

Free—Electronic Waste Recycling Event

The City of Alameda Public Works Department will be offering a free Electronic Waste Recycling event on **Saturday, October 10**, from 9:00 am to 2:00 pm at Alameda Point, 51 West Trident. Alameda residents and businesses can drop off: computers, monitors, keyboards, fax machines, printers, scanners, phones, televisions, VCRs, and related accessories. Please, do not bring: hazardous waste, household electronics (microwaves, can openers, blenders, vacuums, etc) or appliances (refrigerators, freezers, washers, dryers, air conditioners, etc.).

Maintain Your Brain—Maximize Your Memory

Alzheimer's Association representatives will present *Maintain Your Brain—Maximize Your Memory* on **Thursday, October 15**, at 10:00 am in Room D. Learn the latest scientific research on how simple changes might lead to a brain-healthy lifestyle. In addition, learn tips and strategies for improving memory, as well as how to tell the difference between normal memory loss and dementia. Pre-register in the Mastick Office or call 747-7506.

Dental Consultation@ Mastick!

Dr. Alfred Chong will provide free dental consultation by appointment on Thursday, **October 15**, from 10:00 am and noon in the Mastick Office. This is an opportunity to have questions answered that you may have regarding your teeth, treatment options, and dental procedures. To make an appointment, visit the Mastick Office or call 747-7506.

Birthday Celebration

October "Birthdays" are invited to join us for the Birthday Celebration on **Thursday, October 15**, 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 **Friday, October 9**, at 11:30 am. To reserve a seat, visit the lobby desk or call 747-7500 between 9:00 and 11:30 am. **On Thursday, October 15, 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.**

Saturday Computer Workshops

Computer Workshops, provided by the Alameda Adult School, serve as an opportunity to focus on a particular topic of interest. On **Saturday, October 17**, the workshop topic will be "All About Facebook". This workshop will introduce you to the popular social networking site, as well as help you create a page of your own. Pre-register in the Mastick Office or call 747-7506. Join us at 9:30 am!

Alameda Hospital's Community Health Fair

The Community Health Fair is scheduled for **Saturday, October 17**, between 9:00 am and 12:30 pm at 2070 Clinton Avenue. The Annual Health Fair offers a variety of health screenings, activities, and exhibits for the entire family. Be sure to visit Mastick's table to see what is new for the fall.

Coping with the Aging Process

Theresa Cleaver, Community Educator for Legends—a Special Program for Seniors by Valley Care Healthy System, will present *Coping with the Aging Process* on **Tuesday, October 20**, at 1:00 pm in Room D. This presentation will address the following topics: Signs & Symptoms of Depression; Sociologic Changes; Benefits of a Positive Attitude; Physical Changes; Metabolic Slow-down; and Various Dementias. To attend this program, register in the Mastick Office or call 747-7506.

Halloween Stomp

Join us on **Thursday, October 22**, from 1:00 pm to 4:00 pm in the Mastick Social Hall to celebrate fall with dancing and fun. Learn the following dance moves: Line, Western, Ballroom and Tango. Famous DJ David Henry returns and will help to perfect your Ballroom dance steps. Norma Nocera, local line dance aficionado, will provide line dance instruction. Dress in costume and be eligible for the "best costume award", enjoy door prizes, and refreshments. Volunteers may enter *free* with their volunteer badge. Cost is \$2 per person.

