

AARP Driver Safety Program

AARP Driver Safety Program is the largest classroom driver 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, November 4 & 18 (Note: Mastick will be closed on November 11th)**, 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 (AARP membership number required) and \$14 per person fee for non-AARP members. The registration is payable by check **ONLY** made payable to AARP. ***Ask your insurance agent about automobile insurance discounts.***

31st Annual Holiday Boutique

The 31st Annual Holiday Boutique serves as an opportunity to shop locally while getting a jump start on holiday purchases. Visit the Boutique at the Veteran's Memorial Building, 2203 Central Avenue., on **Friday, November 6**, between 12:00 noon to 8:00 pm and **Saturday, November 7**, between 10:00 am and 4:00 pm. Admission is free. Proceeds benefit the Leisure Club, a recreation program for developmentally disabled teens and adults, sponsored by Alameda Recreation & Park Department

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, wanting to learn more about Center programs or expecting your parents for an extended visit! 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, November 12**, at 10:30 am by visiting the Mastick Office or calling 747-7506.

Portrait Photographs by Joseph Woodard

Joseph Woodard has volunteered to take free portrait photographs of interested Mastick members. If interested, sign up in the Mastick Office. A portrait makes a wonderful gift!

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 am to 11:30 am in Room D on the **second** and **fourth** Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. On **Thursday, November 12**, the group will focus on "facing day-to-day challenges" for the caregiver. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.

Birthday Celebration

November "Birthdays" are invited to join us for the Birthday Celebration on **Friday, November 13**, at 12:00 pm in Dining Room 1. Celebration includes a *free* lunch, slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until **Friday, November 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 Friday, November 13, 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.*** We wish you a Happy and Healthy Birthday!



Music Appreciation with William Sturm

Join William Sturm, Volunteer Instructor, on **Thursday, November 19**, at 1:30 pm in the Mastick Social Hall for a piano recital and discussion about the composers and the music being played. Mr. Sturm will discuss and play waltzes from France, England, Poland, Spain, Germany, Austria, and America. Pre-register in the Mastick Office or call 747-7506.

Dental Consultation

Dr. Alfred Chong will provide free dental consultation on **Thursday, November 19**, from 10:00 am – 12:00 pm (by appointment only) in the Mastick Office. This is an opportunity to have questions answered regarding your teeth, treatment options, and possible alternatives for pending dental procedures. To make an appointment, visit the Mastick Office or call 747-7506.