



Making Connections • Staying Active • Living Well

1155 Santa Clara Avenue, Alameda, CA 94501 ~ www.mastickcenter.com ~ (510) 747-7500

Meetings & Support Groups

Mastick Senior Center Advisory Board (MSCAB) Meetings

The Mastick Senior Center Advisory Board, comprised of five officers and 10 directors, is the active administrative advisory committee for the Center. The Board provides advice and counsel on all matters connected with accomplishing the Center's mission. Mastick Advisory Board meetings are open to the general membership and held on the **third** Wednesday of the month at 9:30 a.m. in Room D. ***Please join us!***

Need a Quiet Place to Meet...

Mastick Senior Center has many nooks and crannies that can be used as potential meeting areas. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided at Mastick Senior Center. To reserve a meeting space, please call **(510) 747-7506**.

New Member Orientation

Join us on the **second** Thursday of the month at 10:30 a.m. for the **New Member Orientation**. This program is designed to familiarize new members with the Center. The orientation offers information on various activities, programs, services, a guided tour of the Center, as well as a coupon to enjoy a complimentary lunch. Advance registration required. To register, please call **(510) 747-7506**.

Ongoing Support Groups...

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the **second** and **fourth** Thursday of the month. This group is for individuals caring for a loved one with Alzheimer's Disease or dementia. A group facilitator is provided by the Alzheimer's Association. Prior registration is not required.

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. Meetings are held the **fourth** Wednesday of alternating months. 2019 meeting schedule is as follows: 5/22, 7/24, and 9/25. Prior registration is not required. For more information, contact **(510) 383-5185**.

LGBT Peer Support Group

Ken Werner, trained peer facilitator from the Pacific Center for Human Growth (www.pacificcenter.org), offers an LGBT Peer Support Group for individuals age 50+ on the **second** and **fourth** Wednesdays of the month from 1:30 p.m. to 3:30 p.m. in Dining Room 2. The Pacific Center is a non-profit organization serving the LGBTQ community of the East Bay. Prior registration is not required.

For additional information regarding these or any of the programs offered at Mastick Senior Center, please contact the office at (510) 747-7506.
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