

***Or want to learn about interesting topics of interest...***

**Rage-n Cajun—Cooking with Children**

New Orleans is known for Mardi Gras, jazz, and parties. Kick your cooking up a notch with Laurie Zerga, founder of Chef-K culinary health education for kids. She will teach adults and their child companion a little about the history and cooking of New Orleans. Participants will learn the simplicity of Cajun style cooking as they prepare a traditional Jambalaya, corn bisque, and pralines for dessert. Join us on **Wednesday, August 11**, at 1:00 pm in the Mastick Social Hall. Cost is \$18 per couple. Minimum of 10 people required.

**Money Management & YOU!**

Peggy Green, Education Specialist with Consumer Credit Counseling Services of the East Bay a division of Money Management International a non-profit organization, will provide workshops from 1:00 pm to 2:30 pm in Room D on the following dates:

**August 17: Important Papers**

Learn the importance of good financial record-keeping. Be able to find important documents when you need them, learn what documents to keep, how long to keep them and what should be shredded.

**August 24: Understanding Money & Credit**

Through careful planning and use of money management skills and techniques, you can feel more confident about your ability to live within your means, handle emergencies, reduce debt and save for the future.

**August 31: Living on a Fixed Income**

Learn to stretch your income by setting priorities, establishing a budget, planning and saving. Share tips and strategies for stretching income to make it through the month comfortably.

**Alexander Technique**

On **Wednesday, September 15**, Lenka Fejt, certified Alexander Technique teacher, will begin a three-part workshop on the Alexander Technique focusing on refining balance. Discover how your body moves and functions, how to observe yourself, how to detect harmful postural and movement habits and how to refine your balance. Join Ms. Fejt at 10:30 am in Room D. There is a \$30 per person fee (\$10 per class). Minimum of 10 people required.

**\*Current Events**

Thursday, 9:30 am to 11:30 am,  
Dining Room 2

**Note: Class resumes July 15, 2010**  
**Bob Reilly**, Alameda Adult School Instructor

***Or looking for a support group, social organization, or a quiet place to meet...***

**Need a Quiet Space to Meet?**

Mastick Senior Center has many nooks and crannies that can be used as potential meeting areas. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

**Alzheimer's Support Group**

The Alzheimer's Caregiver Support Group meets from 10:00 am to Noon in Room D on the **second** and **fourth** Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. **Shelley Cooper**, group facilitator, is provided by the Alzheimer's Association.