

Coming Attractions for 2010!**East Bay Rose Society visits
Lincoln Park Rose Garden**

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Sunday, January 3**, between 12:00 noon and 2:00 pm to prune the roses in the Rose Garden. They will also provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care.

AARP Driver Safety Program

AARP Driver Safety Program is the largest classroom driver refresher course specifically designed for motorists who are 50 and older! This eight-hour course is taught in two, four-hour sessions over a two-day period and is offered **Wednesdays, January 6 & 13**, from 9:00 am to 1:00 pm in Room D. *Preregistration is a must.* There is a \$12 per person fee for AARP members and \$14 per person fee for non-AARP members. The registration fee is payable by check **ONLY** to AARP.

Wii Is Great Fun!

Join us on **Wednesday**, beginning **January 6**, at **1:00 pm** in the media room to learn how to play the Nintendo Wii video game. Learn to use motion sensitive controllers to re-create real-life movement for tennis, bowling, boxing, etc. Come learn to play this exciting game in a friendly environment.

Introduction to Video Production

Have you seen the Mastick movie? If not, go to the Mastick website (www.mastickcenter.com) and learn more about your center. Jeff Cambra, producer of the Mastick movie, will take you behind the scenes of documentary production and show students how to produce quality content for web viewing. Learn to use a video camera, script writing, storyboarding, basic lighting and sound to produce a newcast and a short documentary. No experience required and equipment will be provided. Four weekly classes will start **Tuesday, January 12, 2010** from 10:00 a.m. to noon in the Skill Center. To be a part of this exciting team, sign up in the Mastick Office or call 747-7506.

California Advocates for Nursing Home Reform (CANHR)

CANHR is a non-profit organization established in 1983 to improve the quality of long-term care in California by providing consumers and their families with information, skills and support. On **Tuesday, January 12**, at 1:00 pm in Room D, Hannah Knafo, a Long-Term Care Advocate at CANHR, with expertise in Medi-Cal for long-term care, nursing home resident rights, Family Councils, and alternatives to long-term care, will present on the topic of Medi-Cal eligibility. She will also be available to answer questions regarding long-term care issues. Sign up in the Mastick Office or call 747-7506.

The Alpine Zone

Travel to the Alpine Zone for a trip in the high Sierra on **Tuesday, January 19**, from 10:00 am to 11:30 am, with Roger Baer, Volunteer Instructor. Enjoy stories and slides of backpacking, climbing peaks, geology, and the flora and fauna of northern Yosemite. If you plan on joining us for this travel presentation in Room D, please preregister in the Mastick Office or call 747-7506.

Jewelry Making...**Wearable Art by Rose Designs**

On **Saturday, January 23**, 9:00 am to 11:30 am in Room B, join Rose O'Neill, custom jewelry designer, for an opportunity to make a beaded necklace and a pair of earrings. Clip-on earrings available, as well as a necklace long enough to go over your head without a clasp. Beads and tools will be supplied unless you would like to go "green" and redesign beads already in your possession. Class is limited to 10 students. Cost is \$20 per person. Sign up in the Mastick Office or call 747-7506.

Computer Basic Skills

Nancy D'Amico, Volunteer Instructor, offers the *Computer Basic Skills* on **Thursday**, from 11:00 am to 12:30 pm in Room C. A new session will begin on **Thursday, January 28**. This is a opportunity to become more familiar with the computer (tower & monitor), mouse, keyboard, and basic functions. Space is limited and it is best to sign up in the Mastick Office.