

**Food Programs (continued)...**

**Birthday Lunch Celebration**

Mastick Senior Center members are invited to celebrate their Birthday at the monthly Birthday celebration. **July** "Birthdays" are invited to join us on **Wednesday, July 14**, at 12:00 pm in Dining Room 1. The celebration includes a free lunch, a slice of Birthday Cake, and a balloon! **Advanced reservations required.** To reserve a seat, stop by the Lobby desk or call 747-7500 between 9:00 am and 11:30 am. On **Wednesday, July 14**, confirm your lunch reservation at the Lobby desk by completing the lunch application and picking up your lunch ticket by 11:30 am.

**Brown Bag Program**

On **Thursday, July 1**, from 9:00 am to 10:00 am in Dining Room 1, the Mercy Care Center will be accepting applications for the Brown Bag Program. Eligible candidates must be 60 or older, with a gross monthly income of \$1,354 (single) and \$2,192 (families of two or greater). Membership must be renewed annually. An annual voluntary contribution of \$10 is appreciated at registration. Food is distributed on the **first** and **third** Thursday from 9:00 am to 10:00 am in Dining Room I. Members must have transportation and be able to pick up their bag of groceries. *Applicants must provide identification and proof of income at the time of registration!*

**Delivery Services**

Listed below are vendors who provide grocery or prescription drug delivery:

Chestnut/Encinal Market (Grocery Items) 1202 Chestnut Street (510) 523-5600 (\$9 Delivery Fee)
Dan's Produce (Grocery Items) 2300 Central Avenue (510) 523-1777 (Tuesday and Friday ONLY) No Delivery Fee (\$20 Minimum Order)
Versailles Pharmacy (Prescription Drug Delivery) 2801 Encinal Avenue (510) 523-4907 No Delivery Fee

**Alameda Meals on Wheels (AMOW)**

AMOW delivers hot, diet specific meals to seniors and homebound Alameda residents seven days per week. Meals are sold at cost and delivered by volunteers. Sliding scale fees ensure that services are accessible to all. To learn more call (510) 865-6131.

**Health Programs & Information...**

**Health Care Services**

The following agency provides primary health care services on a sliding scale, as well as extending service to Medi-Cal recipients and the uninsured.

AAI Health Services  
1002 Central Avenue  
Alameda, CA 94501  
(510) 521-6078

**Health Insurance Assistance**

The Health Insurance Counseling and Advocacy Program (HICAP) is a volunteer supported program that helps Medicare beneficiaries of any age make informed choices and provides advocacy when their health benefits are threatened or denied. HICAP counselors provide individual counseling to Medicare Beneficiaries regarding Medicare billings and claims problems, Medicare supplemental insurance, Prescription Drugs, Medicare HMOs and other managed care options, long-term care insurance, Appeals, and more. To make an appointment to meet with a counselor, please call the Mastick Office at (510) 747-7506.

**Four Bridges**

Four Bridges, sponsored by Bay Area Community Services (BACS), is a socialization program for adults with social and emotional problems. The program is offered Monday and Friday from 9:30 am to 2:30 pm at First Congregational Church, 1912 Central Avenue. For more information, call (510) 750-8810.