

Mastick Senior Center 2018 Special Events Calendar

OCTOBER



MON	1	Class: Laughter Yoga (Mon. & Wed., Oct. 1 – 31), 10:15 am – 10:45 am, Water's Edge Lodge, 801 Island Dr., Presentation: Anxiety, 1:30 p.m., DR 2
TUE	2	Book Club, 12:00, DR 2
WED	3	AARP Smart Driver Refresher Course, 9:00 a.m. – 1:30 p.m., Rm D
THU	4	Portraits by Woodard (by appointment only), 10:30 a.m., Rm D, Great American Songbook, 1:30 p.m., DR 2
MON	8	Presentation: Issues in Bioethics (Mondays, Oct. 8 – 29 & Nov. 5), 1:30 p.m. – 3:30 p.m., Rm E
TUE	9	Presentation: How Changes in Medicare Affect Seniors, 1:00 p.m., Rm D
WED	10	Presentation: Broadening Your Knowledge of Investing, 10:00 a.m. – 11:00 a.m., DR 2, LGBT Peer Support Group (Wednesdays, Oct. 10 & 24), 1:30 p.m. – 3:30 p.m., DR 2
THUR	11	New Member Orientation, 10:30 a.m., Media Rm, Ukulele Jam, 1:30 p.m., DR 2
FRI	12	Kayaking: Crown Beach & Ballena Bay, 9:30 a.m., Meet at Encinal Boat Ramp
MON	15	Presentation: Local Trip & Extended Travel, 9:00 a.m., Media Rm
TUE	16	Presentation: Transportation 101, 1:00 p.m., Rm D, Workshop: Alexander Technique: The Art of Balance (Tuesday & Wednesday, Oct. 16 & 17), 1:00 p.m. – 2:30 p.m., DR 2, Event: Alameda Community Band Concert, 7:30 p.m., Veteran's Memorial Building (2203 Central Ave.), Free!
WED	17	Workshop: Train Your Brain (Wed. & Fri., Oct. 17 – Nov. 16), 9:00 a.m. – 10:00 a.m., Water's Edge Lodge, 801 Island Dr., MSCAB Meeting, 9:30 a.m., Rm D, All welcome!, Presentation: Everything You Wanted to Know About Senior Housing but Were Afraid to Ask, 1:00 p.m., Media Rm
THUR	18	Trip: Jelly Belly and Budweiser Factory Tours, 8:15 a.m. – 4:45 p.m., Workshop: Using Poles for Balance, Mobility & Exercise, 9:00 a.m. – 12:00, Rm D, Workshop: The Mind Fit Series: Activities to Boost Brain Health (Thursdays, Oct. 18, 25, Nov. 1, 8, 15 & 29), 1:00 p.m., Rm E, Teens Teaching Technology, 4:00 – 5:00 p.m., Rm C
SAT	20	Alameda Hospital's Community Health Fair, 9:00 a.m. – 12:00, (2070 Clinton Ave.), Free health screenings and exhibits!
TUE	23	Class: Medicare & the Annual Enrollment Period, 1:00 p.m., Rm D
WED	24	Presentation: The CIL's Assistive Technology, 1:00 p.m., Rm E
THUR	25	Birthday Celebration, 12:30 p.m., DR 2, Event: "Hollywood Stars and Starlets" Halloween Dance, 1:00 p.m. – 3:00 p.m., Social Hall, \$3 per person, Music Appreciation, 1:30 p.m., DR 2
MON	29	Presentation: Local Authors Led "Mystery" Discussion, 1:00 p.m., Rm D
TUE	30	Class: Hockey 101 – Blue Lines to Zambonis, 9:00 a.m., Rm E, Presentation: Caring for Pets & Caring for Yourself, 1:00 p.m., Rm D
WED	31	Trick or Treats at Mastick, 12:00, DR 1, Join us as we give out treats to our costumed neighbors from ABC Preschool!



NOTE: PROGRAM DATES & TIMES ARE SUBJECT TO CHANGE!

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