

Mastick is Fantastic“k”

Dental Consultation

Dr. Alfred Chong will provide free dental consultation on **Thursday, June 17**, 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.

2010 Summer Swimming Schedule

The Emma Hood Swim Center, 2256 Alameda Avenue, 522-8017, and the Encinal Swim Center, 230 Central Avenue, 522-4590, will be open for recreational and lap swimming **Monday, June 21**, through **Friday, August 20!** Note: *Swim lessons are also available.* **Hours are as follows:**

Emma Hood Swim Center

(Closed August 13th)

Recreational Swim

(\$2 Resident/\$3 Non-Resident per session):

Monday—Thursday..... 2:00 pm to 4:00 pm

Friday.....Noon to 3:00 pm

Adult Lap Swim

(\$2 Resident/\$3 Non-Resident per session):

Monday—Thursday.....12:50 pm to 1:50 pm

Monday & Wednesday....7:15 pm to 8:45 pm

Encinal Swim Center

(Closed July 23rd)

Recreational Swim

(\$2 Resident/\$3 Non-Resident per session):

Friday..... 1:15 pm to 4:15 pm

Saturday..... 2:15 pm to 4:15 pm

Adult Lap Swim

(\$2 Resident/\$3 Non-Resident per session):

Tuesday & Thursday..7:15 pm to 8:45 pm

Friday..... 12:00 pm to 1:00 pm

Saturday..... .. 1:00 pm to 2:00 pm

Thank You for Your Generosity & Support!

The Mastick Advisory Board, Volunteers, and Staff thank you for supporting Mastick Senior Center! We would especially like to thank the residents of **Cardinal Point** for their generous donation of a stage.

Because of You!

Alameda Adult School....Summer Recess

As it stands now, the Alameda Adult School will recess **Monday, June 21**, through **Friday, July 30**. The following classes will **NOT** meet during this time: Bay Area Issues & Places, Conversational Spanish—Beginning/Advanced, Computer Instruction, Yoga (Tuesday & Wednesday), Fitness (Monday & Friday), Sewing, Ceramics—Beginning/Advanced, Current Events, Classes will resume on Monday, August 2. For more information, consult the class instructor or visit the Mastick Office.

Perspective on the Federal Reserve System

Oliver Guinn, Ph.D Economics, taught upper division Money and Banking courses for more than 50 semesters, will provide a better understanding of the most powerful financial institution in the world in this three-part series beginning **Thursday, June 24**, at 9:30 am in Dining Room 2. Topics include history and legislation, organizational structure, governmental functions, money and banking functions, and macroeconomic policy functions (including policy successes and failures). Reserve a seat by visiting the Mastick Office or calling 747-7506.

Mastick Offers Evening Hours in June!

Join us for evening programs beginning **Wednesday, June 23**, from 5:30 pm to 8:30 pm. Enjoy the computer lab, art classes, a game of Pool, working on quilting or sewing projects, a movie, visiting the library or enjoying a cup of coffee in our air-conditioned facility. For more information, visit the Mastick Office or call 747-7506.

Wednesday Evening Movie Schedule

The ***Mastick Wednesday Evening Movie*** will begin at 6:00 pm. The June schedule is as follows:

Wednesday, June 23.....It's Complicated

Wednesday, June 30.....The Princess & The Frog