

Wii Is Great Fun!

Join us on **Wednesday**, beginning **January 6**, at **1:00 pm** in the Media Room to learn how to play the Nintendo Wii video game. Learn to use motion sensitive controllers to re-create real-life movement for tennis, bowling, boxing, etc. See how easy it is to play this exciting game.

AARP Driver Safety Program

AARP Driver Safety Program is the largest classroom driver refresher course specifically designed for motorists who are 50 and older! This eight-hour course is taught in two, four-hour sessions over a two-day period and is offered **Wednesdays, January 6 & 13**, from 9:00 am to 1:00 pm in Room D. *Preregistration is a must.* There is a \$12 per person fee for AARP members and \$14 per person fee for non-AARP members. The registration is payable by check **ONLY** and made payable to AARP.

Introduction to Video Production

Have you seen the Mastick movie? If not, go to the Mastick website (www.mastickcenter.com) and learn more about your center. Jeff Cambra, producer of the Mastick movie, will take you behind the scenes of documentary production and show students how to produce quality content for web viewing. Learn to use a video camera, script writing, storyboarding, basic lighting and sound to produce a newscast and a short documentary. No experience required and equipment will be provided. Four weekly classes will start **Tuesday, January 12, 2010** from 10:00 a.m. to noon in the Skill Center. To be a part of this exciting team, sign up in the Mastick Office.

Creative Writing Workshop

On **Tuesday, January 12** (thru May 18), join Carrie Pickett, instructor, to practice the art and craft of writing, with weekly writing assignments, peer critique and discussion, and lectures on poetry and literature. Join the fun in the Media Room from 10:00 am and 12:30 pm. The **estimated** cost per person is \$150 or approximately \$8 to \$10 per week, depending on class size. Pre-register in the Mastick Office.

Travel with Us...**Disney Museum & Presidio**

We're off to the San Francisco Presidio to tour the new Walt Disney Museum. We will lunch at the Presidio Bowl and complete the day with a ranger-led Presidio tour.

Wednesday, February 24, 2010

9:00 am to 4:00 pm

Cost: \$55 (Lunch Included)

Activity Level: 2.5 Shoes

Sign up begins: **Tuesday, January 12**, at 8:30 am in Dining Room 2.

California Advocates for Nursing Home Reform (CANHR)

CANHR is a non-profit organization established in 1983 to improve the quality of long-term care in California by providing consumers and their families with information, skills and support. On **Tuesday, January 12**, at 1:00 pm in Room D, Hannah Knafo, a Long-Term Care Advocate at CANHR (with expertise in Medi-Cal for long-term care, nursing home resident rights, Family Councils, and alternatives to long-term care) will present on the topic of Medi-Cal eligibility. She will also be available to answer questions regarding long-term care issues. Sign up in the Mastick Office or call 747-7506.

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! The New Member Orientation offers a guided-tour that introduces you to the Center, an 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, January 14**, at 10:30 am by visiting the Mastick Office or calling 747-7506.

Mastick Supporters...

The Mastick Advisory Board and staff would like to thank the following: Michael & Sheila Leonard, Richard Pitman and Mona Pitman-Lofgren, Joy Pratt, Patricia, Robertson, Ursula Van Wassenberg and Red & Virginia Wetherill.