

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 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.*

Thrift Shop Fashion Show & Spring Luncheon

The 25th Annual Thrift Shop Fashion Show & Spring Luncheon, *Everything is Coming Up Roses*, is scheduled for **Thursday, May 13**, in the Mastick Social Hall. Doors open at 11:00 am and lunch will be served at Noon. The cost of the luncheon is \$16 per person. This event guarantees good food, fashion, and fun! Admission and raffle tickets are available in the Mastick Office. *Proceeds support Mastick.*

Feeling Good About End of Life Decisions

On **Friday, May 14**, at 10:00 am in Dining Room 2, join Mary Burson, Volunteer Instructor with 17 years experience as a Service Manager in the Funeral Industry with a Law Review Certificate from the California Funeral Directors Association, for a discussion on the California Consumer Guide to Funeral & Cemetery Purchases and anything else you ever wanted to know about funeral planning and didn't know who to ask! To attend, sign up in the office or call 747-7506.

Satire with a Smile

Gloria Eive, Professor Emerita of Music History and Literature, SMC, will present this Cal State East Bay Scholar-Olli lecture that will explore the world of Gilbert and Sullivan's operettas. Professor Eive will probe the public and private worlds that produced such favorites as *The Mikado*, *HMS Pinafore*, and *The Pirates of Penzance*. Join us on **Monday, May 17**, 2:00 p.m. to 3:30 p.m. in Dining Room 2. *Free for OLLI & Mastick Senior Center members/ \$5 for non-members.*

Mastick Walks!

Pedestrian Friendly Alameda and Mastick Senior Center have organized a special walk to show our support and commitment to healthy aging in honor of "Older Americans Month". Join us on **Wednesday, May 19**, at 9:00 am on the Card Room Terrace for a 1.6 or 2.5 mile walk through various Alameda neighborhoods, including a visit to Franklin Park. Representatives from Alameda Hospital will be on-site to provide Blood Pressure Testing and Diabetes Screening from 10:00 am to 11:30 am. Pre-registration is required. Visit the Mastick Office or call 747-7506. Wednesday's fitness class will be cancelled on May 19...this will be an incentive to **Walk with Us!**

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, thinking of participating in Center activities, or expecting your parents for an extended visit! The New Member Orientation offers a guided-tour that introduces you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch provided by Bay Area Community Services (BACS)! Make a reservation to join us on **Thursday, May 20**, at 10:30 am, by stopping by the office or calling 747-7506.

Birthday Celebration

May "Birthdays" are invited to join us for the Birthday Celebration on **Monday, May 24**, 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, May 20**, at 11:30 am. To reserve a seat, visit the Lobby Desk or call 747-7500 between 9:00 and 11:30 am. ***On Monday, May 24, confirm your lunch reservation at the Lobby Desk by completing the lunch application and picking up your lunch ticket by 11:30 am.***

Music Appreciation Class

Join **William Sturm**, Volunteer, on **Thursday, May 27**, at 1:30 pm in Dining Room 2 for *The Mazurka: From Chopin to Scriabin*. Preregister in the Mastick Office or call 747-7506. Mr. Sturm will discuss and play various examples of Polish dance music.