

Marine Mammal Center & Sausalito

Enjoy the new Marine Mammal Center, a stop in Sausalito for lunch on your own and browse the shops, and visit the unique Bay Model before heading home.

Tuesday, July 13, 2010

9:00 am to 5:00 pm

Cost: \$25 (lunch on your own!)

Activity Level: Two Shoes (wear walking shoes)

Sign up begins: **Tuesday, June 15**, at 8:30 am in Dining Room 2

Dental Consultation

Dr. Alfred Chong will provide free dental consultations on **Thursday, June 17**, from 10:00 am – 12:00 pm (by appointment only) in the Mastick Office. 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.

Father's Day BINGO!!!

On **Saturday, June 19**, men, 18 years of age and older, will receive a free ½ Bingo pack compliments of the Mastick Senior Center Advisory Board and Mastick Bingo Committee in honor of Father's Day.

Alameda Adult School on Summer Recess

Currently, the Alameda Adult School will recess **Monday, June 21, to Monday, September 6**. The following classes will **NOT** meet during this time: Bay Area Issues & Places, Computer Instruction, Conversational Spanish—Beginning/Advanced, Yoga (Tuesday & Wednesday), Fitness (Monday & Friday), Sewing, Ceramics—Beginning/Advanced, and Current Events. Classes will resume on **Tuesday, September 7**. For more information, consult the class instructor or visit the Mastick Office.

Ride the Paratransit Shuttle to Mastick!!

The City of Alameda Paratransit Program is offering a *free* shuttle service for Alameda residents 62 years of age or certified to use East Bay Paratransit or the Alameda Premium Taxi Program. For more information about this program, visit the Mastick Office or www.alamedaparatransit.com. This is a great way to travel to local destinations!

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 & lap swimming **Monday, June 21, to 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

Healthy Living Workshop

Alicia Perez, DPT, CEES, will discuss *Healthy Living* on **Wednesday, June 23**, at 10:45 am in Dining Room 2. Topics include: getting physical prepared for outdoor activities, vacations, or an activity of interest. In addition, learn what your BMI, waist line, and pedometers have in common. Also, learn the importance of healthy foods, power snacks, and physical activities...all necessary to create a healthier you. To reserve a seat, visit the Mastick Office or call 747-7506.

Music Appreciation Class

Join William Sturm, Volunteer, on **Thursday, June 24**, at 1:30 pm in Dining Room 2 for "Florestan and Eusebius: The Music of Robert Schumann." Celebrate the 200th anniversary of the birth of the great German composer as Mr. Sturm plays and discusses Schumann's music.