

**Mastick Senior Center**

a division of Alameda Recreation & Park Department  
 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](http://www.mastickcenter.com)  
 E-mail: [jkrause@ci.alameda.ca.us](mailto: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

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

**Coming Attractions for 2010!**

**Computer Classes**

Alameda Adult School instructors provide computer instruction in a friendly, relaxed atmosphere at Mastick Center. The winter term begins **January 25**, and runs through Friday, April 2, 2010. Class instruction is provided by the Alameda Adult School. Mastick Senior Center imposes a \$7 materials fee. Registration forms outlining the winter class offerings and prerequisite information will be available in the Coffee Area on

**December 1.**

Sign up in the office or call 747-7506.

The winter term class offerings are as follows:

- Monday.....Windows Operating System
- Tuesday.....MS Applications:Powerpt 2/Excel 2
- Wednesday.....Introduction to Computers
- Thursday.....MS Applications:Word 2/Publisher 2
- Friday.....Internet
- Tuesday am.....Computer Graphics**



**Music Appreciation Class**

Join William Sturm, Volunteer Instructor, on **Thursday, January 28**, at 1:30 pm in Dining Room 2 for a piano recital and discussion about the “Spanish Miniaturist: Frederic Mompou”. The recital will feature works by Barcelona’s famed composer. Pre-register 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

**Refining Balance – Alexander Technique**

As we grow older, we often experience difficulty with our balance. Having good balance means being able to control and maintain your body's position whether you are moving or remaining still. On **Wednesday, January 27**, 10:00 am in Room D, join Lenka Fejt, a certified Alexander Technique teacher, for a workshop that will help you deal with stooped posture, unreliable balance, fear of falling, stiff movements and lack of confidence. You will learn how: your body moves and functions, to observe yourself, to detect harmful postural and movement habits, and applying the key principles of the Technique will help you to improve your balance, stability, and ease of movement. Sign up in the Mastick Office or call 747-7506. Cost is \$10.00 per person.

**Photography & Phones in the 21st Century: Taking & Printing Good Digital Photos**

Join Lars Stenstedt and his mother Dorothy, from SMART Phone and Photo, on **Tuesday January 26**, 10:30 am –11:30 am. This class is a follow up to their September class on digital photography and wireless phone technologies, and will go into more depth on taking and printing photos from cameras and camera phones. Bring in your camera or camera phone and they’ll talk through some techniques for taking better photos. Also each attendee will have the opportunity to print out a couple of their favorite shots on the spot to talk through lighting, focus, and composition of their photos. Sign up in the office or call 747-7506.