner</td>
<td>4pm Dinner</td>
<td>(9/15-12/15)</td>
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#### Highlights of November Activities:

- **Tuesday, November 14. Presentation on Diabetes.** Learn how to eat foods you enjoy while managing your diabetes, and how your medications work.
- **Wednesday, November 22: Birthday Celebration & Thanksgiving Party.** Enjoy a traditional Roast Turkey Dinner, with Cranberry Sauce & Pumpkin Pie, and watch the flying Albany Turkey bring you fun and prizes.
  - Senior Center Nov. Closings: Friday, Nov 10 Veterans Day
  - Thursday-Friday Nov. 23-24 Thanksgiving

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

#### Nutritious Dinner:
Daily at 4pm. Suggested donation $4. Join us for a special ice cream Sundae on the 2nd Tuesday of each month.

#### 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 and suggested annual donation of $20.

#### HCAP:
3rd Friday of the month. Free objective info and counseling about Medicare. Call 839-0395 for free appointment.

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

#### Meals on Wheels:
7 meals/week, delivered 4 days to homebound seniors. Registration required.

#### Info, Resource Referrals & Form Completion Assistance:
Up-to-date info on services and form completion assistance provided by staff. By appointment only.

#### Just-for-the-fun-of-it-social:
Needlecraft, movie, art, French, Pet Lover’s, Japanese, Ping Pong Bridge: Friday, 12 pm. Fee $1. Drop-in.

#### Ping-Pong Pop Ups (See Calendar).

#### Thursday Games:
(Mahjong) Fee $1. Drop in.

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

#### Sing-along:
Mondays, 2:50-3:50pm $1. Drop-in.

#### Day Trips & Walking Trips:
Registration req’d.