

***Or travel local or abroad  
(continued)...***

**Potamac History Cruise around the Bay**

Board this Presidential Yacht for a history cruise around the bay. Enjoy a fabulous lunch at Kincaids Restaurant. Then, off to the new cathedral in Oakland for a docent-led tour.

**Thursday, October 7, 2010**

**9:30 am to 5:00 pm**

**Cost: \$60 (lunch included)**

**Activity Level: Two Shoes**

Sign up begins: **Tuesday, September 7,**  
at 8:30 am in Dining Room 2.

***Extended Trip Program***

Individuals may sign-up for extended trips offered by independent travel companies (i.e., Collette Vacations) on Tuesdays and Thursdays between 9:00 am and 3:00 pm. A small deposit will reserve your seat for the available trip listed below.

***Upcoming Extended Trips include...***

**Canadian Rockies by Train**

**October 4-12, 2010**

**(9 days: 13 Meals: 7 Breakfasts- 1 Lunch- 5 Dinners)**

Highlights include: British Columbia, Vancouver, VIA Rail, Jasper, Columbia Icefields, Lake Louise, Banff and Calgary. For more information, visit the Mastick Office on Tuesday or Thursday from 9:00 am to 3:00 pm.

**Extended Travel Preview Presentation**

Collette Tours will provide a travel slide show of upcoming travel opportunities on **Tuesday, July 27**, at 1:00 pm in the Media Room. Trips to preview include: Canadian Rockies and a preview of 2011 tours including Australia, New Zealand, and more.



***Or seeking information, resources,  
and assistance...***

**Senior Resource Services Program**

The Senior Resource Services Program provides information and resources for various social service requests (i.e., health coverage, home health services, service coordination, meal programs, housing assistance, etc.). The Senior Services Specialist is available to work with family and friends of adults age 50 plus. For more information, please call 747-7513.

**Disposing of Household Batteries**

Household batteries (i.e., AAA, AA, C, D, and 9 volt) can no longer be deposited in your gray solid waste (garbage) cart. Household batteries will gladly be accepted at Alameda County Industries (ACI) Office, 2307 Blanding Avenue, Suite B, Monday through Friday between 7:00 am and 6:00 pm, or the **Mastick Office**, Monday through Friday between 8:30 am and 4:00 pm. To contact ACI, please call (510) 483-1400.

**Services & Assistance from the  
Mastick Office**

The Office Volunteer Staff is available to assist you with the following:

1. Trip, class, and seasonal program registration.
2. Garbage and Recycling Discount forms.
3. Utility Users' Tax (UTT) Exemption Applications.
4. Alameda Unified School District Parcel Tax Exemption forms.
5. Advance Health Care Directive Kit (fee \$2).
6. Do Not Resuscitate Forms (fee \$1).
7. Home Energy Assistance Program applications.
8. HICAP & Long-term Care appointments.
9. Notary Public appointments.
10. Legal Assistance for Seniors (LAS) appointments.
11. California Driver Handbooks.
12. Bus schedules and transportation assistance.
13. California State Library Applications--- Braille and Talking Book Library.