

January

“Visit us at www.mastickcenter.com”

2010

Greetings from Mastick Senior Center

The Mastick Senior Center Advisory Board (MSCAB) and staff send wishes for a happy and healthy New Year. We often embark on the New Year with wonderful ideals...which, are often goals left undone from the prior year. Make this the year to get involved at Mastick Senior Center. Join us for the New Member Orientation on the second Thursday of the month at 10:30 am and become more familiar with our classes and programs. Sign up for one of the new classes highlighted in this newsletter or pick from our ongoing classes outlined on the “At-a-Glance” flier located in the lobby or online at www.mastickcenter.com. Life enrichment should be ongoing and Mastick Senior Center is the place to remain active, engaged, and alive. Make 2010 the best year yet!

Happy New Year

MSCAB Scholarship Program

Mastick Senior Center Advisory Board (MSCAB) has received **funds and restricted donations** to be used to create a Scholarship Program. The funds are designated to help our current members defray a portion of the costs of classes and/or day trips. Scholarship funds are available, **once per year**, to current Mastick members who qualify by meeting low income limits. The monies can offset up to 50% (not to exceed \$50) of fees for classes, trips, and/or programs. This program also helps in financially underwriting some classes, so there is minimal cost to participants. Visit the Mastick Office for more information or an application.

Mastick Holiday Closures!

Mastick Senior Center will be closed for the following holidays:

New Year's Day: Friday, January 1, 2010.

Martin Luther King Jr. Day: Monday, January 18, 2010.

Meal Service Information:

Alameda Meals on Wheels (AMOW) is available to provide meal service on the days Mastick Senior Center is closed. Reserve a meal in advance by calling 865-6131.

East Bay Rose Society visits Lincoln Park Rose Garden

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Sunday, January 3**, between 12:00 noon and 2:00 pm to prune the roses in the Rose Garden. They will also provide a rose pruning demonstration. Time will be allocated for “Q & A” pertaining to rose care.

Mastick Book Club

On **Tuesday, January 5**, Book Club members will share a book of their choosing. On Tuesday, February 2, Book Club members will review “The Elegance of the Hedgehog” by Muriel Barbery at 1:00 pm in the Media Room. If you have any questions, please contact the Mastick Office at 747-7506.

Square Dance @ Mastick!!

Join us on Tuesday from 1:00 pm to 3:00 pm in Room A for aerobic activity. Square dancing provides great exercise while stimulating your brain and socializing with others. Come join the fun...prior experience not required. Couples and singles welcome. Sign up in the Mastick Office or drop in on Tuesday. There is a \$2 fee per person per class.