

### The Alpine Zone

Travel to the Alpine Zone for a trip in the high Sierra on **Tuesday, January 19**, from 10:00 am to 11:30 am, with Roger Baer, Volunteer Instructor. Enjoy stories and slides of backpacking, climbing peaks, geology, and the flora and fauna of northern Yosemite. If you plan on joining us for this travel presentation in Room D, please preregister in the Mastick Office of call 747-7506.

### Jewelry Making...

#### Wearable Art by Rose Designs

On **Saturday, January 23**, 9:00 am to 11:30 am in Room B, join Rose O'Neill, custom jewelry designer, for an opportunity to make a beaded necklace and a pair of earrings. Clip-on earrings available, as well as a necklace long enough to go over your head without a clasp. Beads and tools will be supplied unless you would like to go "green" and redesign beads already in your possession. Class is limited to 10 students. Cost is \$20 per person. Sign up in the Mastick Office or call 747-7506.

### Computer Classes

Alameda Adult School instructors provide computer instruction in a friendly, relaxed atmosphere at Mastick Center. The winter term begins **January 25**, and runs through Friday, April 2, 2010. Class instruction is provided by the Alameda Adult School. Mastick Senior Center imposes a \$7 materials fee. Registration forms outlining the winter class offerings and prerequisite information are available in the Coffee Area. Sign up in the office or call 747-7506.

The winter term class offerings are as follows:

Monday.....Windows Operating System  
 Tuesday.....MS Applications:Powerpt 2/Excel 2  
 Wednesday.....Introduction to Computers  
 Thursday.....MS Applications:Word 2/Publisher 2  
 Friday.....Internet  
**Tuesday am.....Computer Graphics**

### Photography & Phones in the 21st Century: Taking & Printing Good Digital Photos

Join Lars Stenstedt and his mother Dorothy, from SMART Phone and Photo, on **Tuesday January 26**, 10:30 am –11:30 am in Room D. This class is a follow up to their September class on digital photography and wireless phone technologies, and will go into more depth on taking and printing photos from cameras and camera phones. Bring in your camera or camera phone and they'll talk through some techniques for taking better photos. Also each attendee will have the opportunity to print out a couple of photos on the spot to talk through lighting, focus, and composition of their photos. Sign up in the office or call 747-7506.

### Birthday Celebration

January "Birthdays" are invited to join us for the Birthday Celebration on **Tuesday, January 26**, at 12:00 pm in Dining Room 1. The celebration includes a *free* lunch, slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until Friday, January 22, at 11:30 am. To reserve a seat, visit the Lobby Desk or call 747-7500 between 9:00 and 11:30 am. ***On Tuesday, January 26, confirm your lunch reservation at the Lobby Desk by completing the lunch application and picking up your lunch ticket by 11:30 am.***

### Refining Balance – Alexander Technique

As we grow older, we often experience difficulty with our balance. Having good balance means being able to control and maintain your body's position whether you are moving or remaining still. On **Wednesday, January 27**, 10:00 am in Room D, join Lenka Fejt, a certified Alexander Technique teacher, for a workshop that will help you deal with stooped posture, unreliable balance, fear of falling, stiff movements and lack of confidence. Sign up in the Mastick Office or call 747-7506. Cost is \$10.00 per person.

### In Memory:

**Vernice Boone, Eve Moolhuyzen, and  
Marie Walsh**

**"Our condolences to family and friends."**