

Travel with us...**Delta Discovery Cruise**

Come with us on a delightful, leisurely river cruise with a delicious lunch on the boat.

Tuesday, September 15, 2009

10:00 am to 4:00 pm

Cost: \$65 (lunch included)

Activity Level: One Shoe

Sign up begins: **Tuesday, August 4, 2009**,
at 8:30 am in Dining Room 2.

Computer Instruction Made Easy!

Alameda Adult School instructors provide computer instruction in a friendly, relaxed atmosphere at Mastick Center. The fall quarter begins **September 8**. Class instruction is provided **free** through the Alameda Adult School. There is a \$7 materials fee. Registration forms outlining fall class offerings and prerequisite information will be available in the Coffee Area on **Monday, August 3, 2009**.

Sign up in the office or call 747-7506.

The fall quarter class offerings are as follows:

Monday.....Introduction to Computers

Tuesday.....MS Word—Advanced

Wednesday.....Windows OS (XP)

Thursday.....Introduction to Internet

Friday.....Excel/PowerPoint 2

Tuesday am.....Internet—Advanced

AARP Driver Safety Refresher Course

AARP Driver Safety Refresher Course is the largest classroom driver refresher course specifically designed for motorists who are 50 and older! This course is taught in **one-day** on **Wednesday, August 5**, from 9:00 am to 1:30 pm in Room D. To qualify, you must have taken the standard course within the last **four** years. *Preregistration is a must.* There is a \$12 per person fee for AARP members (AARP membership number required) and \$14 per person fee for non-AARP members. The registration is payable by check to AARP.

Mastick Supporters...

The Mastick Advisory Board and staff thank you for supporting Mastick Senior Center! We would especially like to thank the following members for their generous donations during the months of June & July: George & Judy Furuichi, Barbara Herbert, and Ursula Van Wassenberg.

Cooking with Children @ Mastick

Have you ever wanted to cook with your child or grandchild? Let Chef-K guide you through a session to help you and a child prepare 3 to 4 recipes. Let this become your special menu. The child must be between the ages of 7 and 11. The adult must be 50 years of age and older. The cost is \$18 per couple. Class limited to 8 adults/8 children. Join us on **Wednesday, August 5**, from 1:30 pm to 4:00 pm in the Social Hall kitchen. Payment is due at registration. Register in the Mastick Office.

Birthday Celebration

August "Birthdays" are invited to join us for the Birthday Celebration on **Tuesday, August 11**, at 12:00 pm in Dining Room 1. The celebration includes a *free* lunch, slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until **Thursday, August 6**, at 11:30 am. To reserve a seat, visit the lobby desk or call 747-7500 between 9:00 and 11:30 am. *On Tuesday, August 11, confirm your lunch reservation at the lobby desk by completing the lunch application and picking up your lunch ticket no later than 11:30 am.*

Healthy Feet

Alicia Perez, DPT, CEES, will be speaking on **Wednesday, August 12**, at 1:30 pm in Room E about foot health. Topics of discussion include: How your feet affect your balance, back and knees; Simple steps to keep your feet in shape and improve walking; and How shoes and/or shoe inserts can affect you. When your feet hit the ground everything changes!

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, or wanting to learn more about Center programs! The New Member Orientation offers a guided-tour that introduces you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch provided by Bay Area Community Services (BACS)! Make a reservation to join us on **Thursday, August 13**, at 10:30 am by visiting the Mastick Office or calling 747-7506.