

# *Mastick Senior Center*

## *2017 Special Events Calendar*

# **SEPTEMBER**

|      |    |  |
|------|----|--|
| MON  | 4  | <b>Holiday: Center Closed for Labor Day</b>  |
| TUE  | 5  | Class: Mastick Silver Surfers (Tuesdays, Sept. 5, 12, 19 & 26),<br>9:00 a.m. – 10:00 a.m., Rm C,<br>Book Club, 12:00, DR 2   |
| WED  | 6  | Class: AARP Smart Driver Refresher Course,<br>9:00 a.m. – 1:30 p.m., Rm D,   |
| THUR | 7  | Presentation: What's the Buzz?, 1:00 p.m., Rm E,<br>Great American Songbook, 1:30 p.m., DR 2   |
| MON  | 11 | Presentation: World Studies (Mondays, Sept. 11 – Oct. 30),<br>9:30 a.m. – 11:30 a.m., Rm E   |
| TUE  | 12 | Workshop: PoleWalking for Balance, Mobility, and Exercise,<br>12:30 p.m. – 3:30 p.m., Rm D,<br>Workshop: Introduction to the Alexander Technique,<br>1:30 p.m. – 3:00 p.m., Rm E   |
| WED  | 13 | Event: 10th Annual Ice Cream Social, 12:30 p.m.,<br>Courtyard, \$2 per sundae,<br>Class: Steady Now! Why We Lose Balance as We Age,<br>1:00 p.m., Media Rm   |
| THUR | 14 | Event: Advanced Care Planning, 10:00 a.m. – 11:30 a.m., Social Hall,<br>New Member Orientation, 10:30 a.m., Media Rm   |
| FRI  | 15 | Kayaking: Oakland Estuary and Coast Guard Island,<br>9:30 a.m. – 12:30 p.m., Grand St. Marina (2099 Grand St.)   |
| MON  | 18 | Class: The Post-Truth Era: Fact or Fiction?, (Mondays,<br>Sept. 18 & 25, Oct. 2 & 9), 1:00 p.m. – 3:00 p.m., DR 2,<br>Workshop: Laughter Yoga, (Mondays, Sept. 18 – Nov. 6),<br>2:00 p.m. – 2:30 p.m., Water's Edge Lodge (801 Island Dr.) |
| TUE  | 19 | Workshop: Heal Your Heart, 1:00 p.m. - 3:00 p.m., Rm E,<br>Presentation: Singapore, China and the U.S., 1:00 p.m., Rm D  |
| WED  | 20 | MSCAB Meeting, 9:30 a.m., Rm D   |
| THUR | 21 | LGBT Peer Support Group, 10:30 a.m. – 11:30 a.m., Rm D,<br>Event: Mastick Thrift Shop Annual Fashion Show and Luncheon,<br>11:00 a.m. – 2:00 p.m., Social Hall,<br>Workshop: Teens Teaching Technology, 4:00 p.m. – 5:00 p.m., Rm C        |
| TUE  | 26 | Presentation: Transportation 101, 1:00 p.m., Rm D  |
| WED  | 27 | Workshop: Matter of Balance, (Wednesdays, Sept. 27 – Nov. 15),<br>10:00 a.m. – 12:00, Rm E,<br>Trip: An American in Paris, Orpheum Theatre, 12:30 p.m. – 5:45 p.m.   |
| THUR | 28 | Birthday Celebration, 12:30 p.m., DR 2,<br>Presentation: Medical Cannabis: Is it Right for You?, 1:00 p.m., DR 1,<br>Music Appreciation, 1:30 p.m., DR 2   |



NOTE: PROGRAM DATES & TIMES ARE SUBJECT TO CHANGE!

Please refer to the Mastick Newsletter for registration and fee requirements. Thank you!