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NOVEMBER-DECEMBER, 2018

NORTH OAKLAND SENIOR CENTER

North Oakland Senior Times

Celebrating 20 Years *Promoting Active Seniors Since 1998*

The event is past, but the mission and celebration of 20 years continues every day! The Proclamation presented by Mayor Libby Schaaf (on right) includes words to live by:

Whereas, through the vision of a group of dedicated city officials and citizens, the City of Oakland restored a valued, but abandoned landmark and worked tirelessly to reinvent it to serve its older residents

Whereas, for 20 years, the North Oakland Senior Center has served as a vibrant focal point for engaged seniors to participate in a wide variety of programs, classes, and services to maintain active, independent living in the community; and

Whereas, the North Oakland Senior Center provides seniors the opportunity to share their wisdom and experience and encourages seniors to volunteer their leadership, serving on the Advisory Council and its committees to assist staff in planning and implementing programs to serve other seniors; and ...

Advisory Council 2019

As 2018 winds down, let's thank our Advisory Council members who volunteer their time and energy as leaders in the Center... All our great special events, trips, and various programs such as Healthy Living would

not happen without them! Please see their names always printed on the back page of each newsletter. Several members are "going off" the Council this year due to "term limitations" creating an opportunity

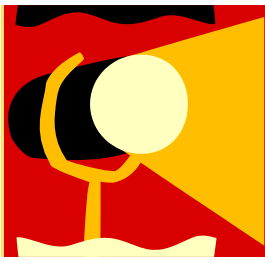
for YOU to step up to serve! Please consider applying! Applications are available on the sign-in table in the lobby. Please submit yours in the office by the November 15th deadline. Join the Team!



Show Your Center Pride!

Don't miss out on your NOSC T-shirt!
On sale in the lobby M-W 10:30-12
\$10 Fundraising Donation





The Spotlight is on The 90's Club

The Spotlight is on **Bertha L. Byes** newly inducted into NOSC's 90's Club and now celebrating her 91st birthday!

NOSC's 2018 90's Club Proclamation

Whereas, the North Oakland Senior Center since its inception in 1998 is committed to serving the senior community by offering a comprehensive program of activities to enrich the lives of seniors and help them maintain active, independent living in the community; and

Whereas, the North Oakland Senior Center provides opportunities for seniors to share their wisdom and experience thereby promoting active aging and engagement; and

Whereas on July 21, 2017, the Advisory Council of the North Oakland Senior Center established The 90's Club to "Salute Life's Milestones" and on November 2, 2017 unveiled the 90's Club Plaque with 18 honorees who through active aging have reached the milestone of ninety plus years...

Whereas on this day, October 25, 2018, the Advisory Council of the North Oakland Senior Center welcomes 6 new inductees whose names are inscribed on the 90's Club Plaque as follows:

Mrs. Bertha L. Byes, Mr. Eli Brock, Mrs. Bette Roberts-Collins, Mrs. Marian Walton, Mrs. Mary Johnson, Mr. Oscar C. Wright...
Now, therefore I, the Mayor of Oakland do hereby proclaim this day, October 25, 2018, **2nd Annual 90's Club Induction Day.**



Bertha L. Byes

Compiled by Zeola Slaughter

Birthday: Nov. 15, 1927

Place of Birth: Darnell, LA

NOSC Member: Since 2009!

Center Activities: Special Events and Advisory Council

Education/Schools attended: McClymonds HS, Merritt College, and Cal State East Bay

Fondest Childhood Memories Growing up on a farm playing with cousins, climbing trees and riding horses.

Words of Wisdom: Don't let nobody turn you around!

Favorite Quote: Reciting Dr.



90's Club Inductees Eli Brock, Bertha Byes, Oscar C. Wright and Mary Johnson flanked by Councilmember Kalb and Mayor Libby Schaaf.

Martin Luther King, Jr's "I Have a Dream" speech and The Creation Story by James Weldon Johnson.

What are your hobbies? Public speaking, reciting

poetry, playing cards, family parties and dancing!

Just one more thing: I loved organizing Black History Month events, traveled to 15 countries and am still going!

Healthy Living



It took a Village... and 30+ Salesforce volunteers led by the amazing Executive Director of The Plant Exchange, **Odette Pollar** (lower left in pink) to pull off the Big Dig on the senior patio! 5 new raised beds were built and planted with herbs and flowers. Two large concrete beds were cleared of weeds, amended and planted with seasonal greens! The volunteers also cleared out junk from storage and put it all on the curb for bulky pick-up! Plus, they donated a lemon tree! Dinosaur kale, cilantro, basil, thyme, and parsley are now ready for harvesting! NOSC members are invited out to the patio to enjoy and to share in the harvest! Thanks to NOSC members **Naomi Hatkins** (below) who waters and weeds on Fridays and to **Louis Johnson**, sweeper extraordinaire. Please speak to Mary if you can water and weed on Tuesdays.

Photos from the NOSC event are posted on The Plant Exchange website: theplantexchange.com where you can find out more about their free plant exchange and also upcoming fundraiser, a Green Elephant Sale, November 17 & 18. The sale benefits their free community programs that included NOSC! In the meantime, come on out to the patio, pick some fresh greens for dinner... Scissors, a compost pail for weeds and trowels for weeding are in the beds. Enjoy!



Photos by NOSC Advisory Council member Robert Hofmann

More NOSC 20th



Event Chair, Thelma Williams, cuts the cake!

Thanks to the Planning Committee (Laverne Hayes, Veronica Lofton, Lillie Holloway, Zeola Slaughter, chair Thelma Williams for a fitting 20th Celebration on October 25th. Thanks to a host of volunteers who helped set up, to the Oakland Tech High School Onward Community Service Club members (Gabby, Emerson, and Caroline) and Donald Williams for serving. Also, thanks to Councilmember Kalb's new staffer Cooper for chipping in!



Above: Making the scene were 2017 90's Club inductee Hannah Parker turning 98 in November with daughter Barbara and Share-A-Walk leader Hattie Mobley-Relerford



Donald Williams, our meal-site coordinator serving up a delicious lunch with Oakland Tech High School volunteers

On the Go! *Trips-Tours-Tickets. Discover the joys and savings of group travel!*

Day Tripping
on the City's OPED shuttle!



BEACH BLANKET BABYLON HOLIDAY SHOW

SUNDAY, DEC. 9, 2:00PM

SIGN-UP OPENS NOV. 5

\$25 ~ NOSC members includes shuttle bus

Please note: Our seating in the balcony is not accessible by wheelchair or walker.

If you have never experienced Beach Blanket Babylon, their holiday show is a great chance to enjoy the truly amazing signature hats and true San Francisco "treat!"

Extended Travel Premier World Discovery 2019

NOSC's Travel Committee is featuring 3 select trips in 2019 with our travel partner Premier World Discovery! 4 NOSC seniors are currently on Premier's last trip of 2018 ...Great Trains and Grand Canyon! Don't miss out your great adventure in 2019! Premier trips fill fast! Reserve your spot with a refundable deposit now and then ask Santa for the final! Receive \$100 discount if final payment is by check!

- Iceland is HOT! June 5
- Great Canadian Cities including Quebec and Niagara Falls, Sept. 18
- French Riviera including Monte Carlo! Nov. 5, 2019

Extended Travel Friendly Excursions 2019

Start planning your 2019 extended vacation! Our travel partner Friendly Excursions invites you to the NOSC lobby to check out the inviting flyers for costs and itineraries. Join the 2 NOSC seniors who have already reserved for the California Missions Tour!

- **March 2** Southern Delight
- **May 27** California Missions
- **July 13** Yellowstone & more
- **Sept 8** Canadian Rockies

NOSC's wonderful partners for extended travel **Friendly Excursions** and **Premier World Discovery** both offer trips on a *combined basis* with other senior groups from all over the USA. That way, the trips fill and are a go!

Lunch and More! *Best Kept Secrets*



Spectrum Lunch Program!

Please see the enclosed monthly menu with a special message from Spectrum... *Reserve your delicious and nutritious lunch today!* Welcome to new senior aide **Donald Williams** who manages the coffee canteen and the lunch program. We need a **Friday kitchen volunteer**, from 10:30AM –1:30PM. Lunch is complimentary! Will train!

MEDICARE

Annual Open Enrollment is from Oct. 15-Dec. 7.

Informational Workshop Nov. 15, 10:30AM RSVP!

Come to a free info session by HICAP, just in time to learn about changes for 2019 in Part D (Prescription Drug) and Part C (Medicare Advantage. Also learn about the Extra Help Program to supplement medical costs and Parts A & B.

Healthy Living for Seniors

Second Tuesdays, 10:30AM

- **Tuesday, November 13**

Harvest of the Month-Sample a pumpkin recipe!

Health Topic - Podiatrist

Agita Nair on Diabetes for National Diabetes Month

- **Tuesday, December 11**

Health Topic - Margaret Reeves, Pesticides and Food



North Oakland Senior Center

5714 Martin Luther King, Jr. Way, Oakland, CA 94609

Phone: 510-597-5085

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E-mail: mnorton@oaklandnet.com

Partial Open WIFI: NOSC lab (dining, multi, kitchen) No password needed!

WEBSITE: <http://www2.oaklandnet.com/government/o/dhs/s/aas/oak022598>

HOURS: Monday-Friday (9:00AM-4:30PM)

STAFF

Director-Mary Norton

Administrative Assistant-Lavenia Charles

Custodian-Misty Steelman

Arts Coordinator-Laverne Hayes

Meal-Site Coordinator: Donald Williams

Receptionist: Chiquita Johnson, Tommy Mar

Advisory Council: Earline Blanchard, Emma Burgie, Rosa Dangerfield, Lillian Edwards, Robert Hofmann, Lillie Holloway, Greg Jurin, Veronica Lofton, Diana Sims, Kathy Wallace, Thelma Williams

SAVE-THE -DATES **PROGRAM HIGHLIGHTS**

CENTER CLOSED:

Thurs. Nov. 22/Fri. Nov. 23 -Thanksgiving Holiday
Tuesday, Dec. 25 - Christmas Day

Nov. 2, 11:30AM-1:00PM Alzheimer's Association Lunch

& Learn Potluck. Caretakers' Support Group

Nov. 7, 11:45AM November Birthday Lunch. Reserve!

Nov. 8 Red Hawk Casino Fun Bus - Trip is Full!

Nov. 9 Deadline for shuttle to City of Oakland

Community Thanksgiving Dinner. Flyer enclosed.

Nov. 13, 10:30AM Healthy Living for Seniors. P5.

Nov. 15 Deadline for Advisory Council applications. P1.

Nov. 15, 10:30AM Medicare for Open Enrollment. P5.

Nov.16/Dec. 21, 12 Noon. Lavender Seniors Lunch Bunch.

Nov. 20 City of Oakland Thanksgiving. Flyer enclosed.

Dec. 1 Holiday Crafts Faire. Vender deadline Nov. 21.

Dec. 9 Beach Blanket Babylon. Opens Nov. 5th. P5.

Dec. 11, 10:30AM Healthy Living for Seniors. P 5.

Dec. 13, 1:00PM Holiday Party tickets on sale Nov.13.

Dec. 19 Lawyer in the Center by appointment.

The Holidays

Holiday Crafts Faire December 1

Please see flyer enclosed! This is a fundraiser for the Center. Help spread the word to crafters you know! This is a great way to sell your crafts and shop for holiday gifts. Hop 'til you drop? Refresh with your pre-ordered gourmet BBQ chicken sandwich a la Chef Skip. \$7 cash fundraising donation.

Holiday Party December 13

Tickets will go on sale November 13 for our annual holiday party... \$10 members, \$15 non-members. Adults only. Advance ticket sales only. Music, dancing, door prizes and a catered meal. Volunteer performers are welcome! Sing us a song and play us a tune! Let's make the holidays merry!