



Making Connections • Staying Active • Living Well

April

Visit us at www.mastickcenter.com

2019

MSCAB Fundraising Activities

The Mastick Senior Center Advisory Board (MSCAB) is the active administrative advisory committee for the Center. MSCAB members along with Center volunteers are instrumental in facilitating various fundraising programs to generate revenue to offset services and facility maintenance expenses.

Join the fun as a volunteer or participant!

Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)
Doors open at 9:30 am/First game at 11:00 am

Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm

Mastick Senior Center Advisory Board (MSCAB) General Membership Meeting

All are welcome! The MSCAB is a 15-member body that serves as the active administrative advisory committee that provides counsel on all matters connected with accomplishing the Center's mission. On **Wednesday, April 17**, at 9:30 am in Room D, the MSCAB will hold its Annual General Membership Meeting providing the membership an opportunity to vote on the proposed slate of candidates to fill vacant MSCAB positions. Nominations will be accepted from the floor. In addition, the general membership will be asked to accept the FY 2019-21 budget and updates to the Policy and Procedure Manual of the Mastick Senior Center Advisory Board and the Mastick Senior Center Bylaws of the Advisory Board. The proposed slate of candidates is as follows:

Officers: Mariel Thomas, President; Dr. Philip Gardner, Vice President; Lorraine Meuleners, Treasurer; Lula Mobley, Corresponding Secretary; Patricia Bowen, Recording Secretary.

Directors (2019-21): Robert Frank, Lisa Jasper, Deanna Satterwhite, Erna Simmons, Hanna Spanfelner.

Volunteers Complete Our Puzzle!

On July 1, 1980, Mastick Senior Center swung open its doors to the public. By October 9, the first Mastick Senior Center Advisory Board (MSCAB) was elected. As the Center's first anniversary approached, 58 volunteers were performing a variety of duties. The Center has continued to thrive because of the partnership between the senior community and the City of Alameda as neither could independently support this endeavor. The City depended on volunteers to operate fundraising programs and assist in various capacities. Over the years, the MSCAB has upheld its commitment of support. In 2018, they funded exterior facility painting, Pool Room floor replacement, reupholstering of three pool tables and six chairs, and contributed significantly to the scholarship program, facility maintenance and program expenses. In addition, they ensured fundraising programs (e.g., Bingo and the Thrift Shop), were staffed and successful! Nearly 39 years later, the Center is flourishing thanks to 227 dedicated volunteers who have contributed 27,601 hours of service per year with an in-kind savings of \$603,358 to the City of Alameda.

National Volunteer week is April 7 – 13, and on Thursday, April 11, Mastick volunteers will be acknowledged for their contributions at the 2018 Annual Volunteer Recognition Luncheon. However, today and throughout the year, be sure to reach out and thank our volunteers for their service. Each volunteer represents a piece of our puzzle and collectively they create the backbone and spirit of the Center making it "a home away from home" for 3,323 members.

Mastick Book Club

On **April 2**, at 12:00 in Dining Room 2, Book Club members will review "My Name is Lucy Barton" by Elizabeth Strout. On May 7, "The 57 Bus" by Dashka Slater will be reviewed.

Qigong with Robert Dorsett

Tues., April 2 – May 14, 9:00 am-10:00 am

Room A ~ Cost: \$52 (Class #6712)

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Fitness Fun on Bay Farm Island!

The classes listed below are available at the Water's Edge Lodge Multi-Purpose Room, 801 Island Drive. To register, visit the Mastick Office or www.alamedaca.gov/recreation.

Silver Salsa.....\$43
T/Th (4/2 – 4/25).....2:30 pm – 3:00 pm
(Class #6971)

Functional Fitness.....\$63
W/F (4/17 – 5/31).....11:00 am – 12:00
(Class #6764)

Chair Yoga.....\$43
Th (5/2 – 5/30).....3:00 pm – 4:00 pm
(Class #6763)

Train Your Brain.....\$83
T/Th (5/2 – 6/27).....9:00 am – 10:00 am
(Class #6931)

Computer Classes & More

Computer instruction is offered at 1:00 pm in Room C. To register, visit the Mastick Office or www.alamedaca.gov/recreation. Bring a flash drive.

Internet Privacy and Security (#6832)
 Tuesdays, May 14-28.....\$33

Teens Teaching Technology—FREE
Thursday, April 18, 4:00 pm - 5:00 pm
 ARPD Teens will assist you with your portable devices: tablets, smart phones, and laptops. Bring device(s) with you! To register, call 747-7506.

Tech Help with Jiten Patankar--FREE
Mondays, 11:00 am - 12:00, Mastick Office
 Assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! To register, call 747-7506.

Technology and You Survey

We want to hear from you! Please take a moment to complete the Technology Survey available in the Computer Lab (Room C) or <https://www.surveymonkey.com/r/QBBMJZS>.

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. **Note: Seating capacity is 60. Seats are first-come, first service, no reservations.** The schedule is as follows:

April 4.....Pick of the Litter
 April 11.....The Old Man and the Gun
 April 18.....BlackKlansman
 April 25.....Agora

Music Appreciation with Glenn Fong

On **Thursday, April 4**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal performance and discussion presenting music from the Great American Songbook featuring songs of Berlin, Gershwin, Kern and others from the Roaring 20's.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (April 8 – June 3)** in the Media Room. Cost: \$35. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (**Class #6787**): 12:15 pm – 1:15 pm
 Continuing (**Class #6727**): 1:15 pm – 2:15 pm

Felix Mendelssohn: Life with Music

Mon., April 8, 1:30 pm – 3:00 pm, DR 2

Join John Kendall Bailey, Music Director. Conductor, Chorus Master as he explores the life and music of one of the greatest composers of classical music's Romantic period, Mendelssohn. The presentation includes analysis of Mendelssohn's work and the chance to hear excerpts from his compositions. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **To register, call 747-7506.**

Yoga: T (Class #6924) / W (Class #6926)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (April 9 – May 21)** 10:30 am - 12:00 and **Wednesdays (April 10 – May 22)** 9:00 am - 10:25 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Cost: \$45. **Register at www.alamedaca.gov/recreation or in the Mastick Office.**

Thrift Shop Sale – Fill a Bag for \$5

On **April 16 & 20**, the Thrift Shop will provide the bag for you to fill with women's apparel... simply pay \$5.

Transportation 101

Tuesday, April 16, 1:00 pm, Room D

Join Victoria Williams, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service and MORE) available to Alameda residents. Questions encouraged! **To register, call 747-7506.**

Alexander Technique – The Art of Balance

T/W, April 16 & 17, 1:30 pm – 3:00 pm

Dining Room 2 ~ Cost: \$33 (Class #6723)

Join Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, to improve your balance and increase your stability and mobility. Appropriate for beginners and advanced students.

Local Day Trip Program!

To learn about Extended Travel opportunities or monthly trips, contact Ed Kallas, RS I, at ekallas@alamedaca.gov or 747-7511. Register at www.alamedaca.gov/recreation or the Mastick Office.

Current travel opportunities include:**The Oakland Zoo (Class #7152)**

Friday, May 3, 9:15 a.m. – 3:15 p.m.

Cost: \$54 (Meal Included)

Activity Level: Challenging Chargers (Up to five blocks of walking at a time)

Experience the new gondola and updated exhibits including African Savanna, California Trail, Tropical Rainforest, Wild Australia and more! Then, lunch at the The Englander Sports Pub and Restaurant.

Sacramento River Cats Baseball Game (Class #7300)

Tuesday, June 18, 9:30 am – 4:00 pm

Cost: \$37 (Lunch credit)

Activity Level: Moderate Movers (Up to two blocks of walking at a time)

Minor League baseball features all of the skill of the Major Leagues with closer sightlines. Seat locations are the "shadiest" in the stadium.

Brain Health: Take Action Now!

Wednesday, April 17, 1:00 pm, Media Room

Many Americans are rightly worried about cognitive decline; learn what steps you can take now to optimize your brain's health. Sponsored by Elders Village and AEC Living. **To register, call 747-7506.**

New Member Orientation

The New Member Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Join us on **Thursday, April 18**, at 10:30 am in the Media Room. **Registration required, please call 747-7506.**

Disaster Preparedness

Thurs., April 18, 1:30 p.m., Dining Room 2

Capt. Sharon Oliver, AFD-Disaster Preparedness Coordinator, will provide an overview of the Emergency Operation Center (EOC), disaster and personal preparedness, CERT Program, and programs specifically offered to the senior community. **To register, call 747-7506.**

Annual Earth Day Festival

Celebrate the planet at the Annual Earth Day Festival on **Saturday, April 20**, from 10:00 am to 3:00 pm at Washington Park (740 Central Avenue).

Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) Workshops

HICAP and LAS will provide **free** community education presentations on Tuesdays at 1:00 pm in Room D:

April 23: Elder Abuse and Legal Remedies

May 7: Seniors' Guide to Public Benefits

June 4: Consumer Fraud

June 25: Basic Housing Rights

To register, call 747-7506.

Diabetes Workshop

Wednesdays, April 24, May 1, 8, 15, 22, 29; & June 5, 10:00 a.m. – 12:00, Room E

Alameda County Public Health Department offers a six-week workshop designed for individuals with Type 2 Diabetes or pre-Diabetes. Learn to manage medication, diet, stress and physical activity. **To register, call 747-7506.**

Birthday Celebration

Celebrating a birthday in April? Join us on **Thursday, April 25**, at 12:30 pm in Dining Room 2 for cake and good cheer!

VA Presentation

Thursday, April 25, 1:00 p.m., Room E

An Alameda County Veterans Service Office representative will provide an overview of local, state and federal benefits available to veterans and their dependents. Please bring your questions! **To register, call 747-7506.**

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, April 25** at 1:30 pm in Dining Room 2, for a piano recital and discussion featuring music inspired by spring season.

Tai Chi Classes

Thursdays, 9:10 am – 11:40 am, Rm A

Cost: \$4 per class or \$6 per two classes

Chunyan Su La, Instructor, teaches three Tai Chi classes to improve strength, coordination and flexibility. Achieve greater awareness and calmness. Add vitality to your life!

9:10 am – 10:00 am	24 Steps Tai Chi
10:10 am – 10:50 am	Tai Chi Silk Reeling Exercise
10:50 am – 11:40 am	Intermediate Tai Chi

Alameda Development/Architecture

May 7, 14, 16, 23, 30 & June 6

11:00 am – 12:00, Room TBA (Slide shows)

May 9, 21, 28, June 4, 11 & 13

11:00 am – 12:00, Mastick (Walks)

Join Judith Lynch, Author and Teacher, to explore local-historical architecture through lectures, slide shows and guided tours. Detailed fliers available in the Mastick Lobby.

Help Us Serve You Better...

- 1) Preregistering for programs will ensure the program will be offered. And, guarantee a seat is awaiting your arrival!
- 2) When attending classes at the Center, please arrive to the assigned classroom at least 10 minutes before the program start time. Entering the room after the program is in session is inconsiderate and distracting to the instructor and participants. Thank you!

Mastick Senior Center

a division of Alameda Recreation & Parks
 1155 Santa Clara Ave, Alameda, CA 94501
 (510) 747-7500-Fax 523-4071-TDD/TTY 522-5160
 Programs and services for adults 50 and older.
 Program Information: www.mastickcenter.com
 E-mail: jkrause@alamedaca.gov
ekallas@alamedaca.gov

Suggestion Box: MastickSuggestion@alamedaca.gov
 Weekday Program Hours 8:30 am-4:00 pm
 Office Hours: 9:00 am-3:00 pm
 Alameda Recreation & Parks Director: Amy Wooldridge
 Recreation Manager: Jackie Krause
 Recreation Services Specialist: Ed Kallas

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

Mastick Senior Center Advisory Board (MSCAB)

Officers

- Mariel ThomasPresident
- Lola BrownVice President
- Lorraine MeulenersTreasurer
- Erna Simmons.....Corresponding Secretary
- Robert FrankRecording Secretary

Directors

Patricia Bowen, Vicki Bell, Mary Foss, Paul Hauser, Lisa Jasper, Deanna Satterwhite, Bill Soares, John Swickard, Jim Thomas, and Jerry Yarbrough.

Our mission statement:

Mastick Senior Center's mission is to provide a well-rounded education, social, & recreation program for adults 50 years of age and older.

Our vision statement:

Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.

Mastick Senior Center thanks the following organizations for their wonderful financial support: City of Alameda, Mastick Senior Center Advisory Board, Alameda County Area Agency on Aging, and Alameda County Transportation Commission.

Estate Planning: Tips, Traps & Solutions

Tuesday, May 14, 1:00 pm, Dining Room 2

Join Paul Hunt, Attorney at Law, for an informative presentation that explains the best ways to protect your family's assets, defer or avoid taxes, and leave a lasting, trouble-free legacy. **To register, call 747-7506.**

Alameda Loop Shuttle Travel Tips...

When riding the Alameda Loop Shuttle, please consider the following:

- Arrive at the shuttle stop before the arrival/departure time;
- Shuttles may be off schedule due to road construction, after securing/releasing a passenger's wheelchair, or assisting with packages;
- Flag the shuttle as it approaches; and
- Specialized stop requests cannot be accommodated due to safety.

Thank you for riding the Alameda Loop Shuttle!



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Spring 2019

Dear Members,

Over the years, our members have been very generous by remembering Mastick Senior Center as part of their estate planning. As you plan or revise your estate, we hope that you consider participating in the Mastick Senior Center Legacy Giving Program and leave a bequest to the City of Alameda, for the express benefit of the Mastick Senior Center. We are proud of the services and programs we have offered to many thousands of seniors in Alameda for more than 38 years. Your thoughtful bequest will help us continue our good work.

Through proper estate planning, you may bequeath any portion of cash, property or the proceeds of a life insurance policy to the City of Alameda, for the benefit of Mastick Senior Center. In order to do so, you and your attorney or estate planning advisor must include language in your estate documents that express that intent.

If you wish to learn more about creating a will, living trust or other estate planning documents, we suggest attending the upcoming presentation, **Estate Planning: Tips, Traps & Solutions with Paul Hunt, Attorney at Law, on Tuesday, May 14, at 1:00 p.m. in Dining Room 2.** Please call (510) 747-7506 to enroll.

If you have questions about the Mastick Senior Center Legacy Giving Program, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or (510) 747-7510.

Thank you for considering Mastick Senior Center.

Sincerely,

Mastick Senior Center Advisory Board (MSCAB)