

Mastick Senior Center

a division of Alameda Recreation & Parks
1155 Santa Clara Ave, Alameda, CA 94501
(510) 747-7500-Fax 523-0247-TDD/TTY 522-5160
Programs and services for adults 50 and older.
Program Information: www.mastickcenter.com
E-mail: jkrause@ci.alameda.ca.us
Weekday Program Hours 8:30am-4:00pm
Recreation & Parks Director: Dale Lillard
Senior Services Manager: Jackie Krause
Senior Services Coordinator: Mariel Thomas
Newsletter Graphics & Layout Volunteer: Phil Smith

Savvy Caregivers

The Alzheimer's Association will present their popular six-week course which approaches family caregiving as a set of learnable skills centered around the twin goals of taking care of yourself while helping the care-receiver maintain a state of contented involvement in activities. This informative course is on **Tuesdays**, beginning **September 15** thru **October 20** from 9:30 am to 11:30 am in Room E. There is a \$75 per person fee. Scholarships are available...don't let finances prevent you from participating in this invaluable training. Inquire in the Mastick Office or call 747-7506.

Basic Sex Education for Seniors

On **Tuesday, September 15**, from 1:00 pm to 3:00 pm, Dr. Bryna Barsky-Ex will be discussing the following topics during her presentation of *Basic Sex Education and Risks: Normal Sexual Changes with Aging in Men and Women; How to Adapt to These Changes; Disease Prevention: and Sexual Enhancement*. Be sure to join us in Room D for this informative presentation.

Basic Neck & Back Care

On **Wednesday, September 16**, Alicia Perez, DPT, CEES, will provide information on *Basic Neck & Back Care* at 1:30 pm in Dining Room 2. Topics include: Elements that lead to neck or back injuries; Techniques to decrease strain on your neck and back; and Exercises to keep your back and neck healthy. Sign up in the Mastick Office or call 747-7506.

Mastick Senior Center Advisory Board Officers

Nancy Gormley.....President
Joy Pratt.....Vice President
Lola Brown.....Treasurer
Millie Lum.....Recording Secretary
Mildred Nolan.....Corresponding Secretary

Directors

Roger Baer, Donna Bernadou, Gary Brown, Ginny Carney, Phyllis De La Vergne, Marjorie Mann, Declan "Deg" Powers, Miriam Schiffman, Marion Scire, and Ewart "Red" Wetherill.

Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)
Doors open at 10:00 am/First game at 12:15 pm

Thrift Shop (Open to the public)

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

"Mastick's Mardi Gras Extravaganza"

Join us for our Annual Open House Celebration on **Sunday, September 20**, from 1:00 pm to 4:00 pm in the Mastick Courtyard. This annual event serves as an opportunity to explore the various activities, programs, and services available at Mastick Center. Enjoy music by "*And That's Jazz*" Band, dancing, refreshments, and all the flavors of New Orleans! *Consider wearing your costume...*

Photography & Phones in the 21st Century

Join Lars Stenstedt and his mother Dorothy, from SMART Phone and Photo, on **Tuesday September 22**, from 10:30 am -11:30 am for an introduction and overview into today's digital photography and wireless phone technologies. Now you have to be a digital camera, computer AND an internet wizard just to enjoy those family photos. Wireless phones have become ubiquitous and have improved the quality of life for many people, but they can be confusing, and have more bells and whistles than the normal person needs or wants. Bring your digital camera and wireless phone for the hands-on Q&A at the end. Sign up in the office or call 747-7506.

Saturday Computer Workshop

Computer Workshops, provided by the Alameda Adult School, serve as an opportunity to focus on a particular topic of interest. On **Saturday, September 19**, the focus will be *Word for Office 2007 Users*. Pre-register in the Mastick Office or call 747-7506. Join us at 9:30 am in Room C!