

Becoming Familiar with Mastick Senior Center...

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, July 8**, at 10:30 am, by stopping by the office or calling 747-7506. ***We look forward to meeting you!***

Mastick Code of Conduct

The *Mastick Code of Conduct* was introduced and adopted by the Mastick Advisory Board on September 19, 2001. The *Code of Conduct* was created as a mechanism to ensure an enjoyable and consistent environment for all members participating in Mastick programs. You may obtain a copy of the *Code of Conduct* at the "Information Wall" located in the Coffee room off the Main Lobby, or by visiting our website at www.mastickcenter.com.

Class Attendance & YOU!

We need your assistance in keeping our records accurate. Please sign-in when participating in Mastick programs. This will help us track the number of participants enjoying our programs. Individuals participating in fitness class should sign the roster in the Social Hall. Individuals participating in the computer program should sign the roster provided in Room C. Instructors are requested to record the number of participants on the monthly roster provided in the Skill Center, Rooms A, B, and D. Pool Room participants sign-in within their room. Individuals visiting the Media Room, Card Room, special events, etc., should sign-in in the Lobby. If you are taking several classes at Mastick, ensure that you sign-in at each classroom. This is how we track program popularity.

Where to Find Class & Program Information

Mastick Senior Center publishes a monthly newsletter, *The Mastick Bee*, available in the Mastick Senior Center Lobby on the Information Wall (Coffee Area) or online at www.mastickcenter.com. This newsletter is the best source for upcoming events and program changes. For **ongoing** program information, consult the ***Activities @ a Glance***, the "yellow" flier available on the Information Wall, as well as online at www.mastickcenter.com. This flier is the best source for **ongoing** program information and outlines the activities scheduled Monday thru Saturday. Visit the Mastick Office or call 747-7506 for assistance. ***Here is a glimpse of what we have to offer...***

Whether your interests include leadership activities...

Mastick Senior Center Advisory Board

Mastick Senior Center Advisory Board (MSCAB) meetings are held on the **third** Wednesday of each month at 10:00 am in Room D. The Board is comprised of five officers and 10 directors and is the active administrative advisory committee for the Center. Meetings are open to all Mastick members!

Mastick Senior Center's Mission

Mastick Senior Center's mission is to provide a well-rounded education, social, & recreation program for adults 50 years of age and older.

Mastick Senior Center's Vision

Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.