

Mastick Senior Center

a division of Alameda Recreation & Parks
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
E-mail: 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.

November Coming Attractions....

Day Light Saving Time Ends

Sunday, November 1, marks the ending of Day Light Saving Time. Please set clocks back one hour. This is also a good time to replace batteries in smoke and carbon monoxide detectors, remote controls, and other electronic devices. Also, consider rotating or assembling disaster supplies. **Note: Batteries can no longer be deposited in the gray solid waste cart. Batteries can now be properly disposed of at Mastick Senior Center or by contacting Alameda County Industries (ACI) at (510) 483-1400.**

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 Veterans 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 & Parks.

Sing with Us!

Keiko Pederson, volunteer, enjoys playing the piano in the Mastick's music room on Friday afternoon from 12:30 p.m. to 1:30 p.m. She invites you to come sing-along while she plays.

Mastick Senior Center

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

Join us for Thanksgiving Dinner

On **Sunday, November 22**, join us for a catered Thanksgiving feast that will include turkey with all the trimmings. Dinner will be served at 1:00 pm in the Mastick Dining Rooms. Tickets will first be extended to weekly lunch program participants and then to the membership at large. Tickets are available in the Mastick Office beginning Friday, October 30, at 8:30 am.

Enjoy Breakfast before Bingo on the 28th

Breakfast will be served on **Saturday, November 28**, between 9:00 and 11:00 am in the Mastick Dining Rooms. Enjoy scrambled eggs, hot cakes, sausage, juice, and coffee. Tickets are available in the Mastick Office beginning Friday, October 30, at 8:30 am.

Get Fit with Wii!

Join us every Friday at 1:00 pm in the media room for Wii. The Nintendo Wii video game console uses motion sensitive controllers to recreate real-life movement. When applied to sports games this may allow the player to swing a tennis racket in tennis, throw a punch in boxing, roll a bowling ball, etc. Come learn to play with this new technology that is taking senior centers.

In Memory:

**May Jan Mew, Joan Krouse
Haruko Mullens, Adrienne Longley-Cook
"Our condolences to family and friends."**