

Mastick Senior Center Activities @ a Glance

For ongoing daily program information, consult the **Activities @ a Glance** (the “yellow” flier) available on the Information Wall, as well as online at www.mastickcenter.com. For more information, contact the Mastick Office at 747-7506.

Cultural Events

The Cultural Events class provides an avenue to explore art, dramatic performances, literature, guest speakers, stimulating discussion, mini-concerts, and travel to cultural and theatrical performances. This class meets on Wednesdays, beginning **February 3**, at **1:00 pm** in Dining Room 2. Transportation to cultural performances is provided via City of Alameda Measure B monies. Sign up in the office or call 747-7506. The cost is \$75 per person. If the price is too steep, consider applying for the MSCAB Scholarship Program. Applications are available in the office.

The Different Facets of Alzheimer’s Disease

Mastick Senior Center in cooperation with the Alzheimer’s Association and Comfort Keepers invites you to explore the different facets of Alzheimer’s disease as depicted in the highly acclaimed *Alzheimer’s Project*, an HBO documentary series. View “Grandpa, Do you know who I am?” on **Thursday, February 4**; Momentum in Science (Parts 1 & 2) on **Thursday, February 18**, and Caregivers on **Thursday, March 4**. Join us at 10:00 am in Room D. To register for this informative presentation, visit the office or call 747-7506.

Medicare & the Choices that Go with It

On **Tuesday, February 9**, at 1:00 pm in Room D a representative from Legal Assistance for Seniors (LAS) will present “Medicare & the Choices that go with it.” Topics include: An overview of the Medicare program including eligibility, costs, benefits, and changes; Explanation of various options for supplementing Medicare such as Medicare Supplement Plans (Medigap) and Medicare Advantage Plans; An overview of Medi-Cal and the Medicare Savings Program; and Information on Medicare’s prescription drug benefit. To attend, sign up in the office or call 747-7506.

A History of the Sierra

Join Roger Baer, volunteer instructor, for this three-part presentation on the natural and human history of the Sierra on **Tuesday, February 9, 16, & 23**, from 10:00 am to 11:30 am in Dining Room 2. Topics include: geology and geography, native culture, exploration, the Spanish and Mexican periods, and the Gold Rush. Attend this presentation by registering in the office or calling 747-7506.

Birthday Celebration

February “Birthdays” are invited to join us for the Birthday Celebration on **Wednesday, February 10**, 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, February 5, 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, February 10, 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.**

Cook, Eat, Love @ Mastick Senior Center

Laurie Zerga, founder of Chef K, returns to Mastick’s Social Hall kitchen on **Wednesday, February 10**, at 1:30 pm to provide cooking instruction for a simple menu of seasonal recipes bound to impress any guest and just in time for Valentine’s Day. Learn to prepare the following menu: Cornish Game Hen with Valentine’s Sauce, Wild Rice Medley, Asparagus with orange-leek vinaigrette, and individual heart-shaped cake box filled with raspberries. *Enjoy a tasting after the demonstration.* Class limited to 20. Sign up in the Mastick Office. This class is \$20 per person paid at the time of registration.

Square Dance @ Mastick!!

Join us on Tuesday from 1:00 pm to 3:00 pm in Room A for Square Dancing. This aerobic activity provides great exercise while stimulating your brain and socializing with others. Come join the fun. Couples and singles welcome. Sign up in the Mastick Office or drop in on Tuesday. There is a \$2 fee per person per class.