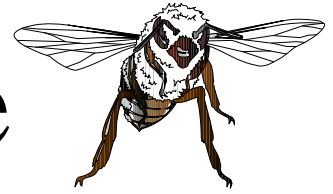




# Mastick Bee



December

“Visit us at [www.mastickcenter.com](http://www.mastickcenter.com)”

2011

## Mastick Holiday Closures!

Mastick Senior Center will be closed on the following dates:

Christmas Holiday: Monday, December 26, 2011

New Year's Holiday: Monday, January 2, 2012.

## Meal Service Information:

- Alameda Meals on Wheels is available to provide meal service on days Mastick is closed. Reserve a meal in advance by calling 865-6131.

## Holiday Schedule Changes:

- Alameda Adult School classes will NOT meet during the winter break, December 19, 2011, through January 2, 2012. Classes resume on Tuesday, January 3, 2012.
- Saturday Fundraising Bingo will be canceled on Saturday, December 24 **ONLY!** We look forward to seeing you on New Year's Eve—Saturday, December 31, 2011!
- The Mastick Thrift Shop will be closed beginning Tuesday, December 20, through Saturday, December 31, 2011. *The shop will reopen on Tuesday, January 3, 2012.*

In Memory...

Evelyn Bain, Peter Ley, and Ruth Sutton  
We send our condolences to family and friends

## Mastick Senior Center Advisory Board Fundraising Activities

Fundraising programs are staffed by volunteers. Revenues generated support programs and facility maintenance.

### Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)  
Doors open at 10:00 am/First game at 12:15 pm

### Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm

## Supporting Mastick Made Easy...

The Mastick Senior Center Advisory Board (MSCAB) makes it easy to support Mastick Senior Center. See if one of the following is right for you: contribute the 2% savings from the Utility Users' Tax (UTT) to Mastick Senior Center (forms available in the office), donate items to the Mastick Thrift Shop, shop at the Mastick Thrift Shop, come out on Saturday and play BINGO!, pick up a Lucky S.H.A.R.E.S card and we benefit when you shop, purchase a plaque for our Memorial Board in honor of a loved one, donate read books to our library, or consider making a monetary donation. Together, your contributions help keep Mastick fantastic"K" for the senior community!

## Mastick Senior Center Advisory Board (MSCAB) Scholarship Program

On October 19, the MSCAB amended the Scholarship Program to provide assistance **three** times per year to offset the cost of Mastick classes, trips, and/or programs up to 50% (not to exceed \$50). The year is divided into three terms as follows: January through April, May through August, and September through December. Applications are available in the Mastick Office.

### **Secondhand Smoke Ordinance**

On November 15, the Alameda City Council heard and passed the second reading of the proposed secondhand smoke ordinance which will go into effect on January 2, 2012. The ordinance is available on the City of Alameda's website [www.cityofalamedaca.gov](http://www.cityofalamedaca.gov) and regulates smoking in places of employment, outdoor public places, and multi-unit housing which includes Mastick Senior Center. Members found smoking on-site in violation of the ordinance will also be in violation of the Mastick Senior Center Code of Conduct and may be suspended from the Center and subject to fines imposed by the City of Alameda.

### **Holiday Tree Lighting, Caroling, & MORE**

The Mayor's Holiday Tree Lighting Ceremony is the perfect way to welcome the holiday season with friends and family. This event is scheduled for **Saturday, December 3**, at 5:30 pm in front of City Hall, 2263 Santa Clara Avenue. Enjoy a visit from Santa, the lighting of the City's official Holiday Tree, a performance by the ***Dancing Christmas Trees***, music by the ***MistleTones*** and the Community Band, holiday caroling, and souvenirs for children. ***Be sure to come and join in the holiday festivities rain or shine!***

### **Health & Happiness Workshop**

Join Helen Calhoun, M.Ed., Certified Acupressurist, on **Tuesday, December 6**, 10:00 am to 11:30 am in Room A, to learn techniques and practices that actually work to promote better fitness for body, mind and spirit. Participants will engage in Tai Chi, Qi Gong, Self-Acupressure, and Chakra healing exercise. There is a \$10 per person fee. Sign up in the Mastick Office.

### **Holiday Concert**

On **Tuesday, December 6**, at 1:00 pm the Oakland Community Orchestra will perform traditional Jewish and Christmas holiday songs in the Mastick Social Hall. This concert is free and open to all Mastick members. Be sure to mark your calendar and spend a delightful afternoon with us!

### **Center for Elder's Independence**

On **Tuesday, December 6**, at 1:00 pm in Room D, Jean Johnson-Fields will provide an overview on the Program for All-inclusive Care for the Elderly (PACE) offered by the Center for Elder's Independence. This health plan for seniors age 55 and older makes it possible for them to stay at home with the help of caregivers. To reserve a seat, sign up in the Mastick Office or call 747-7506.

### **New Member Orientation & YOU!**

The New Member Orientation is a must if you are new to Alameda, recently retired, or expecting your parents for an extended visit! This Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various activities, programs, and services, and a coupon to enjoy a complimentary lunch provided by Bay Area Community Services (BACS)! Make a reservation to join us on **Thursday, December 8**, at 10:30 am by visiting the Mastick Office or calling 747-7506.

### **League of Women Voters of Alameda**

During the month of October, the League of Women Voters sponsored forums to educate the community on current issues facing Alameda. Thanks to the League of Women Voters we are able to show the recorded forums in Mastick Senior Center's Media Room. To view the forums listed below, please sign up in the Mastick Office or call 747-7506 to reserve a seat. *These presentations are free.*

### **City of Alameda Budget Basics**

**Wednesday, December 7, at 1:30 p.m.**

The Budget Basics video will feature John Russo, City Manager, discussing details about the City of Alameda's budget process. Running time: 60 minutes

### **State of the Hospital District**

**Wednesday, December 14, at 1:30 p.m.**

The State of the Hospital District video will feature Jordan Battani, hospital board president, addressing issues facing the hospital, including its current budget, financing for seismic retrofitting, program expansion and the potential implications of federal health-care reform legislation. Running time: 60 minutes

### Mastick Book Club

On **Tuesday, December 13 (note date change)**, Book Club members will share a book of their choice at 1:00 pm in the Media Room. On **January 3**, Book Club members will read "French Lessons" by Ellen Sussman. If you have any questions, please contact the Mastick Office at 747-7506.

### Mastick's Annual Holiday Sing-Along

On **Thursday, December 15**, at 10:00 am join *Jim Franz and Friends* for the Annual Holiday Sing-Along in the social hall. Enjoy a visit from Santa, refreshments, and the spirit of the season!

### AARP Holiday Luncheon

AARP members invite you to join them for their Annual Holiday Luncheon after the Annual Holiday Sing-Along on **Thursday, December 15**, in the Mastick Social Hall. Enjoy a catered lunch including turkey and all the trimmings. Per person cost is \$15. Reservations are required and can be made by contacting Corky Hastings at 653-7678 or Marge Ryan at 523-4148. Consider bringing a small wrapped gift and participate in the gift exchange.

### Holiday Food Baskets and More

The Alameda Food Bank is collecting food for low-income Alameda families. Deposit non-perishable food items in the barrel located in the lobby. The barrel will be picked-up on **Friday, December 16**. Individuals interested in receiving assistance, must provide identification with a photograph and proof of address (e.g., article of mail, current rent or utility receipts). For additional information about this program, please contact the Alameda Food Bank at 523-5850 or visit the Alameda Food Bank at 1900 Thau Way on Monday, Wednesday, and Friday between 12:00 noon and 4:00 pm; Tuesday between 3:30 pm and 6:30 pm; or the second and third Saturday of the month between 10:30 am and 1:00 pm.

### Mastick Supporters...

The MSCAB and Staff thank you for supporting Mastick Senior Center! During the month of November, we would especially like to thank Hilde Bruell, Antonio Cruz, and Schroeder-Dent Printing.

### Birthday Party Celebration

All members celebrating a birthday in December are invited to join us on **Thursday, December 22**, at 12:30 pm in Dining Room 2 for cake, music, balloons, and good cheer. This activity is new and each month we will celebrate "birthdays" on the fourth Thursday at 12:30 pm in Dining Room 2. ***Be sure to mark your calendar and celebrate with us!***

### Rhythmix Cultural Works

Rhythmix Cultural Works is the "cultural hub of Alameda, inspiring the community to engage in the arts and strengthen the value of creativity and discovery in everyday life." They have recently offered a discount on their chamber music concerts to Mastick members. A calendar of events is available at [www.rhythmix.org](http://www.rhythmix.org). Please call 510-865-5060 for tickets and mention you are a Mastick member in order to receive a discount!

### Coming Attractions for 2012

**Beginning Hula with Alberta Keakealani Jay**  
Hula dancing is a complex art form with many hand movements signifying aspects of nature, or a feeling or emotion, such as fondness or yearning. Foot and hip movements often pull from a basic library of steps including the kaholo, ka'o, kawelu, hela, 'uwehe, and 'ami. Alberta Keakealani Jay is available to teach this art form on Monday and Friday from 10:30 am to 11:30 am with a minimum of 10 students. The cost is \$30 per person for five weeks. Sign up in the Mastick Office or call 747-7506. Dates to be determined.

### AARP Driver Safety Refresher Course

*AARP Driver Safety Refresher Course* is specifically designed for motorists who are 50 and older! This course is taught in **one-day** on **Wednesday, January 4**, from 9:00 am to 1:30 pm in Room D. To qualify, you must have taken the standard course within the last **four** years. *Preregistration is a must.* There is a \$12 per person fee for AARP members (AARP membership number required) and \$14 per person fee for non-AARP members. The registration is payable by check **ONLY** made payable to AARP.

**Mastick Senior Center**

a division of Alameda Recreation & Parks  
1155 Santa Clara Ave, Alameda, CA 94501  
(510) 747-7500-Fax 523-0247-TDD/TTY 522-5160  
Programs and services for adults 50 and older.  
Program Information: [www.mastickcenter.com](http://www.mastickcenter.com)  
E-mail: [jkrause@ci.alameda.ca.us](mailto:jkrause@ci.alameda.ca.us)  
Weekday Program Hours 8:30am-4:00pm  
Recreation & Parks Director: Dale Lillard  
Senior Services Manager: Jackie Krause  
Senior Services Coordinator: Mariel Thomas

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

**East Bay Rose Society visits  
Lincoln Park Rose Garden**

East Bay Rose Society volunteers will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., in January to prune the roses in the Rose Garden and provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Check the January newsletter for the date and time.

**Sugar Blues or What?**

It is not about depravation but about freedom to eat the foods you love and have sweetness in your life without the side effects of guilt. Come be inspired, find ways to beat cravings, find specific tools to make healthier choices with Neta O'Leary Sundberg, Certified Health coach and Yoga teacher, on **Tuesday, January 10**, at 1:00 pm in Room D. Sign up in the Mastick Office or call 747-7506.

**Creating Your Personal Learning Network**

Join Mike McMahon, Volunteer, on **Friday, January 13 or February 17**, 9:30 am to 11:30 am in Room C, to learn to use the Internet and tools like Twitter and YouTube to start your personal learning journey. The Internet has evolved from a vast collection of information to a place where individuals can collectively grow and learn. With the rise of social media tools like Facebook, Twitter and YouTube, individuals can now create virtual learning classes on any topic of their choosing. Sign up in the Mastick Office or call 747-7506.

*"To love abundantly is to live abundantly, and to love forever is to live forever."*

Henry Drummond

**Officers**

Joy Pratt.....President  
Jim Thomas .....Vice President  
Lorraine Meuleners.....Treasurer  
Mary Lou Harris .....Recording Secretary  
Ewart "Red" Wetherill .....Corresponding Secretary

**Directors**

Marilyn Appezzato, Donna Bernadou, Gary Brown, Robby Kiley, Millie Lum, Cleo Mayer, Marge Ryan, Miriam Schiffman, Bill Soares, and Terry Veasy.

Our mission statement:

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

Our vision statement:

*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.*

**Learn to Create a YouTube Video**

Itching to launch a YouTube video and don't know where to begin? Have you noticed the sound is muffled on some videos and the images are bouncing around as if the cameraperson was running a marathon? On **Monday, January 23**, 10:30 am to 11:30 am, Jeff Cambra, Alameda Currents producer, will share the basics of shooting a good video and how to get it uploaded to YouTube. No equipment or experience is needed. Sign up in the Mastick Office or call 747-7506.

**Doggie Communication 101**

Does your dog pull you down the street? Not get enough exercise because you have mobility challenges? Growl or snap? Pee/poop in the house? Bark too much? Other annoying or worrisome behaviors? Bring your questions and join Ruth Smiler, dog trainer, whose goal is "to help your dog be the dog of your dreams" on **Tuesday, January 24**, at 1:00 pm in Room D. This is an opportunity to improve your relationship with your "BEST FRIEND". Sign up in the Mastick Office or call 747-7506.

**Music Appreciation Class**

Join William Sturm, Volunteer Instructor, on **Thursday, January 26**, at 1:30 pm in Dining Room 2 for a piano recital and discussion about "The Classical Romantic: Johannes Brahms." Pre-register in the Mastick Office or call 747-7506.