

Music Appreciation with William Sturm

Join **William Sturm**, Volunteer Instructor, on **October 22**, at 1:30 pm in Dining Room 2 for a piano recital and discussion about "Romantic from Bohemia: Antonin Dvorak. Mr. Sturm will discuss and play the music of Bohemia's most famous composer. Sign up in the Mastick Office or call 747-7506.

Halloween Bingo Bash

On **Saturday, October 24**, Bingo patrons will receive a **free** Halloween dauber (ink marker), compliments of the Mastick Senior Center Advisory Board and Bingo Committee, to celebrate the fun spirit of Halloween. In addition, show your spirit by partaking in the Halloween Table Decorating Contest. Prizes will be awarded to the best decorated table(s). Doors open at 10:00 am, first game at 12:15 pm. All welcome—18 years of age and older.

Disability Commission Workshop

Special Needs—Special Services Resource Fair will be offered on **Saturday, October 24**, from 9:30 am to 12:30 pm at the fully accessible Officer's Club (641 West Redline Ave) on Alameda Point. This workshop serves as a venue for residents to become familiar with the various organizations in our community providing free or sliding scale services for adults or children with physical and/or cognitive disabilities. Featured demonstrations include a chair yoga class and interactive performance by AXIS Dance Co. Fliers are available at Mastick Senior Center outlining event details and shuttle schedule. This event is provided by the City of Alameda's Commission on Disability Issues in partnership with Alameda Chapter of the American Red Cross, Alameda Hospital, and Alameda's Community Emergency Response Team (CERT). For more information, contact **Leslie Krongold** 864-1190 or elkrong@yahoo.com.

Mastick Supporters...

The Mastick Advisory Board and staff thank you for supporting Mastick Senior Center! During the month of September, we would especially like to thank the following: Ursula Van Wassenberg and the individuals making donations in memory of May Mew.

It's All About Your Bones

Join **Donna Schuppert**, Foundation for Osteoporosis Research & Education (FORE), on **Wednesday, October 28**, at 10:00 am in Room D for a presentation on Osteoporosis. Topics include: defining Osteoporosis, current treatment options available; and methods for improving your bones. **Free bone density scans will be available after the presentation.** To attend the program or make an appointment, visit the Mastick Office or call 747-7506. *This program is provided by Supervisor Alice Lai-Bitker's Measure A Fund.*

ABC Preschool Visits Mastick Center

Our neighbors at ABC Preschool will be dressed for the holiday and parading through the Mastick Dining Rooms on **Friday, October 30**, to share in the Halloween spirit. Be sure to make a lunch reservation and join us for the festivities. Bring a friend to share the **spooktacular** surprises scheduled for this afternoon of fun!



Travel with Us...

Off to the Races in November!

Join us for a fun-filled day of horse racing at Golden Gate Fields with a great buffet lunch in the Turf Club.

Friday, November 13, 2009

11:00 am to 6:00 pm

Cost: \$50 (lunch included)

Activity Level: One Shoe

Sign up begins: Tuesday, October 6, 2009, at 8:30 am in Dining Room 2.

Cirque du Soleil in January 2010!

Sign up now to travel with us to San Francisco to see Cirque du Soleil's new show "Ovo".

Thursday, January 7, 2010

2:00 pm to 7:45 pm

Cost: \$65 (lunch not included)

Activity Level: Two Shoes

Contact the Travel Office for details, 747-7511.