

Mastick Senior Center

a division of Alameda Recreation & Park Department
1155 Santa Clara Ave, Alameda, CA 94501
(510) 747-7500-Fax 523-0247-TDD/TTY 522-5160
Programs and services for adults 50 and older.
Program Information: www.mastickcenter.com
E-mail: jkrause@ci.alameda.ca.us
Weekday Program Hours 8:30am-4:00pm
Recreation & Parks Director: Dale Lillard
Senior Services Manager: Jackie Krause
Senior Services Coordinator: Mariel Thomas
Newsletter Graphics & Layout Volunteer: Phil Smith

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

Coming in May 2009...

Jewelry Making...Wearable Art Designs

On **Saturday, May 1**, 9:00 am to 12:30 pm in Room B, Rose O'Neill, custom jewelry designer, will provide an opportunity to explore your jewelry making talents. Learn to make a beaded necklace and 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. 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.

World Studies with Roger Baer

Join Roger Baer, Volunteer Instructor, holds degrees in American History and has taught history for 30 years as he presents a seven-part presentation of a geopolitical overview of important regions of the world. This course will start on **Tuesday, May 4**, from 10:00 am to 11:30 am in Dining Room 2. To attend, sign up in the office or call 747-7506.

Balance & Dizziness...

Helpful Tips to Decrease Risk of Falls

Alicia Perez, DPT, CEES, will discuss *Balance & Dizziness...Helpful Tips to Decrease Risk of Falls* on **Wednesday, May 5**, at 10:45 am in Dining Room 2. This presentation will familiarize you with elements that affect balance, a safe balance checklist, techniques to decrease risk for falls, and exercises to improve balance. To reserve a seat, visit the Mastick Office or call 747-7506.

Mastick Senior Center Advisory Board Officers

Nancy Gormley.....President
Joy Pratt.....Vice President
Lola Brown.....Treasurer
Millie Lum.....Recording Secretary
Mildred Nolan.....Corresponding Secretary

Directors

Roger Baer, Donna Bernadou, Gary Brown, Ginny Carney, Phyllis De La Vergne, Marjorie Mann, Declan "Deg" Powers, Miriam Schiffman, Marion Scire, and Ewart "Red" Wetherill.

Fundraising Activities

Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)
Doors open at 10:00 am/First game at 12:15 pm

Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm

Our mission statement:

Mastick Senior Center's mission is to provide a well-rounded education, social, & recreation program for adults 50 years of age and older.

Our vision statement:

Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.

It's All About Your Bones

Join Donna Schuppert, Foundation for Osteoporosis Research & Education (FORE), on **Tuesday, May 11**, at 10:00 am in Room D for a presentation on Osteoporosis. Topics include: defining Osteoporosis, current treatment options available; and methods for improving your bones. **Free bone density scans will be available after the presentation.** To attend the program or to make an appointment for a bone density scan, visit the Mastick Office or call 747-7506. *This program is provided by Supervisor Alice Lai-Bitker's Measure A Fund.*

Mastick Walks!

Pedestrian Friendly Alameda and Mastick Senior Center have organized a special walk in honor of "Older Americans Month" to show our support and commitment to healthy aging. Join us on **Wednesday, May 19**, at 9:00 am. Learn more in the May edition of the *Mastick Bee* newsletter.