

### Spring Forward in March!

Daylight Saving Time arrives **Sunday, March 14**, and serves as a reminder to set clocks ahead one hour. This is also a good time to replace batteries in smoke and carbon monoxide detectors, remote controls, and other electronic devices.

**Note:** Mastick Senior Center is a household battery collection site! Members can drop-off alkaline, rechargeable, and lithium batteries free of charge. For information contact Alameda County Industries at (510) 483-1400.

### Dental Consultation

Dr. Alfred Chong will provide free dental consultation on **Thursday, March 18**, from 10:00 am – 12:00 pm (by appointment only) in the Mastick Office. This is an opportunity to have questions answered regarding your teeth, treatment options, and possible alternatives for pending dental procedures. To make an appointment, visit the Mastick Office or call 747-7506.

### A Penny for Your Thoughts...

Mastick members make our programs fantastic. We recognize there is always room for improvement and depend on you to share your thoughts (ideas) with us. Please deposit your ideas, suggestions, and recommendations in the Suggestion Box at the Lobby counter. Providing your name, phone number, or email address will help us respond in a timely fashion. If you wish to remain anonymous, you can find responses to your suggestions next to the Suggestion Box.

### Birthday Celebration

March "Birthdays" are invited to join us for the Birthday Celebration on **Thursday, March 18**, 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 **Thursday, March 11**, at 11:30 am. To reserve a seat, visit the Lobby Desk or call 747-7500 between 9:00 am and 11:30 am. ***On Thursday, March 18, 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.***

### An Open Invitation for Lunch...

Bay Area Community Services (BACS) uses fresh, seasonal local, and sustainable produced foods to prepare the noon meals served at Mastick Senior Center Monday thru Friday at noon. If you are 60 and older, lunch can be enjoyed for a donation of \$2.25. Those under 60 years of age are required to pay \$4.25 per meal. To enjoy this delicious meal, please pre-register in the Mastick lobby the day before you want to enjoy the lunch. Orders must be received by 11:30 am. If you are the risky type, you can place your name on the wait list for any particular day and hope for a cancellation. For more information, visit the Mastick Office or call 747-7506.

### Keeping Elders Safe

On **Tuesday, March 23**, at 1:00 pm in Room D, a representative from Legal Assistance for Seniors (LAS) will present "Keeping Elders Safe". Join us for this informative overview of Elder Abuse and Remedies. Topics include: What Elder Abuse is and the laws that address it; Signs of financial, emotional, and physical abuse and neglect; Practical tips to help prevent abuse, and Information on agencies that can help. To attend, sign up in the office or call 747-7506.

### California Telephone Access Program

Casey Kho, California Telephone Access Program (CTAP), will be available on **Wednesday, March 24**, at 10:30 am in Room D to discuss programs available for individuals having difficulty: Hearing on a standard telephone; Getting to the telephone before it stops ringing; Seeing the numbers on the standard telephone, dialing telephone numbers, or remembering telephone numbers; understanding you on the telephone. If you are having these challenges this is for you. To attend, sign up in the office or call 747-7506.

### Music Appreciation Class

Join William Sturm, Volunteer, on **Thursday, March 25**, at 1:30 pm in Dining Room 2 for a *Music for Springtime* piano recital. Mr. Sturm will play various pieces inspired by the spring season. Preregister in the Mastick Office or call 747-7506.