

### Conversational Spanish: Beginning & Advanced

**Blanca Beal**, Alameda Adult School instructor, returns to teach Conversational Spanish on Mondays beginning **September 14**, in Room D (please note room change). **Beginning** Spanish will be the focus from 9:30 am to 10:30 am with **Advanced** Spanish the focus from 10:45 am to 11:45 am.

### Savvy Caregivers

The Alzheimer's Association will present a six-week course that approaches family caregiving as a set of learnable skills centered around the twin goals of taking care of yourself while helping the care-receiver to maintain a state of contented involvement in activities. This course is on **Tuesdays**, beginning **September 15** - October 20, from 9:30 am - 11:30 am in Room E. There is a \$75 per person fee. Scholarships are available...don't let finances prevent you from participating in this invaluable training. Ask at the Mastick Office.

### Basic Sex Education for Seniors

On **Tuesday, September 15**, from 1:00 pm - 3:00 pm in Room D Dr. **Bryna Barsky-Ex** will be discussing the following topics during the *Basic Sex Education and Risks* Presentation: Normal Sexual Changes with Aging in Men and Women; How to Adapt to These Changes; Disease Prevention: and Sexual Enhancement. Sign up in the Mastick office or call 747-7506.

### Basic Neck & Back Care

On **Wednesday, September 16**, **Alicia Perez**, DPT, CEES, will provide information on *Basic Neck & Back Care* at 1:30 pm in Dining Room 2. Topics include: Elements that lead to neck or back injuries; Techniques to decrease strain on your neck and back; and Exercises to keep your back and neck healthy. Sign up in the Mastick Office or call 747-7506.

### Beautify Our City...Coast Cleanup Event

Beautify our coastline and help the environment on **September 19**, from 9:00 am to noon. Meet at Shoreline Drive and Park Street. Preregister at the Alameda Recreation & Park Department (ARPD), 2226 Santa Clara Avenue or call 747-7529. **See you on the 19<sup>th</sup>!**

### Saturday Computer Workshop

Computer Workshops, provided by the Alameda Adult School, focus on a particular topic of interest. On **Saturday, September 19**, at 9:30 am in Room C, the focus will be *Word for Office 2007 Users*. Pre-register in the Mastick Office or call 747-7506.

### Photography & Phones in the 21st Century

Join **Lars Stenstedt** and his mother **Dorothy**, from SMART Phone and Photo, on **Tuesday September 22**, 10:30 am -11:30 am, for an introduction and overview into today's digital photography and wireless phone technologies. Photography used to be so simple. Now you have to be a digital camera, computer, AND internet wizard just to enjoy family photos. Wireless phones have improved the quality of life for many people, but they can be confusing, and have more bells and whistles than the normal person needs or wants. Bring your digital camera and wireless phone for the hands-on workshop with Q&A at the end. Sign up in the office or call 747-7506.

### 2<sup>nd</sup> Annual Ice Cream Social

On **Wednesday, September 23**, 12:30 pm in the courtyard, welcome the cool breeze and autumn by indulging in ICE CREAM! Partake in the 2<sup>nd</sup> Annual Ice Cream Social by Tucker's Super Creamed Ice Cream at. Reserve your seat by signing up in the Mastick Office. The cost is \$2 per person and entitles you to one ice cream sundae.

### Alexander Technique—

#### An Intelligent Way to Care for Your Back

On **Wednesday, September 23**, 10:30 am in Room D, join **Lenka Fejt**, instructor, for a workshop that will help you regain control of your body, alleviate back pain, improve posture, and enhance performance. You will learn to: heighten your body awareness, what to do and what not to do when you have a back problem, understand the relationship between head, neck, and rest of the torso, and how this relationship influences your movement and functioning; move gracefully with more efficiency and less effort, and to apply the Alexander. Sign up in the Mastick Office or call 747-7506. Cost is \$10 per person.