

### Creative Writing

The focus of this class is the art and craft of writing—the magic and the work of making art with words. The class will include a writing workshop with weekly writing assignments, lectures, discussions, in-class writing exercises, and examples of poetry. **Carrie Picket**, Instructor, will return on **Tuesdays**, beginning **September 8**, from 10:00 a.m. to 12:30 pm in the Media Room. **Fee class.**

### Cultural Events with Marion Fay

The Cultural Events class, sponsored by the College of Alameda, provides an avenue to explore art, music, dramatic performances, literature, and travel to cultural and theatrical performances. This class will begin on **Wednesday, September 9**, at 1:00 pm in Dining Room 2. Participants will enjoy a performance at Berkeley Repertory Theatre, as well as journey to UC Berkeley Art Museum. Transportation to events is provided with **City of Alameda Measure B monies**. Class cost is \$60 per person. This does not include admission to cultural exhibits (discounted tickets available). Minimum enrollment of 25. To reserve a seat, visit the Office or call 747-7506.

### Birthday Celebration

September “Birthdays” are invited to join us for the Birthday Celebration on **Wednesday, September 9**, 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, September 4**, at 11:30 am. To reserve a seat, visit the lobby desk or call 747-7500 between 9:00 and 11:30 am. **On Wednesday, September 9, 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.

### Suggestion Box

As a reminder before flu season begins, please remember to wash your hands with soap and water after visiting the restroom and before visiting the coffee area, kitchen, and dining room. This practice will maintain a safe and healthy environment for all members.

### 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, September 10**, the group will focus on respite care for the caregiver. **Shelley Cooper**, group facilitator, is provided by the Alzheimer’s Association.

### 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! This Orientation offers a guided-tour to introduce you to the Center, a 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, September 10**, at 10:30 am by visiting the Mastick Office or calling **747-7506**. **We look forward to meeting you!**

### Impariamo L’Italiano

Whether you are learning Italian for the first time or brushing up on your skills before vacationing in Italy, this class is designed for you. Join **Donatella Zeppelin**, Instructor, on **Fridays**, beginning **September 11**, at 10:00 am in Room D. **Beginning Italian** will be the focus from 10:00 am to 10:45 am with **Intermediate Italian** from 11:00 to 11:45. Sign up in the Mastick Office or call 747-7506.

### Bay Area Issues & Places

**Donna Carruth**, Alameda Adult School instructor, will teach how to navigate the various public transportation systems available in the Bay Area. Sturdy walking shoes and a jacket are a must! Register on **Monday, September 14**, at 10:30 am in Dining Room 2

### We Want to Hear from YOU!

Have you completed the questionnaire at the lobby counter regarding evening hours at Mastick Senior Center during the summer months? We would like to hear your thoughts by **Friday, September 18!**