

Book Club

On **Tuesday, April 6**, Book Club members will discuss "The Girl with the Dragon Tattoo" by Stieg Larsson at 1:00 pm in the media room. Book Club members will review "Olive Kitteridge" by Elizabeth Strout on **Tuesday, May 4**. If you have any questions, please contact the Mastick Office at 747-7506.

Staying Mentally Sharp at Any Age

Brain fitness, like physical fitness, is important at any age. Current research reports that we can generate new brain cells/neurons and increase the connections between them by exercising all parts of our brain. Being mentally fit and staying sharp can enhance your quality of life at any age. Join Carol Byers Kral, MA Gerontology, for this four-part workshop on brain health beginning **Tuesday, April 6 (13, 20, 27)**, at 1:30 pm in Room D. This class is \$20 and limited to 25 people. Sign up in the Mastick Office or call 747-7506.

AARP Driver Safety Refresher Course

AARP Driver Safety Refresher Course is the largest classroom driver refresher course specifically designed for motorists who are 50 and older! This course is taught in **one-day** on **Wednesday, April 7**, from 9:00 am to 1:30 pm in Room D. To qualify, you must have taken the standard course within the last **four** years. *Preregistration is a must.* There is a \$12 per person fee for AARP members (AARP membership number required) and \$14 per person fee for non-AARP members. The registration is payable by check **ONLY** made payable to AARP. Ask your insurance agent about automobile insurance discounts.

Thrift Shop Fashion Show & Spring Luncheon

Tickets for the 25th Annual Thrift Shop Fashion Show & Spring Luncheon, *Everything is Coming Up Roses*, will go on sale **Friday, April 9**, at 8:30 am in the Mastick Office. The fashion show is scheduled for **Thursday, May 13**, in the Mastick Social Hall. The cost of the luncheon is \$16 per person. This event guarantees good food, fashion, and fun! *All proceeds support Mastick Senior Center.*

Register for Computer Classes

The Alameda Adult School Instructors provide computer instruction in a friendly, relaxed atmosphere at Mastick Senior Center. The spring quarter begins **April 12**, and runs through **June 18**. Mastick Senior Center charges a \$7 materials fee per person per class. **The following spring quarter classes still have openings:**

Monday.....Web 2.0 Technology
 Tuesday.....Intro. to the Internet
 Thursday.....MS Word 3—Advanced
 Tuesday **AM.....Digital Images**

May Trip...*Wild Things*

Visit the Salinas' Vision Quest Ranch for a docent-led tour of unique, wild and exotic animals. Enjoy lunch at a nearby restaurant.

Thursday, May 27, 2010

8:00 am to 5:00 pm

Cost: \$50 (includes lunch)

Activity Level: Three Shoes

Sign up begins: **Tuesday, April 13**, at 8:30 am in Dining Room 2.

Tai Chi-ercise

Join Helen Calhoun, Volunteer Instructor, for Tai Chi-ercise on Thursdays beginning April 15, at 10:00 am in Room A. This new class combines Tai Chi and exercise. The focus of this class is strengthening the core. The core is the area known as the solar plexus region, the tan tien, and the hara. Class participants will engage in a number of sitting, standing, and moving exercises using the yin-yang movements of Tai Chi and deep breathing to center their energy (chi) in the core region. Participants will aim to achieve strength, flexibility, deep relaxation, and tension release. Sign up in the Mastick Office or call 747-7506. Class limited to 20.

Computer Basic Skills

Nancy D'Amico, Volunteer Instructor, offers the *Computer Basic Skills* class every **Thursday** from 11:00 am to 12:30 pm in Room C. In a fun and supportive environment, students learn the basic and necessary skills to successfully use a PC. A new session begins **Thursday, April 15**. Space is limited so please sign up in advance in the office.